



The Activity Program in primary school

- Information to the parents

The Activity Program is Scandinavia's largest program for activity and inclusion in primary and secondary school. The program facilitates increased activity, both during recess and in the classroom. The activities during recess are planned and led by students chosen as Activity Leaders (AL).

The Activity Program's vision:

«In Activity Leader Schools the students should be active and inclusive - with big smiles on their faces!»

The Activity Leaders and their tasks

In the primary school, anonymous nomination of Activity Leaders is held twice a year. Grade 4 to Grade 7 students can be nominated to become Activity Leaders. The students nominate those in the class they think are friendly and respectful toward others, and who never bully.

The homeroom teacher and AL Manager (AL-responsible) mainly follow the nomination results but are in certain cases entitled to override the students' nomination. The Activity Leaders are elected for one semester at a time, and it is possible to be reelected several times.

The main tasks of the Activity Leaders are to contribute to increased activity, better cohesion and a safer school environment. They also have a special responsibility for including students who are alone. The Activity Leaders participate in regular meetings with the AL Manager.

All Activity Leaders receive training at game and activity courses under the direction of Activity Program. Here we go through many different games and activities. In addition, Activity Leaders learn how to act as leaders, what is important to succeed as an Activity Leader and about important values such as inclusion, kindness and respect.

Activity Leader Motivation

Every Activity Leader gets a culture card. The card provides either free access to or reduced prices on various cultural offers such as bowling, ski centers, football, ice hockey and handball matches. Visit trivselsleder.no to see the offers.

The school organizes "Thanks for your contribution day" and the Activity Leaders get a diploma after the end of the semester.

Activity during the school day

In school, children and adolescents may sit still for over 90 percent of the time in the classroom. Of today's 15-year-olds only 43 percent of girls and 58 percent of boys achieve the 60 minutes of daily physical activity which the Directorate of Health recommends.

Research shows that physical activity has a very positive impact on learning and learning environment, and on academic results, especially mathematics, reading and writing. Another important benefit of physical activity is that it counteracts depression, anxiety and behavioral problems.

The Activity Program aims to contribute to fewer lonely students and encouraging more active, safe, independent and social youth in the schoolyard.

Enjoyable physical activity in adolescence makes a foundation for lifelong pleasure of being active!

For more information about the Activity Program, please visit www.trivselsleder.no.

Kind regards,

The Activity Program

