



# How PE and School Sport survived COVID-19 pandemic in Slovenia

**Gregor Jurak**

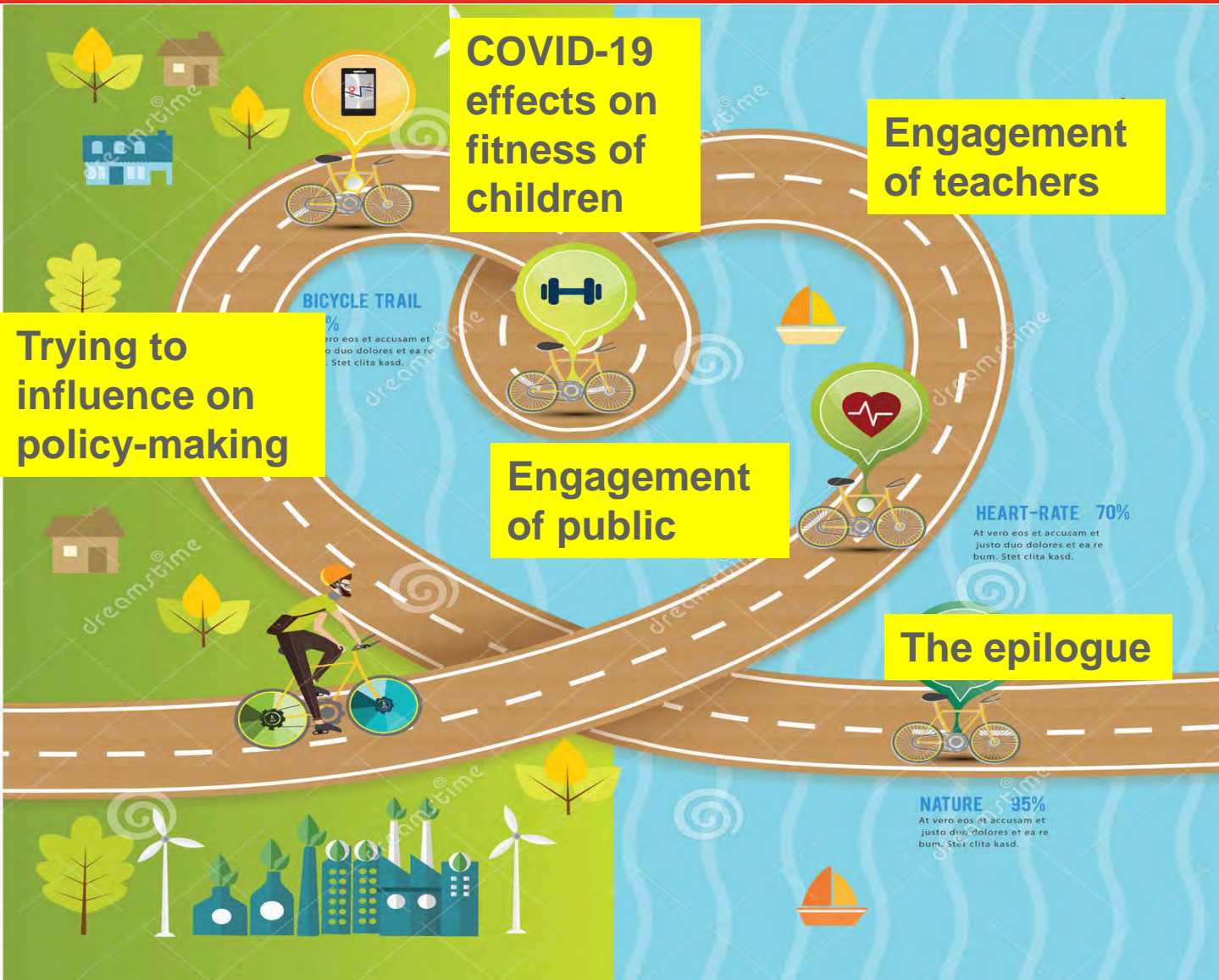


Univerza v Ljubljani  
Fakulteta *za šport*

# SLOfit team







## TOP-DOWN & BOTTOM-UP

combination

Policy makers on  
national,  
municipality and  
school level

Media

PE teachers, parents, coaches

# Engagement of public

SLOfit

#stayhome

#stayhome

**Be physically active every day, however only with the members of your household**

Epidemic declared:  
13.3.2020

The screenshot shows the SLOfit website interface. At the top, there is a navigation bar with the SLOfit logo and a language selector (ENG). Below the navigation bar, there is a header image featuring three smiling people. The main content area has a title "Z GIBANJEM PROTI KORONI" (With exercise against the corona) and a large red heart logo with "SLOfit" inside. The main message reads: "BODITE GIBALNO DEJAVNI VSAK DAN, VENDAR LE SAMI ALI S CLANI VAŠEGA GOSPODINJSTVA" (Be physically active every day, however only with the members of your household). Below this, there is a paragraph explaining that physical activity reduces the risk of viral infection and that the website provides recommendations for daily outdoor exercise. A date stamp indicates the recommendations were issued on March 16, 2020. At the bottom, there is a red arrow pointing to the date stamp.

Z GIBANJEM PROTI KORONI

**BODITE GIBALNO DEJAVNI VSAK DAN, VENDAR LE SAMI ALI S CLANI VAŠEGA GOSPODINJSTVA**

»»»»»

Gibanje pomembno zmanjšuje tveganje za virusno okužbo in zmanjšuje tesnobo, ki jo lahko povzroči (samolizolacija zaradi preprečitve širjenja virusa. Predstavljamo priporočila za vsakodnevno vadbo zunaj in doma.

OBNAŠAJTE SE SAMOZAŠČITNO!!

16 mar Priporočila o telesni dejavnosti v času širjenja korona virusa

16. 03. 2020 | Telesna dejavnost, COVID-19 | Nazaj

#stayhome

#stayhome

#stayhome

www.slofit.org

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Commentary

## Physical activity recommendations during the coronavirus disease-2019 virus outbreak

Gregor Jurak <sup>a</sup>, Shawnda A. Morrison <sup>a</sup>, Bojan Leskošek <sup>a</sup>, Marjeta Kovač <sup>a</sup>, Vedran Hadžić <sup>a</sup>, Janez Vodičar <sup>a</sup>, Polonca Truden <sup>b</sup>, Gregor Starc <sup>a</sup>  



# Recommendations



- **DO exercise outdoors wherever possible and perform your choice of low to moderate level physical activity daily, either alone or with your family unit.** It is critical to stress here that all persons must follow the suggested guidelines of their authorities. Whenever possible use the largest possible distance from others while outside (even more than the typically suggested 1.5 m). Physical activity (exercise as well as active commuting) from home door to home door without directly contacting others is highly recommended.
- **DO NOT socialize and play group sports with people outside your household.** Parents, avoid having your children interacting directly with other children. In particular, explain in age-appropriate language the risks of virus transmission that can occur with socializing in group or team sport situations.
- **DO NOT** allow children to climb on park equipment, slides and other features (especially metal and plastic), including outdoor fitness equipment, since they provide a surface for virus transmission.
- **DO engage in a variety of exercises in your home** and with your family – climb stairs, hop, skip jump and dance with children and other household members, perform strength exercises or even active video-gaming in short bursts of activity to increase heart rate, blood flow and circulation periodically throughout the day. Improvise on exercise equipment with rope, broom, bottles etc. If you have a balcony or terrace, exercise there.
- **DO incorporate stretching and breathing deeply each day.** Take at least 10 minutes each day to slowly move arms and legs throughout their range of motion comfortably.

# Recommendations



- **DO follow online exercise classes**, or post photos/videos on social media of yourself doing exercise at home if that keeps you motivated and connected to others.
- If you suspect you may have contracted a contagious disease, or **are feeling ill in any way, limit your physical activity to within your home and contact your medical professional**. Always call first to receive further instructions before going to a medical facility in person.
- It is critical that **older adults remain physically active** during this time, since they are the ones most likely to experience dramatic structural and functional changes to their muscles and bones after prolonged confinement and low levels of mobility. We want to avoid an increased risk of falls in the elderly overburdening health care services.
- DO check in on elderly individuals you may know (neighbours, family members) to see if they require assistance with their mobility during the day (avoid direct contact – call or inquire through other channels).
- **Be aware of the cumulative screen and sedentary time** – break up sitting times with physical activity, standing up and stretching. For example, for every 60 minutes seated or recumbent throughout the day, perform 5 to 10 min of structured movement. This is especially important for those with impaired circulation, diabetes, and other vascular issues.
- **Avoid screen viewing of all kinds after 8 pm to promote proper sleep quality**, as increased stress and low physical activity each exacerbate poor nocturnal sleep patterns.



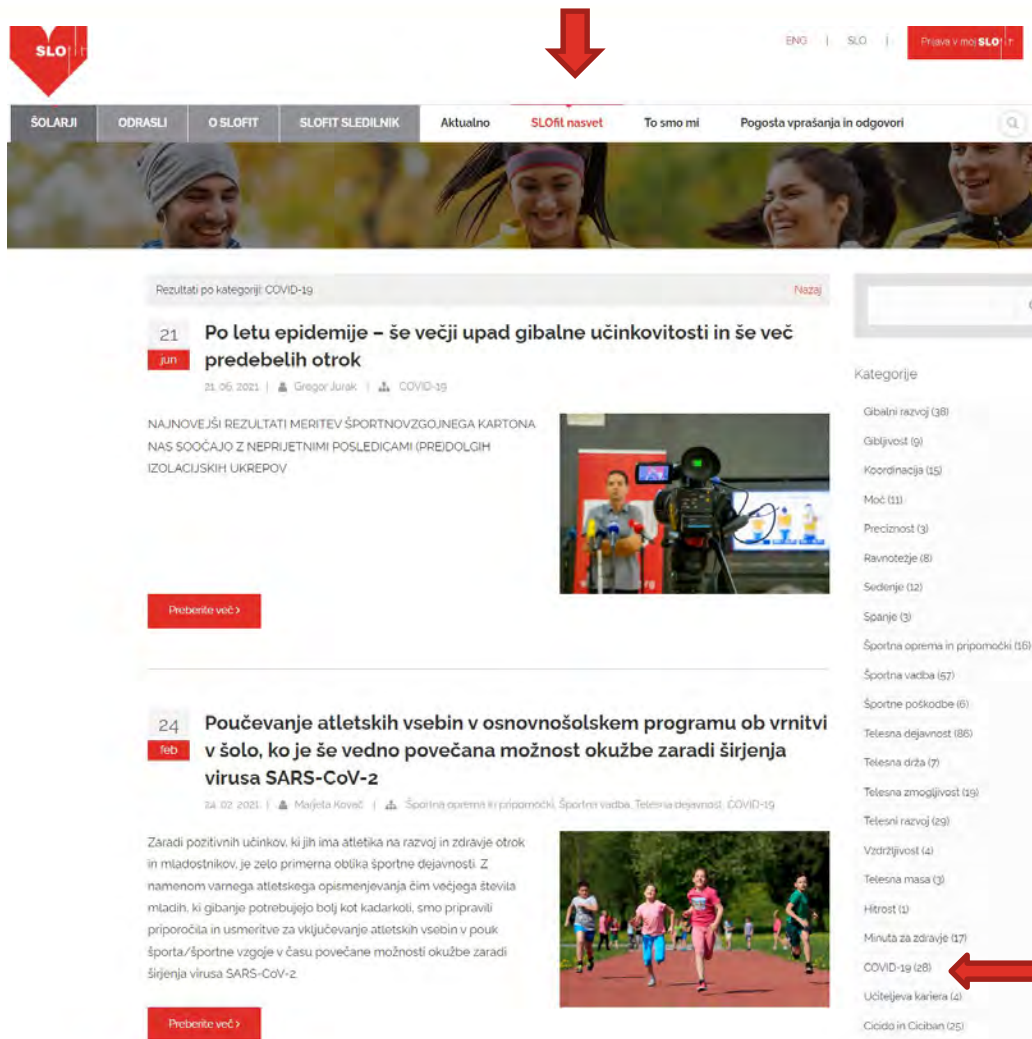
# Recommendations



- **Stay hydrated-choose water** over sugary drinks or alcohol. Some indoor environments can be dry and may exacerbate those who suffer with breathing difficulties.
- Avoid prolonged, strenuous exercise; this type of exercise can reduce the body's resistance to viral and other infections in the short term.
- Most importantly – do what is comfortable and right for you and your family! Regular physical activity is meant to be fun and reduce stress. It helps cognitive function, attention and reduces anxiety in children, who will be particularly affected by extended periods of time spent indoors. Be sure to avoid doing activities that have a higher risk of injury in order to avoid over-burdening the health system, and putting yourself at increased risk of exposure to the novel COVID-19 or other illnesses.
- **BOTTOM LINE: AVOID INACTIVITY THROUGHOUT THE DAY AND BE AWARE THAT ANY ACTIVITY YOU DO IS BETTER THAN NO ACTIVITY AT ALL.** All persons (who are physically able), should try to accumulate between 60-75 minutes of low to moderate physical activity each day, but as stated before every minute counts. At least 15 minutes of this activity should take **place outside, in natural light, whenever possible**. If there is no other option due to political, health risk or other constraints, use a balcony or exercise by open window. Some activities should be of longer duration (e.g. walking or cycling outside for 30 minutes), and other activities should incorporate strength and flexibility, ideally performed with family members.

# Engagement of teachers

SLOfit



The screenshot shows the SLOfit website interface. At the top, there's a navigation bar with tabs: ŠOLARJI, ODRASLI, O SLOFIT, SLOFIT SLEDILNIK, Aktualno, **SLOfit nasvet** (highlighted with a red arrow), To smo mi, and Pogosta vprašanja in odgovori. Below the navigation bar is a banner image of four smiling people. The main content area displays two articles. The first article, dated 21.06.2021, is titled 'Po letu epidemije – še večji upad gibalne učinkovitosti in še več predebelih otrok' and is categorized under 'COVID-19'. The second article, dated 24.07.2021, is titled 'Poučevanje atletskih vsebin v osnovnošolskem programu ob vrnitvi v šolo, ko je še vedno povečana možnost okužbe zaradi širjenja virusa SARS-CoV-2'. On the right side, there's a sidebar with a search bar and a list of categories. A red arrow points to the 'COVID-19' category in this list.

Rezultati po kategoriji COVID-19

21. jun Po letu epidemije – še večji upad gibalne učinkovitosti in še več predebelih otrok

21.06.2021 | Gregor Jurak | COVID-19

NAJNOVEŠI REZULTATI MERITEV ŠPORTNOVZGOJNEGA KARTONA NAS SPOČAJO Z NEPRIJETNIMI POSLEDICAMI (PREIDOLGIH IZOLACIJSKIH UKREPOV)

Prebrste več >

24. feb Poučevanje atletskih vsebin v osnovnošolskem programu ob vrnitvi v šolo, ko je še vedno povečana možnost okužbe zaradi širjenja virusa SARS-CoV-2

24.07.2021 | Majleta Kovač | Športna oprema in pripomočki, Športna vadba, Telesna dejavnost, COVID-19

Zaradi pozitivnih učinkov, ki jih ima atletika na razvoj in zdravje otrok in mladostnikov, je zelo primerna oblika športne dejavnosti. Z namenom varnega atletskega opismenjevanja čim večjega števila mladih, ki gibanje potrebujejo bolj kot kadarkoli, smo pripravili priporočila in usmeritve za vključevanje atletskih vsebin v pouk športa/športne vzgoje v času povečane možnosti okužbe zaradi širjenja virusa SARS-CoV-2.

Prebrste več >

Kategorije

- Gibalni razvoj (38)
- Gibljivost (9)
- Koordinacija (15)
- Moč (11)
- Preciznost (3)
- Ravnotežje (8)
- Sedenje (12)
- Spanje (3)
- Športna oprema in pripomočki (16)
- Športna vadba (57)
- Športne poškodbe (6)
- Telesna dejavnost (86)
- Telesna drža (7)
- Telesna zmogljivost (19)
- Telesni razvoj (29)
- Vzdržljivost (4)
- Telesna masa (3)
- Hitrost (1)
- Minuta za zdravje (17)
- COVID-19 (28)**
- Učiteljeva kariera (4)
- Cicido in Ciciban (25)

15 on-line  
events  
(16.3.20-21.3.21)

www.slofit.org

# Social media

# SLOfit



MNOGI JO IMENUJEJO GIBALNA INTELIGENTNOST. VESTE, O ČEM GOVORIMO? 🤔

O KOORDINACIJI, seveda! Gibalni sposobnosti, ki nam omogoča natančno izvedbo zahtevnejših gibanj. 🤖🤖🤖

Njen razvoj se začne zelo zgodaj, saj plod že v fetalnem obdobju dobi prve gibalne izkušnje, v zgodnjem otroštvu pa malček usvoji temeljne gibalne vzorce.

Najpomembnejši obdobji za razvoj koordinacije gibanja sta zgodnje in pozno otroštvo, ko so otroci v vrtcu in nižjih razredih osnovne šole, razvoj temeljnih gibalnih sposobnosti pred puberteto pa odločilno vpliva na odnos do gibanja in gibalno uspešnost v kasnejšem življenju.

Dokazano je, da skupno poučevanje učitelja razrednega pouka in učitelja športne vzgoje pozitivno vpliva na razvoj koordinacije gibanja, zato predlagamo, da v prvih petih letih šolanja, ki so ključna za razvoj te gibalne sposobnosti, pouk športa poučujeta oba strokovnjaka. Zakaj?

Vse izveste na ...

👉👉👉  
<https://www.slofit.org/.../Ena-najpomembnej%C5%A1ih...>



Instagram

Search

Log In

Sign Up



mojslofit

Follow

22 posts

125 followers

239 following

mojSLOfit

Bodi fit, pridi na SLOfit

👉 brezplačno strokovno usposabljanje za izvajalce SLOfit odrasli : 24. in 25. Januarja



[linktr.ee/SLOfit](https://linktr.ee/SLOfit)

POSTS

IGTV

TAGGED



org



# FB group PE teachers Slovenia

SLOfit

Facebook interface showing the group **Športni pedagogi Slovenije** (Private group • 2,2 tis. members).

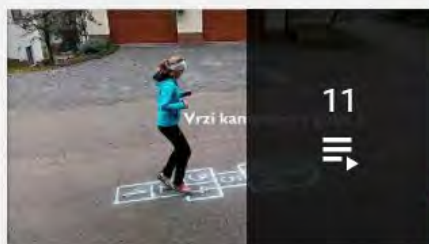
The main post is a video titled **Hura, prosti čas Poletje 2021** (Hurray, free time Summer 2021) showing a person performing a backflip on a green mat in a gymnasium. The post has 11 likes and a comment section.

The right sidebar shows the group's **About** section, indicating it is **Private** and **Visible**. Below this, the **Topics in This Group** section lists:

- #igre (Pinned by admin • 57 posts)
- #plesinaerobika (Pinned by admin • 54 posts)
- #splošnaatletika (Pinned by admin • 50 posts)

A **Recent media** section at the bottom right displays a grid of images related to physical education activities.

## Ustvarjeni sezname predvajanja



»Ljubo doma, kdor telovaditi zna« Domači izzivi

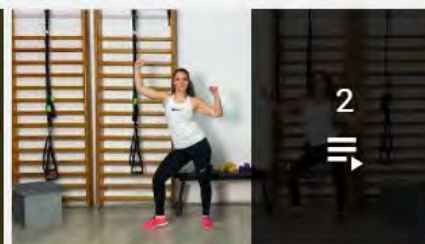
Posodobljeno pred 3 dnevi

[OGLED CELOTNEGA SEZNAMA](#)



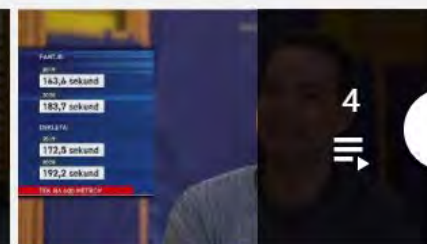
Posodobljeno včeraj

[OGLED CELOTNEGA SEZNAMA](#)



Plesne koreografije

[OGLED CELOTNEGA SEZNAMA](#)



Medijski prispevki

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## Nalaganja

► [PREDVAJAJ VSE](#)



# Conclusions about teaching on-line PE

- We were not well prepared but we organised ourselves very fast.
- Enormous production of materials for on-line PE classes.
- 2/3 of children regularly following the on-line PE tasks.
- 2/3 of children claiming to be equally or more physically active during the lock-down than before.

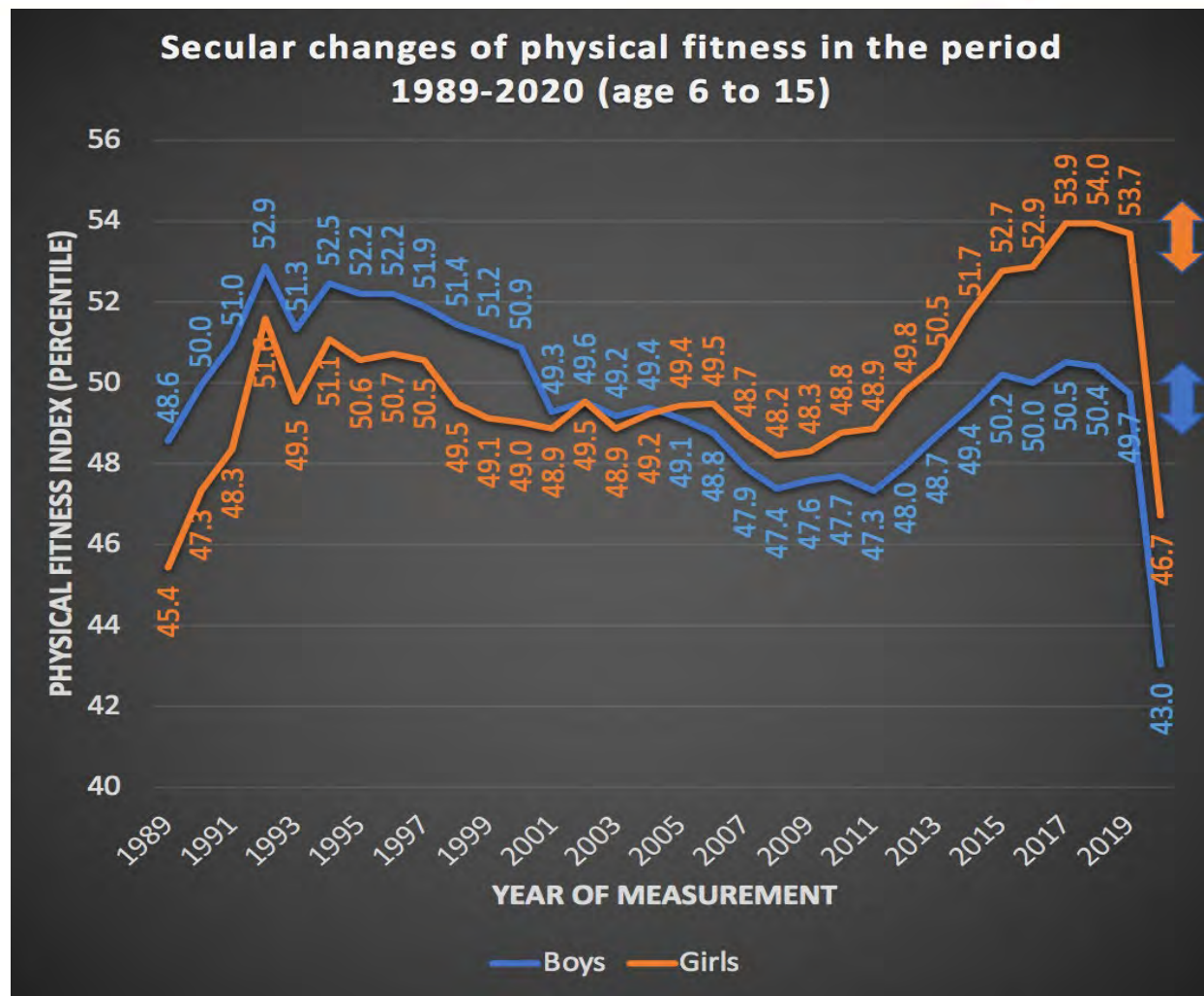


# COVID-19 1st wave effects on children's physical fitness

**SLO**fit

**30X**  
BIGGER  
DROP IN  
FITNESS  
THAN NORMALLY  
PREDICTED

**OVER  
15%**  
DECLINE  
OF  
PHYSICAL FITNESS

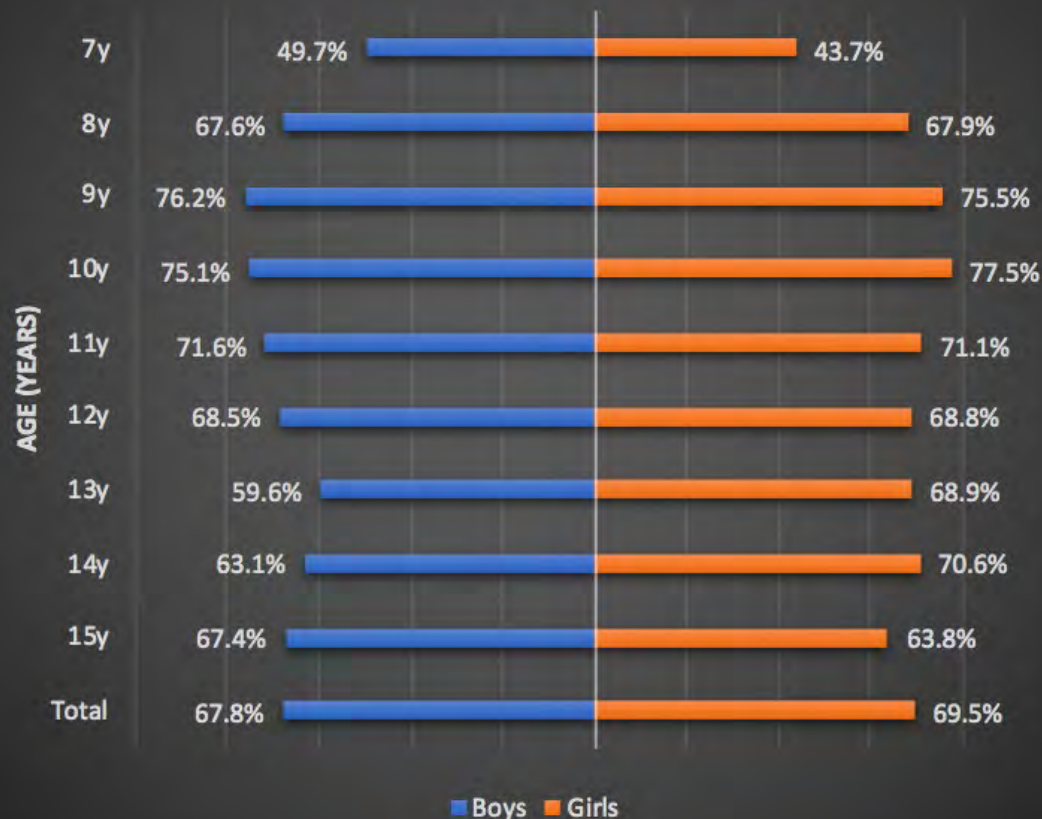


# COVID-19 1st wave effects on children's physical fitness

**SLO**fit

**2/3**  
OF CHILDREN  
EXPERIENCED  
THE DROP OF  
PHYSICAL FITNESS

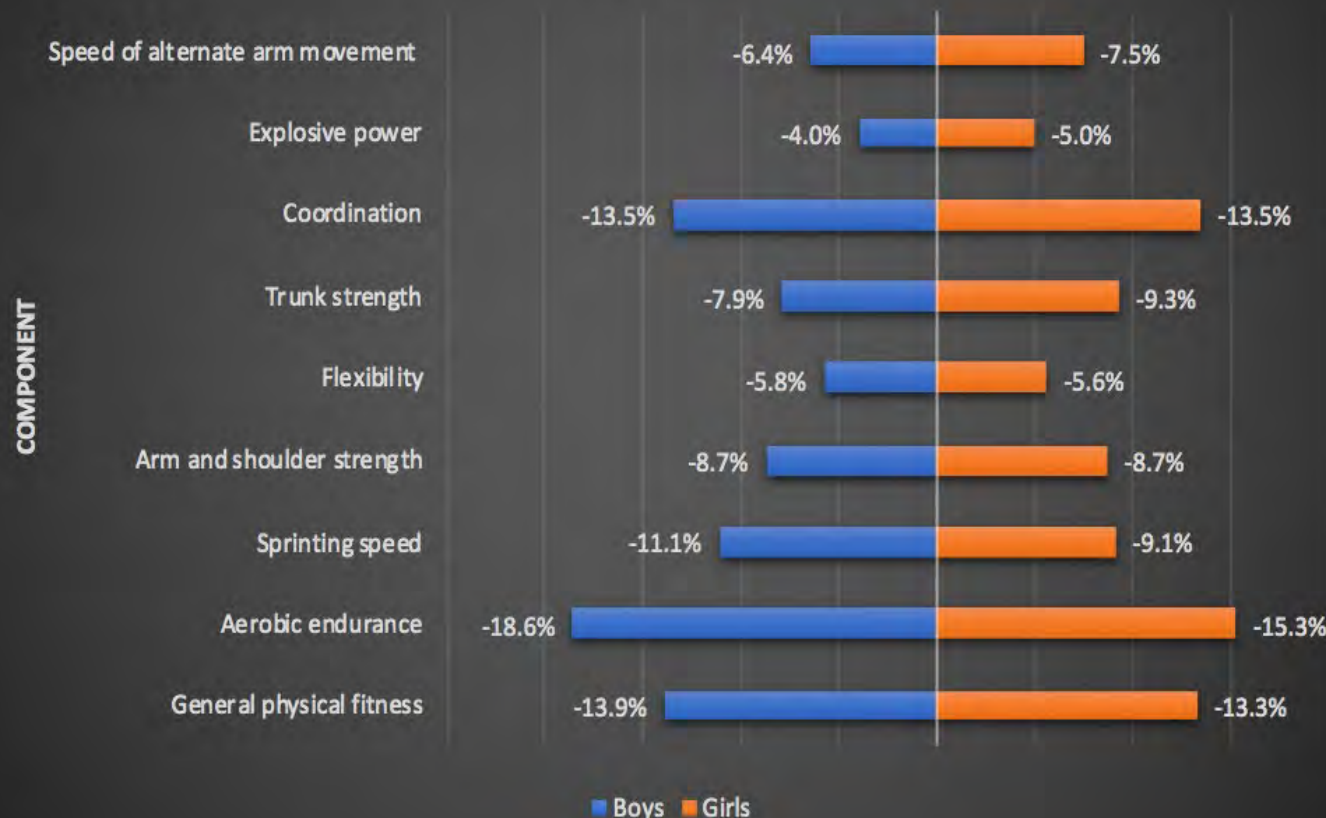
**% of children that suffered the drop of physical fitness**



# COVID-19 1st wave effects on children's physical fitness

SLOfit

## % of drop of different components of physical fitness



AEROBIC  
FITNESS &  
COORDINATION

SUFFERED THE MOST

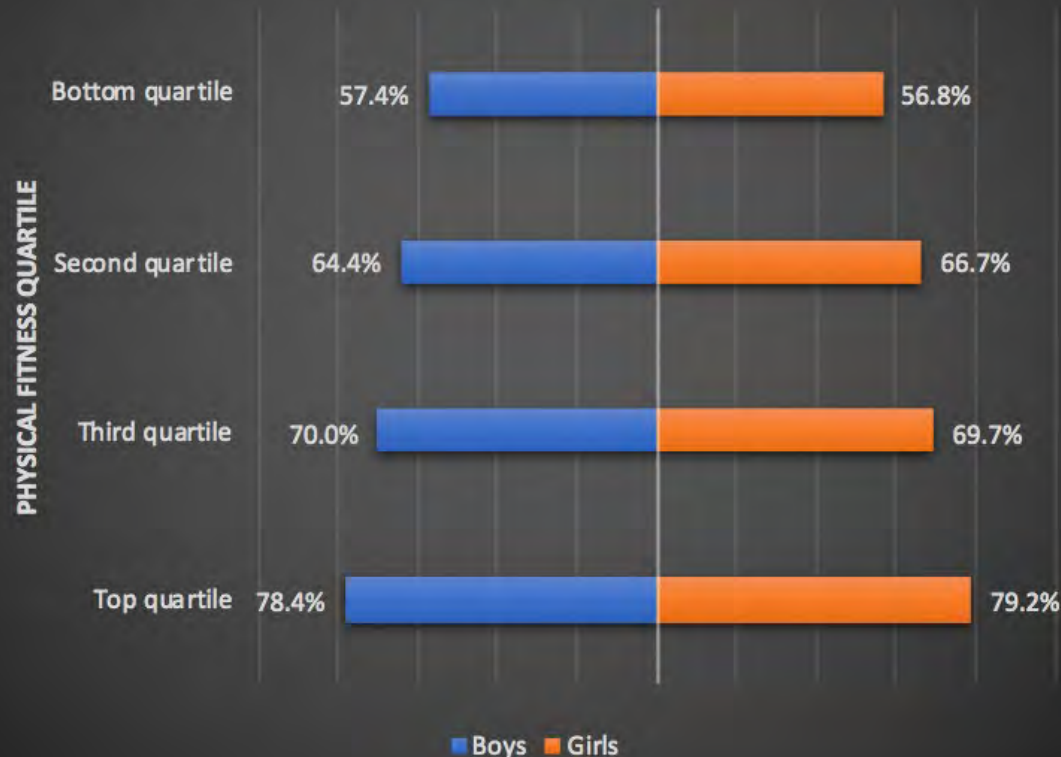


# COVID-19 1st wave effects on children's physical fitness

**SLO**fit



**% of children from different quartiles of physical fitness who suffered the drop of physical fitness**

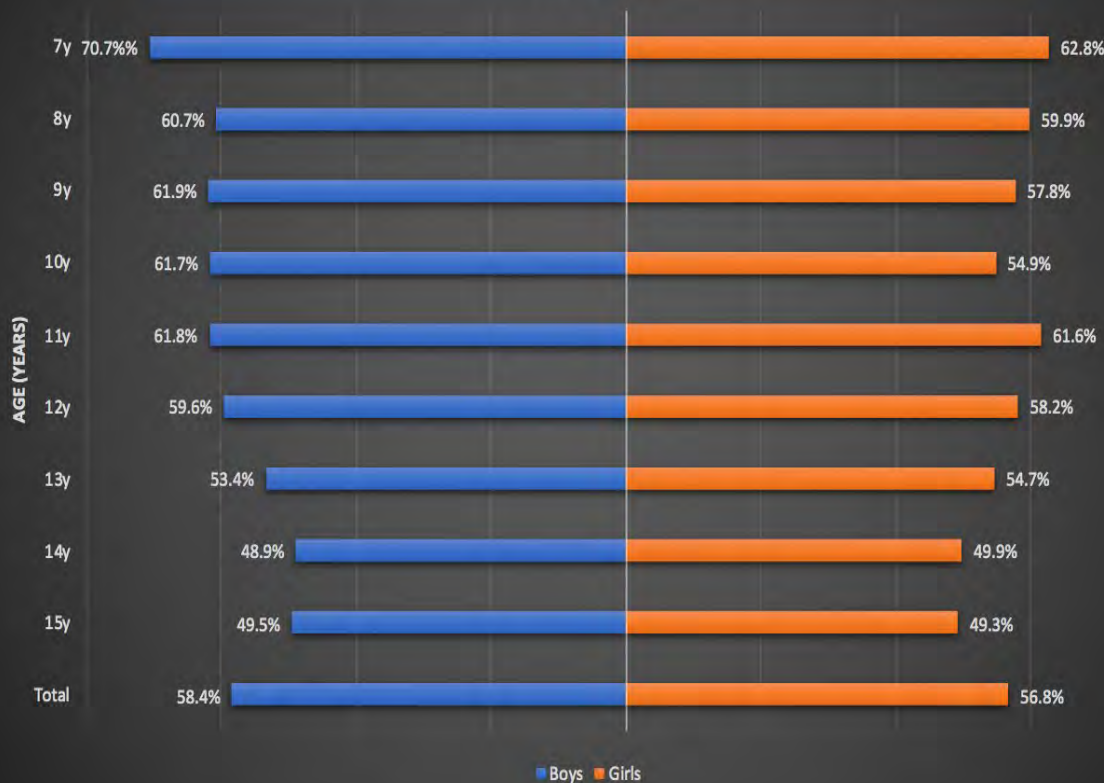


# COVID-19 1st wave effects on children's physical fitness

SLOfit

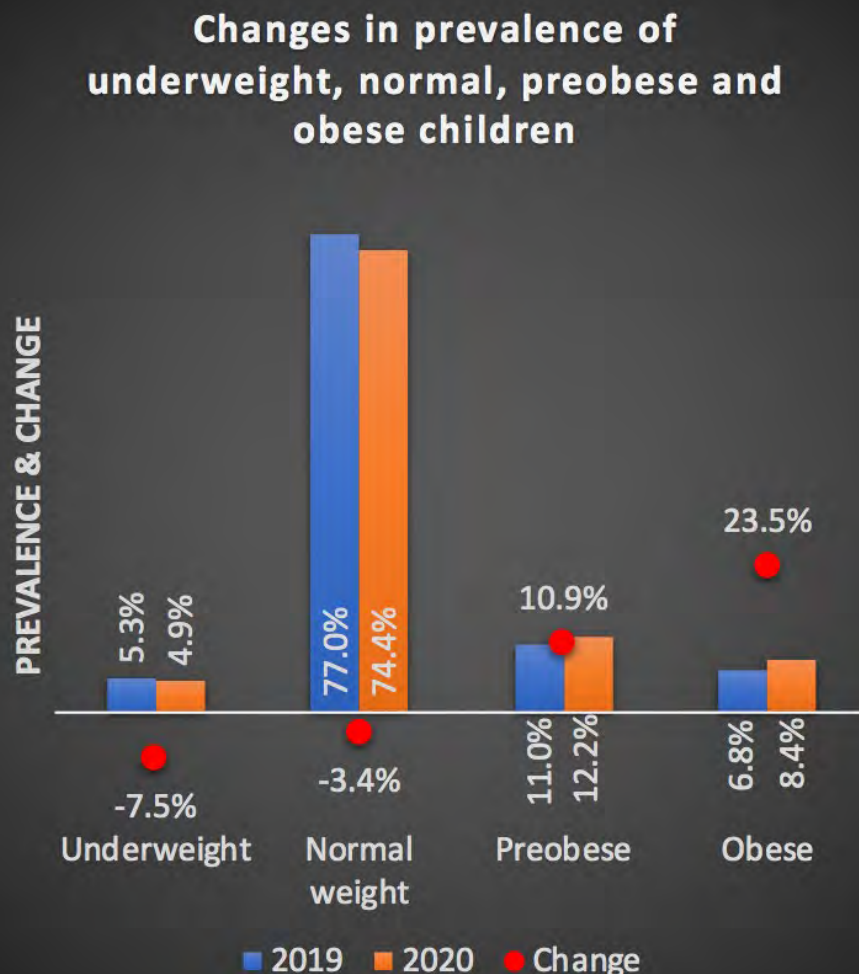


% of children who experienced the growth of subcutaneous body fat



# COVID-19 1st wave effects on children's physical fitness

SLOfit





# COVID-19 1st wave effects on children's physical fitness

- Our fears became true. The COVID-19 counter-measures affected children more than the virus itself. They became a new vulnerable group with possible long-term developmental and health handicap.
- Despite tremendous efforts of teachers and schools, the on-line PE teaching produced no visible results.
- The intensity of physical activity of children at home does not reach the intensities of physical activity in school PE or sport training.

## We suggested...

- Instead of focusing on on-line teaching, we should focus on outdoor teaching.
- The closure of schools should be avoided at all costs.
- In the aftermath of COVID-19 we will not be able to work as we did before. Everything will have to be intensified (increase of time for PE, learning in movement, rise of quality of PE delivery, joint teaching of classroom and PE teachers, smaller groups...)
- Countries should aim to implement national surveillance systems to regularly follow children's somatic development and their physical fitness. The physical activity surveys alone can be extremely misleading.

[ENG](#)[SLO](#)

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## LET'S STRENGTHEN OUR IMMUNE SYSTEM THROUGH MOVEMENT

SLOfit is a national surveillance system for physical and motor development of children and youth which was formerly known as Sports Educational Chart. The system was implemented in 1982 on a sample of Slovenian schools and after 5 years of testing it was introduced to all Slovenian primary and secondary schools.

[READ MORE](#)



## PERSPECTIVE article

Front. Public Health, 05 March 2021

Sec. Children and Health

<https://doi.org/10.3389/fpubh.2021.64423>

5

This article is part of the Research Topic

The Effects of Climate Change and Environmental Factors on  
Exercising Children and Youth

[View all 5 Articles >](#)

# A COVID-19 Crisis in Child Physical Fitness: Creating a Barometric Tool of Public Health Engagement for the Republic of Slovenia



Gregor Jurak<sup>1</sup>,



Shawnda A. Morrison<sup>1\*</sup>,



Marjeta Kovač<sup>1</sup>,



Bojan Leskošek<sup>1</sup>,



Vedrana Sember<sup>1</sup>,

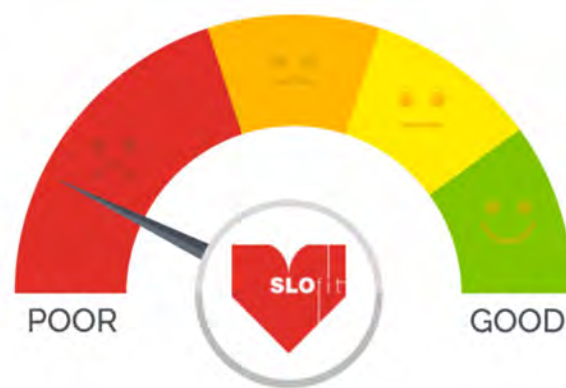


Janko Strel<sup>2</sup> and



Gregor Starc<sup>1</sup>

# SLOfit barometer



## Re-launch the Healthy lifestyle intervention programme



## Joint teaching of a physical education teacher and a classroom teacher



## Active recess



## Reduce physical education class sizes



## Physically active teaching for all subjects



## Outdoor classrooms



## Establish interventions to treat children with obesity and low motor efficiency



## Ensure access to children's playgrounds



## Maintain access to gyms and other indoor sport facilities



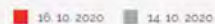
## Ensure operation of sport programmes



## The Intervention Act



## Legend



ukrepov

na izjemno škodljive posledice  
1D-19 na gibalno učinkovitost  
igrov za omejitev teh posledic.

# Trying to influence on decision-making



- **Council of Sport**

- Guidelines about opening PE and school sport within educational system and opening sport in sport clubs, fitness industry

**Excepted by Council but not by Government**

- **Council for General Education**

- Guidelines about opening PE and school sport within educational system

**Acknowledge by Council but not by Government**

- **Parliament Committee for Education and Sport**

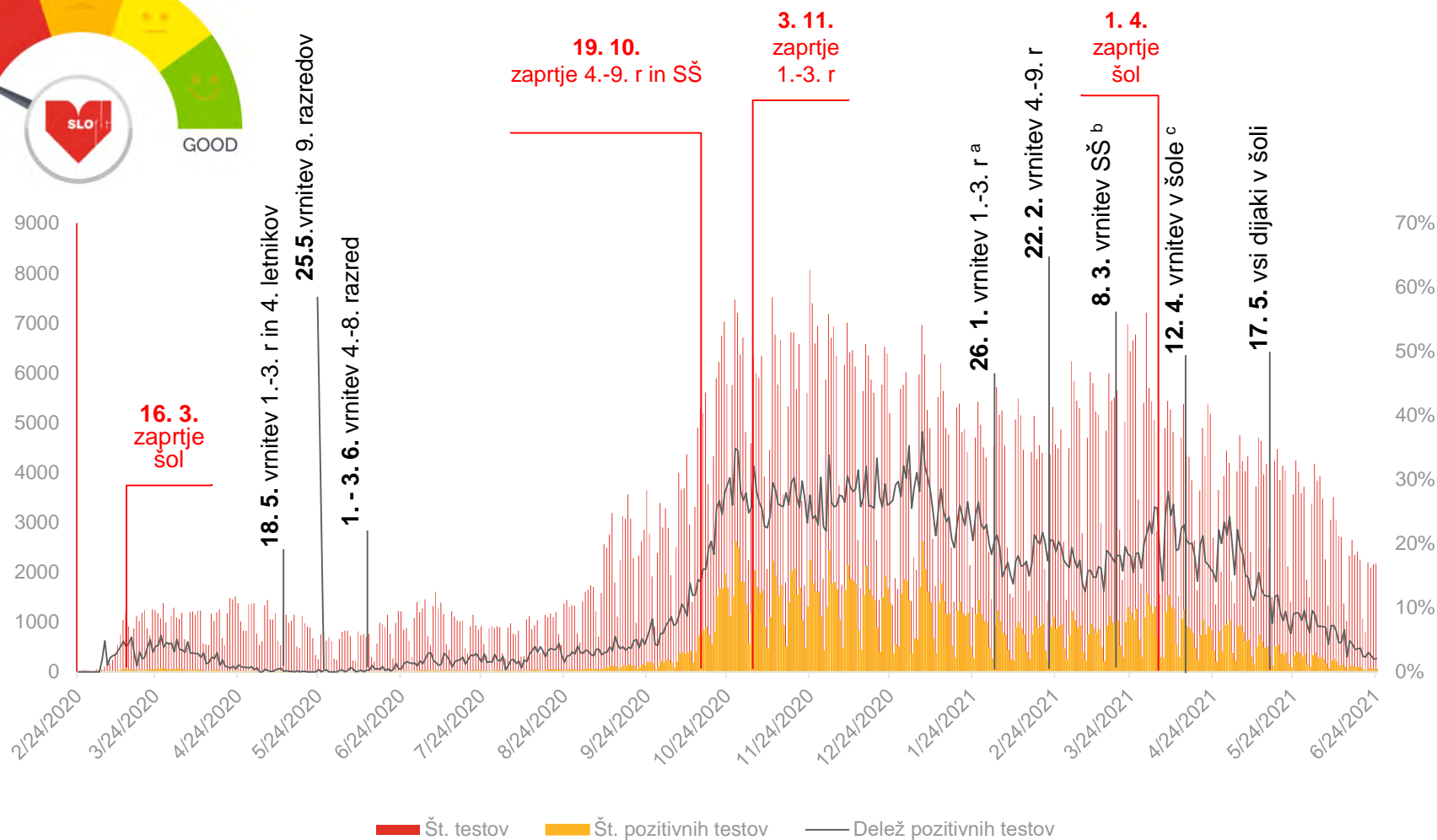
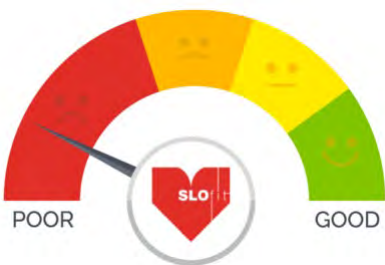
- Proposed measures needed (from barometer) to combat situation

**Conclusion that Ministry should consider proposed measures**



# School closure

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# Same children living three scenarios...

**SLO**fit

Normal school year



2019

School lockdowns,  
quarantines &  
on-line classes



2020 & 2021

Quarantines with on-  
line classes



2022

# Number of distance schooling days (16.3.2020 – 17.5.2021)

**SLO**fit

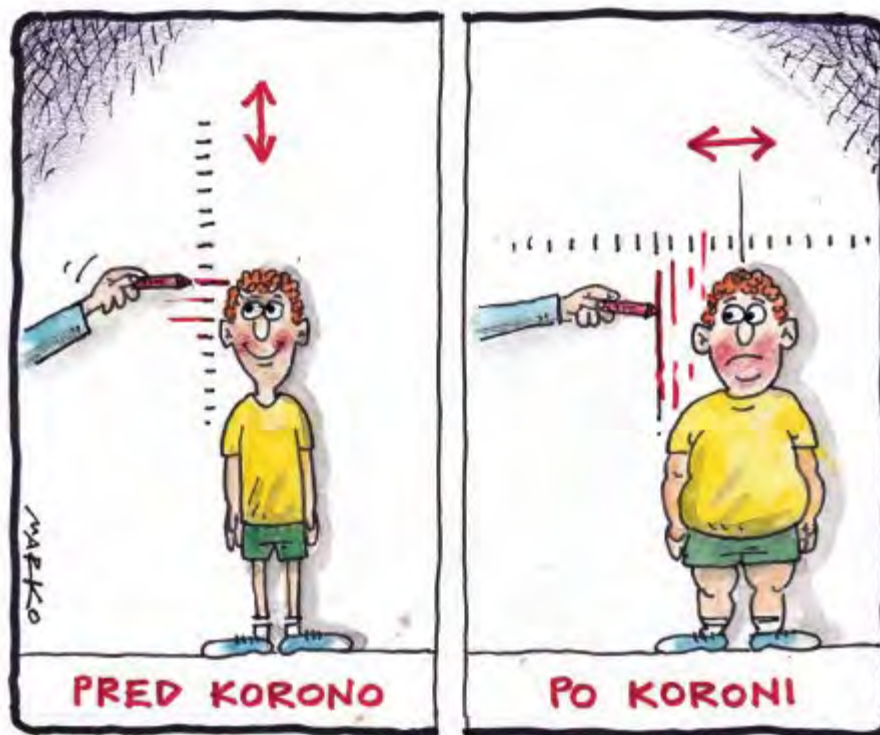
Grade	No of distance schooling days	No of distance schooling weeks	No of PE classes per week	No of PE classes on distance	No of PE classes per year	% of PE classes on distance
1	105	21	3	63	105	60%
2	105	21	3	63	105	60%
3	105	21	3	63	105	60%
4	128	26	3	77	105	73%
5	128	26	3	77	105	73%
6	130	26	3	78	105	74%
7	130	26	2	52	70	74%
8	130	26	2	52	70	74%
9	123	25	2	49	64	77%
10-12	155	31	3	93	105	89%
13	128	26	3	77	105	73%



# How we survived COVID-19 pandemic?



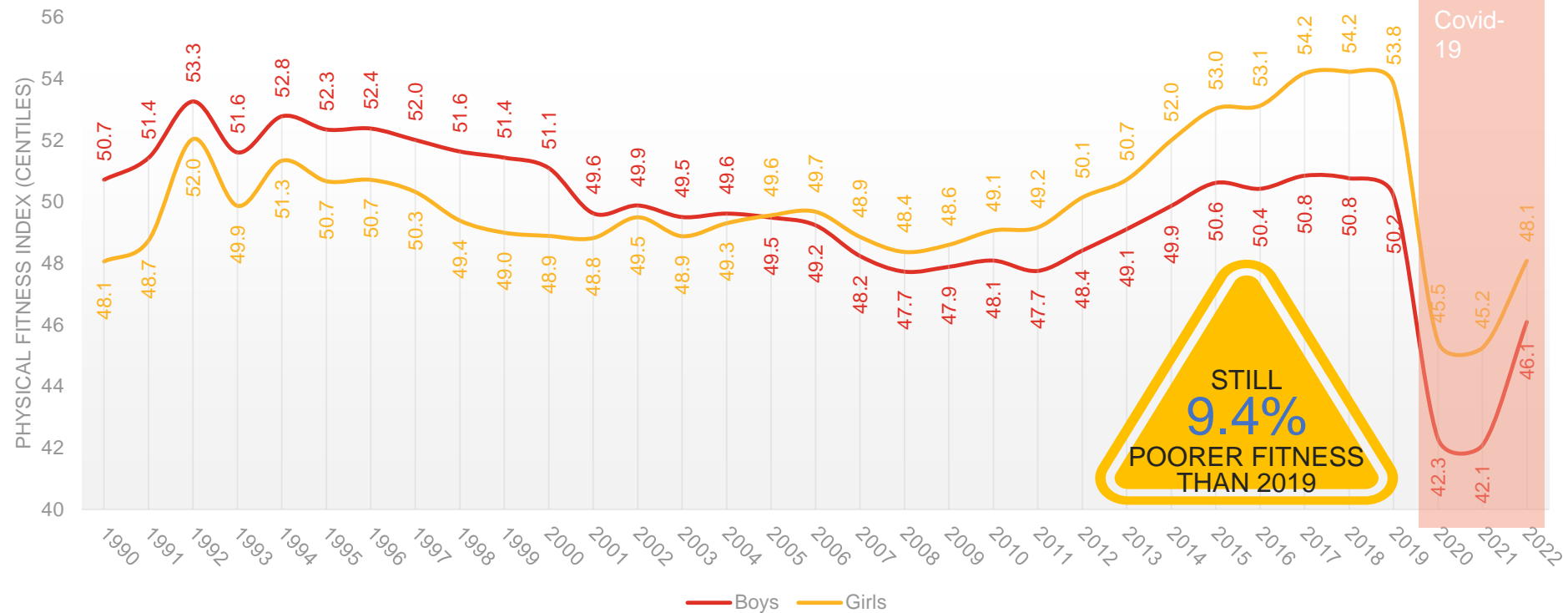
Markomentar



MARKO KOČEVAR

# The epilogue after 2+ years

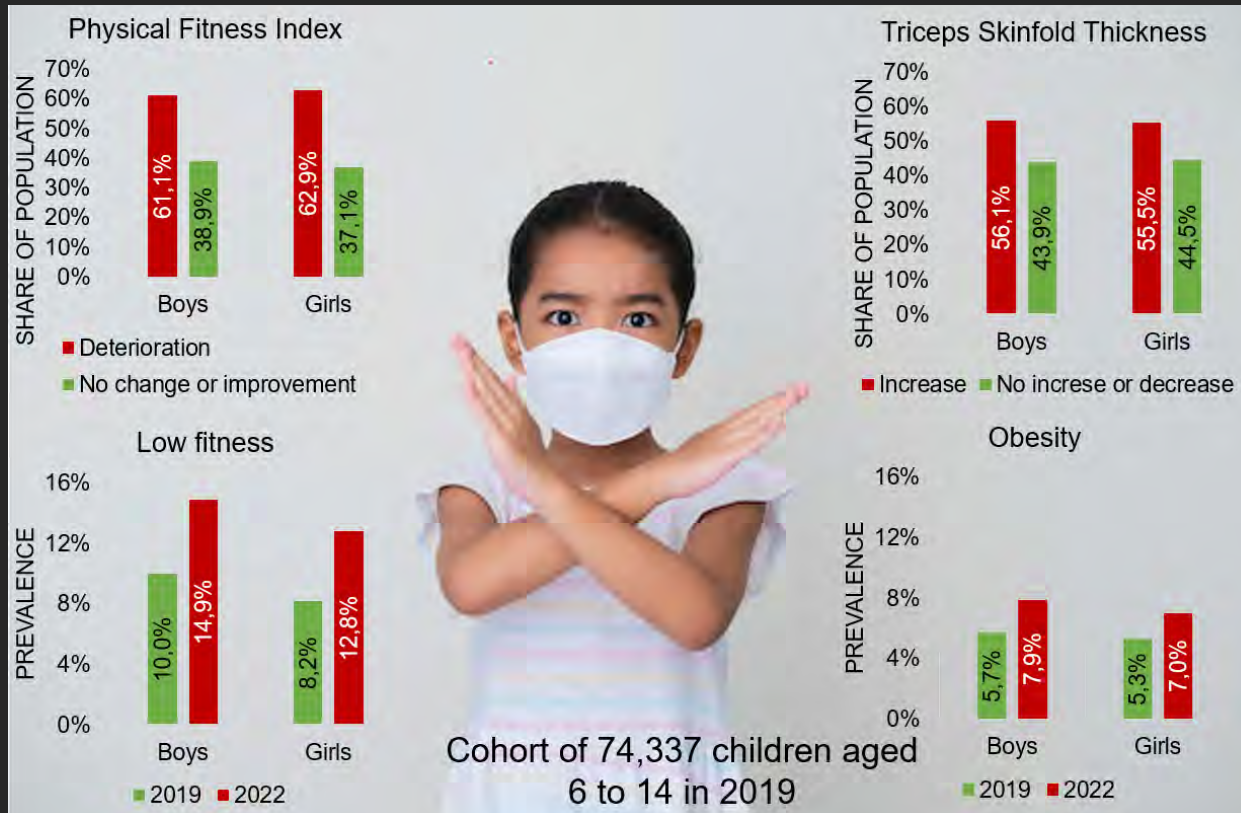
SLOfit



Normal and overweight children (in this group there is more girls) were more effected

# Things won't improve on its own...

**SLO**fit





# Further efforts: new understanding of physical activity in school

SLOfit

## FITTER KIDS HAVE BIGGER BRAINS

Cadenas-Sanchez et al. 2020 Scand J Med Sci Sports

Designed by  The Voice of Science

### FIT CHILDREN

They have larger global brain volumes, which are directly related to fitness markers.



### UNFIT CHILDREN

They have lower global brain volume, which are related to worse fitness markers.

+ Global brain volume

+ Global white matter

+ Global gray matter

Global brain volume -

Global white matter -

Global gray matter -

Cardiorespiratory Fitness

Muscular Strength

Speed-Agility

is an important part of physical  
fitness (Bachner, EUPEA)

This infographic has been developed with the support of the Unit of Excellence in Sport and Health (UCEENS), granted by the University of Granada and Junta de Andalucía, Consejería de Conocimiento, Investigación y Universidades and European Regional Development Funds (ref. SOMM17/6107/UGR).





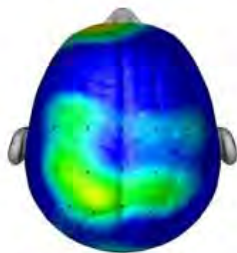
# Further efforts: new understanding of physical activity in school

SLOfit

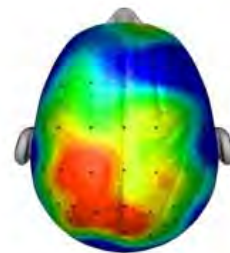
## Physical Activity and Academic Achievement

### Average Composite of 20 Students Taking Same Test

Research/Scan Dr. Chuck Hillman University of Illinois



Brain after sitting quietly



Brain after 20 minute walk



### Physical Activity improves...

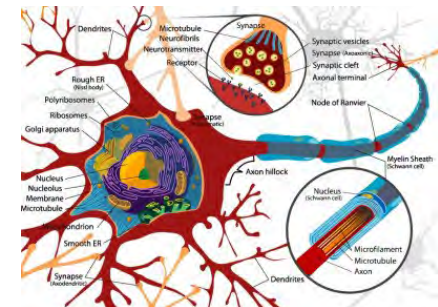
Attendance

Classroom  
behavior

Cognitive  
development

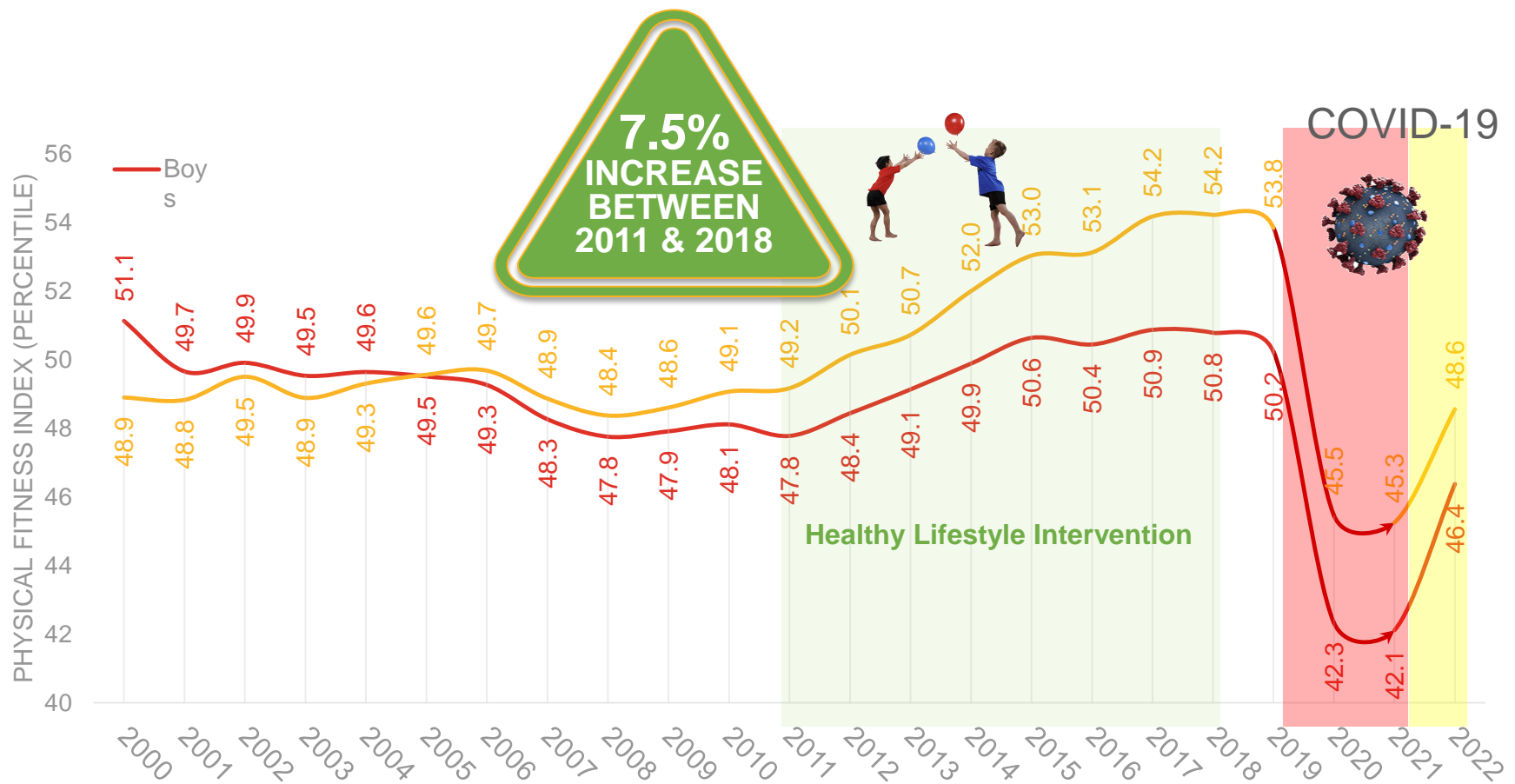
Test scores

Academic  
performance



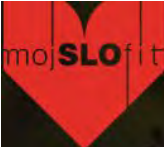
# Further efforts: HLI in short term

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# My SLOfit web-based app

SLOfit



## Vstopi v Moj SLOfit

**ZA STARŠE IN DIJAKE**  
Dostop je mogoč samo prek šole, ki jo obiskuje otrok oz. mladostnik, z dodeljenim uporabniškim imenom in geslom. **Samostojna registracija ni mogoča.** Za pridobitev dostopnih podatkov se **obrnite na vašo šolo.**  
Uporabniško ime je vaš e-naslov, ki ste ga sporočili šoli za dodelitev dostopa do aplikacije.

**ZA ODRASLE**  
Vsi starejši od 18 let, ki ste se **že registrirali** in sodelujete v projektu meritev SLOfit za odrasle, se prijavite tukaj s svojimi uporabniškim imenom (e-naslov) in geslom, ki ste ju izbrali ob registraciji.

Uporabniško ime (običajno e-poštni naslov)

Geslo

Ste pozabili geslo?

PRILAVA

## Bodi fit, sodeluj v SLOfit

Z vstopom v aplikacijo Moj SLOfit dostopate do povratnih informacij o rezultatih športnovzgojnega kartona z oceno zdravstvenega tveganja.

ŠVK je nacionalna zbirka podatkov, ki jo mora skladno s šolsko zakonodajo voditi vsaka šola. SLOfit pa je nadgradnja ŠVK, podprta z aplikacijo Moj SLOfit, ki omogoča tudi vseživljenjsko spremljanje telesne zmogljivosti in nekaterih z njo povezanih pomembnih podatkov.

**Moj SLOfit aplikacija je na voljo za brezplačno uporabo**

- **Staršem otrok**, ki ste dali soglasje, da je vaš otrok vključen v meritve za ŠVK, šola pa je pristopila v sistem SLOfit.
- **Dijakom**, ki imate v šolskem sistemu svoj e-naslov, šola pa je pristopila v sistem SLOfit.

*Starši in dijaki pridobite svoj dostop do podatkov, ko se odzovete na vabilo k registraciji v sistem SLOfit, zato se za dostop obrnite na vašo osnovno ali srednjo šolo.*

- **Odraslim oz. starejšim od 18 let**, ki želite brezplačno preveriti svojo telesno zmogljivost v odrasli dobi in primerjati rezultate s telesno zmogljivostjo v času šolanja in z rezultati vaših otrok. V aplikaciji lahko odrasli dostopate do vaših SLOfit podatkov in tudi ŠVK podatkov iz šolskega obdobja, če jih imate shranjene in jih vnesete v sistem.

REGISTRIRAJ SE v SLOfit odrasli



# SLOfit class and school reports

SLOfit



NAZIV ŠOLE

OŠ IVANA GROHARJA

ODELEK

1. A

### Stanje telesnega fitnesa oddelkov 2018

FANTJE (zmerjeni rezultati in centili)

Ime	Starost (let)	Višina (cm)	Masa (kg)	ITM (kg/m <sup>2</sup> )	Količina gibanja na dnevni (min)	Dokazanje položaja z roko (cm)	Skok v daljino (cm)	Pojlon nazaj (cm)	Dvig trupa (cm)	Predklon na klopi (cm)	Vesna v zgolj (g)	Tek 60 m (s)	Tek 600 m (s)	ITF (centil)										
7	133	88,26,1	56	14,8	24,9	46,32	97	155	96	12,8	6,38	90	23,77	90	10,7	2	138	1	99					
6,8	120	17,21,7	19	15,1	33	10	59	24	61	34	15,9	24	29	59	45	69	36	84	13	55	179	28	75	
7,4	121	11,21,1	8	14,4	16	11	65	26	66	10	22	17,4	46	35	78	14	120	99	11,4	15	167	20	74	
7,2	118,4	6,19,8	4	14,1	11	11	66	28	83	130	59	15,1	49	28	46	37	49	89	12,8	52	165	16	73	
6,6	119	15,20,8	13	14,7	25	8	34	15	34	37	18,1	38	31	43	57	23	69	12,4	31	153	2	66		
6,6	131	88,26,1	69	15,2	38	9	48	22	45	92	6	20,5	57	28	58	15	60	95	11,7	11	153	2	64	
6,5	121	28,25,1	60	15	78	11	69	25	10	32	17,3	30	29	65	49	90	29	79	13	86	189	37	60	
6,9	126,1	49,22	20	13,1	8	11	67	24	57	120	43	13	83	31	67	32	7	50	91	12	26	187	41	53
6,6	123,8	44,23,2	40	15,1	37	11	69	22	46	10	30	20,8	58	19	43	57	31	81	10	68	177	21	51	
6,8	122,5	27,21,4	15	14,3	15	72	14	19	10	18,1	44	34	80	45	69	84	99	10	80	201	59	49		
7,3	131,6	75,36,8	93	15	94	22	97	28	81	105	12	13	76	18	8	30	13	34	13	74	81	7	81	

DEKLETA (zmerjeni rezultati in centili)

Ime	Starost (let)	Višina (cm)	Masa (kg)	ITM (kg/m2)	Količina gibanja na dnevni (min)	Dokazanje položaja z roko (cm)	Skok v daljino (cm)	Pojlon nazaj (cm)	Dvig trupa (cm)	Prostiklon na klopici (cm)	Vesna v zgolj (s)	Tek 60 m (s)	Tek 600 m (s)	ITF (centil)												
	7,3	126,3	45	25,8	53	16,2	56	11	50	28	81	146	94	15,7	18	41	96	47	68	90	99	12	21	159	3	99
	6,8	124,7	50	24	48	15,4	45	14	76	29	92	135	89	14,6	7	35	88	49	81	80	99	13,5	59	180	14	96
	6,9	118	11	19,4	6	13,9	13	12	61	28	87	138	90	16,8	20	36	89	45	53	46	92	12,6	32	173	9	97
	7,1	135	94	24,9	48	10	9	10	39	25	61	130	76	15,5	15	28	51	51	90	71	12,5	33	181	16	92	
	6,6	127,5	76	23,8	51	14,8	29	12	63	36	140	96	21,3	47	35	49	83	53	95	12,5	21	177	9	89		
	7,1	131	81	24,5	46	14,3	10	13	68	24	52	129	75	13	74	35	85	45	53	61	95	12,1	20	163	4	87
	7,2	122,5	26	22,7	27	15,1	35	11	50	22	130	77	15,9	16	39	93	45	52	50	92	12,8	45	175	13	87	
	6,5	124,5	58	24,5	59	15,8	56	13	71	24	68	111	50	22	51	25	46	65	24	73	12,4	18	189	21	80	
	7,2	125,5	45	24,2	42	15,4	41	8	18	27	77	13	39	18,8	47	32	72	49	79	23	67	10	73	184	23	74
	7,3	128,3	58	28,1	75	17	71	14	74	31	94	13	37	18,5	40	28	48	47	68	21	61	12,7	44	186	27	73
	7,1	127,5	66	23,7	37	14,6	23	12	60	23	41	10	27	20,2	50	32	72	48	75	26	72	13	50	189	29	66
	7	120	17	24,2	44	16,8	68	10	90	13	1	28	1	86	26	43	35	7	16	49	15,4	94	61	8		



NAZIV ŠOLE

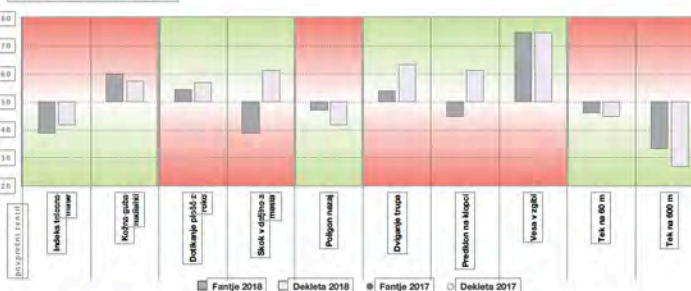
OŠ IVANA GROHARJA

ODELEK

1. A

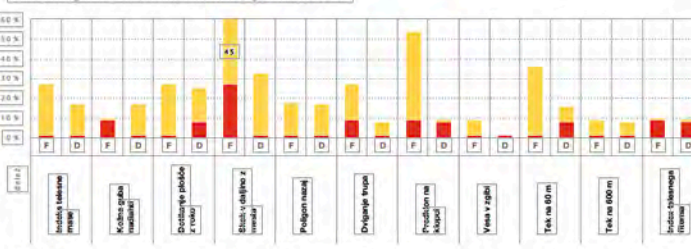
### Stanje telesnega fitnesa oddelkov 2018

Profil telesnega fitnesa oddelka



Profil telesnega fitnesa oddelka na lestvici od 0 prek 50 (slovensko povprečje) do 100 prikazuje položaj posameznih mer telesnega fitnesa oddelka v primerjavi z vsemi drugimi oddelki v Sloveniji. Približno ena polovica vseh oddelkov v Sloveniji ima povprečni centil v obsegu 40-60; ena četrtina ima nižjega od 40, ena četrtina pa višjega od 60; ena desetina (10 %) ima nižjega od 30, ena desetina pa višjega od 70. Višji povprečni centili ne pomeni vedno boljšega rezultata! Zelena obarvana polja predstavljajo zaželen rezultat, rdeča pa nezaželen rezultat. Pri indeksu telesne mase, koži gubi nadihati ter časovnih merskih nalogah (pojlon nazaj, tek na 60 m, tek na 600 m) so zaželena čim nižja, pri ostalih merskih nalogah pa čim višja povprečja centilov.

Delež nizko gibalno učinkovitih / zdravstveno ogroženih v oddelku



Grafikon kaže delež izmerjenih fantov in deklet v tem oddelku, ki imajo zelo nizke (rdeči del stolpca) ali majhne vrednosti (rumeni del stolpca) telesnega fitnesa. Povprečni oddelki v Sloveniji imajo v ITM približno 2 % fantov ali deklet v spodnji rumeni coni (premaži), 20 % v zgornji rumeni coni (prekomerno teži) in 10 % v rdeči coni (debeli); v koži gubi nadihati jih je 5 % v spodnji rumeni coni (grenčka količina maščobe), 22 % v zgornji rumeni coni (nekoliko prevelika količina maščobe) in 3 % v rdeči coni (znatno prevelika količina maščobe); v gibalnih testih jih je 10-15 % v rdeči coni in 20-25 % v rumeni coni; v ITF pa 10 % v rdeči in 20 % v rumeni coni. Če delež rezultatov v oddelku bistveno presega slovensko povprečje (zlasti v rdečem delu), pomeni, da je treba pri vadbi v šoli in zunaj nje posvetiti posebno pozornost izboljšanju sposobnosti, pri katerih so posamezniki manj učinkoviti. Za takšne oddelke naj šola poleg pouka športa/sportne vzgoje zagotovi druge gibalne spodbude, kot so miniturni, za zdravje, gibalni odmor, gibalne dejavnosti, dopolnilni pouk. Za uspešno obravnavo zdravstveno ogroženih posameznikov se posveti s šolskim zdravnikom. Učiteljske športne vzgoje skupaj z zdravnikom pripravijo individualni program za izboljšanje njihovega stanja. Šola naj posveti pozornost tudi pogojem v okolju (telesno dejaven prihod v šolo, dostop do zunanjih igrivih in njihova urejenost, dejavnost družine ...). Priporočila za ločeno obravnavo so na spletni strani [slofit.org](http://slofit.org).



[www.slofit.org](http://www.slofit.org)

# SLOfit student PDF report

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## Poročilo o telesnem in gibalnem razvoju posameznika 2018

Poročilo prikazuje večletne trende tvojega telesnega in gibalnega razvoja. Pri tistih merah, ki jih je mogoče povezovati z zdravstvenimi tveganji, so podatki prikazani v različnih območjih tveganja.

Legenda:



IME IN PRIIMEK:

Matej Zupan

DATUM ROJSTVA:

11.03.2003

SPOL:

M

DATUM ZAKLJUČNE MERITVE:

24.04.2018

DATUM PREDHODNE MERITVE:

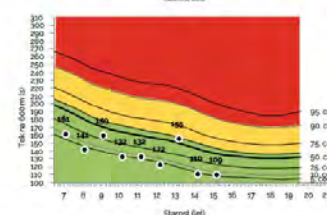
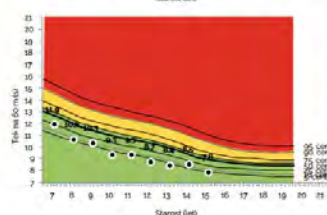
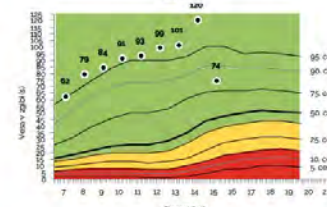
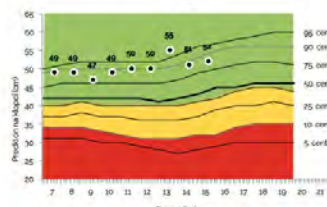
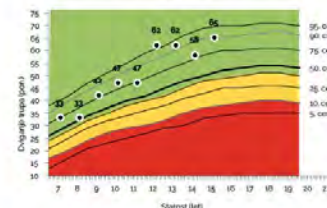
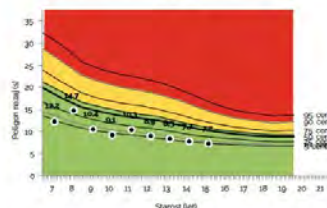
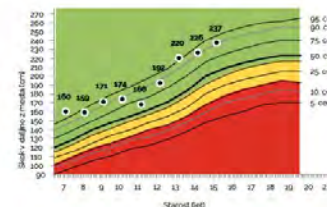
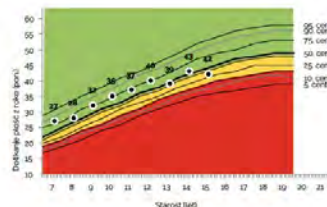
15.04.2017



## Poročilo o telesnem in gibalnem razvoju posameznika 2018

Matej Zupan

### Gibalni razvoj



Univerza v Ljubljani, Fakulteta za šport  
Inštitut za športne vede  
Poročilo o telesnem in gibalnem razvoju posameznika 2018

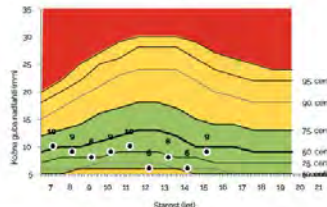
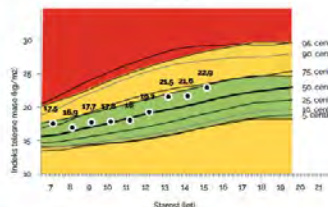
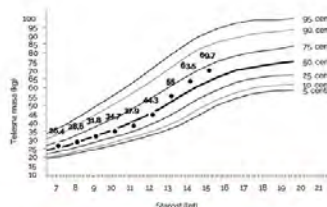
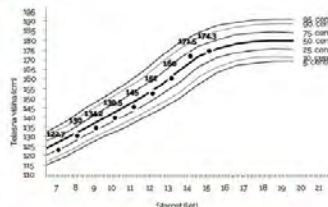
INFO številka SLOfit:  
01 520 78 36 ali 041 601 430

E-naslov:  
info@slofit.org

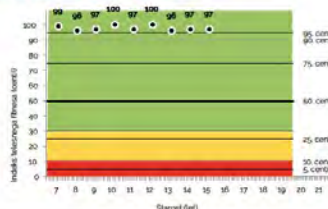
Osnovna šola Ivana Groharja  
Podgorica 1, 4220 Škofja Loka  
04 500 11 13 2 info@osg-shofja-loka.si

www.slofit.org

### Telesni razvoj



### Gibanje indeksa telesnega fitnessa



Univerza v Ljubljani, Fakulteta za šport  
Inštitut za športne vede  
Poročilo o telesnem in gibalnem razvoju posameznika 2018

INFO številka SLOfit:  
01 520 78 36 ali 041 601 430

E-naslov:  
info@slofit.org

Osnovna šola Ivana Groharja  
Podgorica 1, 4220 Škofja Loka  
04 500 11 13 2 info@osg-shofja-loka.si





Prijavljeni ste kot **Jože Kordiš** (Administrator - Šola)



Pojdi na spletno stran [SLOfit](#)

[NAZAJ NA STAREGA UPORABNIKA](#)

## Moj SLOfit

Moj profil

Iskanik članov

Uporabniki

Uvoz / izvoz podatkov

Vnos / čiščenje ŠVK podatkov

Sporočila uporabnikom

Navodila za učitelje

Šolsko poročilo

Podatki šole

## Zupanc Matic

Datum rojstva: 11.03.2003, Spol: M

ŠVK podatki

Gibane navade najstnika

## ŠVK podatki



Telesna višina

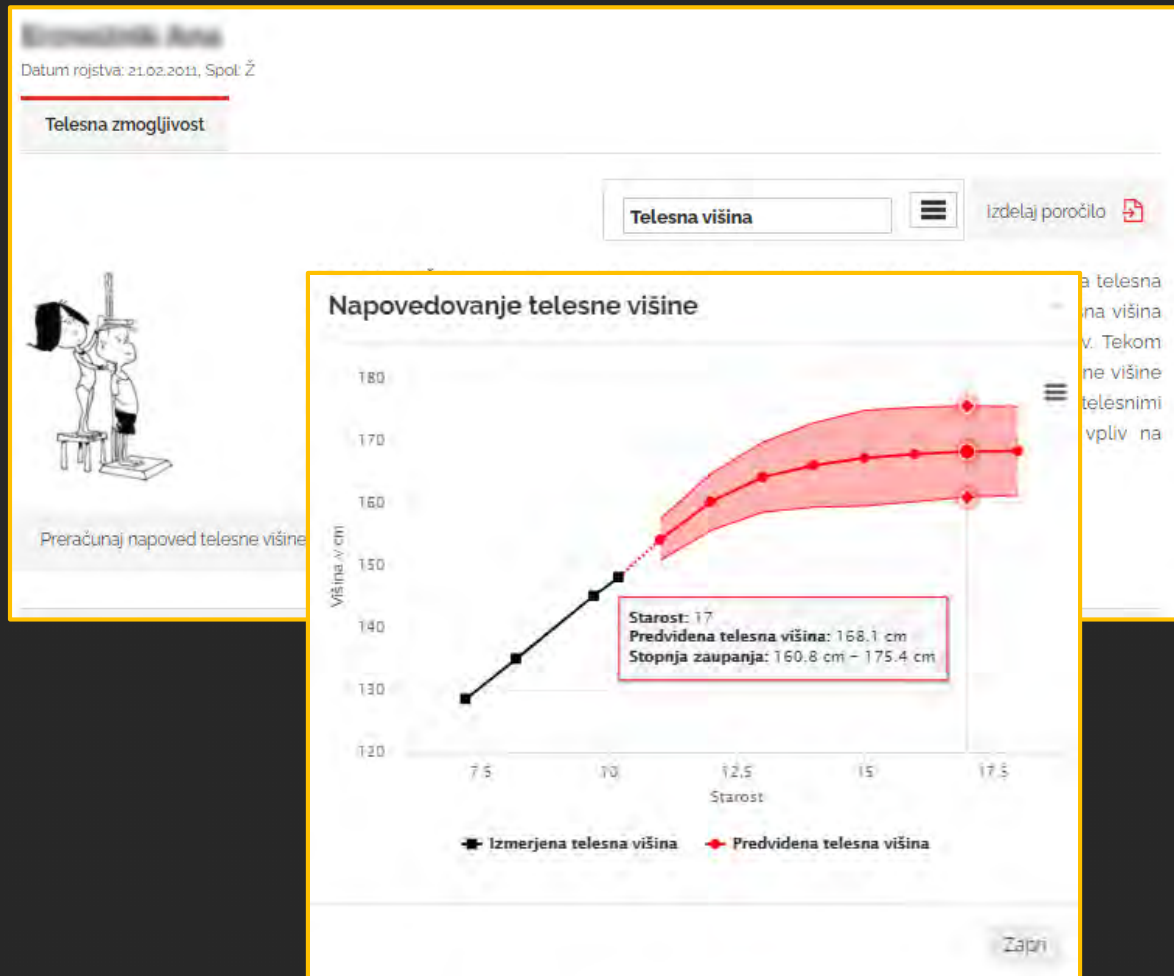


Izdelaj poročilo

**TELESNA VIŠINA** nam daje podatek o dolžinski razsežnosti telesa. V obdobju otroštva telesna višina ves čas raste, z zaključkom adolescence pa se rast ustavi. V odrasli dobi telesna višina ostane konstantna, čeprav dnevno niha predvsem zaradi hidracije vretenčnih diskov. Tekom dneva so posamezniki najvišji zjutraj, najnižji pa zvečer. V odrasli dobi je nižanje telesne višine pokazatelj degenerativnih sprememb hrbtenice. Telesna višina skupaj z drugimi telesnimi merami omogoča oceniti stanje prehranjenosti in določiti morebiten negativen vpliv na nekatere motorične teste.

# SLOfit prediction and maturity assesment

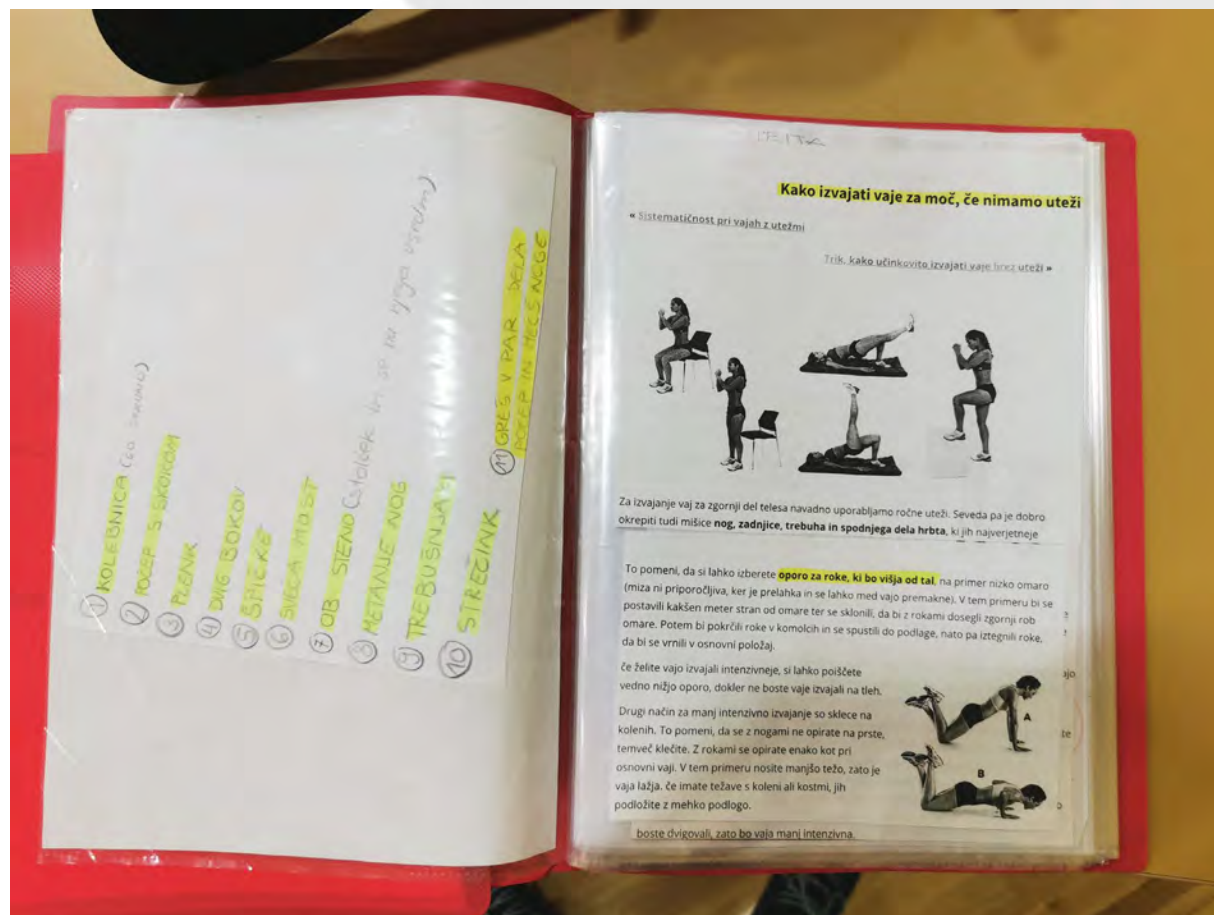
SLOfit



Height prediction calculator  
available also in English on:  
<https://en.slofit.org/measurements/height-prediction>



# PF monitoring in PE classes to increase PL



# FitBack



## TOP 10

International priorities for physical fitness research and surveillance among children and adolescents identified by international experts in fitness



Conduct longitudinal studies to assess changes in fitness and associations with health

01



Use fitness surveillance to inform decision making

02



Implement regular and consistent international/national fitness surveys using common measures

03



Implement scalable school-based interventions to improve and promote fitness

04



Develop universal health-related fitness cut-points

05



Investigate interventions to improve fitness

06



Assess the reliability and validity of fitness measures

07



Develop a common/universal international field-based fitness test battery

08



Investigate and reduce inequalities in fitness

09



Develop an international fitness data repository

10

For the article, go to <https://doi.org/10.1007/s40279-022-01752-6>

Lang et al.,  
Sport Medicine,  
2022

[www.slofit.org](http://www.slofit.org)

# Thank you!



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