

Kolloquium „Berner Gespräche zur Sportwissenschaft“

Montag, 19.12.2022

16.15 Uhr – 17.45 Uhr

Universität Bern, ZSSw Gebäude C, Raum C001, Bremgartenstr. 145, 3012 Bern

How to build a whole-school physical activity culture?

International guidance recommends whole-school physical activity approaches as a key component to tackle the childhood inactivity epidemic. Yet, recent research finds that current school-based programmes have little, if any, effect on children's overall physical activity levels. To create effective and sustainable change, it is essential that we move beyond singular intervention approaches to working with the schools as complex organisations.

This talk will begin with an overview of the co-development of the Creating Active Schools (CAS) Framework. Following this, the CAS implementation model will be shared, outlining lessons learned when working with schools to change their policies, environments, stakeholder behaviours and opportunities for physical activity. The presentation will also draw on key learning from the European ACTivate project that is working with teachers across the European Union to integrate movement within the delivery of core academic subjects.

Dr. Andrew Daly-Smith



Dr Andy Daly-Smith is a Reader in Childrens' Physical Activity and Health at the University of Bradford (UK) and HVL (Norway). Within Bradford he co-leads the Centre for Applied Education Research and research on the JUMP project; the UK's first whole-systems approach to physical activity for children and young people. Andy's personal research focusses on the implementation and effectiveness of whole-school approaches to physical activity- specifically Creating Active Schools.