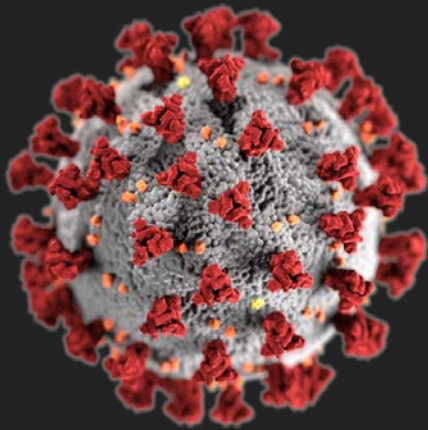


PHYSICAL FITNESS OF SLOVENIAN CHILDREN AFTER THE COVID-19 LOCK-DOWN



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THE PLOT

- ▶ We were not well prepared.
- ▶ 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.

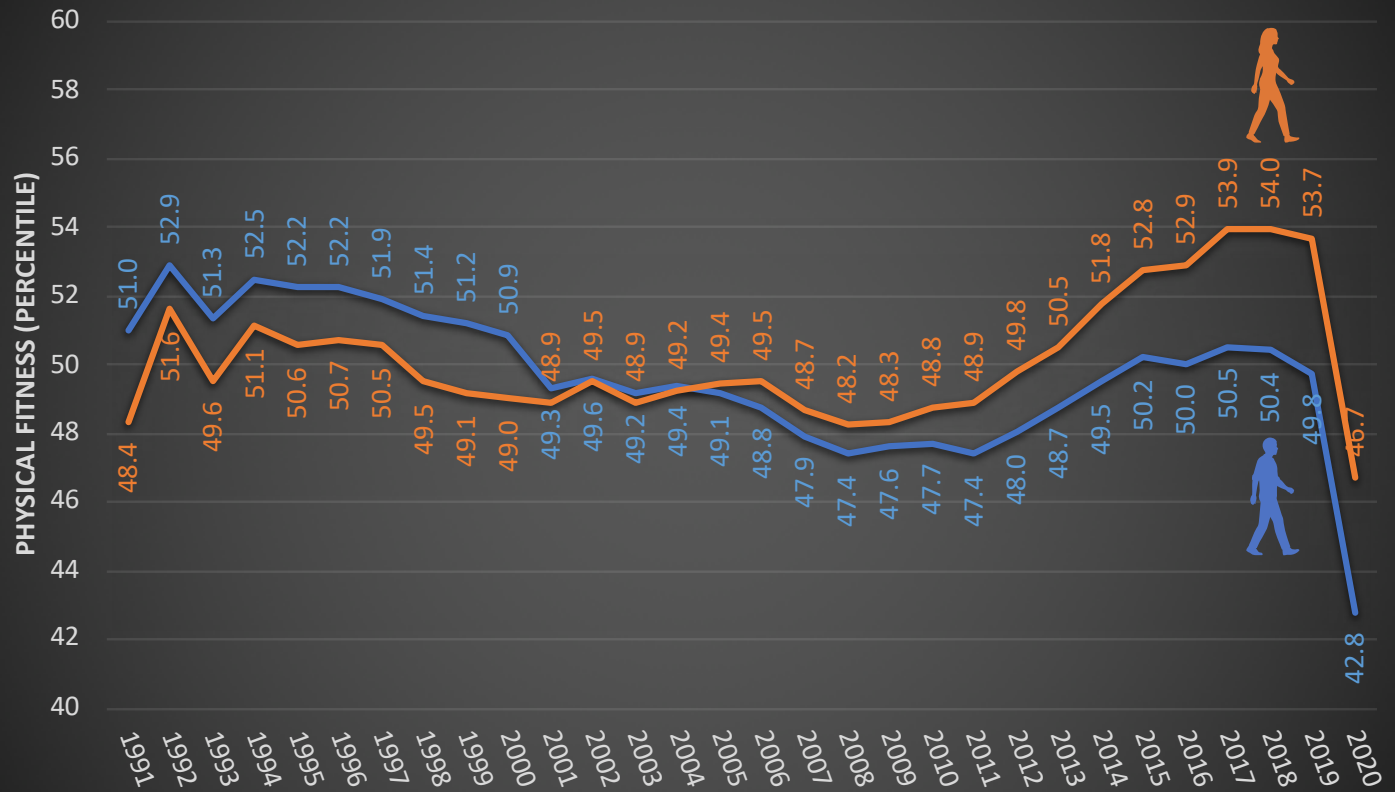




THE OUTCOME

13%
DECLINE OF
PHYSICAL
FITNESS IN ONE
YEAR

Secular trends of physical fitness of Slovenian children

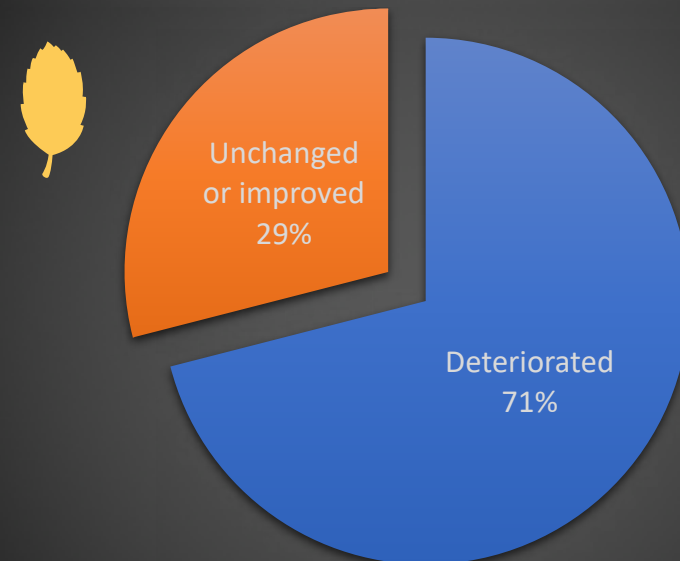
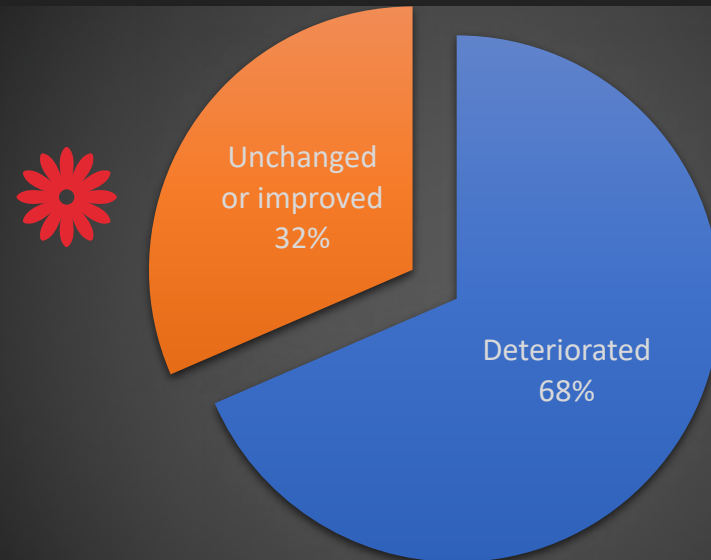




THE OUTCOME



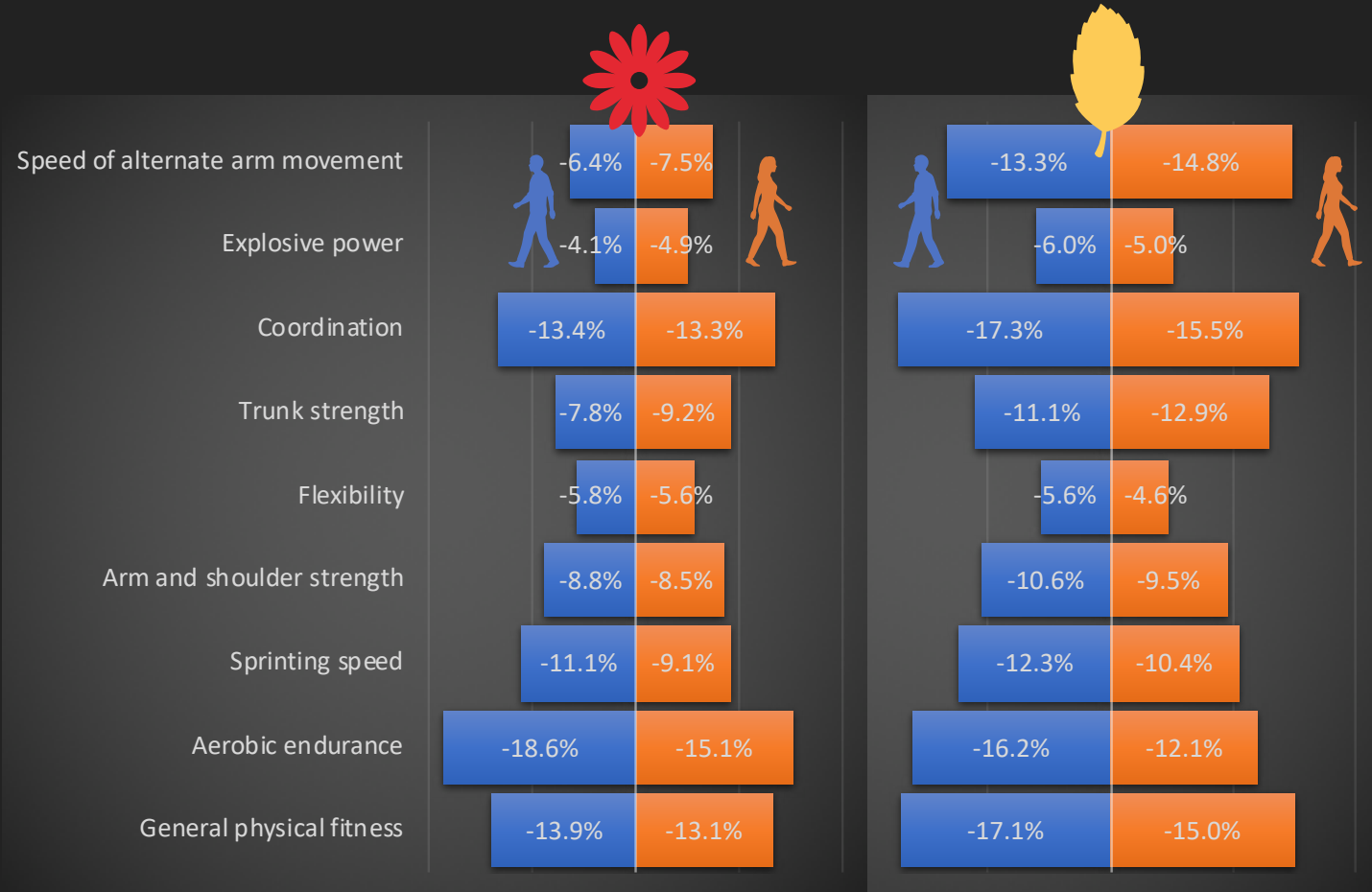
% of children who lost their physical fitness





THE OUTCOME

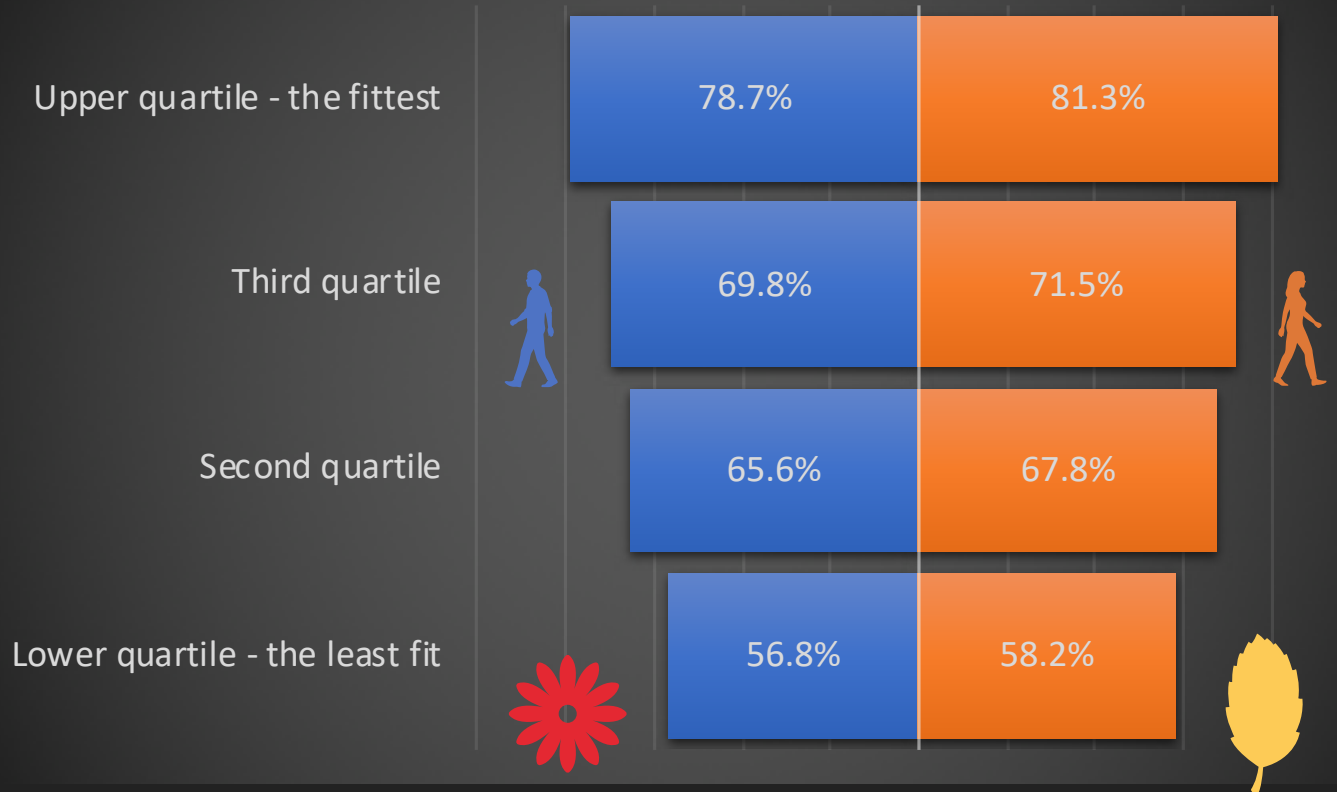
% loss of specific components of physical fitness





THE OUTCOME

% of children from different quartiles who lost their physical fitness

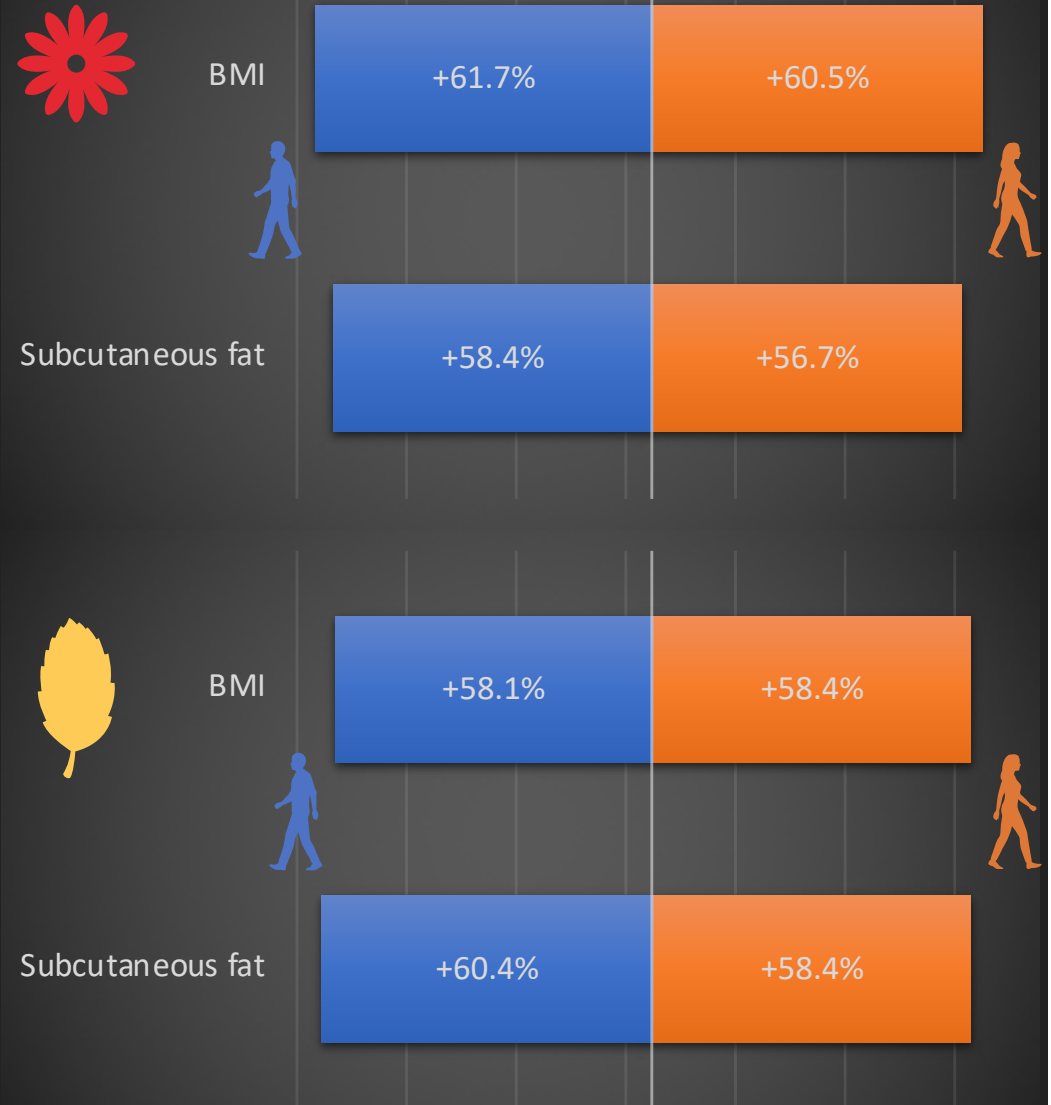




THE OUTCOME

1/2+
OF CHILDREN
EXPERIENCED THE
RISE OF BODY FAT

% of children who experienced the increase of body fat and BMI

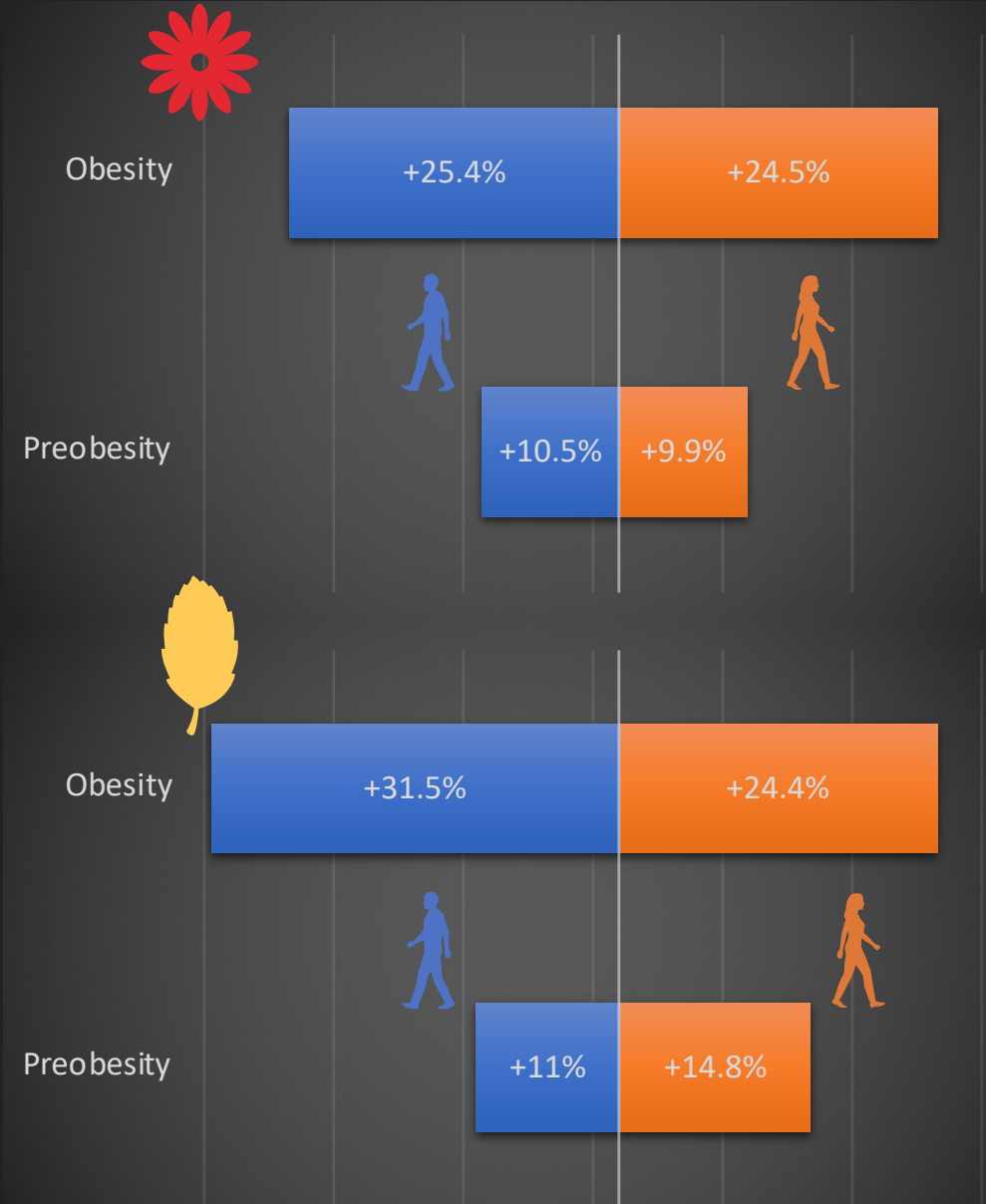




THE OUTCOME



% increase of obesity and preobesity





THE EPILOGUE

- ▶ 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.
- ▶ 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.

THANK YOU

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