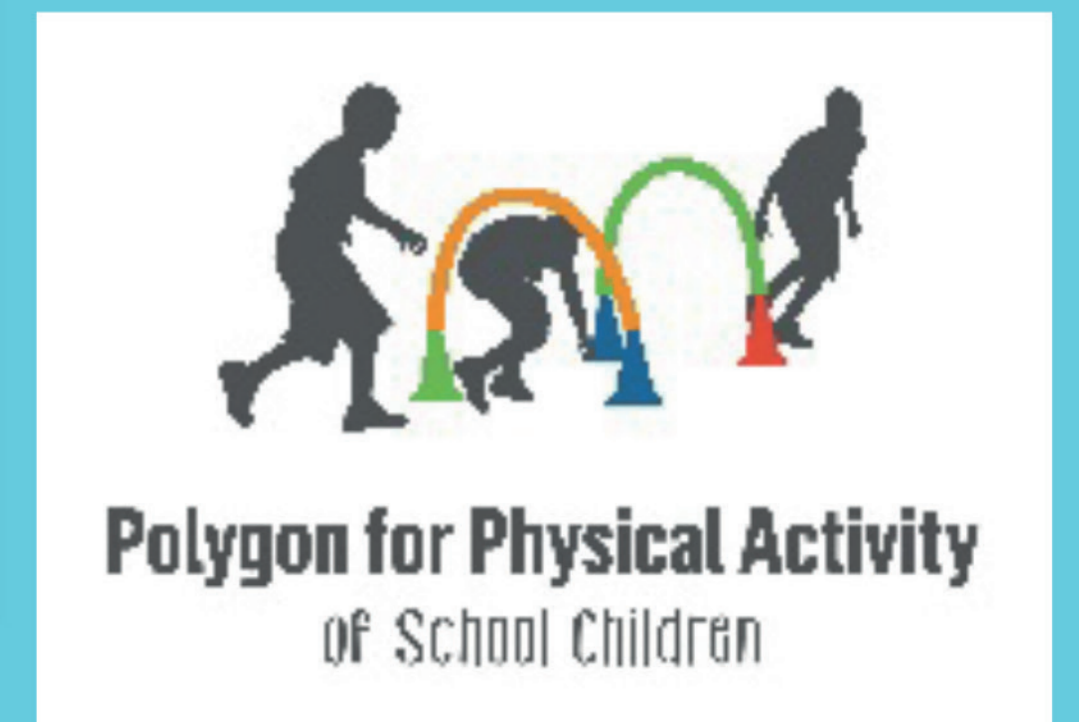


Polygon for Physical Activity of School-Aged Children



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**Source reference:
Best practice**

Practice description:

To support teachers in providing Physical education class (PE) in schools without gyms in order with the goal to meet students' needs for physical activity, kinesiological equipment set, *Polygon For Physical Activity of School-Aged Children*, was designed. This set of moveable equipment consists of 25 elements that are safe for children and easy to assemble and disassemble. The entire project had an impact on raising awareness on the importance of physical activity in school-aged children, especially in schools with no spatial conditions for regular physical activity in children. The project was first implemented in 2015/2016 in 120 main schools without gyms in Croatia.



Outcomes/Results:

Project evaluation has shown improved conditions and increased pupil interest in PE. A statistically significant difference ($\chi^2=65,30$, $df=4$, $p<0,001$) was noted in teachers perception concerning the suitability of equipment for the youngest pupils before and after the project (Table 1). The equipment set was regularly used by 85.59% teachers, whereof 82.88% believed that the pupils loved it. Most teachers estimated that this project could help advance the quality of the PE class, and would recommend this equipment set.

Table 1. Teacher assessment of PE teaching conditions

		I FULLY DISAGREE	I DISAGREE	I NEITHER AGREE, NOR DISAGREE	I AGREE	I FULLY AGREE
		%	%	%	%	%
My pupils love PE	Before	1,21	1,82	1,21	14,55	81,21
	After	0,00	0,00	0,79	8,73	90,48
I am interested in applying new work-out methods	Before	0,00	3,01	3,61	29,52	63,86
	After	0,00	0,00	3,17	34,13	62,70
Sports equipment and props in my school are adapted to even the youngest of pupils	Before	13,25	24,70	36,75	18,67	6,63
	After	3,17	7,14	19,84	35,71	34,13
I am content with the conditions for teaching PE	Before	19,28	36,14	27,stu	13,25	4,22
	After	5,56	34,13	25,40	26,98	7,24

Key message/ lessons learned

- The Polygon project is likely to help school-aged children in reaching the recommended level of physical activity by minimizing the problem of implementing full-time compulsory PE in primary schools without sports facilities
- The Polygon equipment set can be used in teaching PE both indoors (classroom, lobby, hallway or another area) and outdoors