

Title: Rett til fysisk aktivitet / the right to physical activity

Approval by: Principal

Friskoleloven, Kapittel 2A-9. Rett til fysisk aktivitet

Students in 5th- 7th Grade shall regularly engage in physical activity outside the main physical education lessons.

The physical activity must be organized so that all pupils, without regard to functional ability, can experience joy, coping, community and diversity in the school day.

Physical activity @IST

- increases happiness and improves psychosocial health
- improves physical health
- enhances coping skills and resilience
- develops community and collaboration
- offers diversity within the school day

At IST, we have developed the concept of the activity kiosk (aktivitetsbod). Students can borrow a wide range of equipment and activities during breaks. Students have access to the activity kiosk every break. In particular, students in G5-7 are encouraged to use the activity kiosk during the 13.35-13.55 daily break (excluding Wednesdays).

The goal is to contribute to increased physical activity, and ensure students' right to physical activity. The activity kiosk is a great opportunity for physical activity, variety and diversity. Participation is motivating for students and the activity kiosk provides students with increased opportunities to participate and improve their mastery and knowledge about physical activity. The activity kiosk helps students lead a physically active lifestyle and foster a lifelong love of exercise based on their experiences.

Mastery gives confidence, self-esteem, pleasure and satisfaction. The activity kiosk provides opportunities for students to choose their activities and develop associated resilience, coping and challenge strategies. Mastery will provide inspiration to continue the activities and maybe try something new.

The activity kiosk inspires students and gives them positive experiences outside their normal classroom routines. It encourages students to be more active and gives them a greater choice of activities to be involved in.

Through physical activities, students learn how to be part of a team, how to collaborate better with their peers and how to make new friends.

Outside physical activity is supervised by 3 teachers in 3 different play zones, allowing for a wide range of physical activities to be enjoyed and practised.

Reference is made to **Friskoleloven, Kapittel 2A-9. Rett til fysisk aktivitet.**