

Physically Active Learning (PAL) in Wrocław Schools

(2024/2025)

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Wrocław miasto spotkań



Sedentary Time is Rising Everywhere

Modernization, urbanization, and technology
have reduced everyday movement



Why Is It a Problem?

affects mental well-being,
increasing stress and
anxiety



harms concentration,
learning outcomes, and
memory



harms physical well-being,
contributing to obesity,
diabetes, and heart disease



MORE SITTING



Why Is It a Problem?

For children, this means **worse** health and **less effective** education.

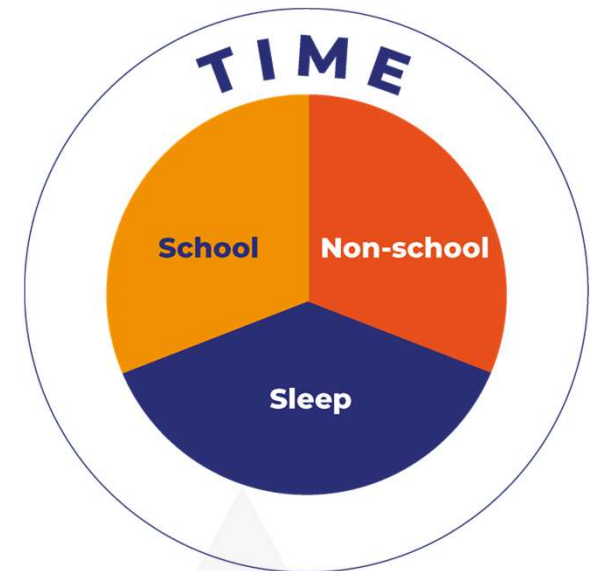


MORE SITTING



Why Schools Must Take the Lead?

- Children spend 6–7 hours daily at school → over 1,000 hours yearly.
- Schools shape not only knowledge, but also daily habits and lifestyles.
- No other environment has such regular, long-term influence on children.
- If sedentary behaviors rise everywhere, schools are best placed to build balance.



But Schools Remain Mostly Sedentary

While the world has modernized,
school routines still look almost the same as 50 years ago.



1975

Children spend around **6-7 hours per day** at school, mostly sitting.



2025



It's Time for Schools to Change

- Modern life already surrounds children with sedentary behaviors.
- Schools cannot continue to add even more sitting.
- Instead, schools should act as a compensating space where movement and learning go hand in hand.
- Physically Active Learning (PAL) provides the solution.



Edukacja w ruchu – Project Goals

- Integrate PAL into everyday teaching.
- Support children's well-being and class integration.
- Equip teachers with PAL tools.
- Make physical activity a natural part of all school environments, from classrooms to hallways, beyond traditional sports facilities.
- Creating extra opportunities for movement that complement, rather than compete with, physical education or other sports classes



Financing & Leadership

- Fully financed by the **Municipality of Wrocław**

The City not only recognized the problem but also invested in PAL as a solution

- Project Leader

V4Sport Foundation: leader and coordinator of the project; expert in movement-based education and physical activity programs

- Partners

AKIL (Academy of Krokiet and Lama): creator of innovative Physically Active Learning materials and methods; winner of the European Commission's #BeActive Award 2022 in the category "Education."

Academy of Physical Education (AWF) Wrocław: academic partner, developer of the mini-EDUball methodology, which brings PAL from theory into everyday practice.



How the Project Works (PAL in Practice)

- Teachers trained in PAL methodology
- Ready-to-use resources: active videos, movement worksheets, mini-Eduball
- PAL integrated with math, language, and other curriculum subjects
- Movement built into daily lessons



How the Project Works - Scope and Scale

- **200 classroom groups** across Wrocław of children aged 5–9
- **5,000+ children** in total collected points by completing 8 monthly challenges
- prizes awarded to the highest scorers at the end of the project



Testimonials

direct translation (1/3)

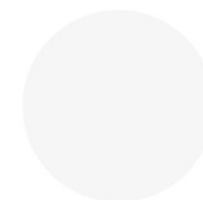
“ *Edukacja w Ruchu is a great initiative for children of all ages! The carefully prepared lesson plans and clearly described tasks make implementation much easier. The variety of activities is attractive for children, which makes them eager to participate. Parents were happy to sign consent forms for their children's participation, being fully aware of how important movement is in everyone's life. The 'Diary' is also an interesting feature, as it ensures that the activities don't just 'disappear' but are organized in one place and also accessible to a substitute teacher.*”

Group 1 Teacher, Preschool No. 24, Wrocław



Testimonials

direct translation (2/3)



“ *Edukacja w Ruchu is by far the best program my class has ever taken part in. The children have embraced Krokiet and Lama with great enthusiasm. Not a day goes by without an energetic warm-up and short breaks between lessons, which give us energy and joy. We are truly grateful for this wonderful initiative!*”

Class 1a Teacher, Primary School No. 75, Wrocław



Testimonials

direct translation (3/3)



On behalf of the students of Class 3a, I would like to thank you for the opportunity to take part in the Edukacja w Ruchu program. As a class teacher, it required a bit of extra work from me, but the children enjoyed it, and I managed to engage everyone — and that is what matters most. I hope that changes in the approach to and implementation of physical activity will be introduced in schools. Today's children truly need this, as they are noticeably weaker both mentally and physically. Thank you"

Class 3a Teacher, Teresa Żminkowska
Primary School No. 44, Wrocław



See the Project in Action



Together We Made it Happen

- We would like to thank the Municipality of Wrocław for financing and supporting the project.
- Special thanks go to teachers, children, and parents for their enthusiasm and commitment.
- We are V4Sport — the project leader — and we truly appreciate the expertise and contributions of our partners, AKIL and AWF Wrocław, which greatly enriched the project.

