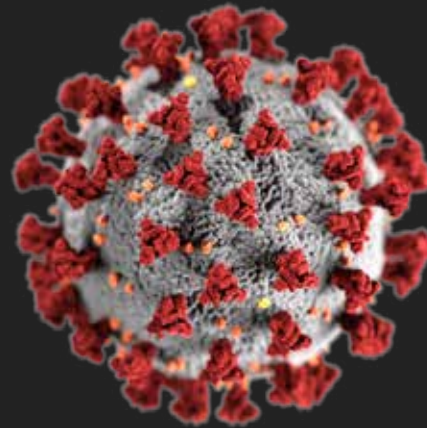


# PHYSICAL FITNESS OF SLOVENIAN CHILDREN AFTER THE COVID-19 LOCK-DOWN

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INEFFECTIVENESS OF THE ON-LINE PHYSICAL EDUCATION

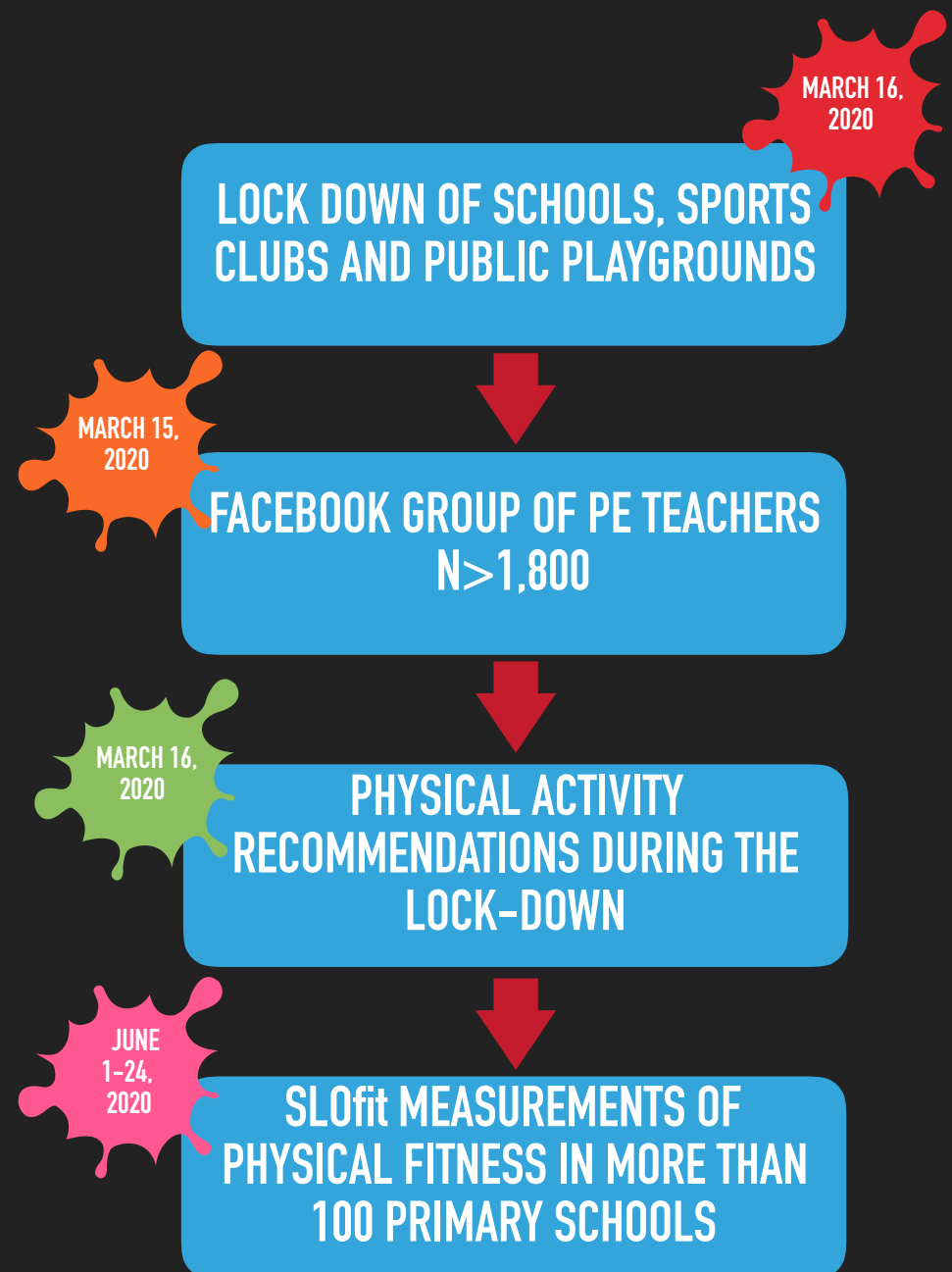


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## THE PLOT

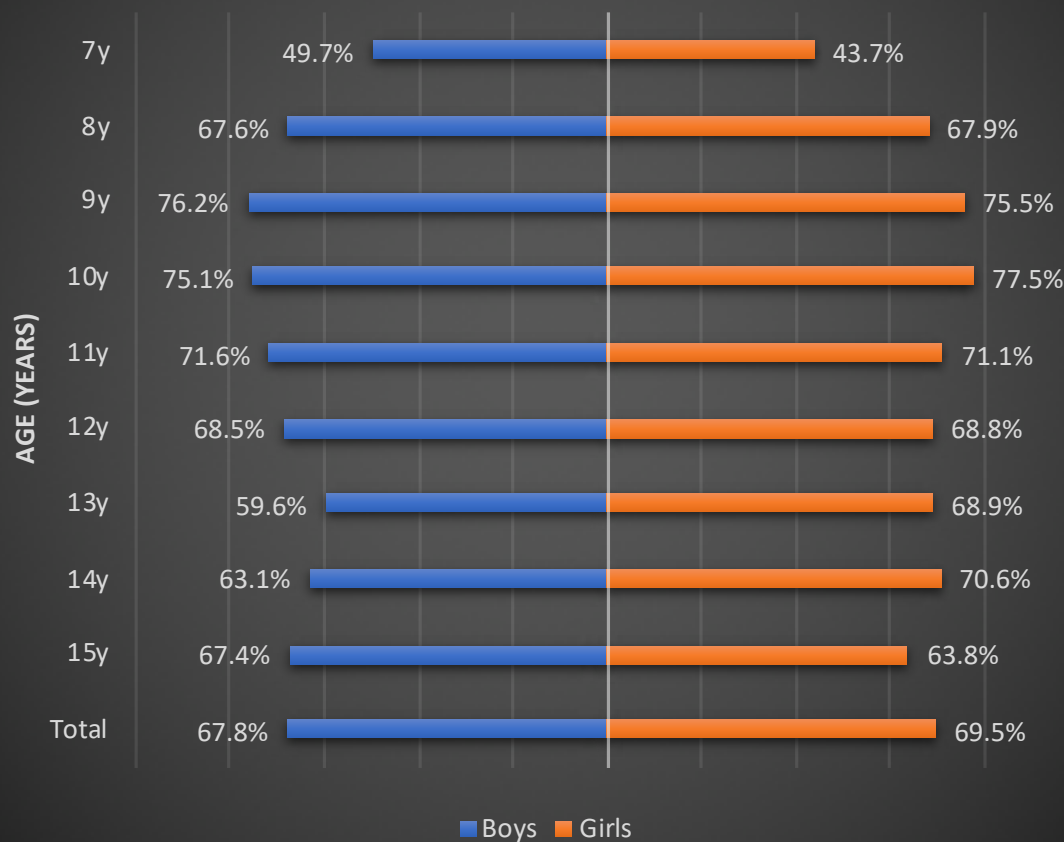
- ▶ We were not well prepared.
- ▶ We organised ourselves very fast.
- ▶ Enormous production of materials for on-line PE classes.
- ▶ **2/3** of children regularly following the on-line PE tasks.
- ▶ **2/3** of children claiming to be more physically active during the lock-down than before.



## THE OUTCOME



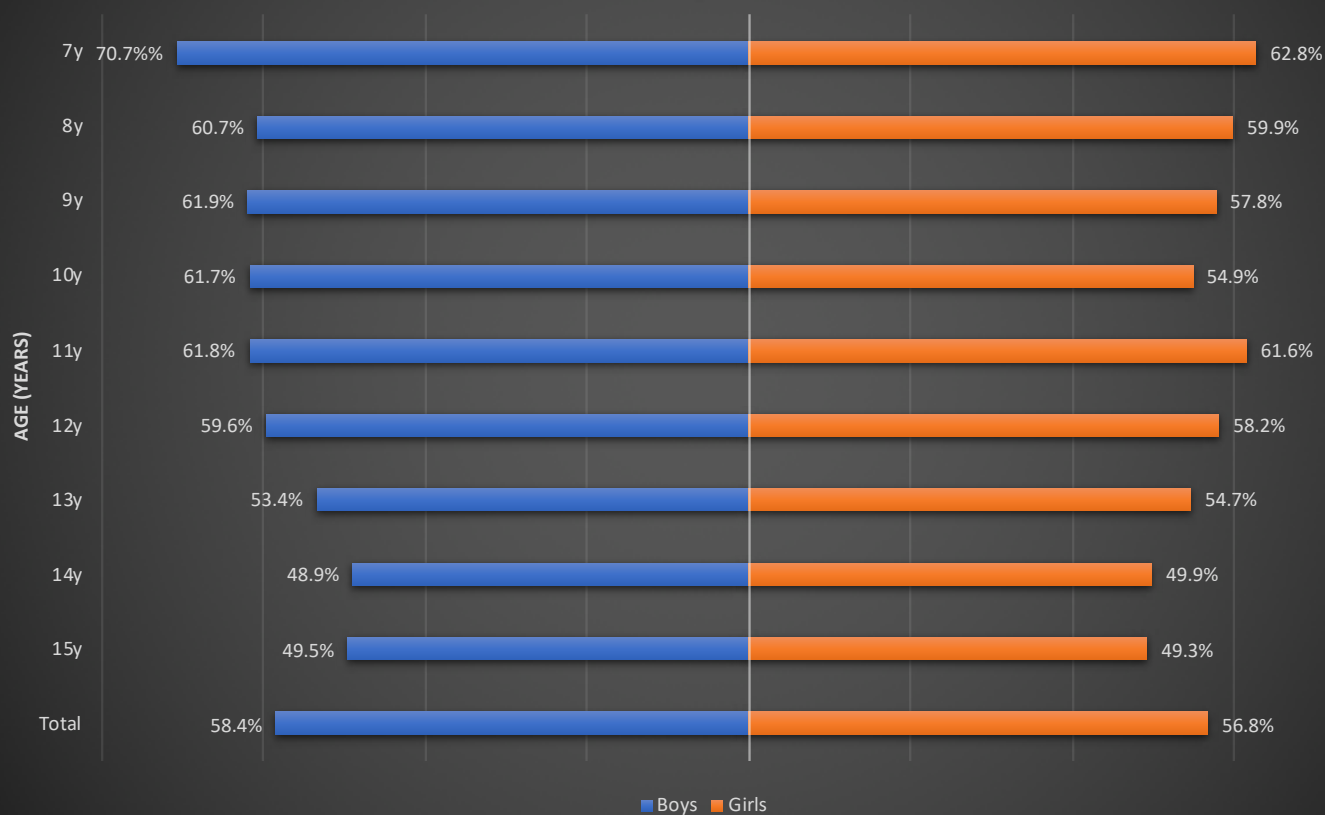
### % of children that suffered the drop of physical fitness



## THE OUTCOME



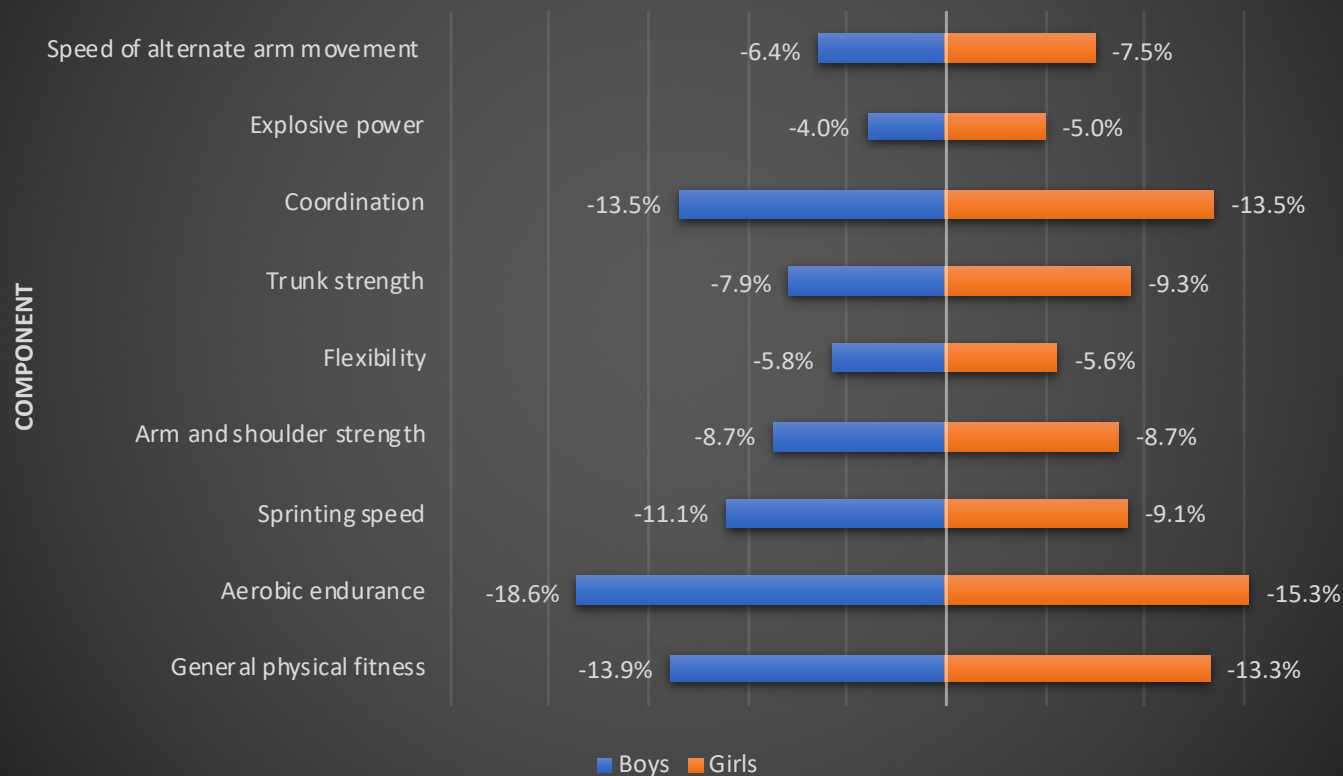
% of children who experienced the growth of subcutaneous body fat



## THE OUTCOME



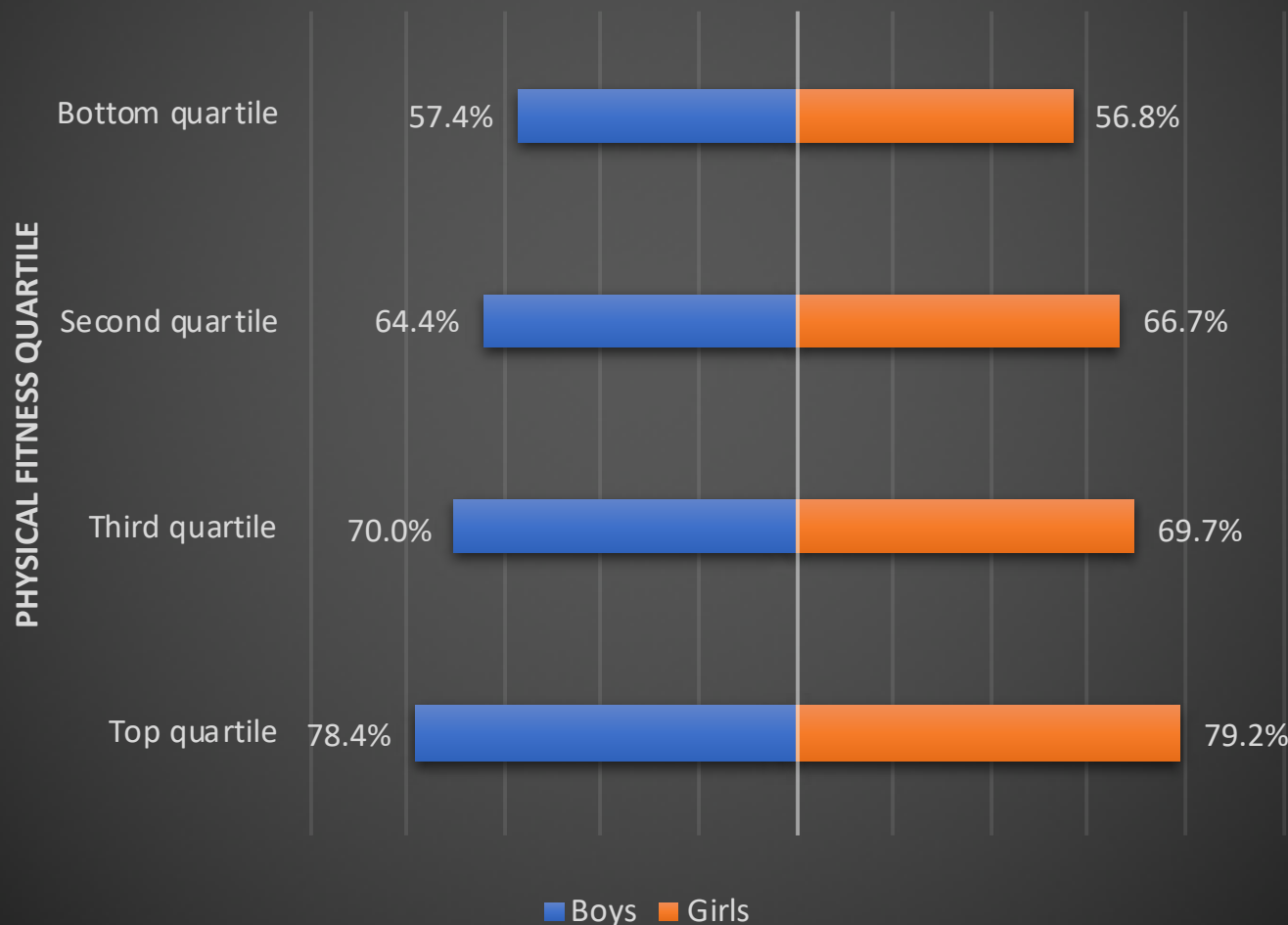
### % of drop of different components of physical fitness



## THE OUTCOME



### % of children from different quartiles of physical fitness who suffered the drop of physical fitness



## 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.
- ▶ On-line PE teaching is no substitute for live teaching.
- ▶ 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...)

# THANK YOU

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