The sections that need filling in by the school are marked in the draft version with a yellow background colour:

**Move! measurements**

Dear guardians,

In line with the basic education curriculum, pupils in grades 5 and 8 participate in the national Move! functional capacity measurement program, for which the key objective is to encourage pupils to take care of their own physical functional capacity. Physical functional capacity is connected with pupils’ health, well-being and learning.

**In our school, the measurements will be carried out on x.x.20xx**

Move! measures physical characteristics (endurance, strength, speed, mobility) as well as mobility, balance, and dexterity skills that help pupils to deal with physical challenges and loads in normal everyday life. These include tasks such as travelling to school and carrying recreational equipment on their own. This is not about measuring athletic performance. We want to emphasise that in the Move! measurements, the goal is simply for each person to try to do their best, not to compete with their classmates.

The Move! results are not used as a basis for pupil assessment. Instead, they are used for individual pupil support and for planning teaching and school activities. In addition, the results are taken into account, with the guardians’ consent, in the extensive health examinations. The results are also recorded in anonymous form in a national register, which can be used to monitor local, regional and national developments in functional capacity. For more information on this system, just visit [www.liikuntaindikaattorit.fi](http://www.liikuntaindikaattorit.fi/).

**INSTRUCTIONS FOR MEASUREMENTS:**

1. **We request that you inform us of any health issues your dependent has that may affect their ability to safely participate in the Move! measurements.** As with normal physical education classes, pupils should not participate in the measurements if they are sick.
2. You can find out more about the Move! system, measurement components and example videos by visiting <https://www.oph.fi/fi/move>.
3. Participating in the measurements requires only normal sports gear. If the pupil cannot take part in the main Move! measurements day, we will arrange a repeat session on x.x.20xx
4. After completing the measurements, the pupil will bring home their Move! scorecard, which you can look at together. We recommend that you discuss with your child their experience of the measurement taking and their results, as well as any actions that could be taken.
5. With the consent of the guardian, the results are used in extensive health examinations by the school’s nurse or/and school doctor. A separate data transfer permit form will be returned, signed by the guardian back to students own teacher by x.x.20xx.
6. The measurement results are used to motivate the pupils, indicate strengths and areas to be developed, monitor physical development and guide the pupils towards a physically active and healthy way of life. The results of the entire school are used for planning physical exercise that takes place during the school day, and the pupils are involved in this planning process.

**BEING ACTIVE IN EVERYDAY LIFE**

Guardians play an important role in encouraging physical activity and preparing pupils for the measurement sessions. For a child, adults are the most important facilitators and examples of healthy mobility. Talking about the measurements in an encouraging and positive manner also affects the child's attitudes towards them.

From a well-being perspective, the majority of schoolchildren are not physically active enough. Physical activity is needed daily, and it can be increased through small, everyday choices. Physical activity is an ‘either-or’ matter; it does not always require money, dedicated time or supervised activities. Children can move anywhere, any time. They can exercise while travelling to school, take the stairs instead of the elevator or travel by bike to supervised clubs and activities. These all support the child's physical functional capacity and stamina in everyday life. Turku offers plenty of free or inexpensive options for physical activity both during school and in leisure time.

If you have any questions about the Move! measurements, just get in touch with one of our teachers.

Sincerely,

The teachers coordinating the Move! measurements XXXX & XXXX