Success story

The “Swimming school programme” for 8–9-year-old pupils was launched as a pilot project in Athens in 2015 and was then extended throughout Greece, involving 2800 groups of over 44,000 pupils and 260 teachers of physical education nationally in 2018. The programme emphasizes physical activity and teamwork through swimming. Pupils also learn about basic safety and hygiene and develop individual and social competence. Each trimester consists of 12 mandatory swimming lessons. The Programme is part of each school’s physical education course.
National recommendations on physical activity for health

**TARGET GROUPS INCLUDED**

- Children (<5 years)
- Children and adolescents (5–17 years)
- Adults (18–64 years)
- Older adults (> 65 years)
- Frail and very elderly adults (> 85 years)
- Pregnant and breastfeeding women
- People with disabilities
- People with chronic diseases

### Level of physical activity

**ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS**

- **Children** (4–12 years)
  - Overall: 59%
  - Boys: 62%
  - Girls: 65%
- **Adolescents** (13 years)
  - Overall: 14%
  - Boys: 18%
  - Girls: 8%
- **Adolescents** (15 years)
  - Overall: 11%
  - Boys: 15%
  - Girls: 7%
- **Adults and older adults** (18–64 years)
  - Overall: 20%

### Monitoring and surveillance of physical activity

**SECTORS WITH SURVEILLANCE SYSTEMS**

- Physical activity levels among adolescents were assessed through the Health Behaviour in School-aged Children study 2013–2014.
- The physical activity levels of adults were assessed in a national survey in 2014, which will be repeated every 5 years.
- Children’s physical activity levels were assessed in a survey that was part of the National Action for Children’s Health programme.
The aim of the “Sports for all” programme in Greece is to provide opportunities for the entire population to be physically active. It includes programmes for people with disabilities, preschoolers, children and older adults and also in mental health facilities, prisons and as part of drug rehabilitation. The programme is funded by the General Secretariat of Sports and is being implemented nationwide.

The aim of the “Different people – common needs: refugees moving towards a physically active life” programme is to support refugees in being physically active. The programme was established in 2016, is coordinated by the Directorate of Physical Education and is funded by the European Union. It provides two 3-h sessions of physical activity per week for people aged 15–30 years living in refugee camps in Athens.

Target groups addressed by national policies

- Low socioeconomic groups
- Pregnant and breastfeeding women
- Ethnic minorities
- People deprived of liberty
- Migrants
- Older people
- People with disabilities
- People with chronic diseases
- Other
Physical activity for health is taught as an independent module in the curriculum of physical education teachers in both primary and secondary schools. In addition, physical activity theory and best practice are taught as part of other modules of instruction and coaching in various sports, including football, basketball, track and field games and volleyball.

Physical activity in schools

Total hours of physical education per week in **PRIMARY SCHOOLS**

- 3
- All mandatory

Total hours of physical education per week in **SECONDARY SCHOOLS**

- 2
- All mandatory

Promotion of physical activity in the workplace

- **Active travel to and from the workplace**
- **Physical activity at the workplace**

A “National school day” was implemented for the first time in 2014 and is repeated on the first Monday of October every year in all schools in Greece, involving all teachers and pupils. About 850 000 students in 7000 schools take part in organized sports events inside and outside the school area. The event takes a long-term, holistic approach to promoting health and quality of life, with the broad goal of achieving public health and economic benefits for the country.

National awareness-raising campaign on physical activity

**MEDIA USED IN NATIONAL CAMPAIGNS**

<table>
<thead>
<tr>
<th>Television</th>
<th>Radio</th>
<th>Newspapers</th>
<th>Social media</th>
<th>Public events</th>
<th>Public figures</th>
<th>Other</th>
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