



Success story

Inspired to Move at School



Initiative type: School and sport federation partnership

Sectors: Education | Sport | Children/Youth | Civil society/community organizations

Target population: Schoolchildren and local communities

Implementation stage: Scaling up

Transferability: Yes

▶ About the initiative

In 2024, the Ministry of Education, Science and Sport launched "Inspired to Move at School", a project designed to strengthen cooperation between schools and sport federations.

An online platform enables sport federations to connect with schools and provide opportunities to:

- Invite coaches and athletes to schools
- Enrich physical education lessons
- Share successful sporting experiences
- Introduce students to sport clubs and facilities
- Encourage participation in national and international competitions
- Involve students as volunteers at sporting events

The Law on Sport was also amended to provide partial state support for sport federations' physical activity programmes, events and educational activities in schools and communities.

▶ What is making it successful?

The initiative responds to strong interest from school communities, which see opportunities to enrich physical education, develop new skills and introduce children to new sports.

The combination of a digital platform, direct links between schools and federations, and public financial support helps create a practical bridge between the education and sport sectors.

▶ What could other countries learn?

Key conditions include:

- Political and institutional commitment
- Human resources and implementation capacity
- Appropriate technological infrastructure
- Strong cooperation between schools and sport federations





Key challenges to promote HEPA

► Lithuania's wider challenge for physical activity promotion

A key challenge is ensuring that HEPA policies remain effective beyond political cycles.

Changes in political priorities and short-term funding can make it difficult to sustain physical activity policies and programmes over the long term.

► Country-level barriers to advancing HEPA

The following barriers are most persistent to advancing HEPA policy in the country.



BARRIER	IMPACT
Limited funding/resources	EXTREME
Weak intersectoral coordination	EXTREME
Political prioritisation	EXTREME
Lack of workforce capacity	MAJOR
Insufficient monitoring/data	MODERATE
Limited research translation into policy	MINOR
Regional/local implementation gaps	MODERATE
Inequities in participation/access	MINOR
Public engagement challenges	MINOR
Other	MINOR

► What is needed?

Lithuania identifies the need to find mechanisms that can secure sustainable HEPA policy implementation and maintain political commitment over time. Long-term approaches should help protect HEPA priorities from changes in political cycles and ensure continuity of funding and implementation.



► How can the HEPA Europe Network help?

HEPA Europe could support Lithuania by identifying and sharing evidence-based measures that help secure long-term political commitment to physical activity. Comparative examples from other countries could help demonstrate how HEPA policies can be institutionalised and sustained over time.

