

Definitions of Physical Education, Physical Activity and Sport

Association of Physical Education Health Position Paper – September 2008

Physical Activity is a broad term referring to all bodily movement that uses energy. It therefore includes physical education and sport.

However, it is wider than this, as it also includes active play, playground games and routine, habitual activities such as walking and cycling, as well as housework and gardening and school sport.

School Sport is the structured learning that takes place beyond the school curriculum (ie in the extended curriculum), sometimes referred to as out-of-hours learning. Again the context for learning is physical activity. The “*school sport*” programme has the potential to develop and broaden the foundation learning that takes place in the physical education. It also forms a vital link with “*community sport and activity*”.

Whilst all pupils are encouraged to be involved in school sport, not all choose or are able to do so. For some young people physical education remains their only structured or organised, regular physical activity. It is therefore crucial that pupils receive their entitlement of at least 2 hours of quality physical education per week.

Physical Education is planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both “*learning to move*” (ie becoming more physically competent) and “*moving to learn*” (learning through movement, a range of skills and understandings beyond the physical activity, such as co-operating with others). The context for learning is physical activity, with children experiencing a broad range of activities, including sport and dance.

afPE view of physical education is as follows:

The aim of physical education is to develop physical competence so that all children are able to move efficiently and safely and understand what they are doing. The outcome-physical literacy-is as important to children’s overall development as literacy and numeracy.

All schools in Perth and Kinross should be delivering 2 hours of quality physical education to all pupils’ from 3-18 by 2010.

The Scottish Government also recommends every pupil should participate in one hour of physical activity every day.