



positionstatement

Sport / Physical Education in Schools

The Department of Sport and Recreation (DSR) supports physical activity and sport in the school environment because active children are healthier, more attentive, more confident and less likely to be absent from class. Schools are acknowledged as excellent settings for the promotion and delivery of physical activity opportunities.

The influence of the school environment and teachers is paramount in encouraging physical activity lifestyle habits in young people. DSR acknowledges the need for schools and their communities to collaborate to ensure that young people are provided with opportunities to develop confidence to participate regularly in sport and physical activity from an early age.

Background

In accordance with the Australian Government's schools funding legislation for 2005-2008, education authorities will be required to include at least two hours of physical activity each school week for primary and junior secondary school children.

DSR provides funding opportunities, resource support and professional development opportunities for teachers/deliverers and partners in a range of physical activity programs.

DSR actively supports the Australian Sports Commission's (ASC) Active After School Communities program through the provision of office accommodation and services, and program collaboration.

The United Nations General Assembly proclaimed 2005 as the International Year for Sport and Physical Education (IYSPE). The ASC and DSR are supporting this through a wide range of sport and physical activity programs.

Definitions

Physical activity is any bodily movement produced by skeletal muscles which results in energy expenditure.

Sport is an activity requiring physical exertion and/or physical skill that is historically or publicly accepted as being a sport.

The international definition of youth refers to young people as being within the 12 to 25 years age range.

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Resources

Australia's Physical Activity Recommendations for Children and Young People

<http://www.health.gov.au/internet/wcms/publishing.nsf/Content/health-pubhlth-strateg-active-recommend.htm>

Ministry of Sport and Recreation. (1998). *Adolescent exercise, health and well-being*. Perth, Western Australia: Western Australian Government.

ACHPER Australia. (1998). *Advocacy kit: A resource and guide for educators to promote health and physical activity*. South Australia: ACHPER Inc.