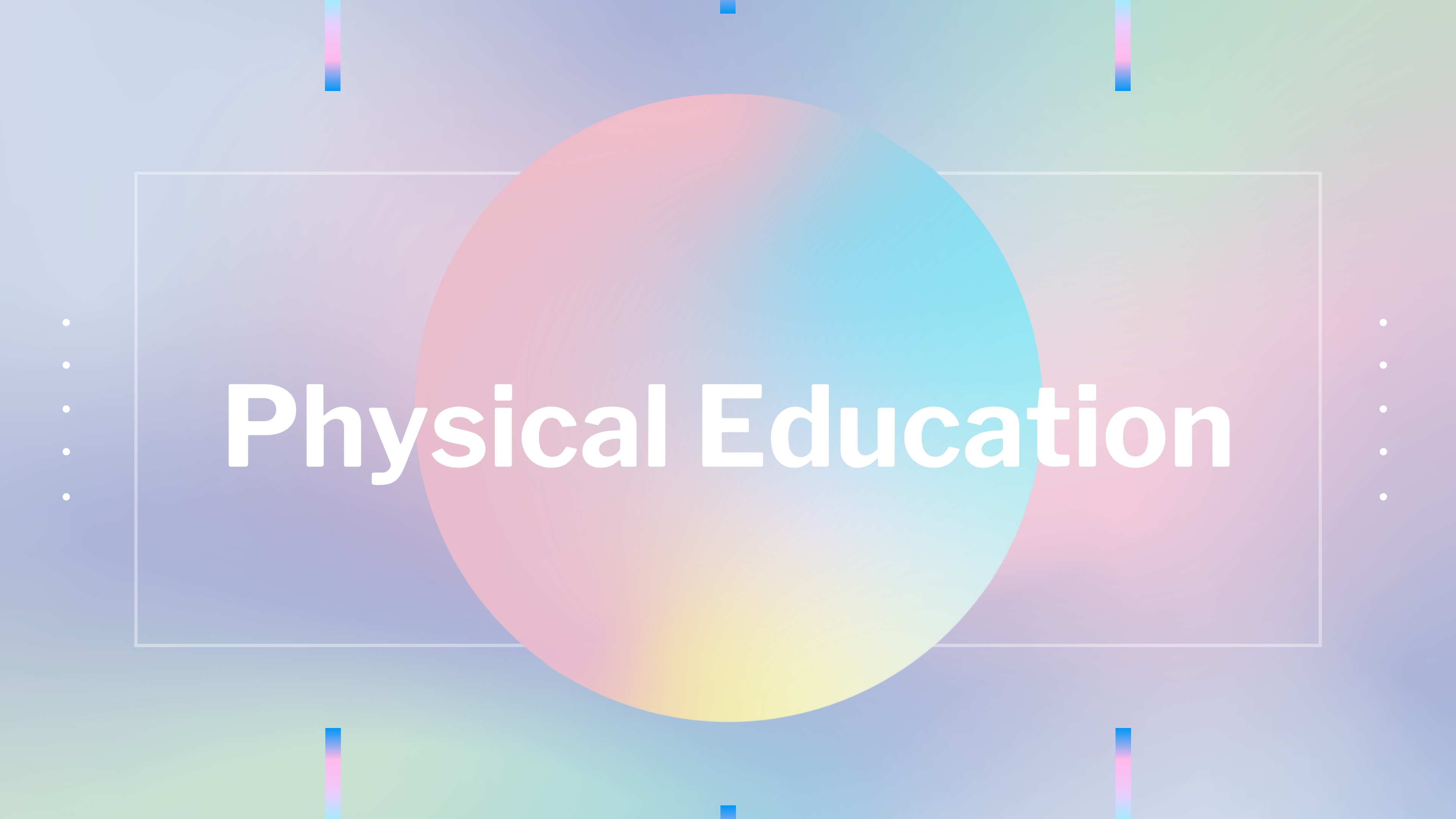
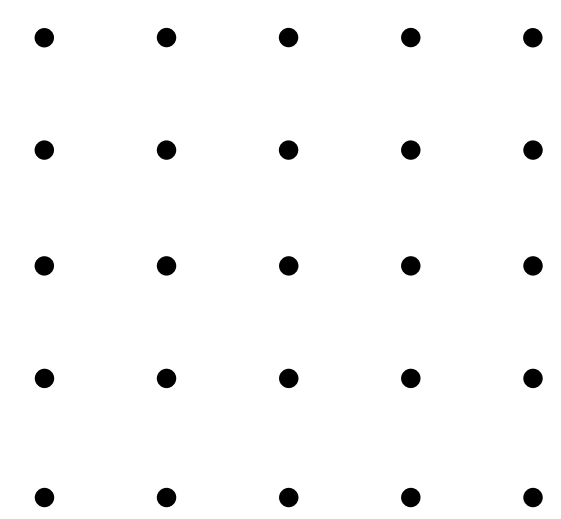
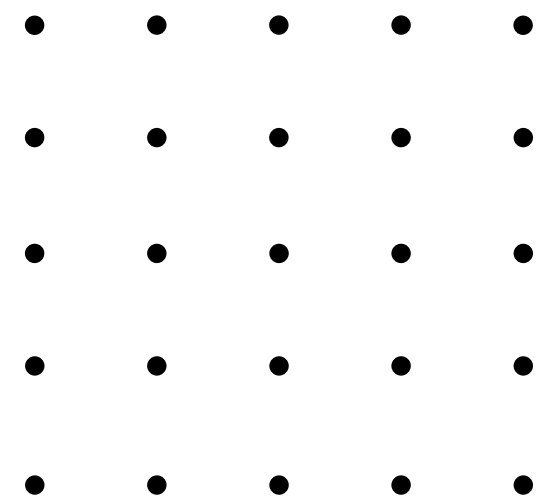




Physical Education

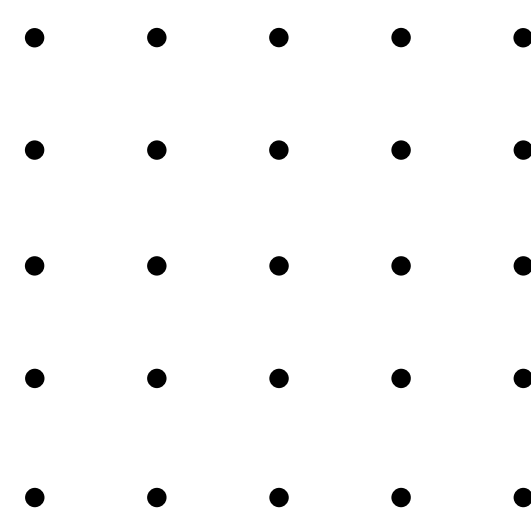


**What is physical
education to you?**





Popular answers



PHYSICAL ACTIVITY

HEALTH

EXERCISE

SPORT

EDUCATION

Definition of Physical Activity, Physical Education and School Sport*

Physical activity, physical education and school sport are similar in that they all include physical movement, but there are important differences between them, as outlined below:



Physical Activity is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening.

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



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



@afPE_PE

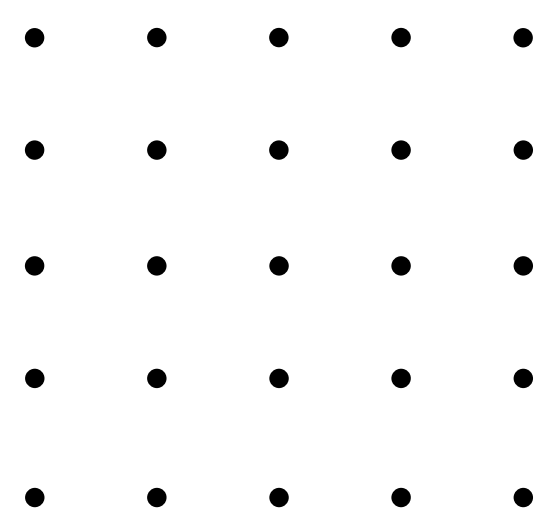
www.afpe.org.uk

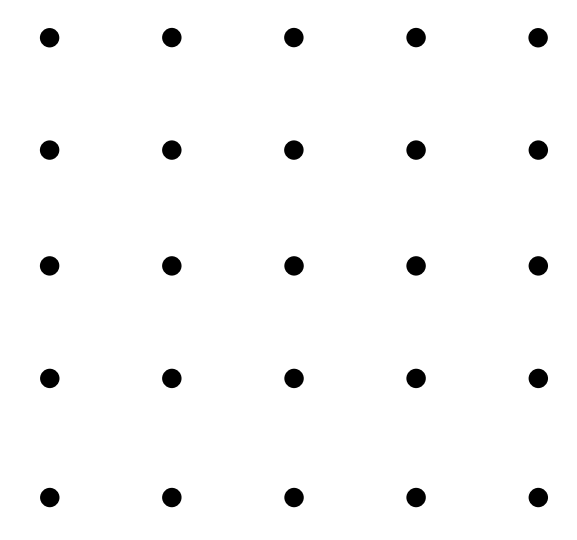


or find us on Facebook

*extracted from afPE's Health Position Paper 2015

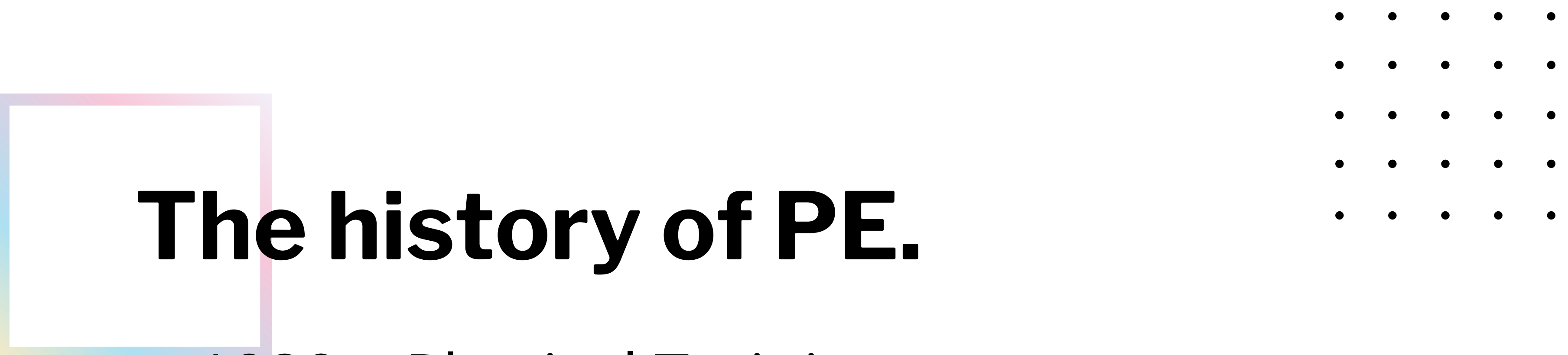
What are the aims of physical education?





What are the aims of physical education?

- To keep fit.
- To give the pupils a "break."
- To encourage PA.
- To teach the pupils how to lead healthie lifestyles.
- To create good sports players/teams.



The history of PE.

- 1920s- Physical Training
- 1945 (post war)- Physical Drill
- 1948- Gymnastics

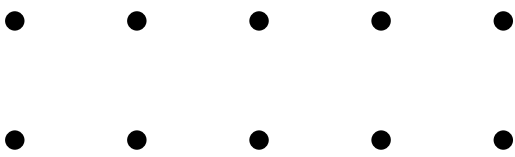
<https://www.youtube.com/watch?v=ypkbAk2pF6I>

- 1970s- Games
- Physical Education as Sports Techniques
- Today- Health??



PE as sports techniques

- Content is boring and irrelevant
- Students underchallenged
- Discriminatory or abusive practices where aggressive male players control both access to and conduct of games – marginalizing lower skilled pupils and girls.

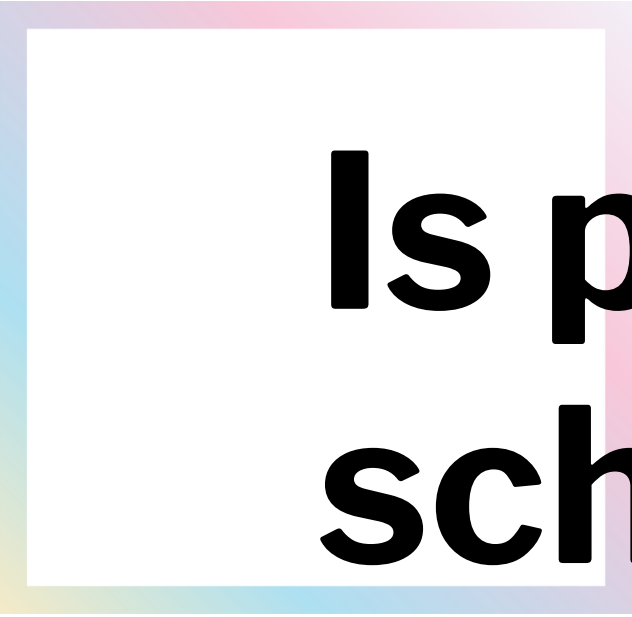
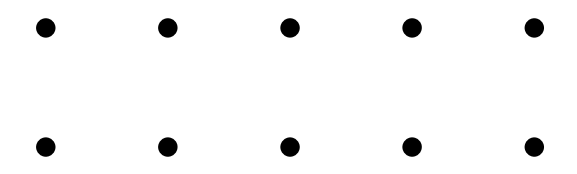


Physical education curriculum for Wales 2008

- Competitive activities-
- Creativity and movement-
- Outdoor education-
- Health and well-being-

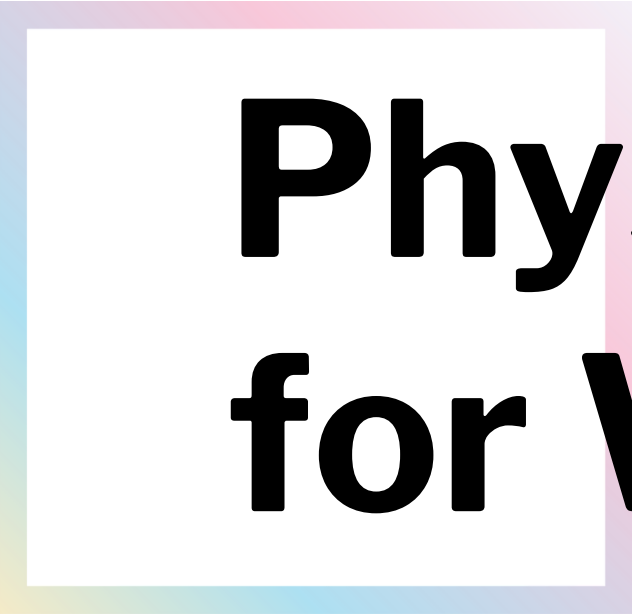
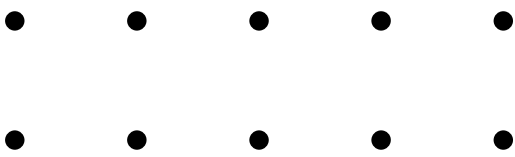
Health and Wellbeing area of learning 2022.

- Developing physical health and well-being has lifelong benefits.
- How we engage with social influences shapes who we are and affects our health and well-being.
- Our decision-making impacts on the quality of our lives and the lives of others.
 - How we process and respond to our experiences affects our mental health and emotional well-being.
 - Healthy relationships are fundamental to our well-being.

A decorative graphic on the left side of the title, consisting of a square frame with a multi-colored gradient border (pink, blue, green, yellow).

Is physical Education in schools inclusive?

Was your school PE inclusive?

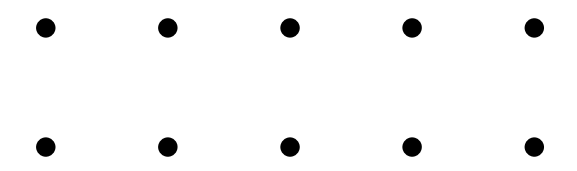


Physical education curriculum for Wales 2008

- "All children and young people must be provided with an education that develops their personality and talents to the full."
- "The equal opportunities legislation which covers age, disability, gender, race, religion and belief and sexual orientation further places a duty on schools in Wales towards present and prospective learners to eliminate discrimination and harassment, to promote positive attitudes and equal opportunities and encourage participation in all areas of school life."

Health and Wellbeing area of learning 2022.

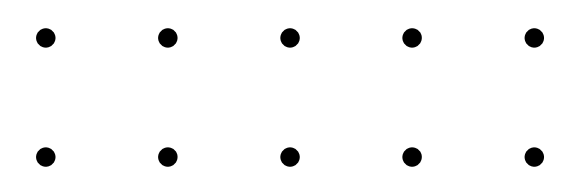
- The fundamental components of this Area are physical health and development, mental health, and emotional and social well-being. It will support learners to understand and appreciate how the different components of health and well-being are interconnected, and it recognises that good health and well-being are important to enable successful learning.



Barriers

A person has a disability if...

- The person has a physical or mental impairment, and the impairment has a substantial and long-term adverse effect on the person's ability to carry out normal day-to-day activities (Equality Act, 2010)



Barriers

Physical or mental impairments

Hidden Impairments

Vision

Movement

Wellbeing,

Thinking

Remembering

Emotions and

Social

feelings

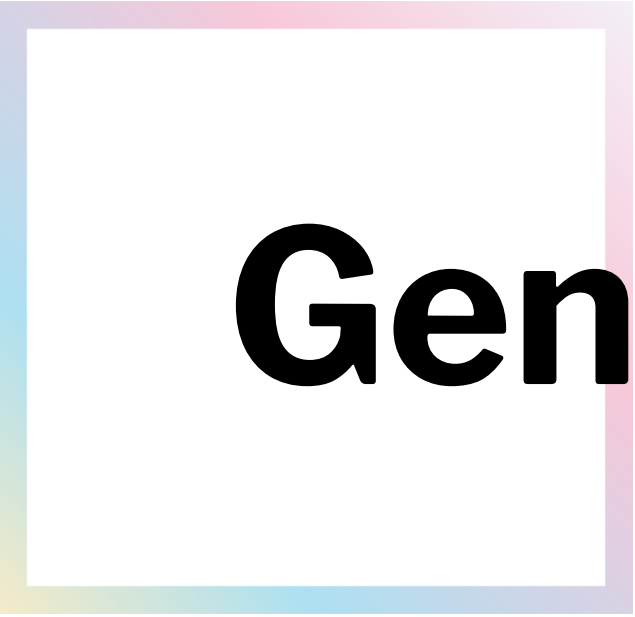
Learning

Relationships

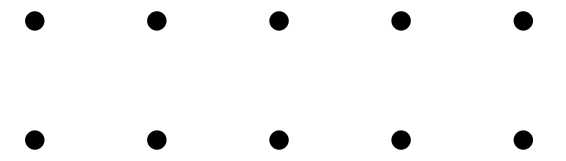
Communicating

Barriers

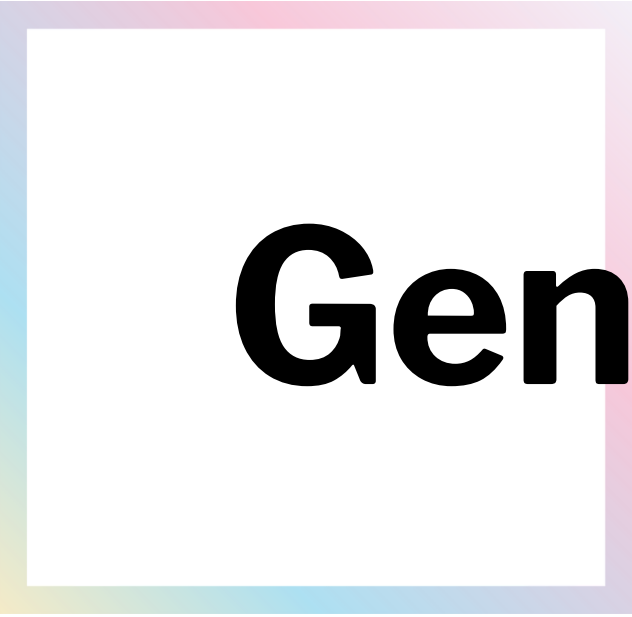




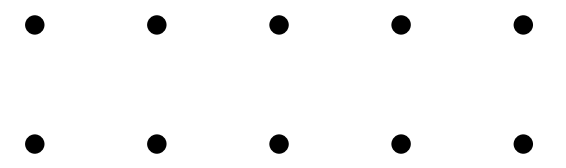
Gender



Is a persons gender a barrier?
Should it be?



Gender



What sports did you do in school?

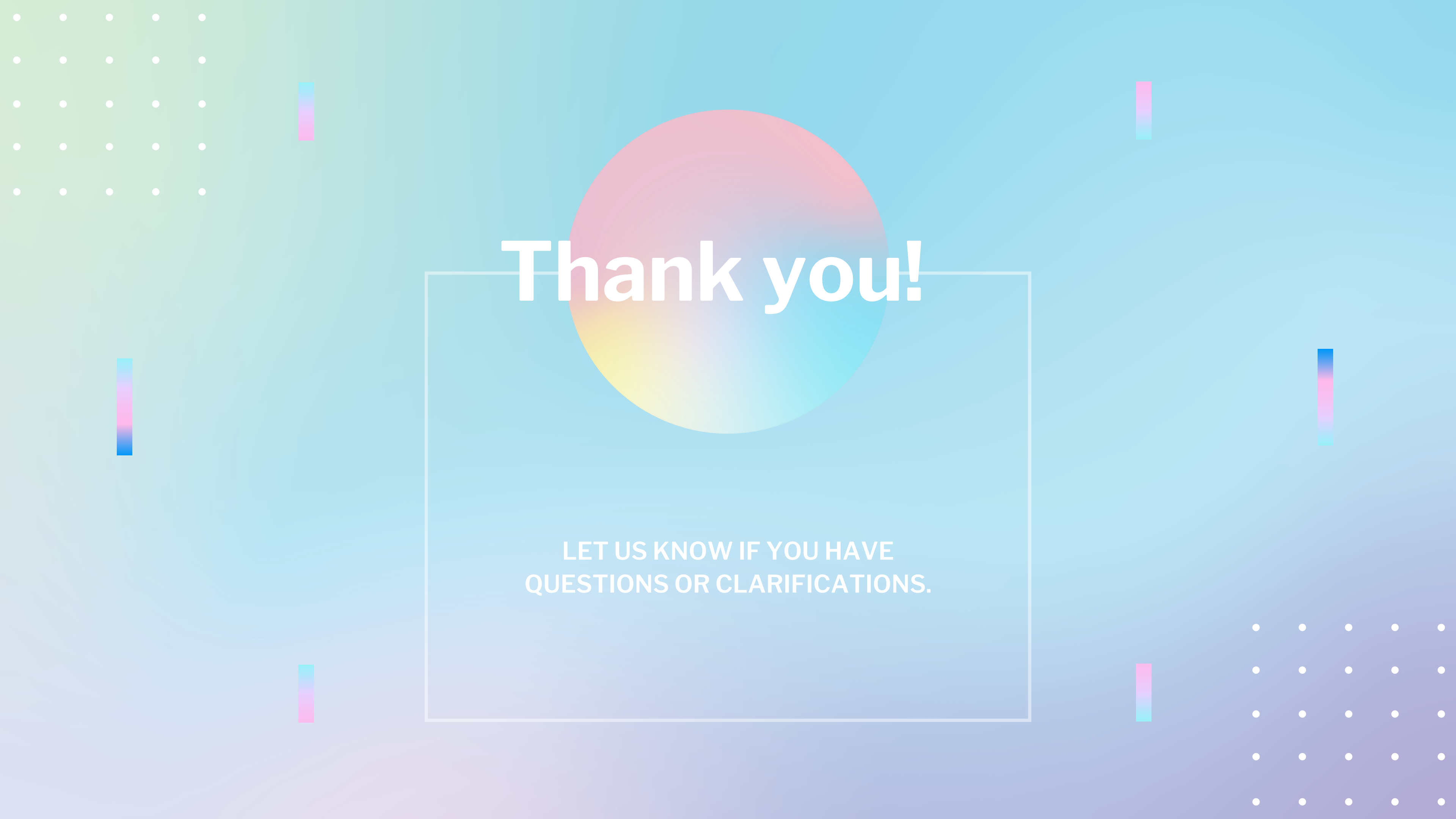
[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=XjJQBjWYDTs)

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<https://www.bbc.co.uk/news/uk-wales-46074539>

<https://www.youtube.com/watch?v=xIDDQeOkHFw>



Thank you!

LET US KNOW IF YOU HAVE
QUESTIONS OR CLARIFICATIONS.