



Physical Education and Public Health

Physical Activity behaviors in adolescence

80% of adolescents are inactive

18% of adolescents are over weight or obese

What has caused this?

Decrease in Physical Activity, lack of safe places, stranger danger, cotton wool children

Increase in sedentary behavior (watching TV, on their phones, watching Netflix, Disney+ etc.)

Sitting at a desk for 5+ hours a day



Physical Activity behaviors in adolescence

- Adolescents spend so much time in School, sitting at a desk for 5+ hours a day (difference between primary and secondary school)
- This could lead them to get into the habit of sitting and staring at a screen
- How can we get out of this habit?
- A Whole School Approach
- Discuss how a Whole School Approach can increase Physical Activity in adolescence



Motivation and Physical Activity behaviors of adolescence

- At every age, girls participate in less Physical Activity
- The gap between Physical Activity between boys and girls both decrease as they get older
- Pupils can have different types of motivation, extrinsic (such as getting rewards), intrinsic (self-motivated) and amotivation
- How can we encourage pupils to be more intrinsically motivated?
 - Autonomy (Self Choice)
 - Relatedness (Feel close, connected and cared for)
 - Competence (How well a skill is performed)

Physical Activity behaviors and mental health

- Mental Health issues are increasing globally
- Is it a coincidence that as Physical Activity levels decrease, mental health issues increase?
- Physical Activity can increase mood and decrease mental health issues
- However, it is important to recognize Physical Activity may not solve all mental health issues!!
- Is it the Schools role to teach coping mechanisms for mental health?
- As pupils spend so much time in School, we feel it is the Schools role. Although teachers should have a special qualification to deal with these issues and should not deal with issues out of their depth. We feel that is may only be achieved through a Whole School Approach.



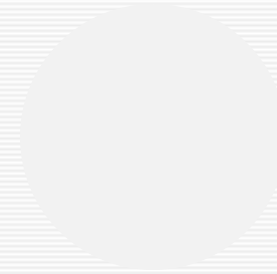
AfPE Health Position



AFPE PROMOTE A WHOLE
SCHOOL APPROACH



'ENERGY BREAKS' IS ONE
WAY OF INCREASING
PHYSICAL ACTIVITY. DO
YOU AGREE?



PUPIL VOICE

UK Guidelines

- At least one hour of Physical Activity a day. Is this enough?
- Two hours of Physical Education and a further 2-3 hours extra-curricular. How can this time be implemented into a weekly child's routine?
- Just because an extra-curricular club is there, does not mean every pupil can make it as they are; unable to get home from club, do not feel competent enough or are young carers
- How can we encourage more pupils to participate in extracurricular clubs?



Does Physical Education need to change?

- What would you like to see change?
- Is there a place for Physical Education as we know it?
- Does teacher training need to change?