**Definition of physical activity, physical education and school sport**

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Definition of Physical Activity, Physical Education and School Sport

Physical activity, physical education and school sport are all types of movement, but there are important differences between them.

**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 progressive learning that takes place in school curriculum time and which is delivered to children. This involves both ‘learning through’ (i.e. becoming more competent) and ‘moving to’ learning through movement of skills and understanding physical activity, such as dancing with others). The context of this learning is physical activity, so children experiencing a broad range of activities, including sport and play.
Physical Education and School Sport

school sport and community sport are similar in that they all include physical activity, with a broad range of activities, including sport, exercise, 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’.

*extracted from afPE’s Health Position Paper 2015