Definition of physical activity, physical education and school sport

This item was submitted to Loughborough University's Institutional Repository by the/ an author.


Additional Information:

- This paper was published in the journal Physical Education Matters [© Association for Physical Education].

Metadata Record: https://dspace.lboro.ac.uk/2134/24150

Version: Published

Publisher: © Association for Physical Education (afPE)

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Definition of Physical Activity, Physical Education and School Sport

**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 experiencing a broad range of physical activity, such as learning through movement of skills and understanding of physical activity, such as doing it with others). The context of learning is physical activity and children experiencing a broad range of activities, including sport and...
Physical Education and School Sport*

Sport are similar in that they all include physical activity, with a range of contexts for the learning. 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’.

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.

Physical Education is the planned, teacher-taught learning that takes place during structured time to move all pupils. It is often referred to as ‘learning to move’ or ‘learning physically to learn’ (e.g. games, dance, a range of co-operating activities, with a broad range of movements beyond the curriculum (i.e. in the extended curriculum)).

*extracted from afPE’s Health Position Paper 2015