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 refer to 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 (i.e. becoming more competent) and ‘moving to learning through movement’ of skills and understanding physical activity, such as playing with others). The context of learning is physical activity, such as children experiencing a broad range of activities, including sport and

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Physical Education and School Sport*

School Sport and School Sport are similar in that they all include physical activity, as outlined below:

*extracted from afPE’s Health Position Paper 2015