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](https://dspace.lboro.ac.uk/2134/24150)

Version: Published

Publisher: © Association for Physical Education (afPE)

Rights: This work is made available according to the conditions of the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International (CC BY-NC-ND 4.0) licence. Full details of this licence are available at: [https://creativecommons.org/licenses/by-nc-nd/4.0/](https://creativecommons.org/licenses/by-nc-nd/4.0/)

Please cite the published version.
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 happens in school curriculum time and which is delivered to children. This involves both ‘learning (i.e. becoming more competent) and ‘moving towards learning through movement of skills and understanding physical activity, such as cycling with others). The context of learning is physical activity, children experiencing a broad range of activities, including sport and...
Physical Education and School Sport*

School Sport and Physical Education are similar in that they all include physical activity. 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’.

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