



**ACHPER SA
POSITION PAPER**

“The place of Health and Physical Education in the school curriculum”

ACHPER believes that an educated nation, comprising active and healthy young people is the best investment we can make for the future.

Health and Physical Education is concerned with the holistic development of the skills, knowledge and understanding necessary to be physically active and healthy throughout life. It encompasses learning through physical activity [eg, fundamental movement skills, recreation, sport, dance, gymnastics, aquatics], healthy living, values, personal and social development.

Central to Health and Physical education is the importance of learning using a range of physical activity contexts. Learning in, through and about movement. Health and Physical Education is more than simply an individual being active or moving.

All education sites should have access to specialist teaching to enhance the development of quality and productive health and physical education pedagogy and programs. This should include direct teaching responsibilities, support to classroom teachers and the facilitation of school/community links.

ACHPER believes that child and student centred health and physical activity programs which enable children to enjoy their involvement while developing skills, knowledge and understanding are most likely to lead to sustained commitment to physically active and healthy living into adulthood.

A positive relationship between physical activity, health and academic performance has been demonstrated in several studies. These studies suggest that when a substantial amount of school time is dedicated to physical activity and health education, academic performance meets and even exceeds that of students not receiving additional physical activity.

ACHPER recommends

- That all schools have access to qualified Health and Physical Education specialist teachers.
- Health and Physical Education be positioned as a compulsory, core component of the curriculum for students within the compulsory ages of schooling.
- The reintroduction of daily physical education for all education settings to achieve a minimum of 180 minutes per week for physical education.
- The reaffirmation of the importance of daily physical activity for all children.
- A minimum of one hundred hours per year of health education for students within the compulsory age of schooling.

*Accepted and endorsed by the ACHPER (SA) Board- August 19, 2004
Updated August 16, 2006*