



Media Release

Australian Council for Health Physical Education and Recreation (SA Branch)

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### **Quality PE & School Sport opens the door for improved learning and better health for life**

Making sure we have active and healthy young people is an essential investment in the future of our state and teaching physical education and sport in our schools is a must.

Recent articles and opinion pieces in 'The Advertiser' on August 29 and 31 and September 4 have provided commentary on the value and management of Physical Education and Sport in South Australian Schools.

Recent comments attributed to Sport SA about moving sport out of schools and into the community are concerning because we believe that this is a joint responsibility.

Mike George, President of the SA branch of the Australian Council for Health, Physical Education and Recreation (ACHPER), believes that physically educated, active and healthy young people is an essential investment for the future of our state. He said, "School is the best place to instil a lifelong love of physical activity in the next generation."

"Moving this away from schools is shifting the responsibility to teach our kids about the importance of being active and playing sport to keep healthy," George said.

"This responsibility should not just sit with community organisations who are already relying on volunteers and community support to survive. It belongs in schools as a structured part of learning for students."

"Teaching Health and Physical Education is central to children and young people's development."

"Our teachers are experts in this area and they are doing a fantastic job of instilling these lifelong lessons in students."

"Learning through participation in physical activity and school sport provides opportunities for all students to develop basic movement skills, specialist movement skills, tactics and strategies as well as the development of personal and social skills that can be transferred into other aspects of life."

"Our schools provide a unique environment in which all students can experience an appropriate range of learning activities that recognise the diversity of students' interests and abilities." All young people, from birth to Year 12 should have access to quality teaching and learning of Physical Education. Most importantly this should be supported through on-going and comprehensive professional learning programs to support specialist and classroom teachers to facilitate school links with community organisations such as local sporting clubs and associations.

ACHPER (SA) recommends:

- That all children have access to qualified teachers of health, physical education and sport.

- That consistent with the Australian Curriculum, this continues to be positioned as a compulsory, core component of the curriculum for students within the compulsory ages of schooling (R-10) with physical education occurring weekly in every school.
- That “daily physical education” with a minimum of 30 minutes a day be reintroduced for all early years and primary school students because of the vital role played by physical activity in the development of children and young people.
- That 80 hours of H&PE in curriculum time per year the minimum time entitlement for students within the compulsory age of schooling, and that 100 minutes per week is the minimum expectation for physical education.
- The reaffirmation of the importance of “active schools” where schools become the catalyst to enhance daily participation in physical activity within the community.

Making sure we have active and healthy students and young people in our community is vitally important for the health of the State, and this responsibility cannot be taken from schools and placed on the shoulders of community organisations already relying on volunteers to remain viable.

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Note:

ACHPER is the Australian Council for Health, Physical Education and Recreation - the professional body representing educators of Health and Physical Education. ACHPER's purpose is to enhance the health and well-being of every Australian by educating, advocating, and leading professional practice in health education, physical education, sport and recreation