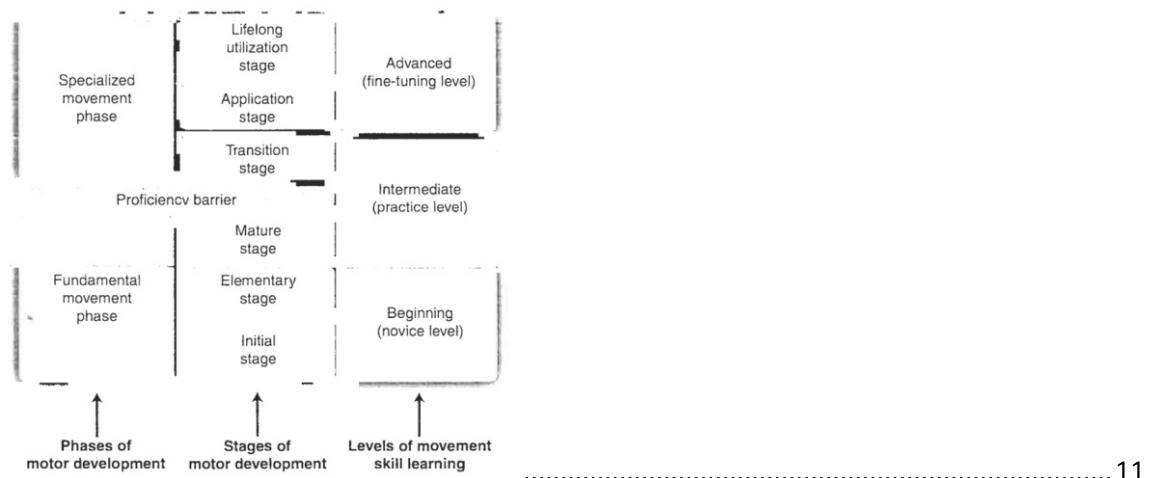


# HPE2240 Revision

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## Why Teach Health and Physical Education?

- Students can learn the importance of living a healthy and active lifestyle. In today's society healthy living requires much more effort with the increased 'screen time' and fast food options.
- Students develop many skills and develop a passion for sport and physical activity.
- Healthy active kids make better learners: exercise boosts brain function, exercise gives students an advantage to learn and exercise is encoded in our genes
- Schools have access to appropriate knowledge and expertise and can raise awareness of the importance of physical activity
- HPE educates students about the importance of being healthy and instils good habits into young children for life-long healthy living

### Why we need physical activity in schools

- Physical activity helps to enlarge the brain's basal ganglia (helps to focus)
- Physical activity affects several vitally important areas of health
- Physical activity helps sleep and improves overall sleep quality
- Physical activity is a natural stress reliever
- Many children do not do enough physical activity to benefit their health
- Physical activity behaviour is established in childhood
- Schools provide a captive audience and access to all young people
- Schools are able to raise awareness, set expectations and develop confidence and positive attitudes in young people with respect to physical activity
- Schools have a statutory responsibility to teach young people with respect to physical activity

### Why teach physical education?

- Encourages physical activity for life
- Helps prevent sickness and disease
- Develops cooperation, teamwork and self confidence
- Provides opportunities for personal goal setting
- Increases personal fitness and motor skill development
- Helps reduce stress and anxiety
- Strengthens relationships with others
- Boosts academic learning

### Research

- Participation in PE lessons may be the only opportunities that some children have to be physically active (minimum 2 hours week)
- PE supports physical, psychomotor, cognitive, emotional and social development
- Primary school years are the most appropriate forum for the development of FMS and these skills are more difficult to learn later on
- Without motor proficiency, children find it very difficult to experience enjoyment and success in other activities

## Establishing a safe and positive PE learning environment

- A safe and positive environment must be developed to reduce risks