

The Role of Physical Education, School Sport & Daily Physical Activity

The Development of Physical Literacy – Motivated to move, Confident to move, Competent to move

Active Transport	Active Play	Formal Physical Activity Opportunities	High Quality Physical Education
Everyday Activity		1 Hour a Day	2 hours a week
<p>“Park & Stride” “Bike it” “Skoot to School”</p> <p>Informal & parent led</p>	<p>Informal Active Play equipment, resources & facilities.</p> <p>Informal & pupil led</p>	<ul style="list-style-type: none"> • Daily Physical Activity Take 10 & wake & shake Play leaders & lunchtime activity • Out of Hours Clubs & Competitive School Sport <p>Structured, planned & adult led (Teacher, SMSA, ASL)</p>	<p>“learning to move & moving to learn”</p> <p>A unique learning context within the school curriculum</p> <p>Multi ability model</p> <p>Compulsory curriculum provision Formal & teacher led</p>

