

Project on

Developing an Active and Healthy School Campus

1. Project Details

Physical Education (PE) sustains its position in the school curriculum as it is “education through the physical” and important for students’ whole-person development through providing a wide range of physical activities. The PE KLA contributes greatly to enabling our students to lead a healthy lifestyle with an interest and active participation in physical and aesthetic activities, which is one of the Seven Learning Goals¹ of Primary and Secondary Education. This can facilitate students to pursue lifelong learning and become responsible citizens who contribute to the building of an active and healthy community.

Participation in quality physical education is one of the entry points necessary for students’ lifelong participation in physical activity, sport and in society at large (UNESCO, 2015). Regular participation in physical activity enhances students’ fitness level and cognitive control, and also contributes to their physical and mental health. Facing the challenges of “physical inactivity”, which is recognised as a global public health issue (WHO, 2014), an increase in regular participation in physical activity and the development of an active and healthy lifestyle are crucial in achieving the learning goals of school education. The PE Section has invited 10 primary and secondary schools to join the PE teachers’ professional network for developing good practices to facilitate students to accumulate at least an average of 60 minutes per day of moderate-to-vigorous intensity physical activity across the week.

2. Implementation

- a. To develop effective learning and teaching strategies for helping students maintain high physical activity level in both PE lessons and relevant extended learning activities
- b. To help schools establish sporting culture

¹ The learning goals for primary education is to “lead a healthy lifestyle and develop an interest in aesthetic and physical activities and an ability to appreciate these activities” and that for secondary education is to “lead a healthy lifestyle with active participation in physical and aesthetic activities, and to appreciate sports and the arts”

3. Expected Outcomes and Deliverables

- a. Establishment of a PE teachers' professional network of 10 schools (5 primary schools and 5 secondary schools) to
 - i. develop unit plans and learning and teaching practices enable students to participate in regular physical activities; and
 - ii. enhance sporting culture through a whole-school approach.
- b. To collect and disseminate good practices in helping students develop an active and healthy lifestyle.

PE Section, EDB

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Reference

United Nations Educational, Scientific and Cultural Organisation. (2015). *Quality Physical Education: Guideline for Policy - Makers*. France: United Nations Educational, Scientific and Cultural Organisation

World Health Organisation (2014). *Global Status Report on Noncommunicable Diseases*. World Health Organisation. Retrieved from apps.who.int/iris/handle/10665/148114