

Physical Education, Physical Activity and Athletics

are similar in that they all include physical movement, but there are important differences between them, as outlined below:



Physical Education is an academic subject that takes place in school curriculum and is delivered to all students. It includes both “learning to move” (i.e. becoming more physically competent) and “moving to learn” (e.g. problem solving, critical thinking, strategy, cooperation, leadership, teamwork). A quality Physical Education program enhances cross-curricular learning and gives students experiences in a wide range of activities and concepts that increase lifelong health, wellness and nutrition.



Athletics are structured opportunities for students that takes place within school settings but out-of-school-hours. These sports programs are competitive in nature and student participation is optional. Students pay a substantial fee to participate.

Physical Activity is an inclusive term referring to any movement of the body that requires energy expenditure. Walking, gardening, house work, climbing the stairs, playing at recess, dancing and classroom brain breaks are all good examples of being physically active. For health benefits, physical activity should be moderate to vigorous intensity.

