

Ways to Identify Quality PE in NSW Schools

1

Purposeful

The focus is on purposeful learning with clearly identifiable learning intentions and success criteria.

2

Active

Lessons include moderate to vigorous movement activities and form part of the 150 minutes of planned physical activity required per week.

3

Variety

Includes a broad range of movement experiences and physical activities.

4

Differentiation

A variety of approaches cater for individual student learning and support needs.

5

Skill Development

Opportunities for physical, cognitive, social and emotional development are provided through and during movement activities.

6

Regular

Timetabled to provide opportunities for physical education at least 45-60 minutes per week.

7

Contextual

Skills are explicitly practised and applied in a variety of movement contexts which reflect real life and dynamic physical activity situations.

8

Whole School

Planned and timetabled across the years of schooling to promote progression and complement school sport and community sport opportunities.

9

Physical Literacy

Builds student motivation, confidence, skills, knowledge and understanding to access and make sense of the physical world through movement.

10

Inclusive

Builds a sense of belonging by enabling students to feel respected and valued for who they are and experience support and commitment from others.