

Terminology: Physical Education, School Sport, Physical Activity (PESSPA)

Physical Education, School Sport and Physical Activity are similar in that they all include physical movement, but there are important differences between them. The working definitions are:

- **Physical Education (PE)** is the planned, progressive learning that takes place in school curriculum timetabled time, and which is delivered to all pupils. This involves both 'learning to move' (i.e., becoming more physically competent) and 'moving to learn' (e.g., learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others).
- **School Sport (SS)** is the structured learning that takes place beyond the curriculum (i.e., in the extended curriculum) within school settings; this is sometimes referred to as out of school-hours learning.
- **Physical Activity (PA)** is a broad term referring to all bodily movement that uses energy. It includes all forms of physical education, sports and dance activities. It also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g., walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening.