

## Day 6

### **Read the following article on the importance of physical education in schools.**

Physical Education (PE) is often viewed as a marginal subject within the curriculum. And many secondary schools actively reduce PE time to make way for what are deemed more “serious” or “important” subjects.

Research from the Youth Sport Trust shows that 38% of English secondary schools have cut timetabled PE for 14- to 16-year-olds. One of the main reasons for this is the increased pressure to produce exam results. Much of the time pupils would usually spend in PE lessons is now spent receiving extra tutoring on topics other than PE.

Despite these cuts, however, PE is still championed for its potential to promote health and encourage lifelong physical activity. This is an important issue given that over 30% of year six pupils are classed as “overweight” or “obese” according to the latest government figures.

PE is also praised for its contribution to improved psychological health, for helping to nurture social and moral development – as well as supporting cognitive and academic performance.

The Association for Physical Education maintains that high quality PE fosters the physical, moral, social, emotional, cultural and intellectual development of pupils. But the many aims for PE – such as health promotion, skills development as well as a focus on social and moral issues – has resulted in confusion about the subject and has done little to further the educational experiences in practice. In fact, it has been argued that PE offers more entertainment than education.

### **Not intellectual enough**

A waste of time and a bit of entertainment, or vitally important to the education and development of a child – which is it?

Part of the problem seems to be that PE is often viewed as an opportunity for pupils to be active and to enjoy themselves. Or in some cases, as a form of stress relief and to serve as a break from traditional learning.

Clearly, these areas are valuable for pupils’ general well-being and there is a growing evidence base to suggest that physical activity has the potential to support learning more broadly. But the role of PE is not merely to prop up and support pupils’ learning in other subjects. Instead, it should provide meaningful learning experiences within the subject itself.

Day 7

**Answer the following questions about the article you read on Day 6**

1. What is the primary reason for cutting physical education classes in schools?
2. According to the article, what are 3 positives to a student's health when participating in PE?
3. Write three complete sentences stating your opinion on whether or not schools should replace PE classes with other English, Math or Science classes.

Day 8

Use the following section as a Food Log. Record what you eat during the day.

Breakfast \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lunch \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Dinner \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Snacks \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Day 9

**Complete 30 minutes of an activity. Record the activity and the amount of time below.**

Activity \_\_\_\_\_ Time \_\_\_\_\_

Day 10

**Create a list of 5 unhealthy foods you should avoid**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_