

## **Appendix 4**

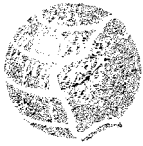
### **Responses to letters sent to state and territory Departments of Education**

On 3 August 2006 the Committee wrote to state and territory Departments of Education, asking them a number of questions in relation to physical activity programs in schools. The questions were as follows:

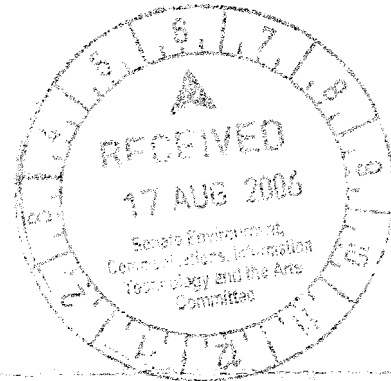
1. what physical education classes are required and what are available (but non-compulsory), in each year of school;
2. what proportion of physical education classes are required to involve exercise activity
3. what school sport during regular school hours is required, and what is available (but non-compulsory), in each year of school;
4. what other obligations are there to participate in school-organised sporting activity outside regular school hours;
5. in each of the above cases, what is included in the meaning of sport, physical activity or exercise;
6. in each of the above cases, who determines whether schools and students are complying with the relevant policy; and
7. does the regulation of any of the above matters vary according to the type of school (for example, public, Catholic or other private).

Attached are responses received by the Committee by the time of tabling of this report. Responses from states and territories can also be found on the Committee's website.





Senator Andrew Bartlett  
Chair  
Environment, Communications,  
Information Technology and The Arts  
References Committee  
Parliament House  
CANBERRA ACT 2600



Dear Senator Bartlett

Thank you for your correspondence received 7 August 2006 regarding the Senate Environment, Communications, Information Technology and the Arts References Committee inquiry into women in sport and recreation in Australia.

The Department of Education and Training strongly advocates for quality physical activity opportunities for all public school children. Current initiatives include fulfilling the recommendations of the Child and Adolescent Physical Activity and Nutrition Survey (CAPANS), commissioned by the Premier's Physical Activity Taskforce (PATF) in 2003.

Please find the responses to your specific questions below:

1. Recent State and Australian Government announcements regarding physical activity require that, from 2007, all students in Years 1-10 participate in a minimum of two hours of physical activity each week, during the school day as part of student learning programs. Schools are also encouraged to provide opportunities for students to be physically active during breaks, and before and after school.
2. Although there is no formal requirement for physical education classes to have pre-determined periods of activity, the Western Australian Curriculum Framework describes Health and Physical Education as providing students with an understanding of health issues and the skills needed for confident participation in sport and recreational activities. This enables students to make responsible decisions about health and physical activity and to promote their own and others health and well-being.
3. The Department has no compulsory requirement for participation in school sport during regular school hours and does not monitor what is offered to students.
4. The Department contracts School Sport WA Inc (SSWA) to offer interschool, interstate and international competitive sporting opportunities to students in Western Australian schools. SSWA is an association of school teachers with the principal purpose of organising and coordinating sporting competitions for school children at a local, regional and interstate level.

SSWA works in close cooperation with the Department, other educational sectors, state sporting associations, local government, key organisations in other states, schools and other agencies. Schools make their own decisions in relation to participation. Decisions are usually based on a school's capacity to identify staff members who are prepared to volunteer their time to prepare and present teams. It is the voluntary contribution of teachers' time that ensures the success of the various competitions.

SSWA is supported by a grant from the Department and through a user-pay system, in which schools competing in the interschool Champion Schools Program (132 events across 26 individual sports) and individual students competing at state level (in 27 secondary and ten primary teams) are largely responsible for the funding of specific components of the program. SSWA is located within the Department offices at 151 Royal Street, East Perth and comprises a full-time manager, a full-time executive officer, a full-time clerical officer and a full-time finance officer.

SSWA, in accordance with its charter, provides competitive opportunities for all students, regardless of sector, and encourages maximal participation in a range of quality sporting programs. The extent and intensity of the competition is varied and based on the experience, skill level, maturity and interest of the student.

5. *Physical activity* is defined as any bodily movement produced by skeletal muscles that result in energy. *Physical education* is defined as physical activity sessions performed as part of the school curriculum. *School sport* is defined as competitive physical activity performed as a logical extension to the school physical education curriculum and is conducted both in school and out of school time. *Exercise* is a subset of physical activity and is defined as planned, structured and repetitive bodily movement done to improve or maintain one or more components of fitness, such as muscle strength, endurance, flexibility or cardio-respiratory endurance<sup>1</sup>

<sup>1</sup> Hands, B., Parker, H., Glasson, C., Brinkman, S. and Read, H. (2004). *Physical Activity and Nutrition Levels in western Australian Children and Adolescents: Report*. Perth, Western Australia: Western Australian Government.

6. Schools are required to report on their compliance with two hours of physical activity requirement.
7. Two hours of physical activity requirement is consistent amongst Department, Catholic and Independent schools.

Thank you for bringing this matter to my attention.

Yours sincerely



PAUL ALBERT  
DIRECTOR GENERAL

14 AUG 2005



Tasmania

DEPARTMENT of EDUCATION

SCHOOL EDUCATION DIVISION

8 August 2006



Dr Ian Holland  
Environment, Communications, Information  
Technology and the Arts Committee  
Parliament House  
Canberra ACT 2600

Dear Dr Holland

**Inquiry into women in sport and recreation in Australia**

I am responding to the letter you forwarded to David Hanlon, Deputy Secretary School Education, Department of Education Tasmania.

In response to your questions:

1. what physical education classes are required and what are available (but non-compulsory), in each year of school;

*Government schools in Tasmania have a requirement to provide 2 hours of physical activity per week for school age children. All government schools K-10 offer physical education and in all cases it is compulsory for at least K-8. Some secondary schools make Physical Education optional for their 9 and 10 students. Only a very small percentage of schools do not have a specialist health and physical education teacher on staff and all of these are very small primary schools*

2. what proportion of physical education classes are required to involve exercise activity;

*As mentioned in (1), the requirement is for 2 hours physical activity per week. How schools organise this is up to them and it is not possible to provide more specific information about this.*

3. what school sport during regular school hours is required, and what is available (but non-compulsory), in each year of school;

*The delivery of school sport across that state varies considerably between primary and secondary, and between schools. It is not possible to provide accurate information about this. There is no single coordinating body for school sport. All government primary and secondary schools engage in swimming, cross country and swimming carnivals at an intra and inter school level. Some primary school sport associations run mini rosters/tournaments for their schools on a seasonal basis but this is restricted to grades 3-6. Some clusters/groups of primary schools jointly offer sporting competitions for their schools. Such sporting events occur during school hours. Some primary school sport occurs on weekends or in the evenings e.g. minkey hockey, netball, soccer, and flippa ball – these events are open to government, catholic and independent schools. At secondary level, the Northern high schools have midweek sport on Wednesday afternoons for years 7 and 8 and on Thursday afternoons for years 9 and 10. They also offer some sport on weekends. In the North-West it is mostly weekend sport and in the South it is a combination of after school midweek and weekend. None of this is compulsory. The Tasmanian government provides recurrent funding to support school sporting associations in the state in order to increase and enhance sporting opportunities for children and young people.*

4. what other obligations are there to participate in school-organised sporting activity outside regular school hours; \_

*No child in the government system is obliged to participate in school-organised sporting activity outside regular school hours.*

5. in each of the above cases, what is included in the meaning of sport, physical activity or exercise;

*Sport is defined as activity which is structured and is guided by a set of rules and practices eg a roster, uniforms, codes of conduct, rules for play etc. Physical activity could include structured activity such as sport but is broader to include non-structured physical activity. Exercise implies a physical fitness element that focuses on the health-related components of fitness (strength, flexibility and cardiovascular endurance).*

6. in each of the above cases, who determines whether schools and students are complying with the relevant policy;

*Principals are required to verify that 2 hours of physical activity is being provided for all school age children.*

7. does the regulation of any of the above matters vary according to the type of school; (for example, public, Catholic or other private).

*The responses for points 1-6 are for government (public) schools only. There is variation between this provision and what is available in Catholic and independent schools. We are not in a position to provide information about practices in these other two school sectors.*



Penny Andersen  
A/Executive Director Curriculum, Standards and Support  
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# Department of Education & Training

Office of the Secretary  
SEC 17478



Dr Ian Holland  
Environment, Communications,  
Information Technology and the Arts  
Committee  
Parliament House  
CANBERRA 2600

22 AUG 2006

Dear Dr Holland

Thank you for your recent letter concerning the Inquiry into women in sport and recreation in Australia.

The Department of Education and Training offers the Committee the following information:

Question 1 *What physical education classes are required and what are available (but not compulsory), in each year of school?*

- From prep to Year 3, Victorian Government schools must provide from 20 to 30 mins of physical education classes per day;
- From Years 4 to 6, Victorian Government schools must provide three hours of physical education and organised sport per week with a minimum of 90 minutes of physical education;
- From Years 7 to 10, Victorian Government schools must provide 100 minutes of physical education and 100 minutes of sport.

In addition to this, schools are required to develop teaching programs which will enable students meet the Health and Physical Education standards of the Victorian Essential Learning Standards for Prep – Year 10. Further information about these standards can be accessed at

<http://vels.vcaa.vic.edu.au/essential/personal/health/index.html>

Question 2 *What proportion of physical education classes are required to involve exercise activity?*

- All physical education classes at all year levels must involve exercise activity.

Question 3 *What school sport during regular school hours is required, and what is available (but not compulsory), in each year of school?*

- The required and available school sport time in regular school hours in Victorian Government schools from Years 4-6 is 90 minutes and from Years 7-10, 100 minutes.



In addition, the Department of Education and Training administers two sporting associations that come under the umbrella of School Sport Victoria—namely the Victorian Primary Schools' Sports Association (VSPPA) and the Victorian Secondary Schools' Sports Association (VSSSA). These organisations conduct school sport from Year 4 to Year 12 in government and non government schools.

These sporting associations also organise and host on a rotational basis, interstate exchanges. There are twenty organised sports available for primary students and thirty for secondary students. The associations organise seventeen primary exchanges and twenty secondary per year. There are approximately 500,000 school students actively involved in the work of these associations. The associations work closely, and under the auspice of, School Sport Australia.

*Question 4 What other obligations are there to participate in school-organised sporting activity outside regular school hours?*

- There are no obligations to participate in school organised sporting activity outside regular school hours.

*Question 5 In each of the above cases, what is included in the meaning of sport, physical activity or exercise?*

- The term sport means all activity that has as its ethos physical activity or is an organised or modified sporting event.

*Question 6 In each of the above cases, who determines whether schools and students are complying with the relevant policy?*

- The Department of Education and Training determines whether Victorian Government schools and their students are complying with the regulations concerning sport and physical education.

*Question 7 Does the regulation of any of the above matters vary according to the type of school (for example, public, Catholic or other private)?*

- The regulations apply only to Victorian Government schools although they are adopted by the non government school sectors.

I look forward to hearing of the results of the Committee's inquiry.

Yours sincerely



**Dr Peter Dawkins**  
Secretary



Early Childhood and Primary Education  
Secondary Education  
Technical and Further Education  
Vocational Education and Training  
Higher Education  
Adult and Community Education

DGL 06/1226

Dr I Holland  
PARLIAMENT HOUSE  
CANBERRA ACT 2600

Dear Dr Holland

I refer to your letter to the Director-General dated 3 August 2006 regarding the inquiry into women in sport and recreation in Australia. As the senior officer in the Department of Education and Training with responsibility for this matter, I have been asked to respond to you.

Thank you for informing me about this inquiry. The findings of the committee will help inform future directions around participation in physical activity and sport.

Please find attached the answers to the questions submitted by the committee.

If you would like further information about physical education and sport in NSW schools or clarification of the answers provided, please contact Rosemary Davis, CEO PDHPE on telephone (02) 9886 7651 or email [rosemary.davis@det.nsw.edu.au](mailto:rosemary.davis@det.nsw.edu.au)

I look forward to the outcomes of this important inquiry.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Gillian Shadwick'.

Gillian Shadwick  
**General Manager**  
**Learning and Development**

25 August 2006

## **Inquiry into women in sport and recreation in Australia**

### **Question 1**

The learning area that accommodates physical education in NSW schools is Personal Development, Health and Physical Education (PDHPE). PDHPE is mandated from Kindergarten to Year 10.

In primary schools, it is recommended that students are provided with 120 minutes of planned physical activity each week. This is inclusive of 60-80 minutes of sport time in Years 3 - 6.

Many schools would be allocating more time than this recommendation. For example, some schools include 15 minutes of physical activity each day plus two additional 30 minute sessions focusing on fundamental movement skills each week. Other schools offer three 30 minute physical education lessons each week plus the weekly allocation of 60 minutes for school sport.

The minimum indicative hours for the PDHPE in Years 7-10 are 300 hours. Physical education is one component of the PDHPE key learning area and consists of structured lessons that include explicit teaching of movement skills and performance in a variety of movement contexts including aquatics, athletics, games, gymnastics and dance.

PDHPE is timetabled in secondary schools in a variety of different structures. The most common structures include:

- two forty-minute to 55-minute periods per week timetabled for physical education lessons and
- two seventy-minute to eighty-minute periods per fortnight timetabled for physical education lessons and one 45 to 55-minute lesson for PD and Health.

### **Question 2**

There is no requirement regarding the proportion of physical education classes that involve activity. However, in most schools all physical education lessons would involve moderate physical activity for the majority of the lesson time.

### **Question 3**

Schools are required to include two hours per week of planned physical activity, including in Years 3-6, a minimum of one hour for sport. In each of the Years 7, 8, 9 & 10, 80-120 minutes per week is to be allocated. 80-120 minutes per week is allocated if students are in Year 11, and for students in Year 12, if Year 12 students wish to participate.

Schools develop and conduct their own local sport programs according to student needs and interests, school resources and teacher expertise, availability of transport and community facilities, with the structure and delivery of sport determined by the school's timetable. School sport programs may include inter and intra-school

competitive sport, outdoor recreation/adventure sports, fitness, sport development and physical recreation activities.

#### **Question 4**

Government primary schools are able to enter 17 State knockout competitions. Secondary schools are able to choose from 45 competitions. Both categories of competitions have gender specific, and co-gender competitions. Secondary schools, in particular, regularly schedule the interschool knockout fixtures outside regular school hours.

#### **Question 5**

Sport as an aspect of the school curriculum is an integral part of an individual's development, requiring physical involvement in organised games or activities within an accepted set of rules.

The school sport program could include organised competition or training, for example, in athletics, gymnastics, water polo, ball games such as tennis, cricket, netball, basketball and all codes of football, and/or physical recreation activities such as swimming, abseiling, surfboard riding, skate boarding, aerobics, golf, horse riding, bushwalking and canoeing.

#### **Question 6**

School Principal, in consultation where appropriate with the School Education Director.

#### **Question 7**

All schools must follow the NSW Board of Studies (BOS) syllabuses for PDHPE. There is no mandated time from the BOS for PDHPE in primary schools. The Department however, recommends that 120 minutes of physical activity are provided in primary schools each week.

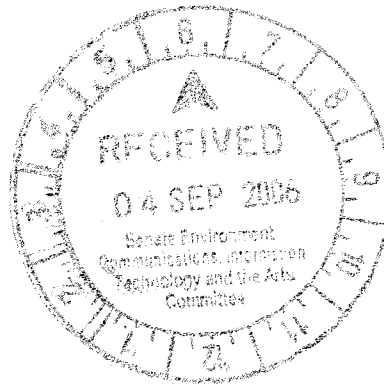
In secondary schools, the BOS mandates that 300 hours of PDHPE be delivered in schools from Years 7-10.

The NSW Department of Education and Training has mandatory time provisions for sport students in Years 3-11 in public schools. Schools in the Catholic and private sectors of education are not bound by such provisions.



Australian Capital Territory

ACT Department of  
Education & Training  
ABN: 71 506 957 312



File Ref:2004/00672

Dr Ian Holland  
Parliament House  
CANBERRA ACT 2600

Dear Dr Holland

Thank you for your letter of 3 August 2006 about the inquiry into women in sport and recreation in Australia. In reply to your questions about physical education and sport in ACT schools I am able to provide the following information.

**1. What physical education classes are required and what are available (but non-compulsory), in each year of school?**

The ACT Government schools policy on Health, Physical Education and Sport includes mandated hours for each student in years K-10.

The policy states that "for each child from years K-10 there are mandatory times to be devoted to the areas of health, physical education and sport/recreation," and includes the following table:

K-2	20 – 30 minutes of physical activity per day
years 3-6	A minimum of 180 minutes per week, of which at least 150 minutes must be active physical education or sport
years 7-10	A minimum of 180 minutes per week, of which at least 150 minutes must be active physical education, including sport

In primary schools, a variety of programs are offered to students to enhance their physical education programs. These include:

Feat for Feet, Health & PE week, Swim Smart, Sports Coaching, Sports Leadership, Dance, Active After Schools Community Program, Blue Earth Discovery, The 'Look' program, Smart Start, Sports Ability, Sports Development Programs.

In high schools, students are offered:

Sports Coaching, Sports Science, Outdoor Education, Talented Sports Programs and Recreation Programs.

## **2. What proportion of physical education classes are required to involve exercise activity?**

Physical education classes are active and lessons usually commence with a warm up period of 'exercise activity'. Approximately 10 – 15 minutes of warm up activities generally include stretching exercises and a vigorous running activity. Most physical education lessons are of approximately 50-60 minutes duration.

## **3. What school sport during regular school hours is required, and what is available (but non-compulsory), in each year of school?**

Sport education is included in physical education programs to allow students to be involved in competition as a member of a team in a variety of sports.

Sport that is widely available in schools but is not compulsory includes:

- intra school competition eg. lunch time
- inter school competition. eg. school vs school

ACT schools have an extensive range of opportunities for students to participate in sport at the interschool level. Each year a calendar of events is published for sporting days during school hours. Major sports carnivals are provided in Swimming, Athletics and Cross Country as well as a range of other sports. Students can also represent the ACT in a variety of sports.

## **4. What other obligations are there to participate in school organised sporting activity outside regular school hours?**

There is no obligation to participate in school organised sporting activity outside regular school hours. Some schools organise teams to represent their school in community-based sport on weekends or after school. Some school sport is also held after school hours (4-6pm).

The Active After Schools Communities program run by the Australian Sports Commission employs community sports groups to work with primary age children in after school care programs.

## **5. In each of the above cases, what is included in the meaning of sport, physical activity or exercise?**

In the ACT, sport is considered as vigorous physical activity. The physical activity may be for the purpose of discovering the limits of one's capabilities, or for fun, amusement and diversion. It involves competition against oneself or another, or a confrontation of natural elements.

Physical education is education through physical activity. It is a comprehensive term, including fitness, skills, movement, dance, recreation, health, games & sport plus the appropriate values and knowledge of each.

Physical activity or exercise refers to any activity that involves significant movement of the body or limbs. Moderate intensity physical activity will cause a slight, but

noticeable, increase in breathing and heart rate and may cause light sweating in some people.

**6. In each of the above cases, who determines whether schools and students are complying with the relevant policy?**

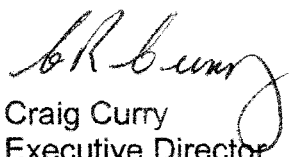
As the times are mandated, school principals are responsible for ensuring that the policy is implemented.

**7. Does the regulation of any of the above matters vary according to the type of school (for example, public, catholic or other private)?**

Each education sector has its own requirements. The Catholic sector suggests children must be active for a minimum of 30 minutes each day. The independent sector suggests 120 mins/week physical education plus sport.

*I trust this information will assist your inquiry into women in sport and recreation.*

Yours sincerely



Craig Curry  
Executive Director

31 August 2006



Queensland  
Government

31 AUG 2006

Department of  
Education and the Arts

Dr Ian Holland  
Secretary  
The Senate Environment, Communications,  
Information Technology and the Arts  
Reference Committee  
Parliament House  
CANBERRA QLD 2600



Dear Dr Holland

Thank you for your letter dated 3 August 2006 seeking advice from the Department of Education and the Arts on the type and number of physical education classes in which Queensland schoolchildren are expected to participate.

An election has been called in Queensland and, in accordance with caretaker conventions, I am unable to respond to you at this time. A response will be forwarded as soon as a new government is formed.

I invite you to contact Ms Jacky Dawson, Manager, Curriculum Branch on telephone (07) 3237 1109 or Ms Mary Summerson, Manager, Queensland School Sport Unit on telephone (07) 3350 7829 should you require further information.

Yours sincerely

**KEN SMITH**  
**Director-General**

Ref: 06/93448

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