



# **Expert Group on HEPA health-enhancing physical activity**

**Recommendations to encourage physical education  
in schools, including motor skills in early childhood,  
and to create valuable interactions with the sport  
sector, local authorities and the private sector**

**Council Working Party on Sport  
6 July 2015**

**Jean-François Toussaint**  
Chairman, Expert Group on HEPA

# EU Work Plan for Sport 2014-2017

## First deliverable

Key topic	Output and target date	Working structure
<b>Sport and society</b>		
Health-enhancing physical activity	— Preparation of Expert Group recommendations to encourage physical education in schools, including motor skills in early childhood, and to create valuable interactions with the sport sector, local authorities and the private sector (1st half 2015)	Expert Group on HEPA
	— Coordination of the implementation of the Council Recommendation on HEPA (2nd half 2016)	

# The issue



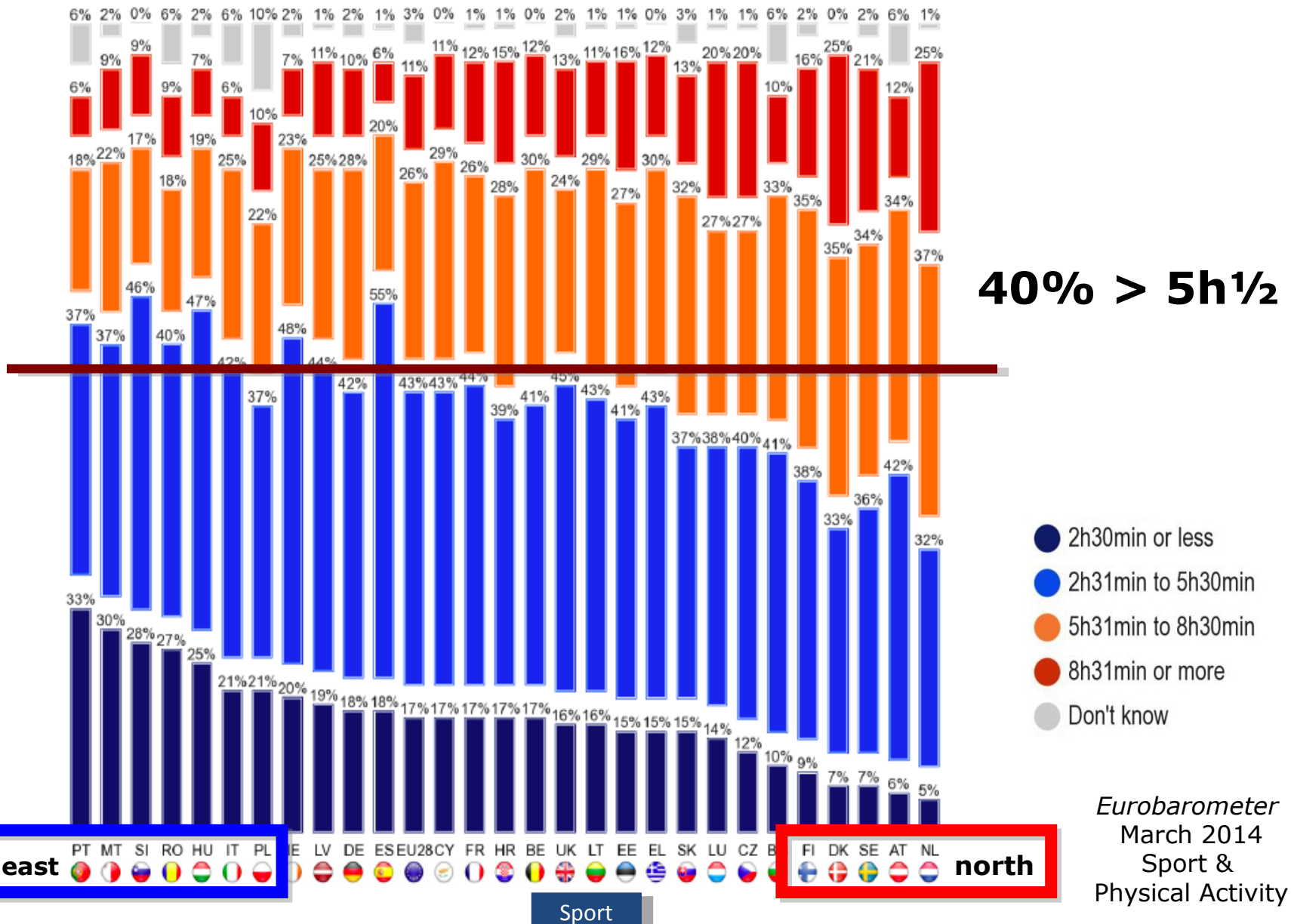
## Sedentarity is moving fast



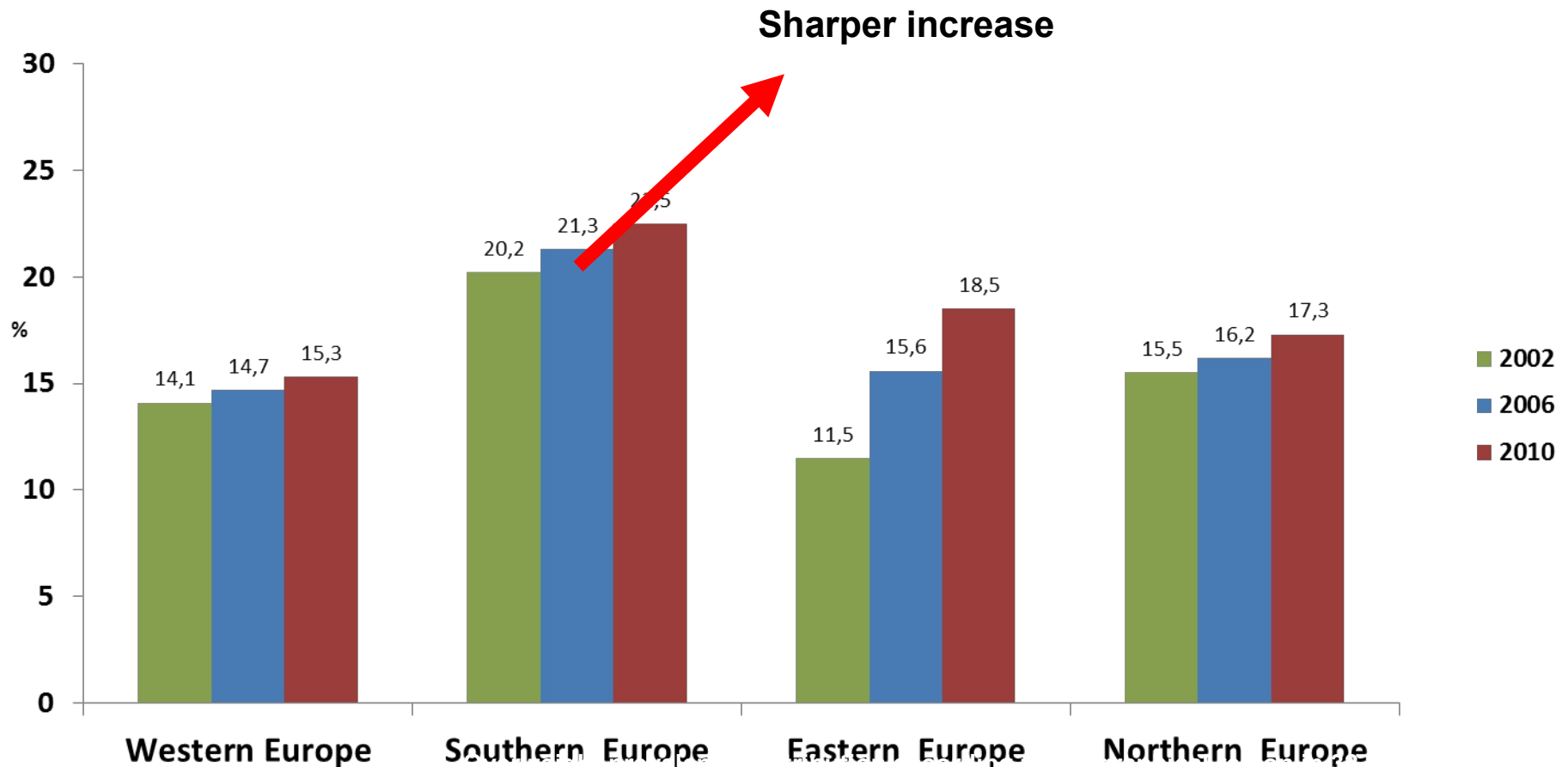
*Ministério da Saúde  
Portugal 2014*

# How much time do you spend sitting on a usual day ?

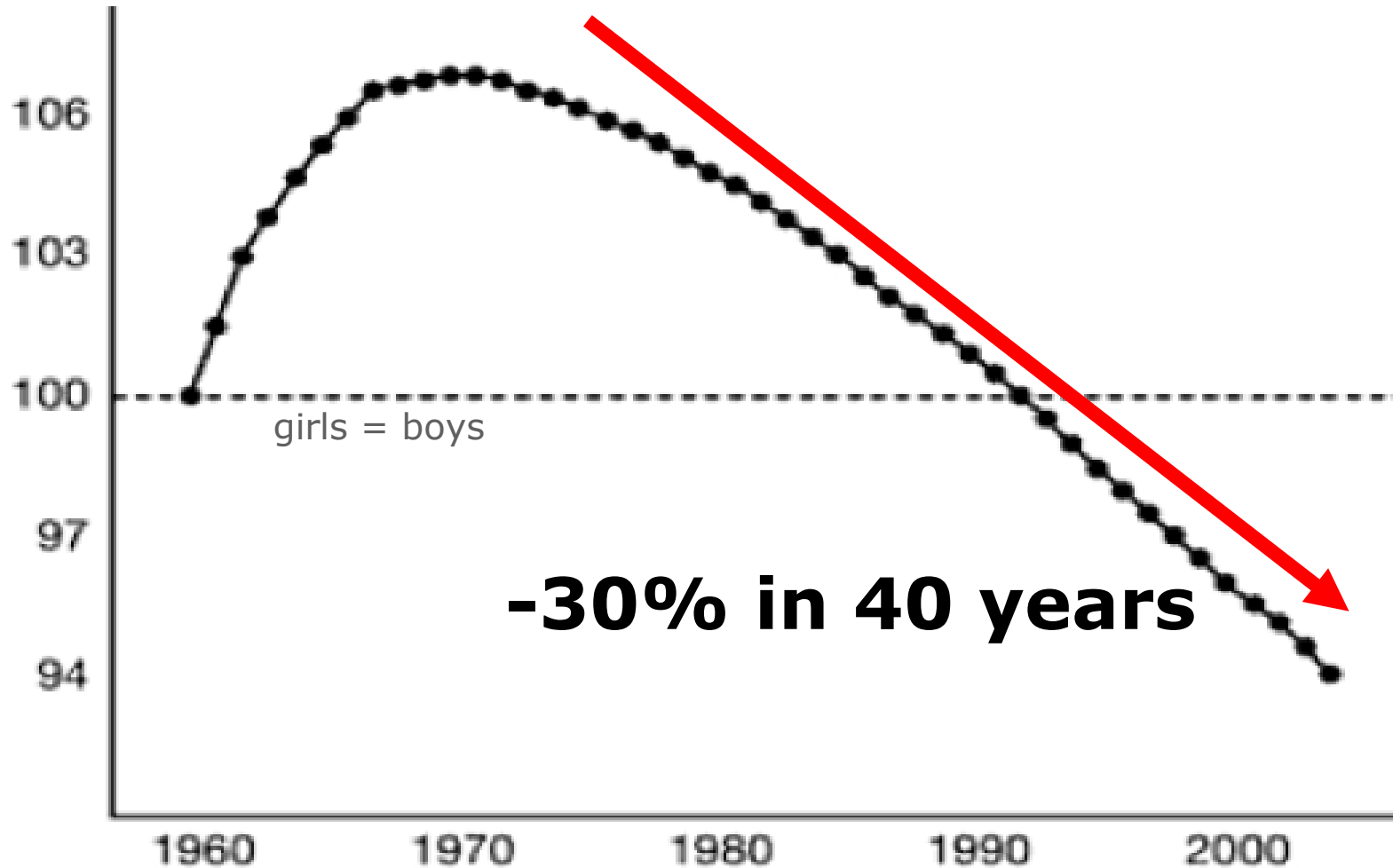
at a desk, visiting friends, studying or watching television



# Adolescents overweight / obesity prevalence



# Dramatic reduction of cardiovascular performances



# The issue

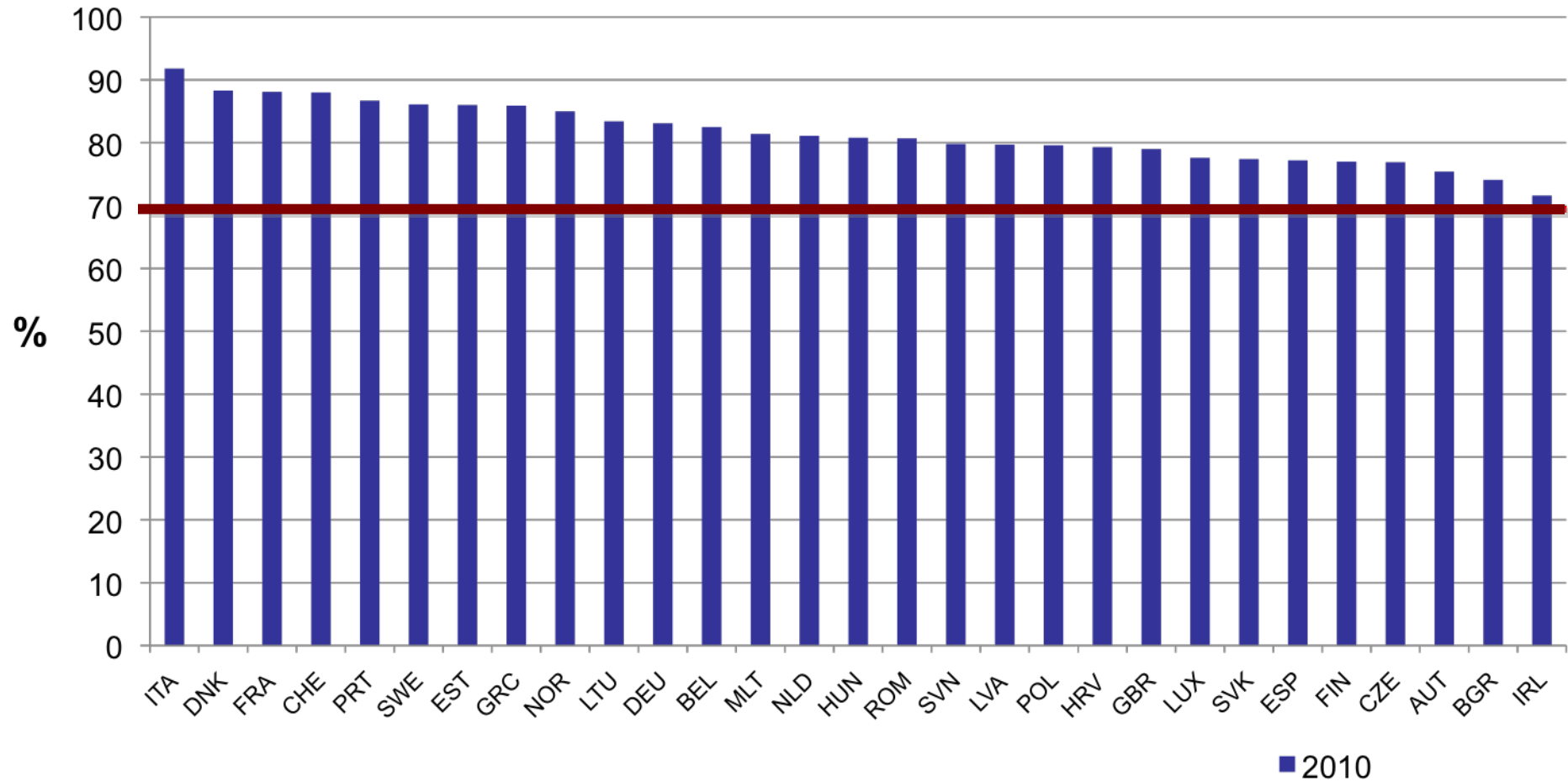


Physical inactivity levels are too high

**Meet your killer**



# Insufficient physical activity among school going adolescents (11-17 years)





# Schools are part of the solution

Healthy habits are acquired at young age



# World Health Organization

Minimum requirements of physical activity



# Expert Group on HEPA

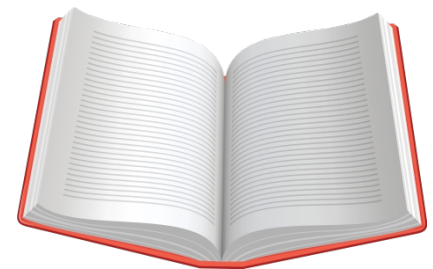
- Three meetings
  - 13 October 2014
  - 9-10 February 2015
  - 25-26 June 2015
- Active participation of Member States experts
- Contributions from several sectors including education
- 17 observers
- Lead expert of this deliverable: PT



# Recommendations (1/3)

## Encourage physical education as from early childhood

- ❖ Curriculum content of physical education
- ❖ Physical education curriculum time allocation
- ❖ Physical education teachers
- ❖ Assessment in physical education
- ❖ Monitoring of physical education
- ❖ Inclusive approach
- ❖ Exemption from physical education classes
- ❖ Injury prevention
- ❖ Extra-curricular activities



# Physical education curricular content

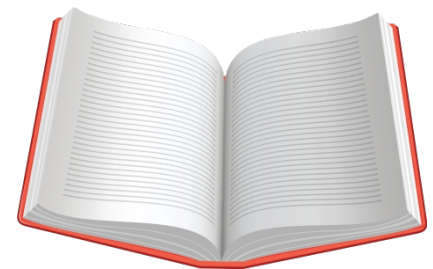
**5.** The practice of **outdoor physical activities** and sports should be promoted at all education levels. Along with extra-curricular activities, physical education curriculum should instil lasting habits of moving regularly in outdoor settings

**6.** Physical education and extracurricular activities should foster an **ethical education** by teaching values such as fair play, cooperation, equity, integrity, peace, human rights, and respect of others' capabilities. Through sport participation, they should also develop relevant skills like team work, social inclusion and leadership, avoiding sport stereotypes

## Recommendations (2/3)

### Valuable interactions between schools and the sport sector

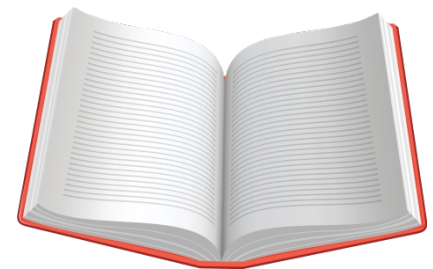
- Sharing of infrastructures and facilities
- Sport-minded school label
- Contribution of certified sport coaches



## Recommendations (3/3)

Valuable interactions between schools  
local authorities and the private sector

- Active transport
- Infrastructures
- Campaigns



# Monitoring aspects

Monitoring of physical activity

Implementation of recommendations (national  
& EU levels)

Reporting (Commission)



# Conclusions

Commission: disseminate results through relevant education-related channels at EU level

Dissemination at national level (Education)

Publication on the website of the Commission



# Thank you