

EDUCATION, SCIENCE AND TRAINING

SENATE LEGISLATION COMMITTEE - QUESTIONS ON NOTICE 2005-2006 BUDGET ESTIMATES HEARING

Outcome: 1

Output Group: 1.3 – Assistance for quality teaching and learning

DEST Question No. E441_06

Senator Barnett asked on 1 June 2005, EWRE Hansard page 116.

Question:

Does physical activity include being in a PE class, standing there and taking instructions? Is that the definition of physical activity?

Answer:

Definition of physical activity

Physical activity can be defined as any form of structured or non-structured exercise or movement. It may include, but not be limited to, activities such as walking, running, dance, the development of fundamental movement skills, swimming, basketball or other sports. It could include activities that require physical skills and utilise strength, power, endurance, speed, flexibility, range of motion or agility.