



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

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.