

# The European Physical Education Association

the European context

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# EUPEA is the umbrella organization of the national Physical Education Associations in Europe.

EUPEA was founded in 1991 on the initiative of 4 Physical Education teachers/ University professors

- EUPEA represents 200.000 members in 32 countries, in Europe – in the EU and outside of the EU, the model of working and developing strategy takes into account the White Paper of the EU commission (2007) as well as the EU guidelines for Physical Activities (2008). The association also participates within the Working group at the EU.
- Precursor when publishing in 2002 a Code of ethic and good practice guide for Physical education

# EUPEA Mission

- **Promote and defend the presence of Physical Education within the curricula through continuously adjusted and up to date arguments**
- **Raise the presence of Physical Education, expressed in a number of hours, to a minimum of 1 hour a day, through promotion campaigns.**
- **Defend the position of Physical Education in all countries of Europe**
- **Enforce the reasoning by exchanging experiences, knowledge, scientific research, observations, etc.**

# EUPEA Roles

- EUPEA, as the expert group in Physical Education in Europe, supports and helps to found Physical Education organisations and works to **convince decision-makers in Europe to ensure that Physical Education is taught by well trained Physical Education teachers with adequate resources**, and that Physical Education is a part of the core curriculum at all school levels in order to have **well educated students**.

# Position of EUPEA

- Education is concerned with the total development and wellbeing of every child and young person.
- Physical Education makes a unique contribution to the education of all learners and enhances physical, social, emotional and cognitive development.
- Quality Physical Education consists of a regular and planned programme of activities throughout the entire school years.

# Physical education - within the European Union about sport development

- PE promotes social and educational values such as helping young people
  - to learn to be part of a team,
  - to accept the principle of fair play and
  - under certain conditions to improve academic performance
- Through its values, PE and sport helps developing knowledge , motivation, skills and readiness for personal effort
- It can make a contribution to formal and non-formal education
- PE is part of the compulsory curricula / school sport is organized within the school as extra-curricular physical activities

# EUPEA , the professional association for PE teachers



- The association participates within the Expert Group (Sport, health and participation) at the EU, the EU Sport Forum, the Pestalozzi program, different projects within TAFISA, UNESCO, has an alliance with FIEP and a collaboration with AIESEP and ENGSO, is member of ICSSPE.

# Profile of a Student physically well educated

(Fisher, Diniz, Repond in Current issues in PE, Meyer and Meyer, 2011)

- is a responsible, competent and independent citizen,
- trained and educated in the fields of physical activities and sports,
- responsible for his physical activity and his health,
- respectful of partners and opponents.
- Through exposure to physical activity and sports, he will enrich and expand his knowledge, skills and abilities.
- PE is the main contribution to this education



# The European context

- 2004 Year of the Education through sport
- 2007 White Paper on Sport;
- 2007 White Paper on a Strategy for Europe on nutrition, obesity and overweight-related health issues;
- EU Platform for action on diet, physical activity and health; High Level Group on nutrition and physical activity;
- **2008 EU Physical Activity Guidelines;**
- 2011 Communication on developing the European dimension in sport.
- 2011/2012 Council outcomes relating to physical activity; 2011-2014 – Action plan
- 2012 EP Resolution on the European dimension in sport;
- 2013 – a very special year for Sport and PE in EU (Mrs. Vassiliou, EU Commissioner)
- 2014 – Erasmus + sport projects
- 2015 – publication of

# 6 experts groups

- **Expert Group 'Sport, Health and Participation'**
- **Expert Group 'Anti-Doping'**
- **Expert Group 'Sport Statistics'**
- **Expert Group 'Sustainable Financing of Sport'**
- **Expert Group 'Good Governance'**
- **Expert Group 'Education and Training in Sport'**

# European Physical Activities Guidelines – updated – guidelines 11-14

- **Physical education in primary and secondary schools**
  - Number of hours per school level and whether mandatory or optional national or sub-national provisions exist (EUPEA research below)
- **Schemes for school-related PA promotion**
  - Active school breaks or active breaks during school lessons
  - After school HEPA programs (at schools, at sport clubs or in communities)
- **HEPA in training of PE teachers**
  - HEPA being a module in training of PE teachers at the Bachelor's and/or Master's degree level

# World Conference of Ministers of Physical Education and Sport (MINEPS) May 28 to 30, 2013

- Furthermore, following the Eurydice report (2012), Physical Education and Sport in school received attention on a global level in the **Berlin Declaration**.
- a result of the Ministers conference, hosted by Germany in Berlin in 2013.

# UNESCO

- Within the topic of sport qualifications attention should equally be paid to **quality assurance** and the coherence of initiatives with other mobility instruments such as ECVET (European Credit system for Vocational Education and Training) , Europass and ECTS
- As a follow up, UNESCO planned a meeting on the topic of **qualitative indicators of Physical Education and Sport in Paris on June 28, 2013.**
- Both the Commission and Eurydice would be represented at the UNESCO meeting.

## 2014 – Erasmus +

- The new program for education, training, youth **and sport** includes **a specific chapter on sport**
- The program will aim at tackling cross-border threats to the integrity of sport, support good governance in sport and promote voluntary activities in sport.
- **In relation to PE and sport in the school**, encouraging social inclusion, equal opportunities and raising awareness of the importance of health enhancing physical activities
- **Participation in different Erasmus + projects: Recall, PSS, PASS, DEFOT, SHAPE, ...**

# European Council of Europe

- The Council of Europe adopted the Resolution CM/Res (2007) 8 establishing the **Enlarged Partial Agreement on Sport (EPAS)**
- EPAS provides a platform for intergovernmental sports co-operation between the public authorities of its member states. It also encourages dialogue between public authorities, sports federations and NGOs.

# EPAS

- aims to promote the development of sport in modern society, while emphasizing its **positive values**. It develops policies and standards, monitors them and helps with capacity building and the exchange of good practices.



# The Pestalozzi Program

- is the Council of Europe's training and capacity building program **for education professionals.**
- The program is conceived as a mean of recognizing the **importance of education, and teacher education in particular,** in supporting trainers, teachers, and other educational actors in their role as professionals in the increasingly heterogeneous and multicultural societies in which we live.

# Contribution of EUPEA within the PE and sport in the school in Europe.



- Education is concerned with the total development and wellbeing of every child and young person.
- Physical Education makes a unique contribution to the education of all learners and enhances physical, social, emotional and cognitive development.
- Quality Physical Education consists of a regular and planned program of activities throughout all school years

# Curricular activities

- Physical education
  - PE Program
  - Frequency
  - Assessment
  - Professional PE teacher
  - Material , equipment, environment
  - Inclusive Education

## and extracurricular activities

- School sport
  - Extracurricular
  - Opportunity for school children
  - More possibilities
  - Well known environment
  - Link with PE and clubs – leisure and recreational activities
- *May be daily activities ( School on the move, pedibus, Youth and sport activities...)*

# EUPEA 1991-2015

- **There is a need to promote and defend physical education as a core subject in the school curriculum. “No education without physical education”. Therefore**
  - **Seek to maintain or achieve compulsory PE for the period of formal schooling (Approximate 1000 hours), sufficient curriculum time**
  - **Daily PE until children reach 11-12 years of age**
  - **3 hours per week as outlined in the EU charter**

- **There is also a need to promote the academic study and the practice of physical education as an important discipline in its own right.**
- **There is a need to promote in-service training for European teachers through courses, conferences and workshops, supported by the National Governments and the European Institutions.**

## If we want the changes to be durable:

- **Interesting program, PE, PA, Sport**
- Integrating of all kids and adolescents in the school PE and sport program (also overweight and APA) .
- Necessity of **Professionals for teaching PE and sport** – movement
- **Link between curricular and extracurricular physical activities** – PE, Sport, leisure sport
- Importance of the family involvement for the program
- Time allocated – Infrastructure
- Assessment

# Monitoring PE in Europe

- EUPEA is working on the creation and implementation of an **OBSERVATORY** of Physical Education (evaluation, picture of curricula in the EU, monitoring)



# Priorities in politics ... take the chance!

- Build up team of experts – Medical doctors, dietician, psychologist, teachers ,PE teachers, trainers, parents together with the children and the adolescent for an **HOLISTIC APPROACH** to propose and realise program together with the policy makers.