



# Physical education – physical activity – school sport in Switzerland

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# Switzerland – Physical education - sport



- Switzerland is a sporty nation, with 20,000 clubs accommodating 1,6 million members, 300,000 volunteers, and 62,000 km of walking paths.
- Around 80% of youths, 30% of adults and 10% of seniors belong to sports clubs. Switzerland also hosts the city of Lausanne, the Olympic capital since 1994.
- The main organizers of sport in Switzerland in the public sector are the **Swiss Confederation (the State, the Federal Office of Sport), cantons and municipalities**

# Federal Act on the Promotion of Sport and Exercise

(Sport Promotion Act, SpoPA)  
of 17 June 2011 (Status as of 1 January 2018)



## Chapter 3 Education and Research

- <sup>1</sup> The cantons shall promote daily sports and exercise options within the context of schooling. They provide the necessary facilities and equipment.
- <sup>2</sup> Sports lessons are mandatory in compulsory schools and upper secondary schools.
- <sup>3</sup>
- <sup>4</sup> **Three physical education lessons** a week are mandatory in the schools.
- <sup>5</sup> The Confederation shall specify the minimum number of lessons and quality standards required for sports lessons at vocational schools.



## Swiss observatory – Physical education – physical activity - sport

- since 2004. The Observatory has been commissioned by the Swiss Federal Office for Sport and is an important instrument for monitoring sport, physical activity and sports policy in Switzerland.
- The main task of the Observatory is to gather, analyse and publish data on the state and development of sport and physical activity in Switzerland to create a sound basis for the evaluation of sport and sport policy measures.

## Quality management



- “The development of the quality and the quality insurance in the school are taking in account Physical education.
- The Physical education is subject of monitoring [...] (Art. 47, Ordonnance sur l'encouragement du sport, OESp) Mai 2012 (State Dec. 1st , 2015)
- The schools shall have a system of quality management which guarantees the evaluation and the development of quality . The pedagogy and consequently, the PE is part of this system.

# Quality management



The development process of quality and security, the utilisation of tools adapted are the responsibility of cantons and cities.

(Swiss observatory for Sport and PA)

The platform [www.queps.ch](http://www.queps.ch) is a program helping to manage the quality for the PE teaching.



QEPS - QIMS  
SNAPE SVSS ASEP

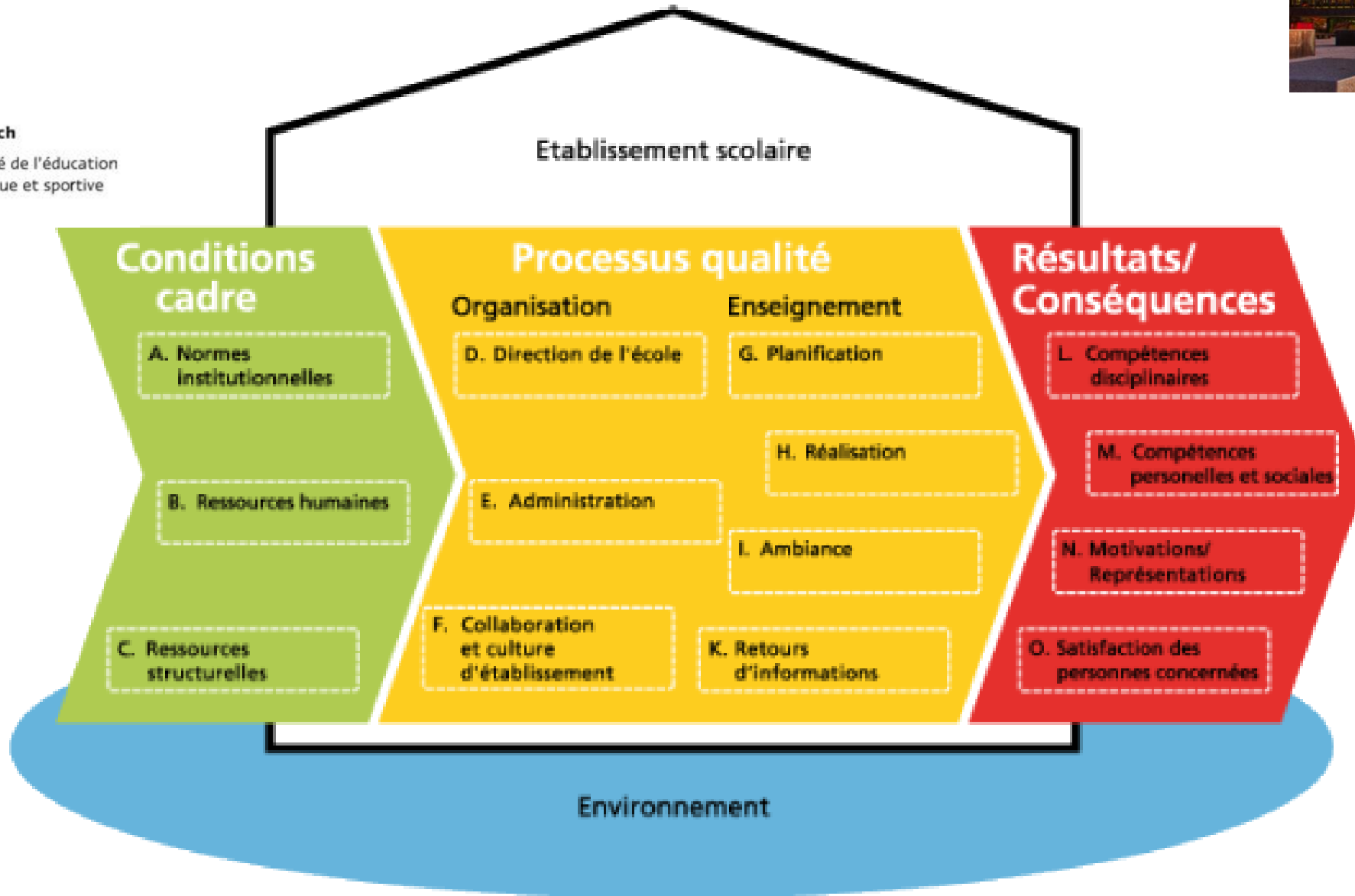


**Evaluation**  
The process of quality needs to be permanently evaluated. QEPS offers different form and functions of evaluating.





qeps.ch  
Qualité de l'éducation  
physique et sportive





# Basic exigence's for a “good physical education”



- Norms: Ministry of education – responsible for PE in all cantons
  - Infrastructures
  - Time allocated for PE
  - Curriculum
  - Qualification of PE teachers
  - Qualification of students, pupils
  - Quality management



- French speaking part of Switzerland :

“Knowing one’s body, taking care of it, being able to recognize one’s physiological and nutritional needs. [...] Preserve health capital when responsible for choosing one’s own physical activities and food habits”.

In the German speaking region, differences in curricula between cantons:

The curriculum in one canton (Bern) is limited to content and sport activities, while the curriculum in Graubünden is based on health promotion, body consciousness, perception, and physical activity as part of holistic education.

	<i>Condition physique et santé</i>	<i>Activités motrices et/ ou d'expression</i>	<i>Pratiques sportives</i>	<i>Jeux individuels et collectifs</i>	<i>Sens et besoins physiologiques</i>	<i>Équilibre alimentaire</i>	
Premier cycle	<b>CM 11</b> Expérimenter différentes fonctions et réactions du corps... <b>Éducation physique</b>	<b>CM 12</b> Développer ses capacités psychomotrices et s'exprimer avec son corps... <b>Éducation physique</b>	<b>CM 13</b> Acquérir des habiletés motrices... <b>Éducation physique</b>	<b>CM 14</b> Acquérir des comportements et habiletés élémentaires du jeu... <b>Éducation physique</b>	<b>CM 15</b> Détecter le caractère sensitif des aliments et utiliser un vocabulaire spécifique... <b>Éducation nutritionnelle</b>	<b>CM 16</b> Percevoir l'importance de l'alimentation... <b>Éducation nutritionnelle</b>	Premier cycle
Deuxième cycle	<b>CM 21</b> Mobiliser ses capacités physiques pour améliorer sa condition physique et se maintenir en santé... <b>Éducation physique</b>	<b>CM 22</b> Développer ses capacités de coordination et son sens créatif... <b>Éducation physique</b>	<b>CM 23</b> Mobiliser des techniques et des habiletés motrices... <b>Éducation physique</b>	<b>CM 24</b> Développer des comportements et mobiliser des habiletés spécifiques au jeu... <b>Éducation physique</b>	<b>CM 25</b> Identifier les besoins nutritionnels de l'organisme... <b>Éducation nutritionnelle</b>	<b>CM 26</b> Identifier les notions de base d'une alimentation équilibrée... <b>Éducation nutritionnelle</b>	Deuxième cycle
Troisième cycle	<b>CM 31</b> Reconnaître les pratiques sportives favorables à l'amélioration de sa condition physique et de son capital santé... <b>Éducation physique</b>	<b>CM 32</b> Consolider ses capacités de coordination et utiliser son corps comme moyen d'expression et de communication... <b>Éducation physique</b>	<b>CM 33</b> Entraîner des techniques et développer des habiletés motrices... <b>Éducation physique</b>	<b>CM 34</b> Adapter son comportement, son rôle et affiner les habiletés spécifiques dans des formes de jeu... <b>Éducation physique</b>	<b>CM 35</b> Distinguer les particularités des nutriments et étudier leurs rôles dans l'alimentation... <b>Éducation nutritionnelle</b>	<b>CM 36</b> Exercer des savoir-faire culinaires et équilibrer son alimentation... <b>Éducation nutritionnelle</b>	Troisième cycle

## Curricula - student's qualification



- Compulsory
- Specific for the level
- PE is part of the Domain Body and movement. Learning's process support the objectives .
- Qualification : - evaluation and comments of the student's competences (technics, social, individual). Degree of realisation of the objectives. - base for the quality insurance .



## Extracurricular activities and school sport activities

Schools, alone or accompanied by other relevant organisations should promote and **increase the availability of physical activities outside physical education curriculum** (e.g. physical activity and sport, active breaks) including the implementation of the active school concept.

# School on the move



- programme of the Federal Office of Sport (FOSPO) to promote physical activity offers a possible approach to putting "physically active learning" into . It provides interested teachers with free-of-charge implementation ideas in the form of card sets and physical activity-related material. In return, the teachers undertake to devote **20 minutes a day to physical activity with their classes – in addition to the mandatory Physical education lessons.**
- The "schools on the move" modules extend from physical activity breaks to relaxation breaks and group-based games, the range is being expanded every year
- *Financed by Swiss Olympic association since 2018*



# School on the move

[http://www.sport.admin.ch/sc\\_hulebewegt/web/internet/Schulebewegt/fr/home.html](http://www.sport.admin.ch/sc_hulebewegt/web/internet/Schulebewegt/fr/home.html)

# Energy Breaks







# Active commuting



Walking bus

Walking to school

bike2school

THANK you for your attention [www.hefsm.ch](http://www.hefsm.ch),  
[www.asep.ch](http://www.asep.ch)

