Physical education and leisure: What's the link?

Prof. Marc CLOES
Department of Sport and Rehabilitation Sciences
University of Liège, Belgium

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What does the society expect from PE?
What the PE teacher should do for that?
What are the links with leisure?
Every human being has a fundamental right to physical education, physical activity and sport without discrimination on the basis of ethnicity, gender, sexual orientation, language, religion, political or other opinion, national or social origin, property or any other basis.

http://www.designedtomove.org/

"Physical education is the most effective means of providing all children and youth with the skills, attitudes, values, knowledge and understanding for lifelong participation in society."

£1970 £2000
Current priority

Preparation of physically educated citizens in PE

The PE teacher should be the cornerstone of the actions

The PE teacher is the specialist of PA

Concept 1 – Physical literacy

- Link to the acquisition by the youth of knowledge, skills and attitude that will make them physically educated persons for their whole life (NASPE, 2004)
- PE has a concrete mission to follow learning objectives that are useful and usable outside the school walls

Concept 2 – Accountability

- PE for what? Concrete effects !!!
- PE = Developmental activity
  - Motor dimension
  - Physical dimension
  - Cognitive dimension
  - Affective dimension
  - Social dimension

Concept 3 – Quality PE

- AIESEP Specialist Seminar in Jyväskylä (2013)
- QPE reaches the objectives for all students
- Objectives should reflect the specific cultural contexts
- QPE classes should allow students to have positive individual and collective learning experiences where they develop knowledge, skills and dispositions that allow them to be autonomous and responsible decision makers relative to engagement in PA and sport in their lives

Acquisition of a healthy lifestyle

Need to collect data?
The specific role of PE teacher

- **Basic role** of PE in the promotion of an active lifestyle (Cloes, 2010)
  - Fight against inactivity (representations)
  - Water safety; basic life support; automated external defibrillation
  - Warming up; cooling down; stretching; fitness
  - Ergonomic principles, respiratory control; relaxation
  - Selection of ones working intensity; heart beats checking; muscles and body functioning
  - Improvement of motor skills (balance, manipulative skills, work in high situation, running ...)
  - And – of course – learning of sport activities!

- **Newer role** of PE in the promotion of a healthy lifestyle (Cloes, 2010)
  - Nutrition (hydration, sport dietetics ...)
  - Sleep
  - Stress (relaxation in daily life situations ...)
  - Smoking, alcohol, drugs, medicine
  - Sex, risk behaviours (driving)
  - Hygiene

Healthy and Physical Education ??

The specific role of PE teacher

- **Specific actions** of PE in the promotion of an active lifestyle (Cloes et al., 2009a)
  - Diversified activities
  - Students' notebook/portfolio
  - Out of school's leisure activities
  - Initiation into unusual sports

What does it mean?

- PE should be focused on current society needs and requirements
- Sports and cultural physical activities ➔ Tools for general aims and not final objectives
- PE teachers have to show what they are doing
- Development of a Pedagogical Model for Health-Based Physical Education

Haerens et al. (2011)

Pühse et al. (2010)

Skill & knowledge

Quality Physical Education

"The learning experience offered to (all) children and young people through physical education lessons should be developmentally appropriate to help them acquire the psychomotor skills, cognitive understanding, and social and emotional skills they need to lead a physically active life."


Quality Physical Education 2015

Physical education

Physical activity in the classroom

PA in and out the school

Life environment (recesses, spaces)

Active transportation

PA school policy

Snyers et al., 2014
What to do?
- Informing
- Discovering new activities
- Experimenting
- Providing confidence

What kind of activities?
- Outdoor
- Fitness
- Tourism

Outdoor
- Students experiment activities that they will be able to practice after school (with family or friends)

Fitness
- Students experiment activities that they will be able to practice after school (with family or friends)
Tourism

- Students experiment activities that they will be able to practice after school (with family or friends)

Future

- Students experiment activities that they will be able to practice after school (with family or friends)

Context of Sport Pedagogy

- Analysis of the research content in ARIS congresses

The Pedagogical Side of Outdoor and Leisure activities

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Only few papers focusing on the leisure context

Research on PE and leisure...
**Take home message**

PE teachers should become real cornerstones of the PA promotion at school.
They have to be involved in PE as well as in the other dimension of PA at school.
PE has to underline that their course allows to practice activities organized outside the school, lifelong.

**Five key messages**

- PE teachers have to establish contacts with all actors of the leisure market and implement concrete projects.
- Research is needed in order to enhance the links between PE and leisure.

**A first step: The PAMIA principles**

- P: Foster play/pleasure: give meaningfulness and increase pleasure.
- A: Foster achievement and learning: 70-80% (’delicious uncertainty’) through individualizing (levels +1 et -1; individual goals).
- M: Foster movement: propose activities situations that lead students to move, to expand energy.
- I: Foster interactions: increase contact with others and with the environment.
- A: Foster autonomy: give students opportunities to make decisions.

Many thanks for your interest.
Marc.Cloes@ulg.ac.be

References
References


