



'LAPLAN' Tests?

Primary school students could face physical fitness tests as part of NAPLAN.

A new report partly blames schools for childhood obesity, by refusing to teach sport seriously - and recommends incorporating physical activity as a mandatory reporting outcome in NAPLAN.

Australia is one of the fattest nations in the developed world. Obesity has doubled in the last 20 years.

29.5% of 12-17 year-olds are overweight or obese.

By 2020, 80% of all adults and a third of all children will be overweight or obese.

Obesity has overtaken smoking as a leading cause of premature death and illness in Australia.

By age 20, our kids will have a shorter life expectancy than earlier generations, due to obesity.

Studies show a decline in the number of qualified PE teachers in primary schools. In 2012, only one in 10 schools had access to a qualified PE teacher.

There is also less time spent on PE in schools.

Reports conclude that children receive good support from family, but that 'it is imperative that primary and secondary schools employ specialist, tertiary-qualified, full-time PE teachers. All schools should have physical activity policies'.

As few as 35% of high schools report having a PE teacher.

- 64% of primary schools report providing two hours of PE per week.
- 51% of high schools report providing just 80 minutes of PE per week.

Australian Exercise Figures

The older a child gets the worse their levels of activity become.

- 91.5% of children aged 12-17 do not get enough exercise.
- 70.8% of children aged 5-11 do not get enough exercise.

27% of young people are considered sedentary (no exercise).

The 2014 Physical Activity Report Card gave Australia a D- in overall physical activity.

We rank 11th out of 15 countries participating.

Children today are 15% less fit than their parents were.

Kids today would finish about 200m behind their counterparts from 1975 in a 1.6km run.

Australia does well in organised sport participation - however, given the structure of training and games, it is not enough. Studies show that 50% of time spent engaged in sport, is spent standing around, waiting for their turn and listening to coaches.

Because of safety concerns, Australian children are also spending less time cycling and walking to school.

Over a 20 year period, SA experienced a 36% decline in walking and cycling to school.

Reports emphasize that classroom teachers should be qualified to teach movement skills.

Complete SAASSO's Survey