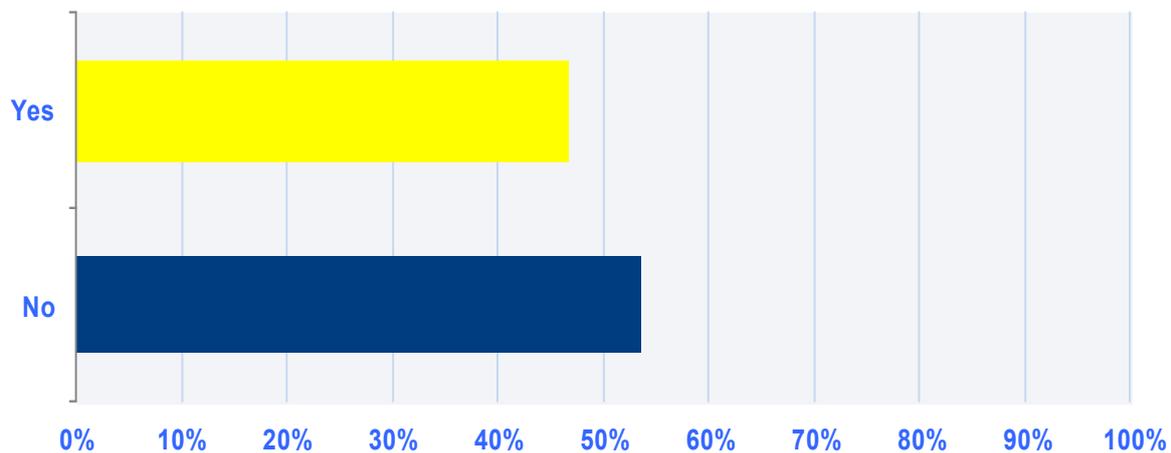




### Should Physical Fitness Tests Be Included In NAPLAN?



Obesity in Australia has doubled in the last 20 years - with 29.5% of 12-17 year-olds overweight or obese. This is set to rise to one third by 2020.

Concurrently, there has been a decline in PE classes & the number of qualified PE teachers in schools - earning Australia a D- on the international physical activity report card.

This had led some to apportion responsibility to schools for refusing to teach sport seriously. With studies showing that by age 20, our children will have shorter life expectancy, due to obesity, it has even been suggested fitness be included in NAPLAN.

SAASSO asked parents and educators what they think of the idea....

- 46.45% of respondents think student fitness tests should be included in NAPLAN.
- 62.95% of respondents believe 'standing desks' should be introduced in schools.
- 68.12% think the school curriculum should include more fitness classes.
- 49.94% think PE classes should be compulsory through all years of primary and secondary school.

- 80.10% of respondents believe all schools should have a qualified PE teacher.

The majority of school staff & parents voted yes to fitness tests in NAPLAN - compared with only 27% of non-parents.

64.58% of school staff want standing desks in schools - a view shared by 65.05% of parents.

72.22% of school staff want more fitness classes in the school curriculum - compared with 69.41% of parents.

60.69% of school staff & 51.55% of parents want compulsory PE throughout primary and high school. Only 36.47% of non-parents support this idea.

77.93% of school staff think all schools should have a qualified PE teacher - compared with 83.29% of parents. Only 53.49% of non-parents shared this view.

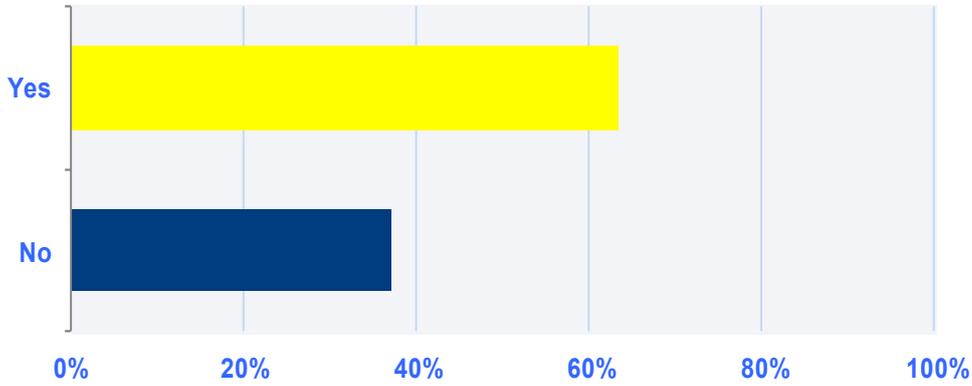
Parents who work in schools were the most positive with:

- 64% wanting NAPLAN fitness tests
- 69.70% wanting standing desks
- 77% wanting more fitness classes
- 68% wanting compulsory PE across all years
- 84% wanting PE teachers in all schools

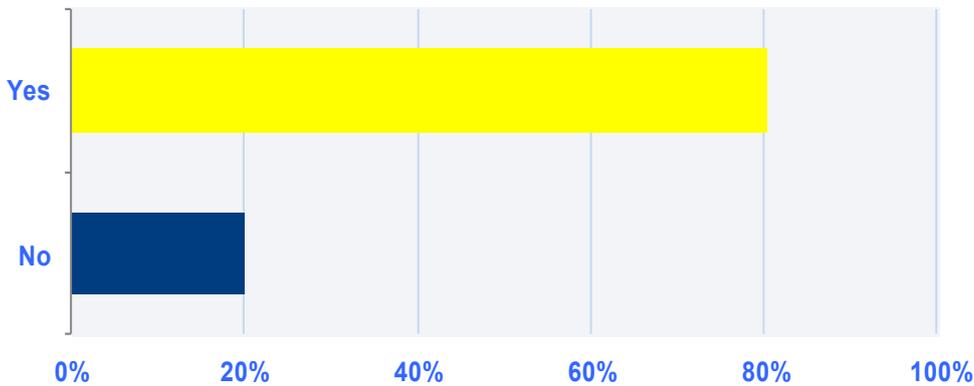
*“Qualified PE teachers can have a big impact on children's engagement and fitness levels...”*



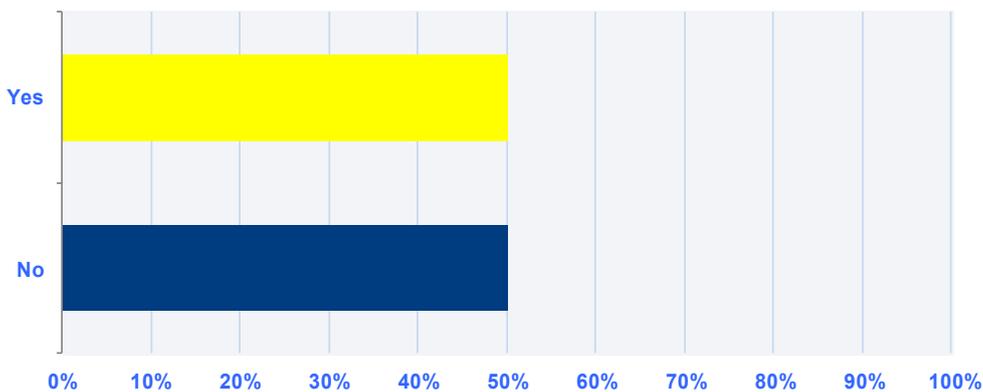
**Should standing desks be introduced for students?**



**Should all schools have a qualified PE teacher?**



**Should PE classes be compulsory through all years of school?**



## Selected Comments



Obesity was hardly a problem until we had to wrap our kids in marshmallow and introduced lower age limits for competitive team sports.

Schools should have more time for play/fitness/outdoors, children will learn better and children will enjoy the movement they get a lot more than forced PE lessons which do no appeal to many students. PE should be taught well by any teacher whether they are a specialist or not. Parents are responsible for their children's lifestyle choices, if children are not eating properly and moving at home after school and on weekends, schools really can only do what they can.

What we need is qualified teachers who can teach them to read and write not catch and throw.

You don't need a 'specialist' to teach kids how to run and throw a ball.

With technology as it is today, and most being driven to school children are leading very sedentary lives, so more fitness in schools is needed.

Physical exercise is second to food. Put the Stephanie Alexander Kitchen Garden program in all schools and kids will learn about better natural foods and, in turn, reduce obesity. This will reduce the need for the government to spend money on programs like OPAL because schools will be changing the eating habits of the next generation. Government should instead invest that money in schools for the program.

The premiers be active challenge is a joke. It kept the name of the be active challenge, but the premier kept all the funding.

All teachers should be able to teach fitness and movement.

Schools already provide good fitness and PE lessons. The rest is up to the parents, not the school. Don't waste time doing fitness tests. Parents, schools and drs know if there is a child with a problem, they can address it together.

Naplan should be about reading and writing and arithmetic skills. PE should not be compulsory in high school as a subject in year 11 and 12 but lessons of physical activity should be encouraged.

Don't include it in NAPLAN that is a stupid idea. NAPALN is so maligned at present it would ruin the concept. But do have some sort of fitness levels for students to aspire to and information for parents.

Standing desks are a good option provided they are ergonomic and have a sit down option as in some work places. After school sport/fitness/activities should be brought back in again as a lot of kids and parents used this for extra fitness etc and the kids enjoyed this as well. Not all kids like or are good sport (me included and I still don't like it as an adult) but perhaps some other options might be beneficial??

How much time in a day is left for actual teaching. This obesity situation starts at home.

Being physical activity is not only about your physical health, but can also develop your social and mental wellbeing.

One of the many tasks of a good teacher should be to teach sports (physical activity). Schools should provide a few core sports activities (athletics, netball, soccer, tennis, etc.) with necessary facilities and coaching at each school. At present parents are forced to find these paid for activities at private clubs, etc. This is just crazy and does not encourage participation. A healthy body hosts a healthy mind. It is a package deal and must be part of education.

physical activity is not just about fitness and physical wellbeing, it promotes cognitive development and mental and emotional well being.

Q. Currently our government believes Australian History is more important than Australia's future...True? This must change for the sake of our children.

Fitness should be incorporated in school and allow for opportunities to be active. For instance, many boys have trouble sitting still for long periods of time. Let them work for 30 minutes and then send them to run a lap on the oval. Also, sport should be taken seriously.

How can schools be made responsible for the life choices of families. Parents that do not choose to feed their children properly or monitor time spent in front of screens. Parents not encouraging their children to participate in a healthy lifestyle.

competing curriculum space means activity is being squeezed out.

Qualified P E teachers can have a big impact on children's engagement and fitness levels IF we are supportive and give them more than 1 lesson a week.

I would much rather they work on improving their literacy and numeracy rather than more sport.

It would be great for children to be introduced to physical activity as we know that this assist with mental health and regulation.

Stick to reading, writing and maths!! Parents should be the ones making sure they're kids are kept fit and healthy.

Need to encourage more links with the community and a variety of sports but also need to look at what can reasonably fit in to a schools timetable. May need to look at how community sports are offered.

It is important as part of a National Assessment Program, that fundamental movement skills are assessed as part of this as delays in picking up movement skills can and will impact on skills and behaviours related to sport and physical activity engagement later in life.

More time should be allocated to physical education but not included in NAPLAN testing. Schools should all have ovals for students to use during breaks and reduce the time in front of screens.

Currently PE is combined in a curriculum area with Health. Unless a school has a specialist PE teacher whose role is to only teach the PE component of the curriculum, students don't get optimum time with equipment and participation in developing a wide range of movement skills. PE should be a separate curriculum area with a separate amount of suggested minutes per week to be taught. It should be assessed separately too.