

# Quality Physical Education

## What does it mean, and how should it look like?

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World Health Organization  
Geneva  
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CEREPS+ Summit - HIPE 2020  
November 17 2020



# A GLOBAL ROAD MAP FOR ACTION



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*There are many ways to be active – walking, cycling, sport, active recreation, dance and play – and many policy opportunities to increase participation.*

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**GOAL TO REDUCE  
PHYSICAL INACTIVITY**

**BY 2025  
10%**

**BY 2030  
15%**

# FOUR POLICY ACTION AREAS: 20 RECOMMENDATIONS



4

6



5

5



Total  
**20**  
Policy  
Actions

# SUSTAINABLE DEVELOPMENT AGENDA



## Target 3.4:

By 2030, reduce by one-third pre-mature mortality from non-communicable diseases (NCDs) through prevention and treatment, and promote mental health and wellbeing

# WHO SUPPORTS QUALITY PE ACROSS FOUR AREAS

1

Global Policy - New Guidelines on physical activity and sedentary behaviour

2

Supporting Global Progress – Guidance tools and monitoring progress

3

Advocacy – Global status report 2021

3

Partnerships for action

# GLOBAL GUIDELINES FOR UNDER FIVE YEARS

## GUIDELINES ON PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND SLEEP | FOR CHILDREN UNDER 5 YEARS OF AGE



For better health,  
infants under  
1 year should  
have each day:

### PHYSICAL ACTIVITY

at least **30**  
minutes

### SEDENTARY SCREEN TIME

**0**  
minute

### GOOD QUALITY SLEEP

**14–17** hours  
(0–3 months of age)  
**12–16** hours  
(4–11 months of age)



For better health,  
children 1–2 years  
of age should  
have each day:

### PHYSICAL ACTIVITY

at least **180**  
minutes

### SEDENTARY SCREEN TIME

**0** minute  
(1 year of age)  
no more than **60** minutes  
(2 years of age)

### GOOD QUALITY SLEEP

**11–14**  
hours



For better health,  
children 3–4 years  
of age should  
have each day:

### PHYSICAL ACTIVITY

at least **180**  
minutes  
of which at least **60** minutes  
moderate to vigorous

### SEDENTARY SCREEN TIME

no more than **60**  
minutes

### GOOD QUALITY SLEEP

**10–13**  
hours

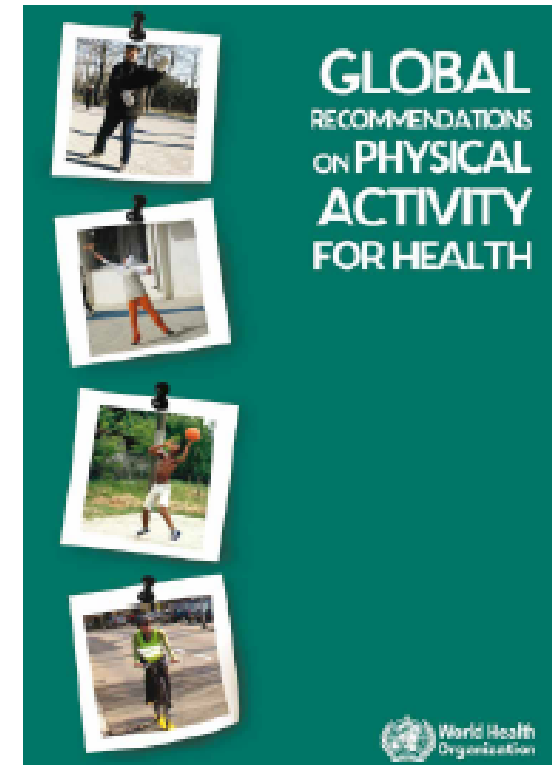
# 2010 Global Recommendations on Physical Activity

Accumulate at least 60 minutes of MVPA everyday.

Include a variety of aerobic activities and some vigorous intensity physical activity.

Engage in activities that strengthen muscle and bone on at least 3 days per week.

Children can achieve extra benefits by engaging in more activity – up to several hours per day





**NEW 2020**

# **GLOBAL GUIDELINES ON PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR**

**LAUNCH ON  
26 NOV 2020**





## EXPOSURE (THE 'WHAT')

Physical activity  
Sedentary behaviour

## OUTCOMES

All cause mortality  
CVD mortality  
Cancer mortality  
Hypertension  
Diabetes  
Adiposity  
Falls prevention  
Mental health  
Cognitive health  
Disease progression  
QOL

## POPULATIONS

Youth (6-17 years)  
Adults (18-65 years)  
Older adults (65+ years)  
People living with chronic disease\*  
People living with disability  
Pregnant and postpartum women

\*Hypertension, Diabetes, Cancer survivors, HIV

LAUNCH: 26 NOV 2020

# GUIDELINES ON PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR



[ Main Guidelines - Print & Web ]

## GUIDELINES ON PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

### WEB ANNEX Evidence Profiles\*

\* The main guidelines document is available at:  
[https://apps.who.int/iris/handle/Guidelines\\_URL.TBC](https://apps.who.int/iris/handle/Guidelines_URL.TBC)



World Health Organization

## SUMMARY

# GUIDELINES ON PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR



[ Design note: A4, total of 26 pages ]



World Health Organization

LET'S  
**Be active**  
Everyone  
Everywhere  
Everyday



World Health Organization

## More Physical Activity



## Reduce Sedentary Activity



# INVITATION TO YOU

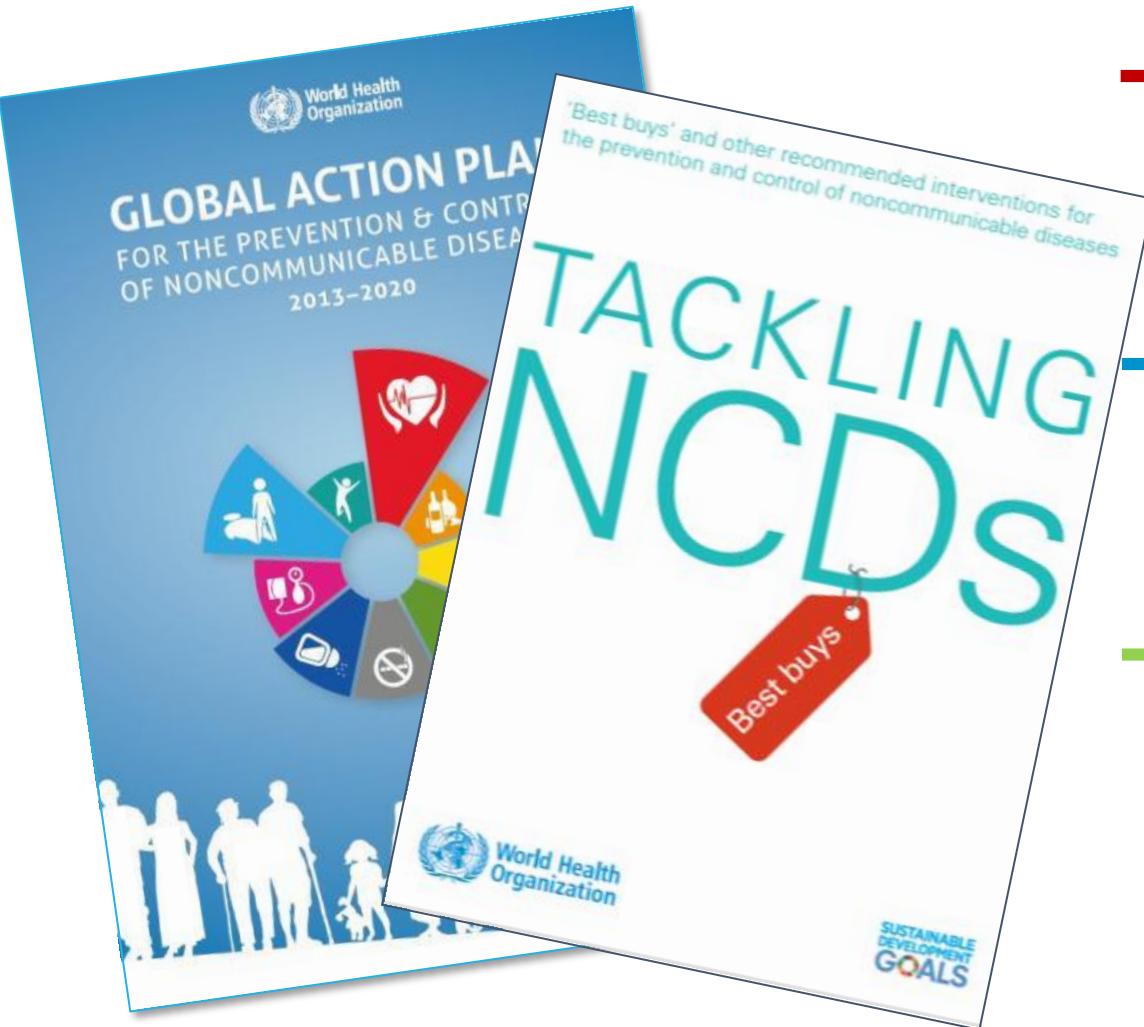
- Support the launch – Engage with media & amplify in social media
- Communicate across your organization and networks
- Include the new Global guidelines in your future presentations
- Conduct webinars to scale dissemination and adoption
- Use to strengthen investing in policy supporting physical education/sports/walking/cycling/active play
- Support national and sub national efforts to promote increased physical activity for all children - every one, every setting, every where



# A WHOLE “ECO-SYSTEM” APPROACH TO PHYSICAL ACTIVITY



# 'BEST BUY' POLICY ACTIONS FOR NCD PREVENTION & CONTROL



**Best buys:** Effective interventions with cost effectiveness analysis  $\leq$  I\$ 100 per DALY averted in LMICs



**Good buys:** Effective interventions with cost effectiveness analysis  $\geq$  I\$ 100 per DALY averted in LMICs



**Other recommended effective interventions from WHO guidance** (but WHO CHOICE cost effective analysis not available at this time)



# 'BEST BUY' POLICY ACTIONS: PHYSICAL ACTIVITY

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Public education campaigns combined with community based education and environmental programmes

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Counselling and referral as part of routine primary health care services through the use of brief interventions

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- School setting: quality PE, adequate facilities and PA programs
- Macro level urban design to provide easy, safe, access to diversity of destinations and to public transport
- Access to quality public open space and infrastructure to support walking and cycling
- Workplace health programs
- Promote activity through sport, clubs, programs & events

## 2

# SUPPORTING GLOBAL PROGRESS

- Guidance Tools
- Monitoring Progress

# IMPLEMENTATION GUIDANCE FOR GAPPA POLICY ACTIONS



- Implementation guidance - 'what and how to' resources for key recommended policy actions
- Evidenced based, focus on key components
- Include implementation tips and case studies

# EVIDENCE BASED 'HOW TO' IMPLEMENTATION TOOLS



- Why
- What exactly
- Best Practice
- How to
- Examples

# EFFECTIVE APPROACHES TO PROMOTING PA THROUGH SCHOOLS

- Quality physical education (QPE)
- Active travel to/from school
- Active recess/recreation time
- Active classrooms
- Active before/after school

= A whole-of-school approach with policy, partnership with local community and monitoring and evaluation



## 4 Objectives

## 20 Policy Actions

## Process (Outputs)

## Outcomes

## Impact

### 1. Creating Active Societies

1. Implement public education PA campaigns
2. Promote the co-benefits of PA
3. Promote through mass participation events
4. Build workforce capacity & capabilities

process indicators

Intermediary outcome indicators

% PA in adults

### 2. Creating Active Environments

1. Integrated transport and urban planning policies
2. Improved walking and cycling networks
3. Strengthen road safety
4. Improved access to public open spaces
5. Implement pro PA building policies

process indicators

Intermediary outcome indicators

% PA in adolescents

and

### 3. Creating Active People

1. Enhance PE and school based programmes
2. Incorporate PA into primary health care
3. PA through sports, workplace and key settings
4. Improved opportunities older adults
5. Prioritize programmes for the least active
6. Implement city & community-wide initiatives

process indicators

Intermediary outcome indicators

Reduction in inequalities by age/sex

### 4. Creating Active Systems

1. Strengthen policy, leadership and governance
2. Improved and integrated data systems
3. Build research and development
4. Expand advocacy
5. Develop innovative finance mechanisms

process indicators

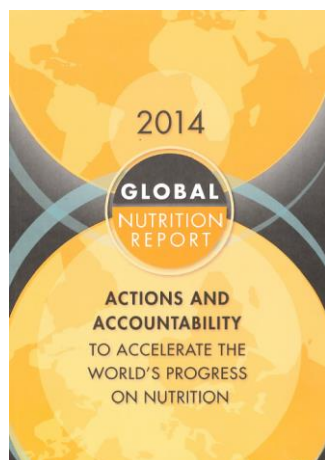
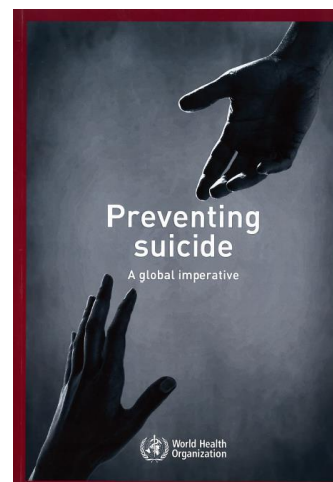
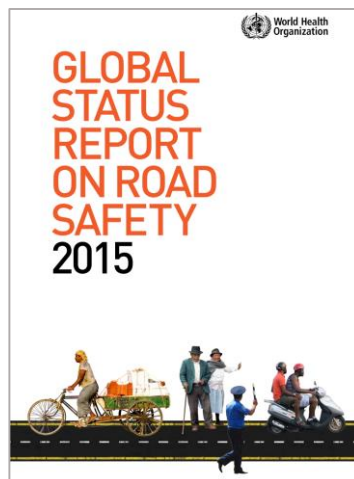
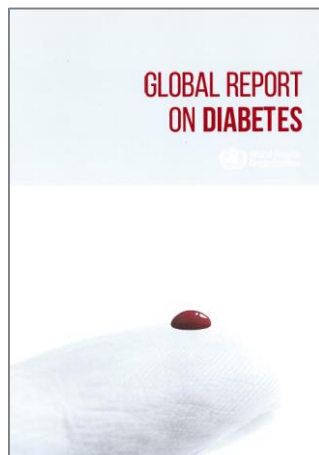
Intermediary outcome indicators



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## GLOBAL ADVOCACY

# CURRENT SITUATION AND PROGRESS ON PHYSICAL ACTIVITY



## GLOBAL STATUS REPORT ON PHYSICAL ACTIVITY 2021

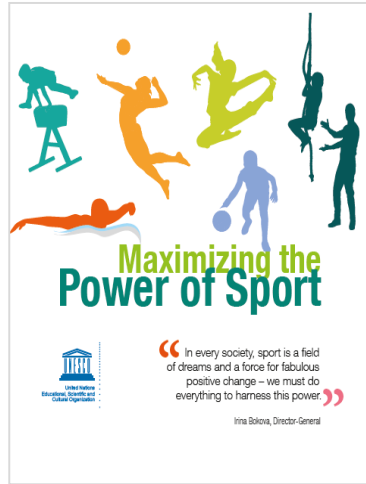
Requested by WHA71  
Resolution 12.6

**Anticipated May  
2021 (tbc)**

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## PARTNERSHIPS FOR ACTION

# COLLABORATIONS WITHIN THE UN SYSTEM



- The Kazan Action Plan on PE, Sports and Physical Activity (2017)
- Sport for Development and Peace



## UN Inter-Agency Task Force on NCDs (UNIATF)



# COLLABORATIONS ON SUSTAINABLE AND SAFE MOBILITY



Forthcoming Q1 2021



Thank you  
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World Health  
Organization