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Focal Point

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Promoting Physical Fitness of All Students

- The Ministry of Education has announced its support for the implementation of sports programs in schools to recover students' emotional and educational loss and to advance their physical fitness that has been impacted by the COVID-19 pandemic by working with 17 provincial offices of education.
- First, Physical Activity Promotion System (PAPS) will be completed by the first half of this year to offer customized support following swift physical fitness tests, and the results will be used in operating physical activity programs in diverse ways.

< PAPS and Physical Activity Programs >

- **(Physical Activity Promotion System (PAPS'))** is a mandatory test on the physical health for students from grade 5 to 12 to prescribe customized physical activities.
 - * PAPS looks at cardiovascular endurance, muscular strength, stamina, flexibility, speed, BMI as compulsory criteria, and selectively includes in-depth cardiovascular test, test on posture, etc.
- **(Physical Activity Programs)** is a formal or informal physical health promotion program for students who wish to participate or overweight students or students under-performing on physical tests (i.e. those belonging to Level 4-5 on PAPS)
- **(Legal Framework)** Article 8 (*Formulation and Execution of Implementation Plans for Assessment of Health and Fitness of Students*) and Article 9 (*Operation of School Sports Clubs*) of the *School Sports Promotion Act*
- **(Procedure(e.g.))** PAPS is conducted → Fitness level is determined → Physical activity programs is operated

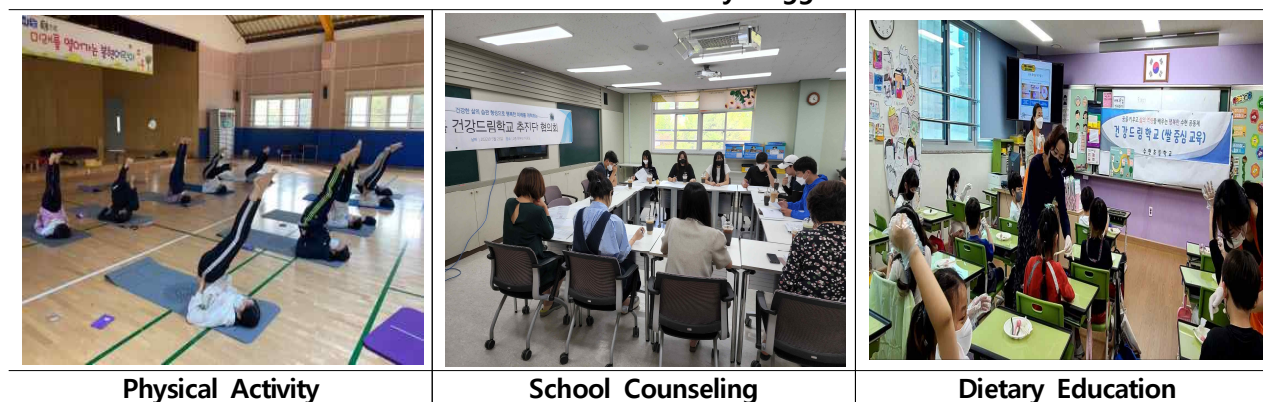
- The physical activity programs are operated in various ways in

accordance with different regional and school context to accommodate not only those who have under-performed on physical tests and whose level of physical activity is low, but also all students to actively participate in sports.

- For example, Seoul Metropolitan Office of Education and Gyeonggi Office of Education offer comprehensive support which includes education on nutrition and diet to help students make salubrious life style choices, and also form school-level consulting groups consisting of physical education teachers, dieticians and nurse teachers.
- Gyeongnam Office of Education runs a real-time online physical activity program by linking it with the National Fitness Award Centers. In addition, Sejong and Gyeongbuk Office of Education have jointly developed a mobile app to manage data on sports, physical activity programs in schools and physical activities at home.
- Furthermore, most provincial offices of education run their own programs to raise the physical activity levels of their students that are interactive and engaging by using lunch time or school recess, and matching with their level of fitness to encourage more active participation.

□ Moreover, in order to stimulate physical activity level with school sports, VR sports rooms are used for physical education classes (Incheon and Jeonbuk), and programs also involve parents' participation (Ulsan), and programs offered in school vacation (Jeonbuk) and bicycle riding programs after school (Jeju).

<<The Case of the Health Dream School of Gyeonggi-do Office of Education>>



- ☐ The Ministry of Education plans to build consensus on the importance of school sports, and develop various health programs by exploring excellent cases of such programs offered by the provincial offices of education to ensure that students can fully enjoy the programs in school.
- In the second half of this year, physical activity programs and school sports club festivities will be held both on- and off-line to promote students' physical activity.
- ☐ Vice Minister Jang Sang-yoon said, "School sports are very important to leading a healthy and happy life, so we'll do our best to work closely with relevant agencies and offices of education to ensure all students can live a happy and healthy life. To this end, we'll make sure that all students can actively lead their school life based on greater confidence."