

Contacts:

Sports Education Competence Centre

Sportamt der Stadt Zürich
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Sport and Physical Exercise specialist divisions

The seven specialised sports and movement departments are implementing the concept of «Culture of Human Motion» and are the first contact point in each school district for questions and concerns regarding sports and physical education in schools.

Each department is run by a qualified sports and physical education teacher and supports students, parents, teachers and administrative offices in their common goal of creating the best range of physical activity programs.

E-Mail: spa-sportunterricht@zuerich.ch (Please write the name of the school district in the subject line)

Information:

For more detailed information about physical education, the culture of human motion and other areas of physical education in schools (swimming lessons, voluntary physical exercise classes, agenda for youth and sports), please see www.sportamt.ch.

If you would like to receive regular updates about current events and developments in Sports in Schools, please subscribe to our newsletter.

Bewegungskultur - Culture of human motion

The culture of human motion is composed of four complementary areas: sports, play, health and expression. A culture of human motion supports and strengthens the healthy and holistic development and the ability to perform at a high level in children and adolescents. As we know today, the levels and forms of physical activity during childhood influence the whole life. It is therefore essential to start cultivating sports and movement at an early age. The mandatory physical education classes provide an ideal framework since all children can be included irrespective of their social and cultural backgrounds.



Physical Education Competence Centre

The Physical Education Competence Centre is composed of representatives of the seven school districts, experts for content-related further development and the directorate.

The Physical Education Competence Centre supports teachers and instructors in teaching the culture of human motion through content applicable to their daily practice, continuing education and coaching. By participating in high quality physical education lessons, each child is encouraged to acquire an individual and sustainable culture of human motion during the mandatory school years and to find their «lifetime sport».

The directorate of the Competence Centre is located in the Department of Sports and represents the physical education programmes of the City of Zurich to a wider public. The Sport and Physical Exercise specialist divisions are responsible for the communication and implementation in the seven regional school districts.

«Culture of human motion through physical education»

sportamt.ch



Sports and physical activity support and strengthen the healthy and holistic development and the ability to perform at a high level in children. In primary schools, physical education classes can positively influence the level of movement behaviour. The **Competence Centre** supports teachers in their efforts to reach this goal. Through the **culture of human motion**, pupils receive a varied and modern physical education.

SPORTS

HEALTH

PLAY

EXPRESSION



Sport is an outstanding school for life

Children and adolescents are encouraged to experience a variety of activities in their physical education classes and to acquire a broad spectrum of movements.

Through a culture of sports and physical activity, children can acquire and develop a healthy relationship with their bodies and their ability to perform.

In contrast to competitive sports, the focus is not on personal records but rather on the individual person and how they can expand and fulfil their performance potential.

Health is the greatest gift for everyone

Health is the driving motivator for Swiss people to engage in physical exercise. Despite this health consciousness, a growing number of children are overweight and have deficient motor skills.

The balance between performance and recovery, between energy consumption and usage, between movement and inactivity is impaired in our technology-driven, high-performance society.

A culture of health in physical education is designed to help restore this balance and thus secure a better quality of life.

Play is the first poetic human expression

To play is a basic human need – humans have played since they first came into existence.

Schools offer a protected space for children to learn:

- to deal with their emotions
- to obey rules
- to experience and resolve conflicts
- to respect each other

A culture of play makes an important contribution to children's socialisation and responsibility as citizens.

Expression through movement – create identities, live emotions with respect!

Dance, as part of every culture, connects. Dance supports the feeling of harmony within groups and encourages integration.

The culture of expression promotes:

- Awareness of movement, posture and poise
- Instruction in rhythm
- Respectful communication
- A creative relationship and identification with one's body

No matter where you are: dance pulsates and is alive – feel the beat & move your body!