

# Health PE in the Czech Educational System as a Prevention of Student Exemptions from PE

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## INTRODUCTION

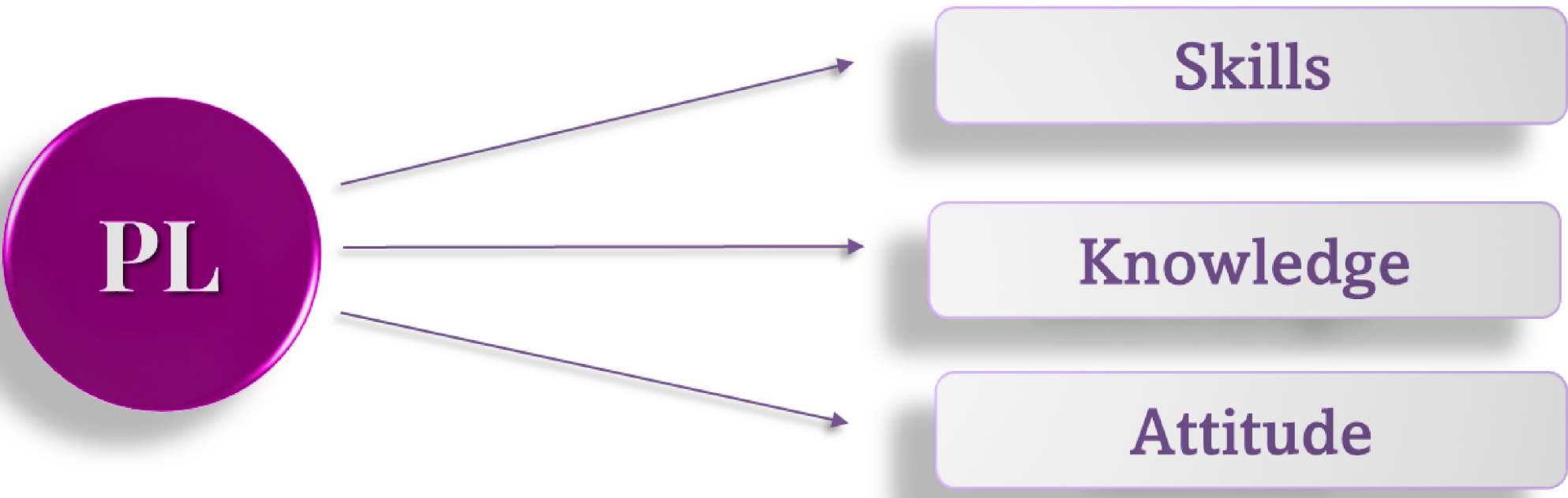
Health Physical Education (HPE) in the Czech educational system is crucial for promoting health and physical literacy, especially for students with special educational needs (SEN). Despite its long tradition, there is a concerning rise in PE exemptions, particularly in secondary schools. The upcoming 2024 revision of the Framework Educational Programme (FEP) aims to expand and improve HPE for SEN students, fostering multidisciplinary cooperation between educational and medical systems to ensure inclusive and beneficial physical education for all students.

## PE CLASSES AT SCHOOL IN CZECH REPUBLIC

Students receive 2 hours of PE per week during compulsory schooling. The main curricular document, the Framework Educational Program for Basic Education (FEP BE), focuses on personal abilities, interests in physical activity, and its impacts on physical fitness, emotional, and social well-being. It also emphasizes the prevention of health impairments (MŠMT, 2008).

## MAIN GOAL

The primary goal of HPE classes is to achieve physical literacy (PL), not just to enhance performance or increase physical activity. It is crucial to understand specific exercises and the importance of regular physical activity for a healthy lifestyle.

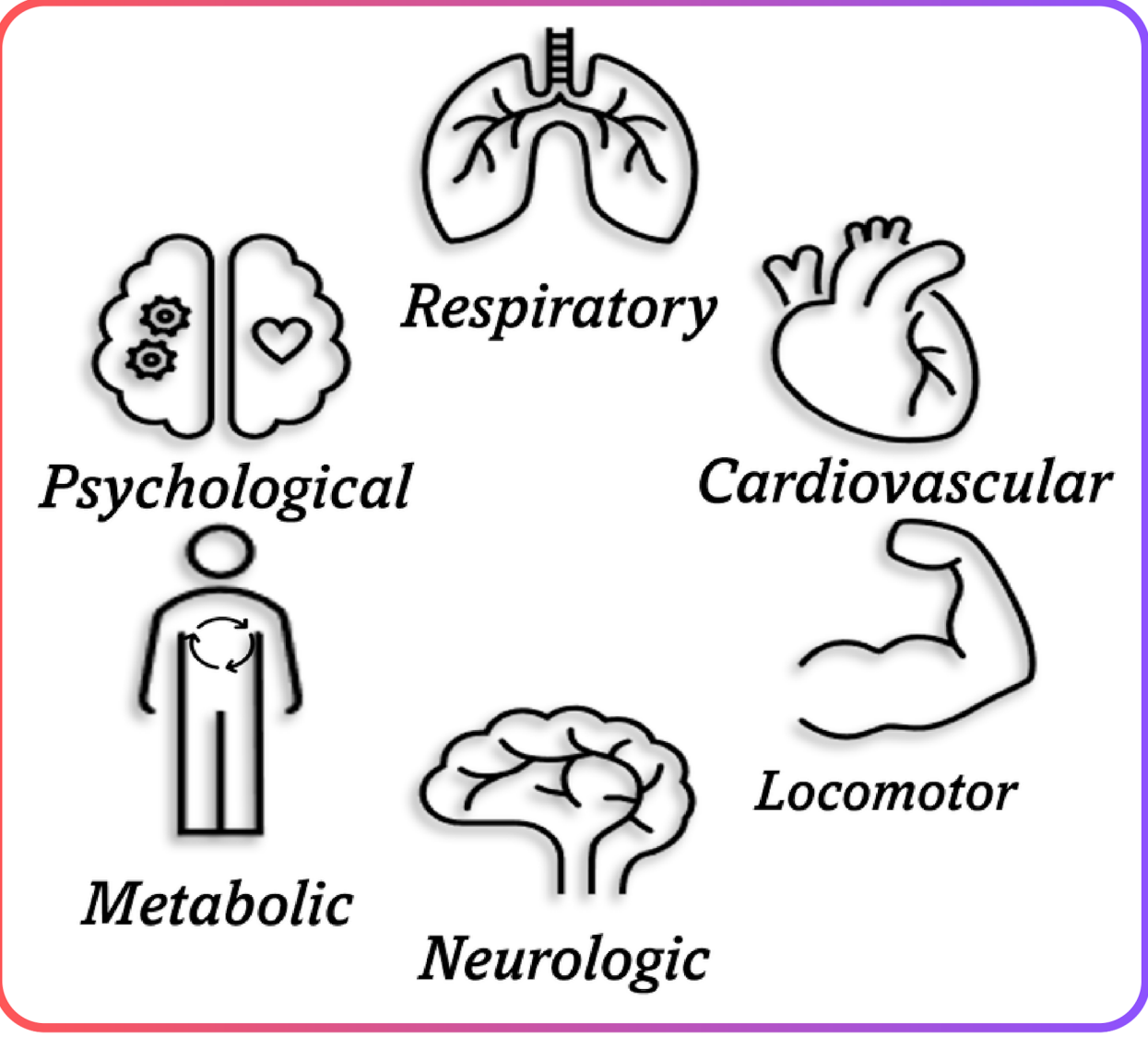


## HEALTH PHYSICAL EDUCATION - HPE

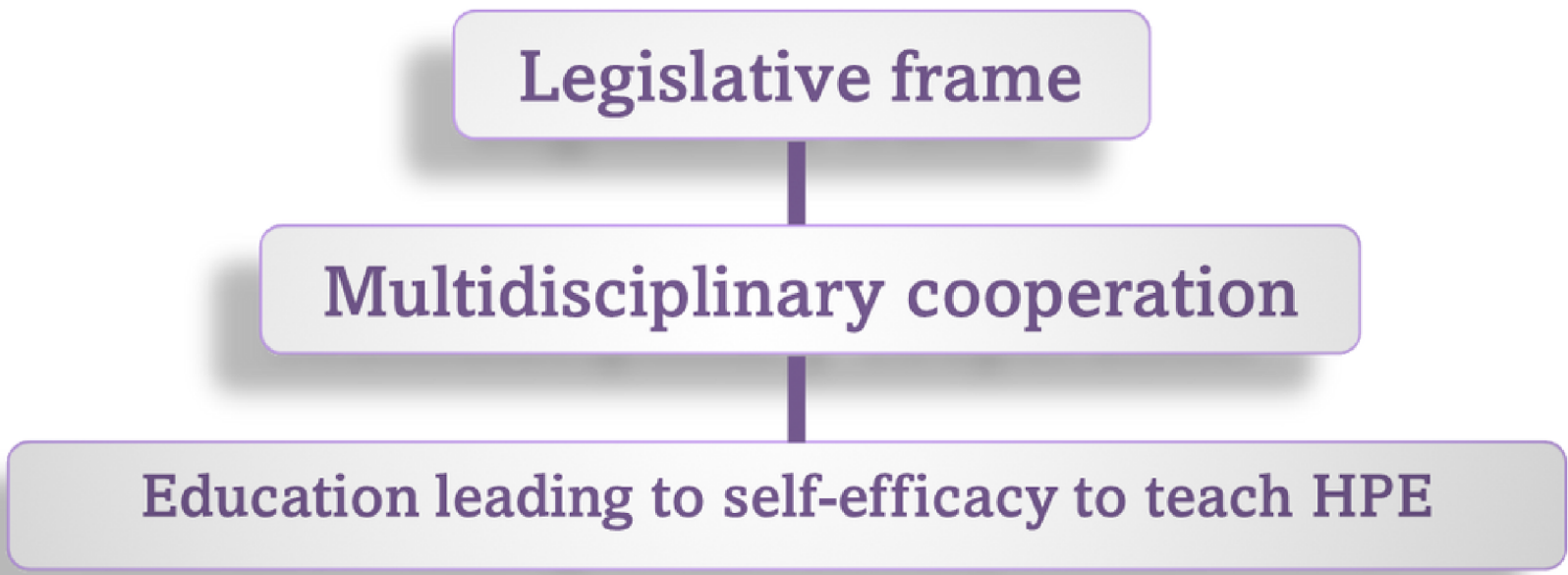
Since 1948, Health Physical Education (HPE) has been part of the Czech education system, focusing on health and physical literacy for children with special educational needs (SEN). Despite its 70-year tradition and inclusion in the Framework Educational Programmes (FEP), the number of schools offering HPE is insufficient, even as student exemptions from PE increase.

Children with SEN benefit from special HPE classes for two main reasons. HPE addresses general needs such as muscle imbalance, poor posture, and coordination issues, as well as specific problems like scoliosis, flat foot, cerebral palsy, visual impairment, and ADHD. HPE classes combine traditional tools like yoga and Swedish gymnastics with modern scientific evidence from pedagogy, neurology, sport sciences, physiotherapy, and psychology.

## TYPES OF SEN



## CONDITIONS OF HPE



## REFERENCES

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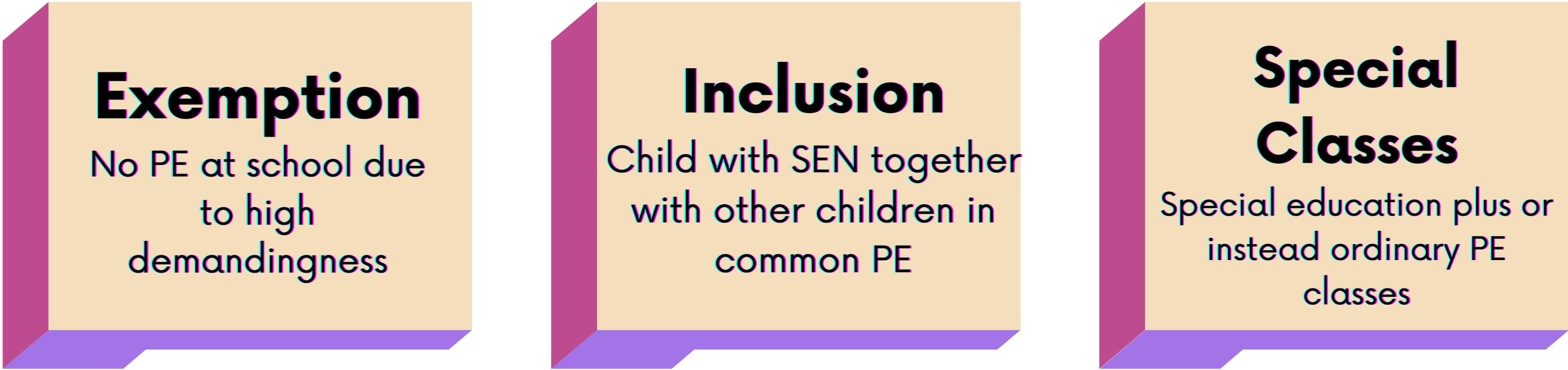
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## EXEMPTION FROM PE

There are three ways to address PE for children with special educational needs (SEN):

- Inclusive classes: Work with all children together, building physical ability and social cooperation.
- Special HPE or APE classes: Provide additional care tailored to the student's needs.
- Exemption and segregation: Leads to negative biological, psychological, and social consequences.



## CZECH SCHOOL INSPECTION SURVEY 2016

- PE exemptions increased by over 1200% from primary to secondary school.
- Fully exempted students are more than twice the number of partially exempted ones.
- Exempted students are present in almost every middle school.
- Only 10% of schools offer HPE classes for students with SEN.

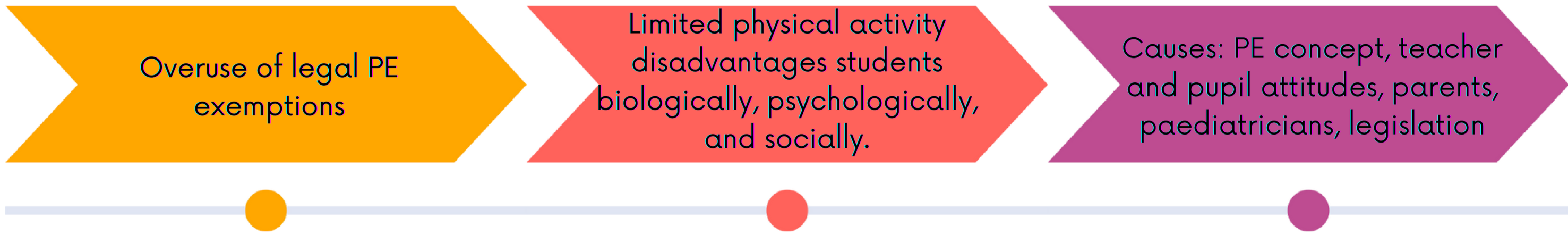
## CZECH SCHOOL INSPECTION SURVEY 2023

The CSI thematic report on physical fitness of pupils in primary and secondary schools covers:

- Assessment of students' physical fitness levels.
- Spatial and material conditions for PE and movement activities.
- Provision of PE and other physical activities.
- Teaching schedule for PE lessons.
- School and extracurricular physical activities.
- Cooperation with sports and leisure organizations.

Conclusion: Supporting physical activities at school, including PE offerings, teacher education, spatial conditions, and student participation in competitions, correlates with students' physical fitness.

## EXEMPTION AS A THREAT



## HEALTH AND ADAPTED PE – NEW VISION IN FEP BE 2024

In 2024, the FEP will undergo a major revision to expand health and adapted physical education. This form will serve as an alternative to regular PE for pupils with SEN, taught in groups of 6-14.

We believe the new FEP and increased awareness of PE's importance will reduce exemptions. Well-organized HPE classes require ongoing support, multidisciplinary cooperation between education and medical systems, and progressive teacher education.



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