

## THE EUROPEAN SPORTS CHARTER, SCHOOL SPORT AND PHYSICAL EDUCATION

The [European Sports Charter](#) (ESC) guides governments in the design and implementation of legal and policy frameworks for sport which highlight its multiple individual and social benefits, in particular for education.

Educational institutions have the potential to be powerful agents of change for active lifestyles, notably by ensuring that all young people receive physical education instruction and have access to opportunities to develop physical literacy, physical fitness and acquire fundamental movement skills. They can also provide opportunities to establish links with the community to promote sport and physical activity outside school.

Sport in all its forms is to be promoted as an educational tool for the physical, intellectual, social and cultural development of children. It is also an instrumental vehicle of dissemination of the Council of Europe's values and the values of tolerance, solidarity, fair play, etc.

The ESC calls upon states to design their sports policies according to its guidelines, and stakeholders to take into consideration the principles enshrined therein:

Article 10.3a.: **"To safeguard and promote the right to sport, it is necessary to ensure that access to the development of physical, intellectual and ethical competencies through physical education and sport is guaranteed, both within the educational system and in other aspects of social life."**

Article 11.1.: **"All appropriate steps should be taken to develop physical literacy and physical fitness among young people, enabling them to acquire fundamental movement skills and encourage them to practise sport."**

## HOW DO SCHOOL SPORT AND PHYSICAL EDUCATION BENEFIT FUTURE GENERATIONS?

Sport and physical education (PE) are key in promoting lifelong physical activity, extending beyond the school years, and transmitting the knowledge, skills and understanding for active lifestyles. They are also instrumental in supporting individual development, through teamwork, and can transmit important values such as equality, honesty, commitment and respect, including teaching about the integrity of sport itself, thereby promoting the principles of transparency, democracy, development and solidarity, and ultimately empowering participants and future generations.

School sport and PE teachers have a vital role to play in implementing and making explicit this ethical dimension and approach to **values-based physical education** and sports training, by sharing these values with their pupils and participants.

## VALUES-BASED PHYSICAL EDUCATION AND COUNCIL OF EUROPE CORE VALUES

