

**Question for written answer P-000666/2013
to the Commission
Rule 117
Erik Bánki (PPE)**

Subject: Member States' best practices in the field of physical education

According to the WHO, children and young people aged 5-17 should do at least 60 minutes' physical activity a day in order to improve their cardiorespiratory and muscular fitness and bone health and to reduce the symptoms of anxiety and depression¹.

A lack of physical activity has detrimental effects not only on the health of individuals, but also on health systems and the economy at large, because of the significant direct and indirect economic costs of physical inactivity.

Education plays a crucial role in preparing children for a healthy lifestyle, which has benefits for society as a whole.

Can the Commission provide some information on the state of play and best practices with regard to physical education (PE) in the Member States, particularly as regards the regularity and mandatory nature of PE lessons throughout the schooling system, i.e. from primary schooling to higher education?

¹ 'Global recommendation on physical Activity for Health', WHO, 2010.