



## Physical Education, Physical Activity and Sport for Children and Youth

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### Message from the Guest Editors

Insufficient levels of physical activity in youth are a major health concern, with children and adolescents across the world not meeting the current physical activity recommendations developed by the World Health Organization (i.e., at least 60 minutes of moderate-to-vigorous physical activity). At this time, increasing young people's physical activity levels is crucial so as to achieve all the health and social benefits it offers. There are several domains that compose active living where physical activity could be increased, including household activities, occupational activities (as school), recreational activities and transportation. Consequently, in a school context, physical education lessons and teachers are particularly important. In this sense, it is crucial to study all that correlates to physical activity during physical education and school days. Moreover, interventions focusing on increasing physical activity in all physical living domains are important to allow for healthier children and healthy future adults.

### Keywords

- physical education
- physical activity
- children
- adolescents
- youth
- games
- interventions

