

PE, School Sport and Physical Activity Webinar

Hosted by the One Network



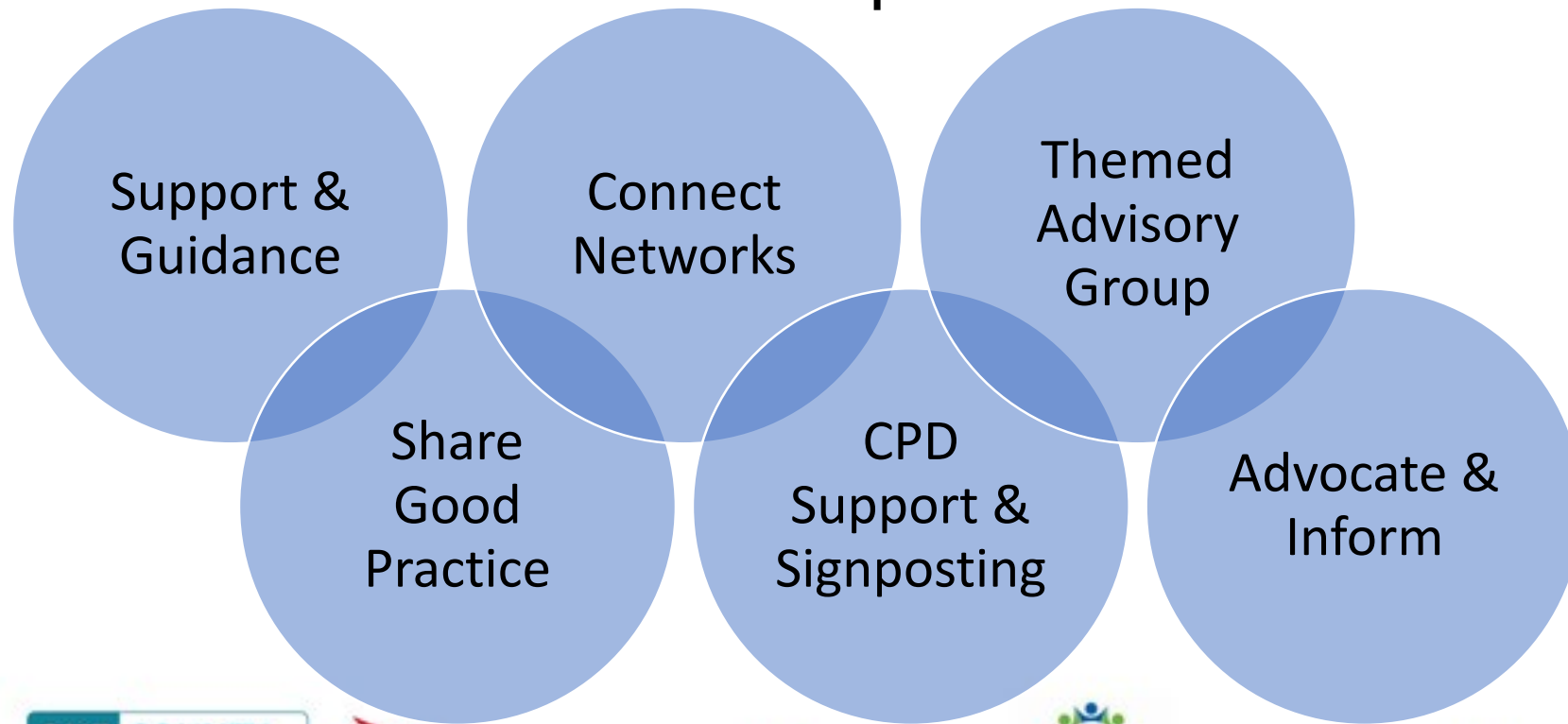
The One Network & Children and Young People Insight

Navaz Sutton
Active Lincolnshire



One Network

A collaboration of not-for-profit organisations seeking to increase the quality and quantity of physical activity, PE, play, community & school sport



Latest Lincolnshire activity levels



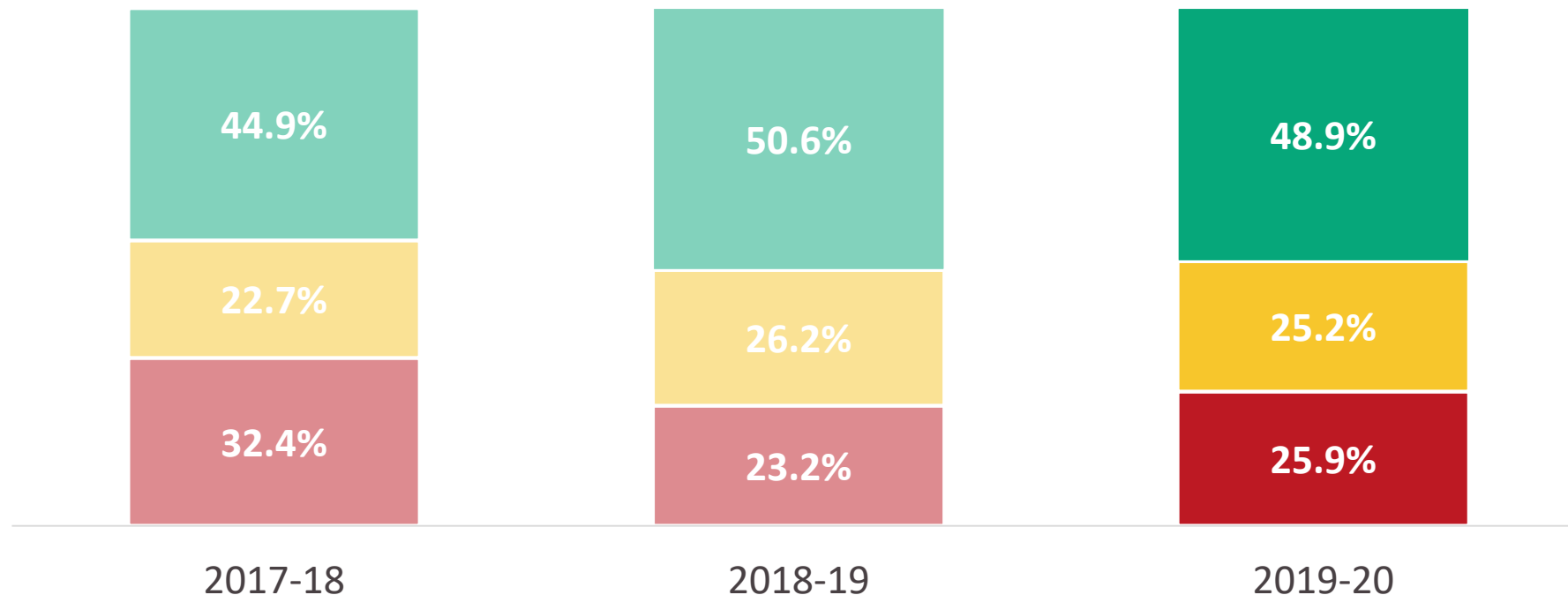
Full year results

| Year | Sample size |
|---------|-------------|
| 2017-18 | 1,434 |
| 2018-19 | 1,739 |
| 2019-20 | 2,381 |

Sample size
higher than
previous year

Geographical flags: None

Active Lincolnshire

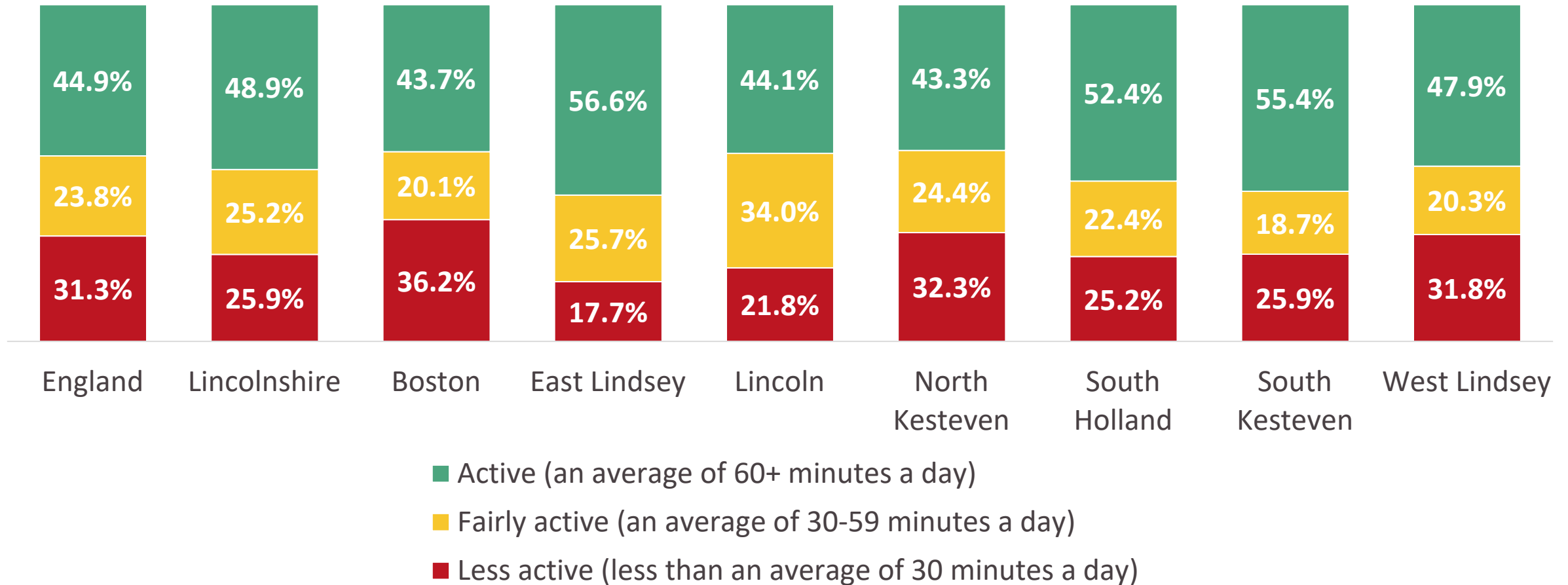


- Active (an average of 60 minutes or more every day)
- Fairly Active (an average of 30-59 minutes per day)
- Less Active (less than an average of 30 minutes per day)

Local authority activity levels



2019/20

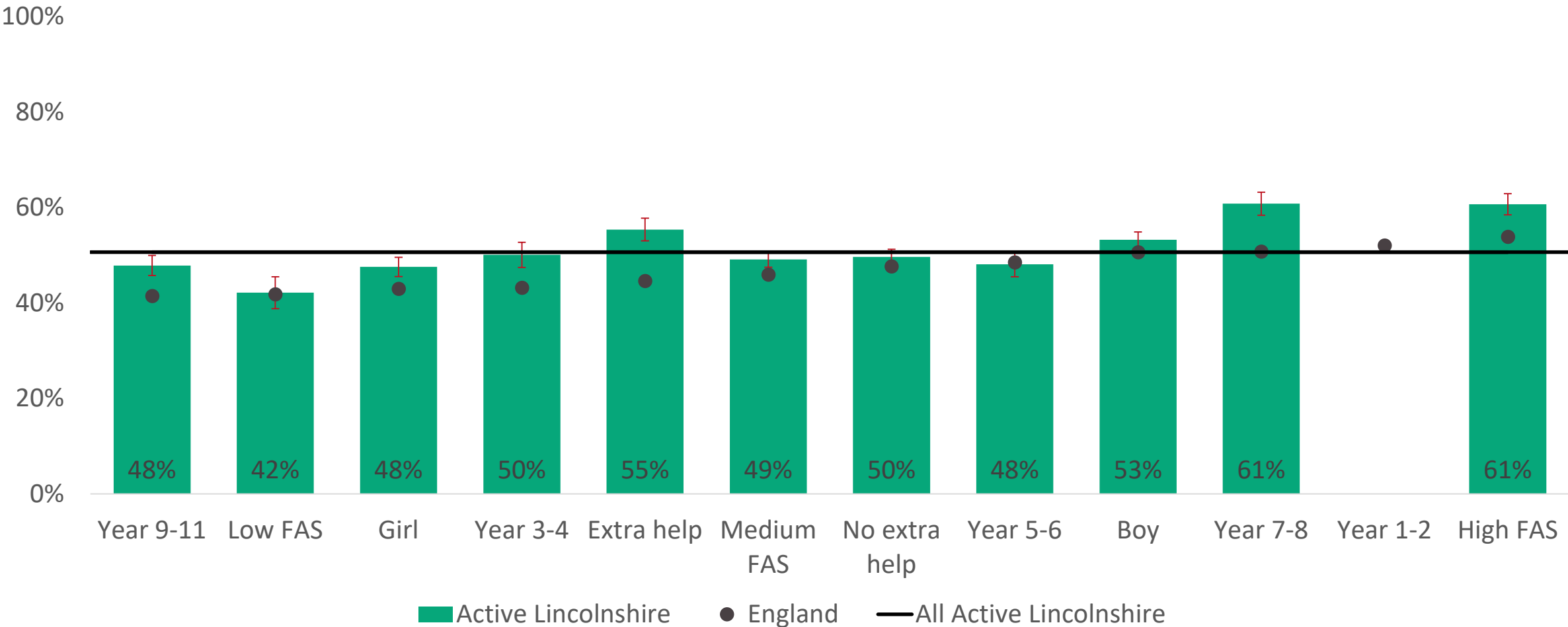


Physical activity behaviour

By demographic group



Percentage who are active, achieving an average of 60 minutes or more a day

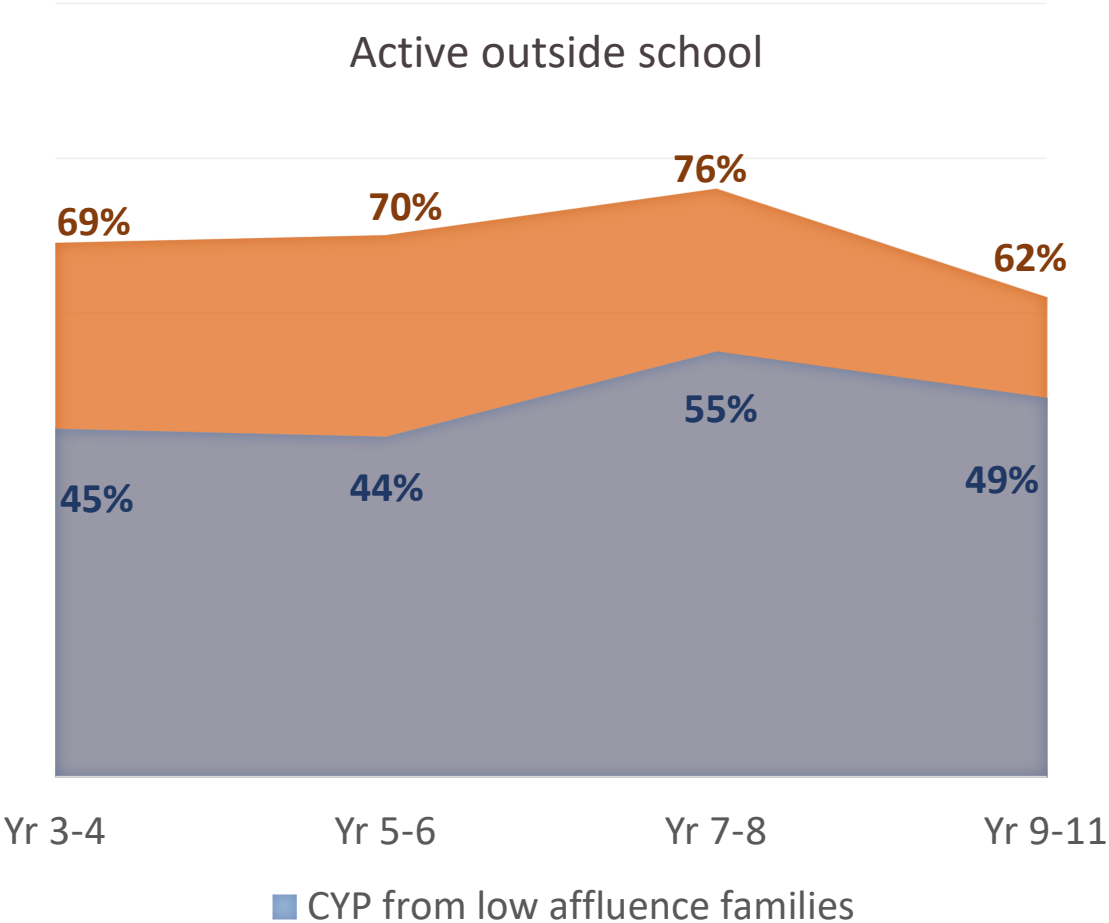
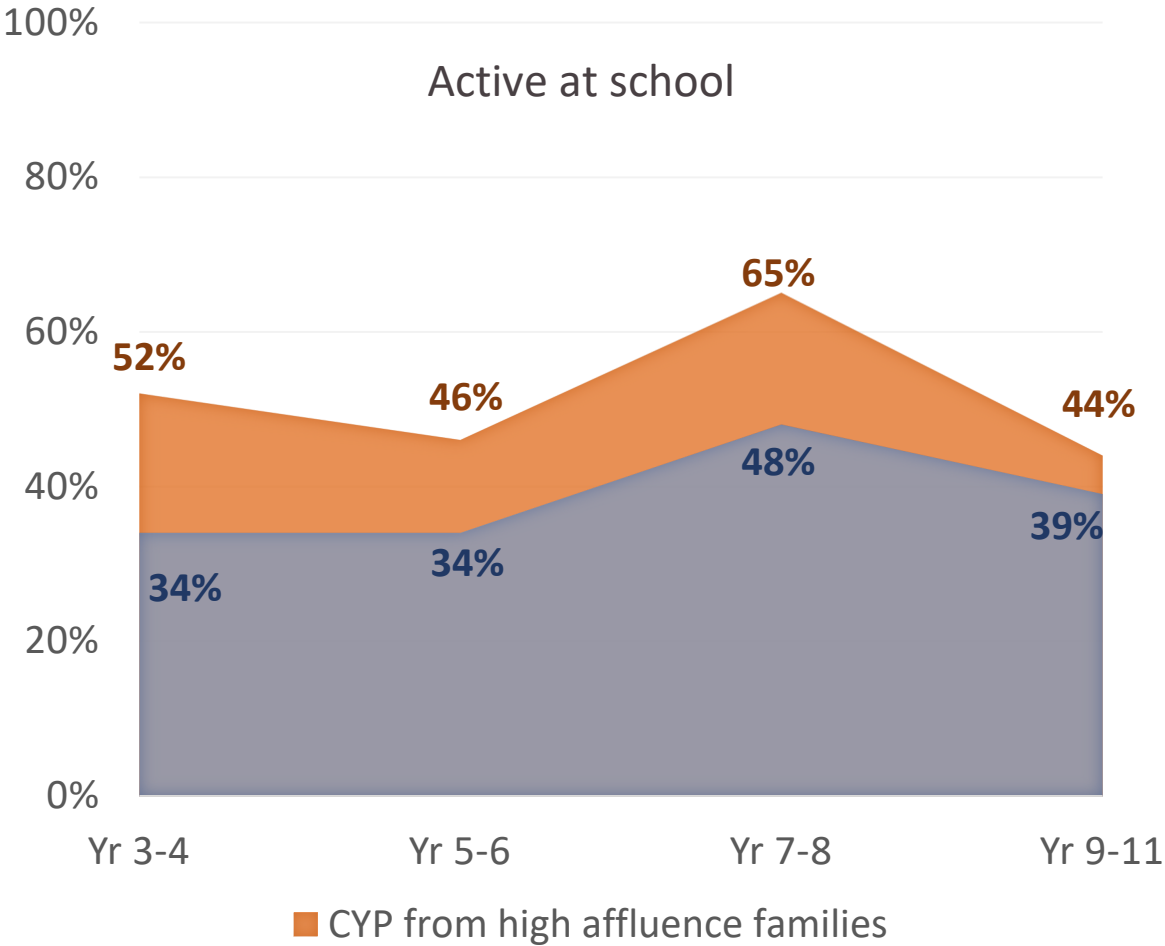


Physical activity behaviour

By year group and FAS



Percentage who are active, achieving an average of 30 minutes or more in and out of school

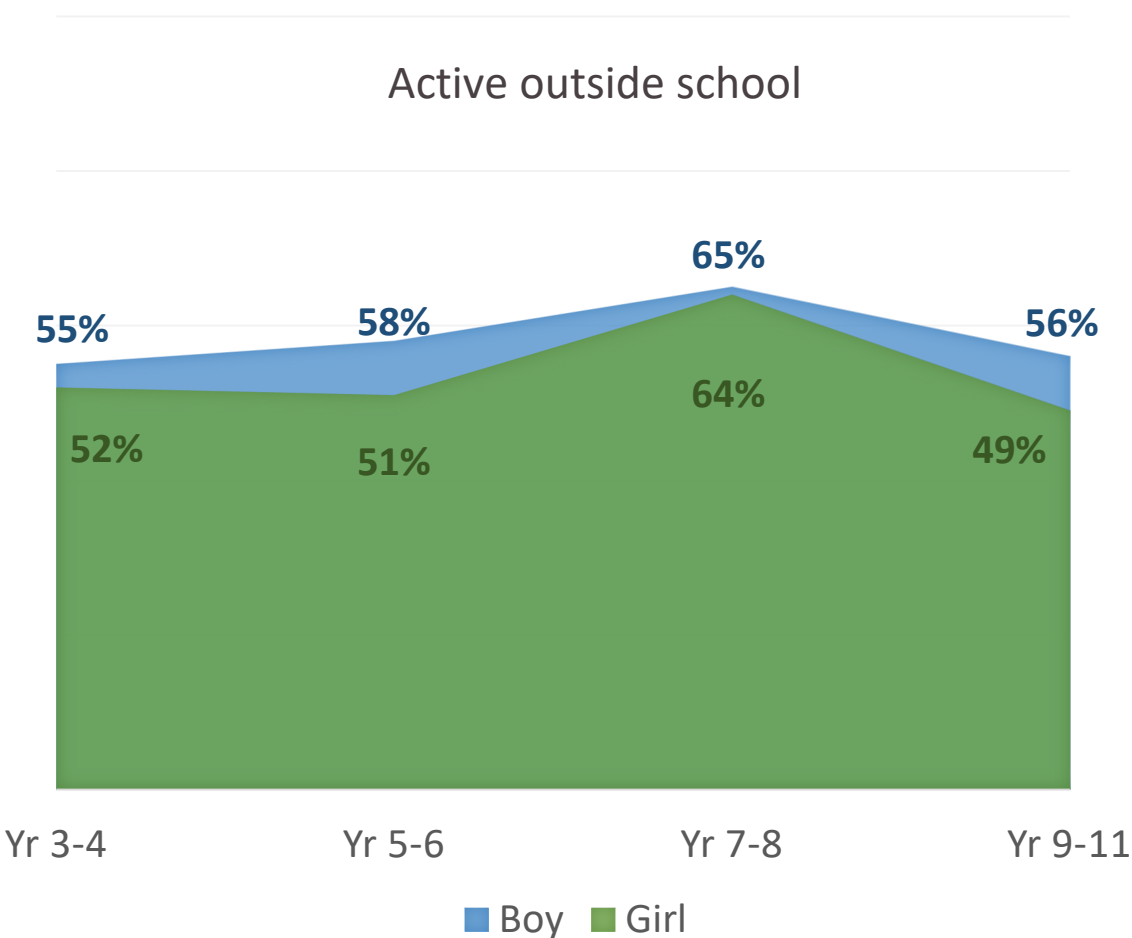
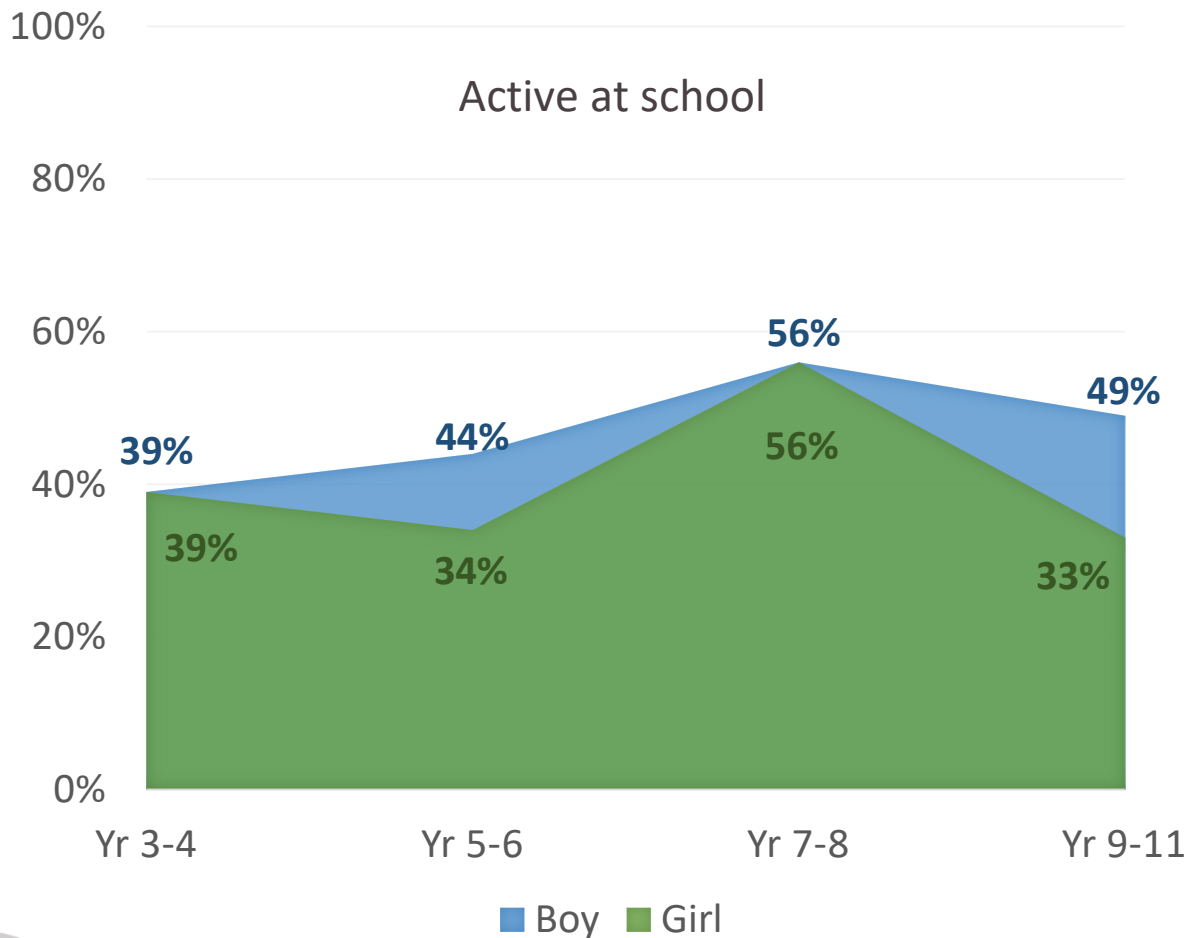


Physical activity behaviour

By year group and gender

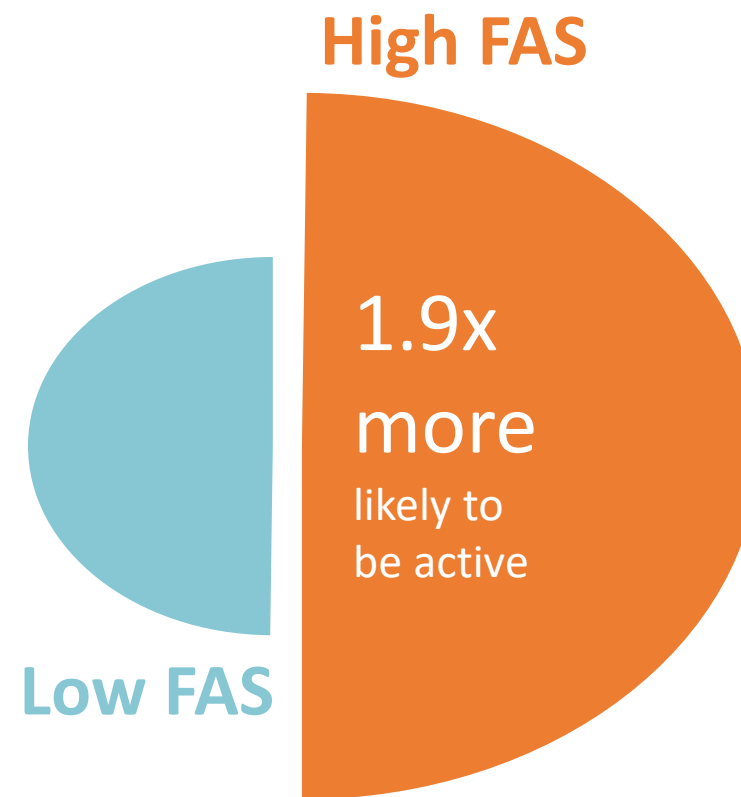
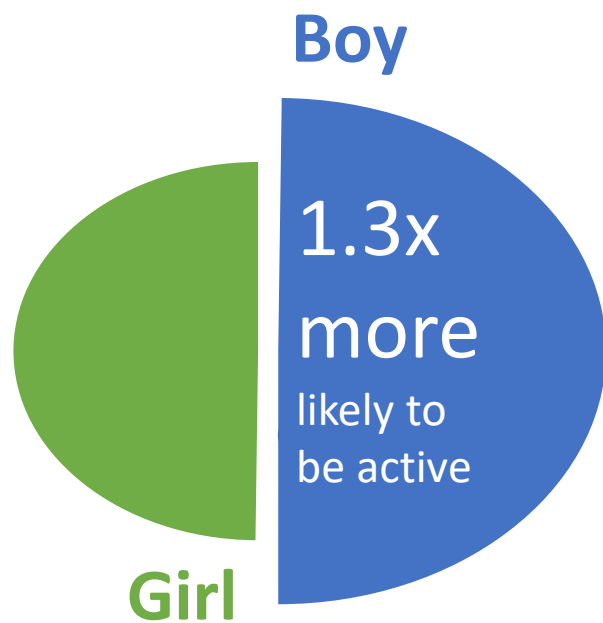


Percentage who are active, achieving an average of 30 minutes or more in and out of school

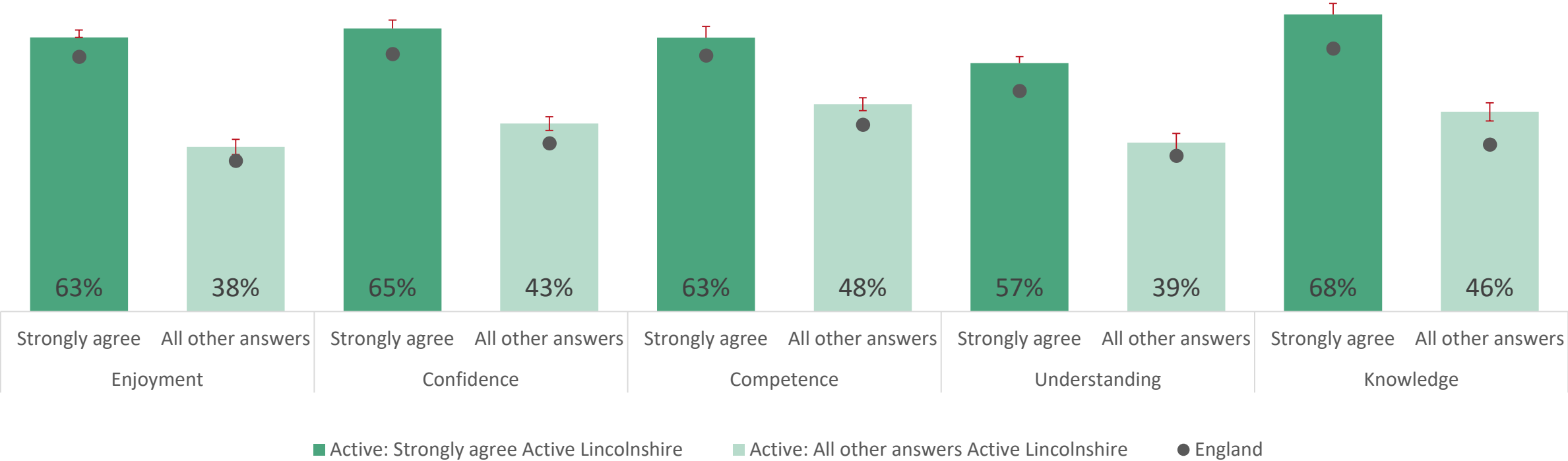


Impact on activity levels

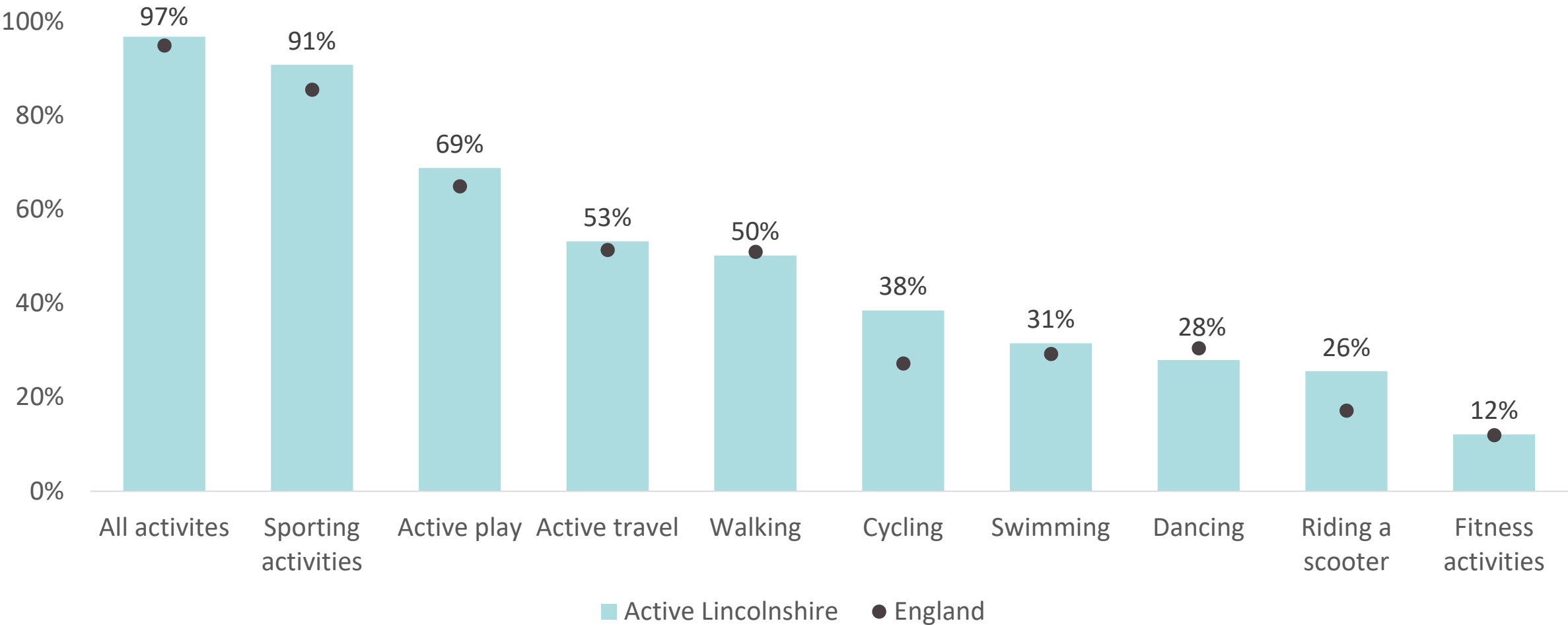
Level of family affluence has a greater impact than gender on activity levels



Percentage who are active, achieving an average of 60 minutes or more a day, by whether or not they 'strongly agree' with the statement



Sport England: When talking about individual attitude statements, we report where a child strongly agrees with a statement as evidence of positive feelings towards it. For example, when a child strongly agrees that they enjoy taking part in sport, we describe that child as enjoying sport and physical activity



Summary

Low FAS

Least active

Prevalent
across all
demographics

Girls

Less active
than boys

In school and
out of school
inequalities

BAME

Asian most
inactive

Other ethnic
backgrounds
less active

Question

Full Video Presentation

<https://activelincolnshire.com/children-young-people-insight/>

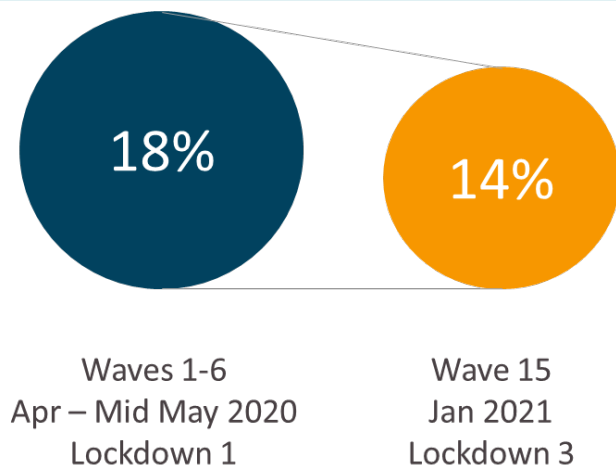
CYP Insight Mapping Tool

<https://mapitout.maps.arcgis.com/apps/webappviewer/index.html?id=007c822fc0884cc98e5f08b94b4a3361>

Impact of Covid-19

National data from Active Lives for Mid May – July 2020 (summer term) indicated:

- **There has been a negative impact on physical literacy** which is of concern because strong positive attitudes are associated with higher levels of activity
- **Boys are still more likely to be active than girls** despite boys seeing a bigger drop during the summer term
- A **large gap** remains between children from **low affluence families** and **high affluence families**
- **Black CYP are now the least active group** having seen a staggering 17 percentage points (pp) drop in active levels during the summer term
- **Activity levels for younger age groups have decreased whilst those for older ages have increased**
- **Big shifts in the types of activities.** Children are doing more walking (an increase of 22pp), cycling (18pp) and fitness activities (22pp) whilst sporting activities (eg swimming and team sports) reduced by 16pp



The Savanta ComRes Tracker data indicates that the latest lockdown (3) continues to impact on CYP physical activity levels with parents reporting that only 14% of children are active (compared to 18% during lockdown 1)

Schools Active Movement (SAM) & Local Intelligence

Vincent Brittain
Inspire+





Happier



Healthier



More Active



200 members



12,500 schools



3.25 million children









Happier



Healthier



More Active

| | | | |
|---|---|--|--|
| We are on a mission to ensure all young people are: |  Happier |  Healthier |  More Active |
| To enable this we need: | Funding | Infrastructure | Time |
| We support our members to: |  |  |  |

Lincolnshire data

Teachers have noticed a range of concerning issues since returning to school on 8 March, following the third national lockdown...



Physical fitness

| | |
|--------|------------|
| Worse | 83% |
| Same | 16% |
| Better | 1% |



Fundamental movement skills

| | |
|--------|------------|
| Worse | 67% |
| Same | 31% |
| Better | 2% |



Pupil's resilience

| | |
|--------|------------|
| Worse | 65% |
| Same | 29% |
| Better | 6% |



Pupil's general wellbeing

| | |
|--------|------------|
| Worse | 60% |
| Same | 37% |
| Better | 3% |



Pupil social interaction

| | |
|--------|------------|
| Worse | 42% |
| Same | 44% |
| Better | 14% |

Pupils have put on excessive weight during lockdown

| | |
|------------|------------|
| Agree | 68% |
| Don't know | 15% |
| Disagree | 17% |



Physical activity levels are

| | |
|------|------------|
| Less | 46% |
| Same | 29% |
| More | 25% |



To ensure all of the criteria were met, Schools Active Movement engaged the Koboca School Consultation System, which has a unique way of collecting and presenting the data in real time at a local, regional and national level. It can break down the data into specific filter groups for deeper analysis.

Collected by SGOs and inspire+ from 178 schools

'Horrific' impact of third lockdown on children revealed

Exclusive by Jeremy Wilson CHIEF SPORTS REPORTER

- > Pupils in 84pc of schools suffer a decline in their fitness
- > Government being urged to guarantee cash support for PE

The "horrific" impact of the third national lockdown has been laid bare in a major study which found that 84 per cent of schools have identified a decline in children's physical fitness and two-thirds thought that pupils had gained excessive weight.

The survey, which was commissioned by the Schools Active Movement and is the largest analysis of how the winter lockdown impacted young people, also records alarming drops in pupil resilience, activity levels, social interaction and fundamental movement skills.

School leaders are now actively prioritising physical activity during the summer term, but the findings will amplify calls for a long-term national strategy and future guarantees over the £220 million PE and Sport Premium. This is an annual payment which is ring-fenced to improve the provision of PE, school sport and physical activity in primary schools, whether through staff training, specialist coaching or resources.

Of 2,647 schools surveyed, teachers were asked to score how children had returned from nine weeks of lockdown between Jan 4 and March 6 according to a series of physical and emotional measurements. On the physical, 84 per cent of schools judged that children had experienced a decline in fitness, 66 per cent said that children had gained excessive weight and 67 per cent recorded a regression of pupils' fundamental skills and movement.

Almost two-thirds of schools judged children to have a lower resilience and 60 per cent reported that the general well-being of pupils had regressed against an improvement of only five per cent.

The survey data also found that children in urban communities were more likely to have been impacted than those in rural areas surrounded by more open space.

The speed of gathering the data has ensured that urgent remedial work is already under way and there is optimism that a marked improvement will be achieved by the end of the summer term.

The Telegraph's "Keep Kids Active" campaign successfully urged the Government to prioritise the return of children's sport following the lockdown, but now also wants better use of schools sport facilities outside of teaching times and to ensure that PE is placed on a par with core subjects. The Schools Active Movement, a voluntary

organisation whose members work on the delivery of PE, school sport and physical activity to three million children in 11,000 schools, is calling on the Government to guarantee crucial funding for the next academic year. Alan Watkins, who co-founded the Schools Active Movement with Vincent Braham and taught PE in Mo Farah in Fellingham, said that schools had been "exceptionally proactive" in promoting an active recovery.

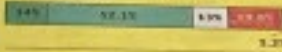
"Having this data allows us to get to work immediately to try to negate some of the horrific outcome from the third lockdown," he said. "This will be considerably more effective if governments are able to announce a long-term strategy and funding."

Andy Pope, who oversaw the survey, said that there had been an extraordinary response. "With over 2,000 schools responding in one

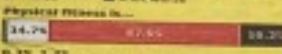
How lockdown has affected children's health

☐ Yes, quite a bit
☐ A little
☐ Not at all
☐ Don't know

Pupils have put on excessive weight during lockdown



Physical fitness is...



Pupil general wellbeing is...



SOURCE: THE SCHOOLS ACTIVE MOVEMENT (TELEGRAPH SURVEY)

week, SAM has a robust set of data to work with partners in targeting the most important areas of recovery," he said. "They are in a great position to work with schools to ensure the maximum impact during this term."

The national school sports week will be held from June 19 and a new Active Recovery Hubs was launched last month by the Youth Sports Trust and Sport England, which is designed to help children meet the daily recommended minimum activity time of 60 minutes.

"The stark picture painted by this research reinforces the huge toll the pandemic has taken on young people's well-being and why a focus on sport and activity needs to be an essential part of their recovery," said Ali Oliver, the chief executive of the Youth Sports Trust. "The focus on young people's recovery will extend long beyond this term, and it is vital that schools have certainty around funding to plan for next year."

Schools
Active
Movement

Supported by



Happier



Healthier



More Active

ONE
ONE
ONE
COUNTY
MISSION
NETWORK

Active
Lincolnshire



YOUTH
SPORT
TRUST



inspire+

Sports join the fight for £320m school funding

By Jeremy Wilson

Governing bodies from across sport have joined teachers and children's charities to urge the Government to guarantee £320 million of funding for primary school sport amid fears that it could be cut from budgets.

An open letter signed by 40 sports organisations, including the Football Association, the Rugby Football Union, the England and Wales Cricket Board and the Youth Sports Trust, has been sent to Education Secretary Gavin Williamson warning of "devastating" consequences of delays in confirmation.

The PE and Sport Premium is an annual payment which is ring-fenced to improve the provision of PE, school sport and physical activity levels in primary schools, and has been in place since 2013.

"We are becoming increasingly alarmed at the impact this uncertainty is having, at a critical time," say the coalition of sports leaders.

"With young people's recovery of such paramount importance, it would be devastating if the national effort to support the recovery of young people's health and well-

being was hampered by an avoidable delay in confirming funding."

Research by the Schools' Active Movement revealed the "horrific" impact of the third national lockdown at the start of the summer term, with 84 per cent of teachers reporting a decline in children's fitness, with two-thirds saying that pupils had gained excessive weight.

Nick Gibb, the schools minister, and Nigel Huddleston, the sports minister, met yesterday with leaders from the school sport sector. They said children's physical and mental health would be placed at the heart of recovery initiatives, with plans to update the School Sport and Activity Action Plan, launched in 2019.

Organisers of Parkrun, the free weekly five kilometre walking and running initiative, also wrote to Prime Minister Boris Johnson yesterday and asked for help over "significant and unjustifiable barriers" from councils. The events were due to resume on June 8, but got put back to June 26. But that date is also now in doubt, prompting fears over the event's future.

PE & Sport Premium

- £320 million confirmed for 2021/22
- Underspend can be carried forward but must be spent by July 2022

https://l.antigena.com/l/1XH91xics7QljZ_ILAApTSC5CCE-CY7xmzwB5p87scO3RdnF2FVpPT9hQnJh~ld4WG_MXu4hM30YU9UmmeHFjUM-DP3dlrfEC0uGNLBY40uulx~Txf2GliFo74cKpWFN1dfcW7muHXKOImli9ib0FWai0oLVXZumSNVwEPID



PE C-LARC

Covid Lincolnshire Approach to Reviewing the Curriculum

Tamsin Coputa
Lincolnshire County Council



PE C-LARC - LCC

Since Covid, schools have needed to adapt their curriculum to support pupils' social, emotional and cognitive recovery. PE can play a lead role in this.

The importance of being physically active is vital not only for children's health and fitness but also in supporting their mental health within our 'post' COVID world.

In the summer of 2020, the DfE asked schools to:

- Teach an ambitious and broad curriculum in all subjects from the start of the autumn term , but make use of existing flexibilities to create time to cover the most important missed content.
- Aim to return to the school's normal curriculum in all subjects by summer term 2021 (**not anticipating the January lockdown*)
- Plan on the basis of the educational needs of pupils
- Develop remote education so that it is integrated into school curriculum planning



PE C-LARC - LCC

INTENT – IMPLEMENTATION – IMPACT

We designed this PE audit tool to support the development of an effective PE and Physical Activity offer in all education settings.

It is in 3 sections:

1. Considering the Quality of Physical Education in your school
2. Shaping the COVID-19 Curriculum Content Phased Recovery
3. COVID-19 Leadership and Governance of PE



PE C-LARC - LCC

Thank you.

“We need to challenge ourselves to be at our very best every day to ensure that we reignite passion within our pupils to lead and maintain physically active and healthy lifestyles. This is not about taking away from other subjects, it is because what PE provides is a necessity for future generations.” (PE teacher Mr MacCorquodale)



Adobe Acrobat
Document

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Resources and support available – YST

Active Recovery Hub [Active Recovery Hub - Youth Sport Trust](#)

Well Schools [Well Schools - Youth Sport Trust](#)

Family Hub [Family hub - Youth Sport Trust](#)

National School Sport Week 2021: Together again 19-25 June

[National School Sport Week - Youth Sport Trust](#)



One Network

Email

schools@activelincs.gov.uk

Resources and Information

www.activelincs.gov.uk/sport/children-young-people/primary-school-support/

www.activelincs.gov.uk/keeping-children-active-home/

