

#Together

Get #Together with PE and school sport



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Introduction

to physical education, school sport and physical activity



At the Youth Sport Trust, we are all passionate about ensuring all children have high-quality experiences of physical education and school sport.

We are very aware that things change within schools and education all the time and for parents, it's hard to feel that you know what is going on. Understanding the difference between physical education, school sport and physical activity is a great place to start; they're all different but all so important for our children as they grow up.

Definitions:

PLAY is activity that involves enjoyment. Play can be structured or unstructured and involves being creative and encouraging children to use their imaginations.

PHYSICAL EDUCATION (PE) is a core part of the curriculum offered during the school day and should be taught by a qualified teacher. High-quality PE provides opportunities for children to take part in sport and activities that build character and embed values such as fairness and respect. It also enables children to

become physically confident in a way that will support their health and fitness.

SCHOOL SPORT is offered outside of the curriculum in lunchtime and afterschool clubs. School sport provides opportunities for young people to represent their

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding that enable you to take part in physical activities throughout life

PLAY
involves enjoyment, creativity and imagination and can be structured or free flow

PHYSICAL ACTIVITY
involves moving your body to use energy either within school breaks and lessons and outside of school

PHYSICAL EDUCATION
a national curriculum subject that involves learning to move and moving to learn

SPORT
a game, competition or activity with rules that needs physical effort and skill

ACTIVE LEARNING
learning through movement to stimulate recall, apply knowledge and deepen understanding



YOUTH
SPORT
TRUST

Introduction

to Physical Education, school sport and physical activity



school in matches and competitions. More and more schools are offering opportunities for young people to experience school sport within the school day, known as intra sport.

PHYSICAL ACTIVITY is any form of activity that aren't any of the above. This could be active learning in other subject areas or active travel plans, daily miles or any other way schools enable students to be active throughout the day.

Just like instilling a lifelong love of reading, it's vital for our children's long-term wellbeing and physical and mental health that they foster a life-long love for moving throughout childhood. However, this will only be available to them if they develop the physical skills within their early PE

lessons that enable them to go on to try all different types of sport and physical activity.

By supporting your children to be active, you're helping them achieve the recommended amount of physical activity and the benefits that go with that (average of 180 mins every day 0-5 years and 60 mins every day for 5-18 year olds).

The benefits of being more active are many, including:

- Children are happier and more confident
- It reduces the risk of health conditions such as obesity and type 2 diabetes
- It improves mental health
- Children have better cognitive

health and perform better at school

- Children develop a lifelong habit of being active which encourages them to lead a healthy lifestyle

By working **#Together**, we're harnessing sport's unique power to change young lives today and help them build a brighter tomorrow.

Stay safe and keep active!

The Youth Sport Trust team

The importance of Play

the early years and beyond



PE, sport, physical activity and play all help develop our children in a variety of ways, including physical health and fitness, positive mental health and developing life skills and building character. At the heart of this is the need to provide a range of activities to enthuse and equip children to lead healthy, active lives. As parents/carers, we can support this through regular play and encouraging sitting less and moving more.

Play

In our children's early years, play is about children exploring their bodies and their imagination. We want them to find out all the different things they can do with their body, giving them confidence and encouraging them to feel good about themselves. Without knowing it they are keeping themselves physically and mentally healthy, developing their muscles and bones and powering their brains. By playing on their own or playing with friends or family, they're building relationships and developing those all-important social skills. All of this will enable the world of physical activity and sport to open up to them as they become older and more adventurous.

As parents, we can really help our children's wellbeing just as we would for any other of their important developmental milestones by playing with our children. The recent COVID-19 pandemic means our children have been moving far less at this vital stage of their physical and emotional development. Encouraging your children not to sit for too long will tackle



Questions to ask?

How active has my child been today?

Here are government guidelines for children under 5 years old

These are the guidelines for children aged 5-18 years

Do you follow a physical literacy framework?

Access the free physical literacy framework here



Want to do more?

Try our *Healthy Movers At Home* pack for parents: resources to help you play with your child and encourage them to develop balance, movement and object control.

The pack contains

- Children's backpack
- Parent resources
- Bean bag
- Soft touch ball
- Water bottle
- Sticker pack



Want to read more?

Click on the numbers to access different resources

The importance of Play - the early years and beyond

the 'bad fats' that can cause serious health issues in later life. As a family, can you reduce the amount of time spent on screens by exploring a new park or holding a simple treasure hunt in the garden? All activities like this will not only keep you active but will create more connectivity in the brain, so it's a win win.

Children's physical development and movement skills are just as important as numeracy and literacy and your child's pre-school setting will be able to help you understand your own child's development. Many pre-school settings will be practising 'active learning', learning through play and they will be encouraging children to move, explore and learn all the time and develop their physical Literacy.



Want to do more?

Take a look at our home learning resources for ideas on how to get active with your children, with fun challenges or PE home learning that pulls out those all-important life skills.

PA challenges

PE home learning

Learn more about the key role of physical activity in schools and what quality PE should be through these fun videos:

Movement is Life.

Dr William Bird

Quality PE



Questions to ask?

What is the school's vision for PE and how was it shaped?

Ideally, the vision should be developed and owned by pupils, staff, governors and parents so that it is understood and embedded. The school vision can often be found on the school's website.

What has been the focus of the PE and School Sport Premium funding in recent years and what impact have you seen?

Spend should be purposeful and allocated in line with evidence of need across PE, sport and physical activity.

How is my child progressing in PE?

Are class teachers confident in talking about this and are they able to describe the physical and the personal progress?



Want to read more?

Discover more about the Primary PE and Sport Premium and what this means for your child's school





Physical Education

and post-Covid-19 Physical Education

For many of us, we've recognised how sport and physical activities have brought us closer with our children during lockdown. Hopefully, as restrictions ease, this enthusiasm will increase the importance we place on play, physical activity and sport within our families.

In school, PE has a leading role to play as a statutory entitlement for ALL pupils, ideally two hours per week. As you may remember from your own school days, a positive early experience with PE can be hugely beneficial in shaping your long-term relationship with physical activity and sport.

High-quality PE not only supports children's physical development

but also their social, emotional and cognitive skills, which are needed even more right now as we recover from the impact of Covid-19 lockdown.

Primary schools in England receive funding from the government in the form of the PE and School Sport Premium, which is to be used to enhance the school's PE and sport provision. Overseen by headteachers and governors, the fund aims to create positive experiences of PE and sport for pupils of the school.

Schools recognise the importance of PE and tell us that they are keen to use it to support the children as they return to



Questions to ask?

Does my child understand the changes that have been introduced?

With 60 minutes of physical activity being the daily recommendation, how active are your children during the school day?

If PE or school sport has reduced, what can you do to ensure they maintain an appropriate level of activity?

Physical Education and post-Covid-19 Physical Education

school, and are actively looking for ways to use PE to improve children's personal development and wellbeing. As children return to the classroom, schools are working hard to ensure they can offer PE and extracurricular clubs safely. We are providing schools with regular advice, guidance and tips on topics such as social distancing in PE, the use of shared equipment and changing and hygiene.

Like so many other sectors, it's far from easy for schools and the return to 'normality' will be challenging, including changes to routines, the use of classrooms and facilities and the introduction of 'bubbles' to limit children's contact with others.

What changes can you expect of PE and school sport?

CHANGING ROOMS:

decisions will have been made about whether it is safe to use changing rooms at the beginning and end of PE lessons.

TAUGHT ACTIVITIES:

Teachers may change the activities that are usually taught this time of the year. This may be to reduce the amount of equipment needed,



or to minimise physical contact, and maximise the use of outdoor space. While some of the more popular team sports and activities may not be taught initially, PE has always focussed on improving children's physical health. During this period, greater emphasis may be placed on personal development and individual targets to reconnect with others.



Want to do more?

Support children with our home learning resources



Want to read more?

For more information on the impact of Covid-19 on children and young people, read our paper

Read our response to the Government's Wellbeing for Education Return programme

Our Head of Wellbeing, Chris Wright, explores what schools may look like as well as the rationale for our Well Schools movement

School sport



For many, school is the first place children experience sport so it is essential that the experience is inspiring and accessible to all.

Why school sport is so important

School sport can be used to help settle all children and young people returning to school post-Covid-19 by providing fun, friendship, support and a sense of belonging alongside the physical challenge. School sport can also be used to target specific young people returning to school, such as:

- Team activities for those children needing connection and socialisation as a result of feeling lonely, isolated and a lack of belonging
- Target sports to help those who are struggling to concentrate
- Adventure sports could be used to help children struggling to adapt to a new and/or changed environment
- Mindfulness activities for those dealing with anxiety, bereavement

and stress or dance for those experiencing trauma

- Fitness and athletics-based activities to help young people who are lacking movement competence, fitness and have low body confidence.

It is incredibly important that your child has the opportunities to engage in school sport when they return to school. Visit the school website to see what's on offer and discuss with your child and don't be afraid to ask what the focus of the activity is. This could be personal best, developing character and life skills, increasing resilience, reforming or creating new friendship groups, developing health or familiarisation with the environment.

Reframing competition

During lockdown, it's likely that there was a sense of competition for your child through virtual challenges, and it's likely that this will continue either

Want to do more?

Show your children that physical activity is part of daily life for you and your family

Encourage your children to make the most of opportunities at school

Support your children to become more active outside the school

through school sport (such as house versus house activities) or activities outside of school. The #reframe competition campaign looks to tackle some of the negative experiences that surround competition, such as an over-emphasis on a single outcome, such as the most goals, fastest time or furthest distance.

As a parent, think about the types of conversation you have with your child



and their school around competition:

- Do you know why your child competes?
- What do you celebrate?
- How can you help them to prepare?
- How is selection managed?
- If they don't play, do they feel part of the team?

TO FIND OUT MORE VISIT:

Community sport

Some children may have discovered a love of a new sport during lockdown that they now want to continue. Any good sports club should welcome and encourage everyone, whatever their ability or

experience and whether or not they have a disability. Ask your child's school if they have any links with community clubs in the area, plus it's worth checking out activities at local leisure centres and community centres.

For those whose children are now returning to sports, ask your child how they want you to support them. We asked 310 young people taking part in School Games competitions what they wanted from their parents and the top answers were:

- **BE PRESENT** – visible and pay attention to what they are doing
- **BE POSITIVE** – highlight specific things that they are doing well
- **BE PROACTIVE** – seek opportunities to encourage, recognise and value their efforts rather than their results.



Extra information

The Department for Education Guidance states that: "Schools should work to resume any breakfast and after-school provision, where possible, from the start of the autumn term. Such provision will help ensure pupils have opportunities to re-engage with their peers and with the school, ensure vulnerable children have a healthy breakfast and are ready to focus on their lessons, provide enrichment activities, and also support working parents."*

**This relates to English schools. Please refer to Scottish, Welsh and NI Government websites for latest guidance.*

Well Schools



Want to do more?

Ask your child's headteacher if they have joined the Well Schools Movement?

This is a free-to-access national movement of schools powered by the Youth Sport Trust launching in September 2020.



Want to read more?

We want to work with your children's schools to help shape Well Schools.

These schools will work together to improve wellbeing for both children and teachers by placing wellbeing at

the very heart of every school.

It is not a programme or badge but a shared understanding that we all need to work together to improve our wellbeing.

Why do we need Well Schools?



24% of 5-16 year olds do not feel positive about their future

Wellbeing impacts on students' self belief, aspirations and learning

82% of teachers state the focus on exams outweighs wellbeing



Teachers' wellbeing underpins great teaching

Environment and social changes affecting young people's physical and mental development demand different approaches to education

84% of school leaders consider themselves stressed and/or anxious



28% of 16 year olds on free school meals achieve 5 A*-C grades at GCSE

80% of teachers have considered leaving the profession

The changing world demands much broader educational outcomes

73%

of parents would rather send their child to a 'happy' school

Wellbeing in schools can be a reaction to poor wellbeing rather than the promotion of positive wellbeing

YST LAUNCHES PARTNERSHIP WITH DECATHLON FOR SCHOOLS



Working in partnership

Decathlon is the world's largest sports retailer whose mission is to make sports accessible to the many.

Decathlon shares our vision and believes that being active and discovering new sports is an important part of a healthy lifestyle and are committed to encouraging

more schools and families to try out new and exciting sports.

In partnership with us, Decathlon is proud to present its schools offer of high-quality sports clothing and equipment at affordable prices. Thanks to Decathlon's commitment to our partnership and shared mission, a small

percentage of all school-based sales will be donated back to the Youth Sport Trust.

We would be incredibly grateful if you could tell your children's school about our partnership with Decathlon and encourage them to explore their offer for schools.

Going back to school

our PE and school sport top tips



Think about how to make those daily chores more active experiences.

Look out for guidance from your school around PE lessons – many schools are asking children to come into school in their PE kit on certain days.

Reduce screen time and increase moving time for all the family.



Keep those family walks and weekend adventures from lockdown in your routines.



Get creative and encourage your children to try new, different activities.

Walk to school, scoot or cycle to school when you can, even if it's just once a week.



Try and make time for play – all of us, old and young, value time to play.

Support those volunteers in your local community sports club who are working hard, usually free of charge, to get activities up and running again.



Begin to restart your children's after-school sports activities when it's safe to do so and you and your child feel comfortable.

