

Welcome



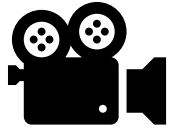
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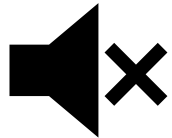
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- This session will be recorded



- Please turn your **camera on** and **mute on** (until breakout rooms)



- Type questions into the chat function

Agenda



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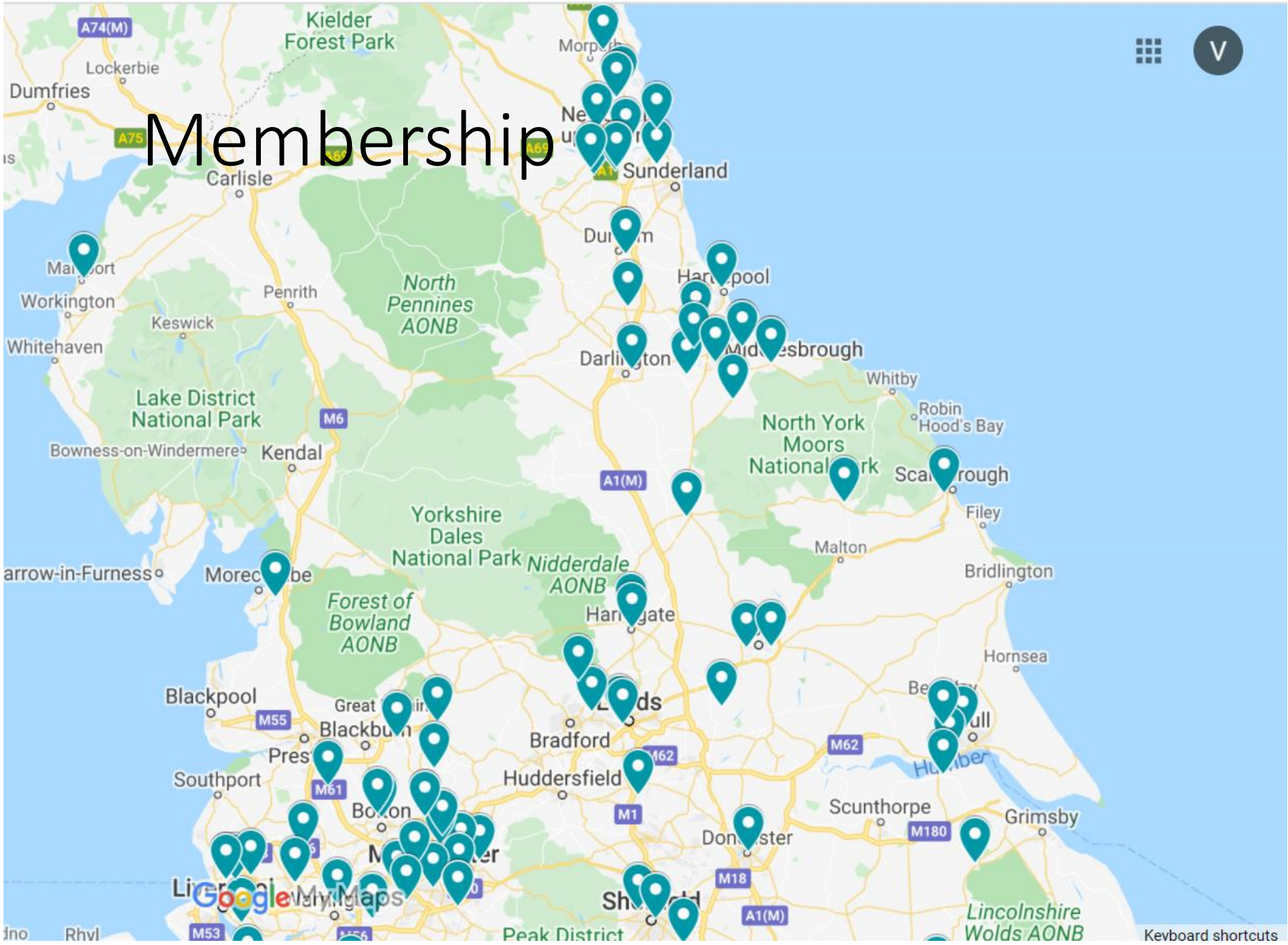
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1. Welcome
2. Updates
 - School Sport & Activity Sector & State of the nation
 - National pupil activity and wellbeing school survey
3. Sharing good practice
 - Wellbeing
 - Holiday Activity Food Fund
 - Ofsted PE Deep Dives
4. Networking

Membership



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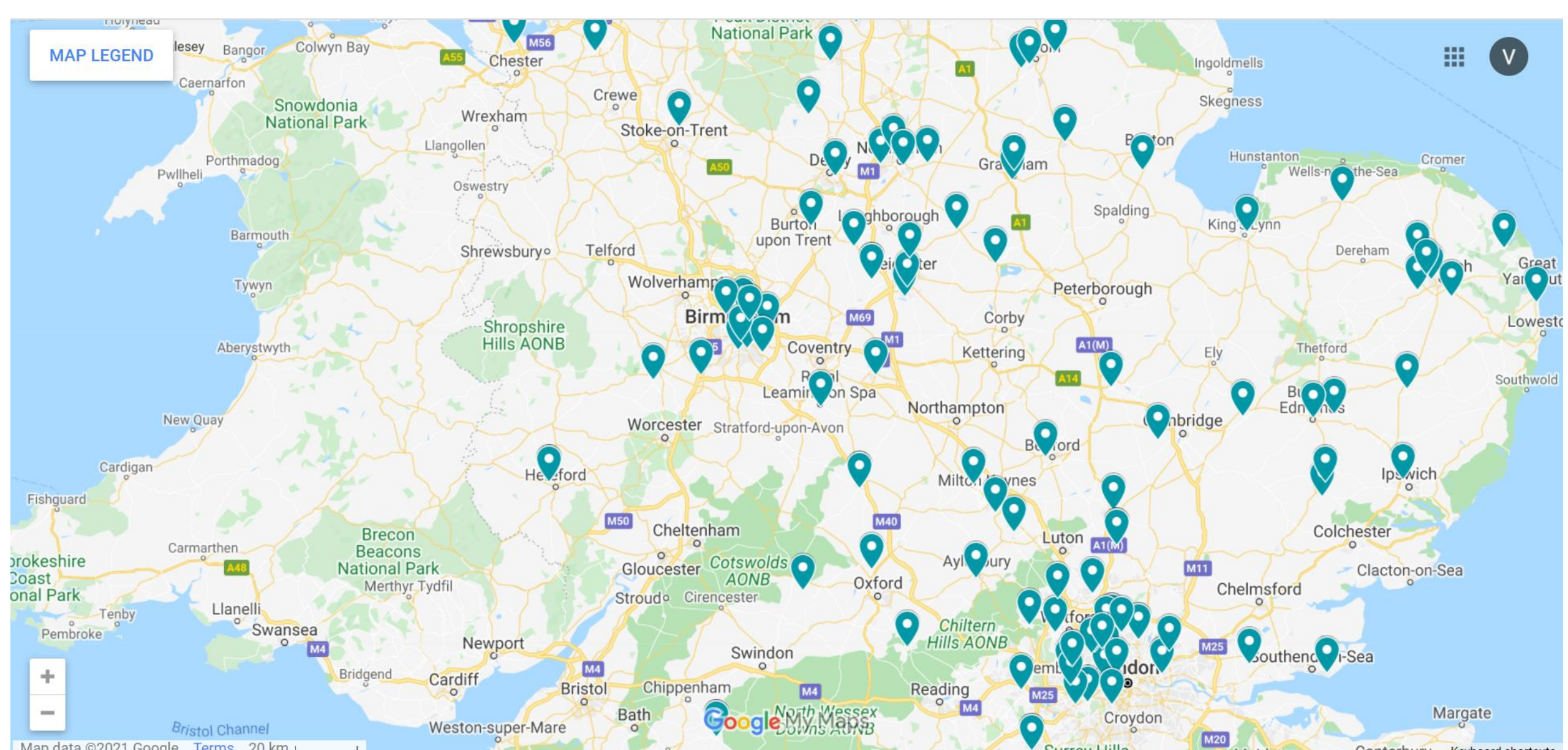


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MAP LEGEND





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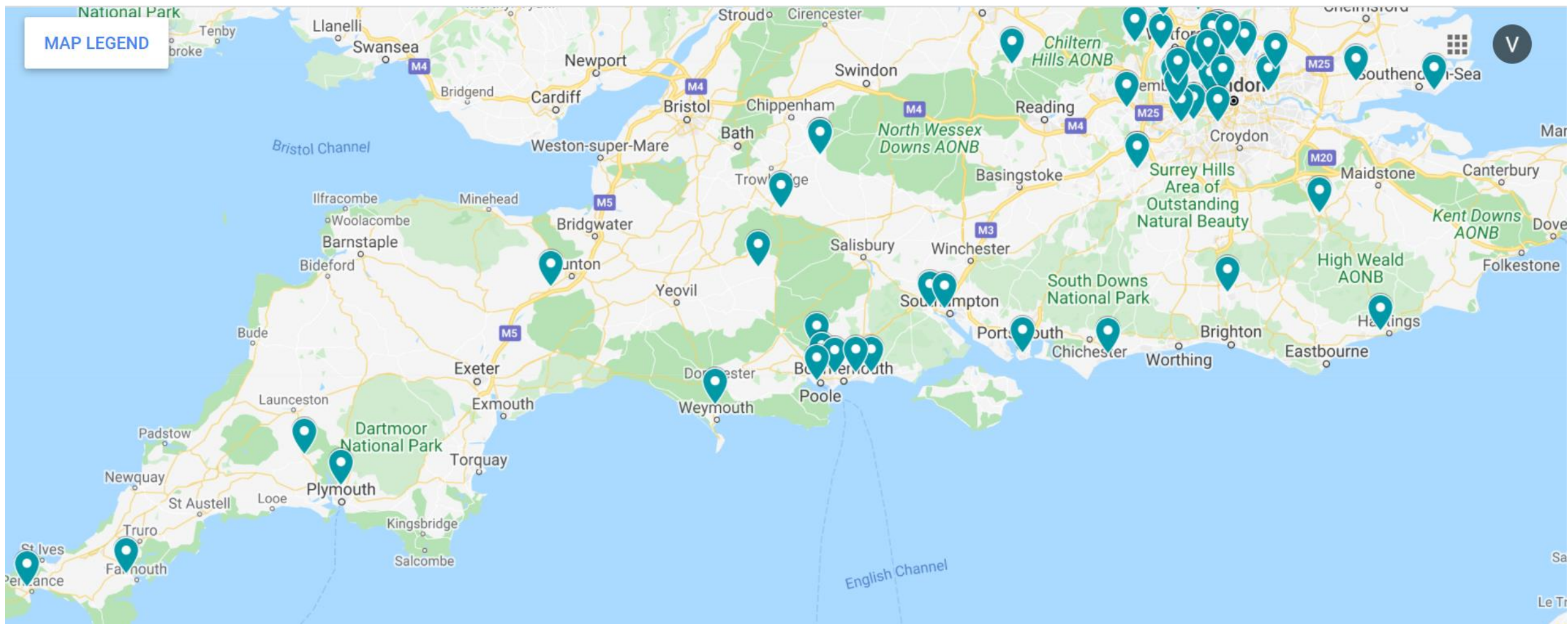


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MAP LEGEND



School Sport and Activity Sector Meeting

11/11/2021



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SCHOOL SPORT & PHYSICAL EDUCATION SECTOR PLEDGE '21

As a sector we call on the government to:

Produce a long-term policy and funding commitment to PE and school sport which is built on a national drive to get every child active for 60 minutes every day.

This should include:

- targeted activity to address consequences of the pandemic
- delivery of government's commitment to extend the reach and depth of the successful School Games programme
- investment in teacher training and wider workforce development
- further opening up of school sport facilities across the country, ensuring that every child has access to an inclusive active extended school day

Current Situation

- Comprehensive Spending Review
- Sector response
- SAM follow up in partnership with YST
- Education Questions
- Status update



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National Data



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Since Oct 2021

- 27,000 pupils have completed the Activity and well-being Surveys
- 21,500 Primary Pupils
- 5,500 Secondary pupils

National Data - Primary



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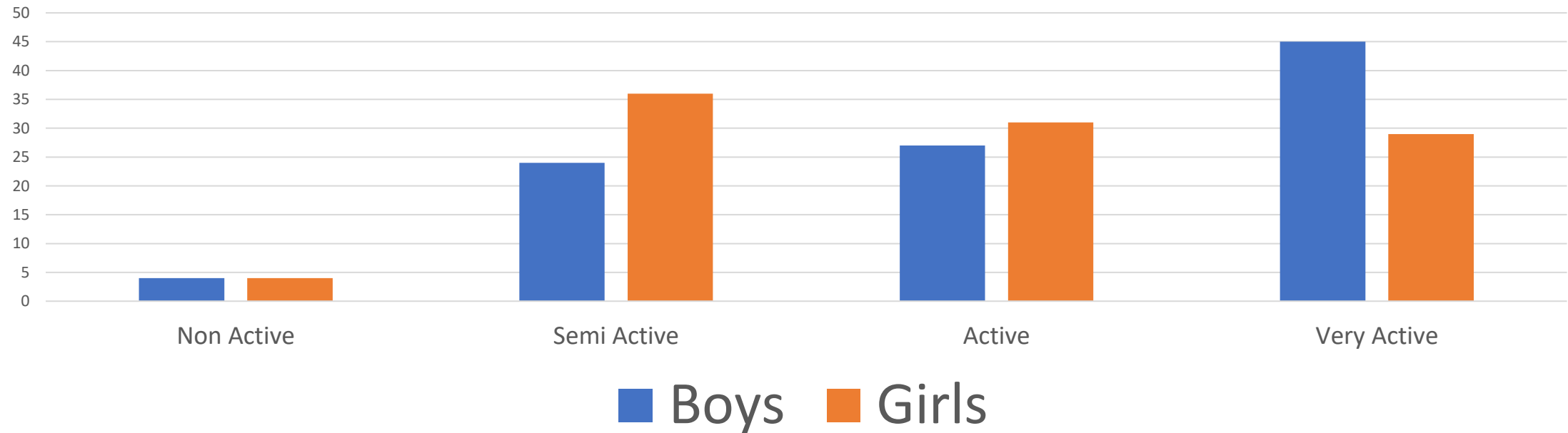


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Primary School Pupils %



National Data - Primary



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45% of pupils in primary school said “I don’t really get the chance to be a leader, but I would like to”

30% of pupils in primary school said if something upsets them, they usually struggle to recover

National Data - Primary

Top 3 sports for pupils who have **not played** for a school team but would like to take part in a **non-competitive fun festival** with other schools:

Boys

- 1) Football
- 2) Swimming
- 3) Dodgeball

Girls

- 1) Swimming
- 2) Dance
- 3) Dodgeball



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**In the non-active group,
the top three most
popular activities were:**

- 1 Swimming
- 2 Dance
- 3 Dodgeball

National Data - Secondary



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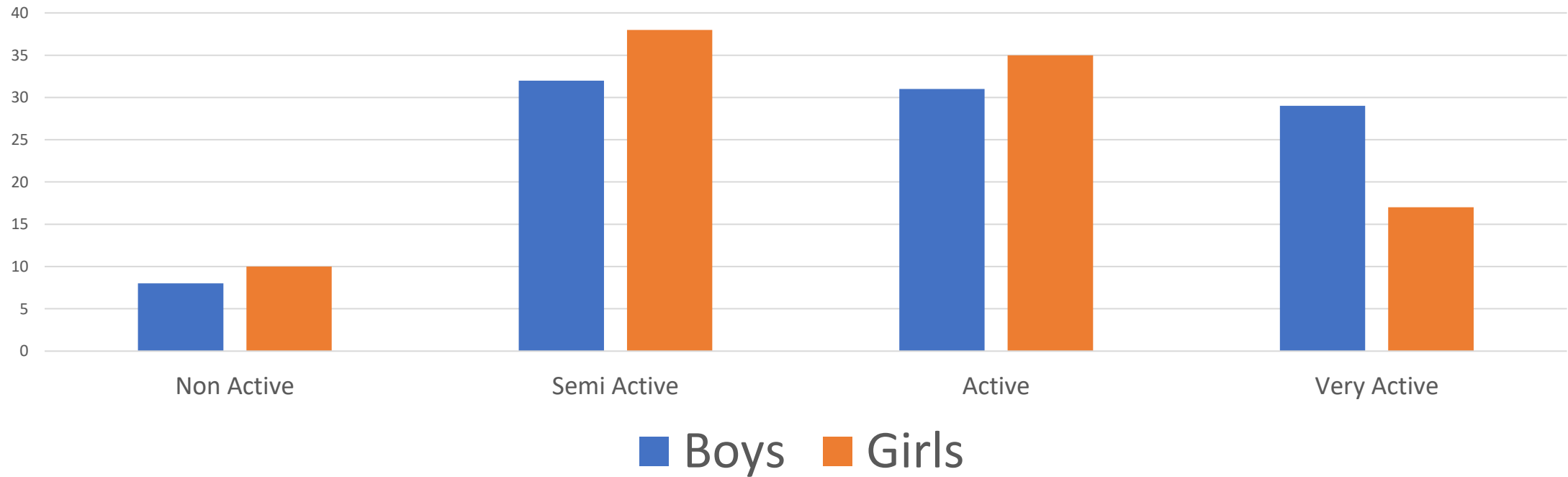


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Secondary School Pupils %



National Data - Secondary



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Leadership

33% of pupils in secondary school said “I don’t really get the chance to be a leader, but I would like to”

28% of pupils in secondary school said if something upsets them, they usually struggle to recover

National Data - Secondary



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In the non-active group, the top three most popular activities were:

1. Dodgeball
2. Archery
3. Badminton

Top 3 sports for pupils who have **not played** for a school team but would like to take part in a **non-competitive fun festival** with other schools:

Boys

- 1) Dodgeball
- 2) Archery
- 3) Football

Girls

- 1) Swimming
- 2) Dance
- 3) Dodgeball

Well Schools

Hello



YOUTH
SPORT
TRUST



POWERED BY YST AND BUPA FOUNDATION



PISA Dec 2019

- The UK is now ranked as above average in reading.
- Average maths attainment improved by some 10% across England, but not across the rest of the UK.
- There has been a small fall in England in science attainment, with sustained falls across the rest of the UK over the last twelve years
- The UK's ranking rose from 23rd in 2015 to 13th in 2018. This reflected the 12th best improvement in PISA scores across all countries in the 3-year period

PISA Dec 2019

- The UK came second bottom in 37 countries, **and** fourth bottom across all countries for life satisfaction
- The UK suffered the steepest decline in life satisfaction of all countries in the PISA sample.
- UK students have the second lowest sense of meaning in life with only Japan lower
- 34th out of 35 countries for the greatest fear of failure.

3.2million
children and young
people do not meet the
Chief Medical Officer
guidelines of an average
60 active minutes a day



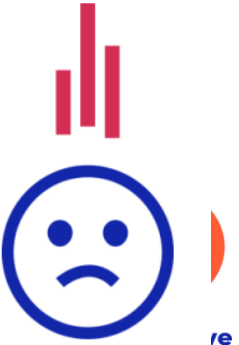
Sport England (2021)
Active Lives 19/20

40%
of 16–24 year olds
reported often feeling
lonely. compared with
27% of those aged
over 75 years



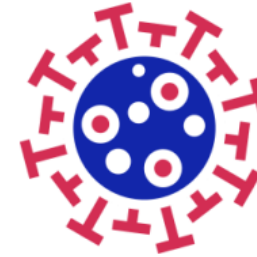
BBC — Loneliness Experiment 2018

Young people in the UK
have the **lowest life satisfaction**
of the 24 countries in the OECD and
have suffered the largest decline of
any country since 2015



NHS Digital (2020) Statistics on
obesity, physical activity and diet

What's going on in the world?



67%



of young people believed that
the pandemic will have a **long-
term negative effect** on their
mental health

Young Minds (2021) Coronavirus: Impact
on young people with mental health need



Children's resilience has fallen dramatically
during covid restrictions: **Only 26% agreed** that if
they find something difficult they **will keep trying**
until they can do it vs. 49% pre pandemic

Sport England (2021)
Active Lives 19/20

Much of the progress made in both
primary and secondary schools to reduce
the attainment gap for disadvantaged
children over the past decade has been
eradicated: **COVID has undone between a
third and two thirds of all progress made**

Department for Education (2021)
Understanding progress in
the 2020/21 academic year

How.....

Driven by:

Well School Board

Advisory Partners

Brought to life by:

Founding Schools

Powered by:



**Well
Prepared**



**Well
Led**



**Well
Equipped**



WELL CULTURE

ETHICAL LEADERSHIP, student and staff voice, addresses issues of diversity, parent/carer/home engagement, inclusive curriculum and enrichment, measures wellbeing and impact, provides targeted interventions, integrates community services, School environment considers environment/climate concerns

WELL LED

Staff and head teacher wellbeing is actively supported and championed

STAFF WELLBEING CHARTER
WELLBEING GOVERNOR
STIGMA STRATEGY
WORKLOAD STRATEGY
HIGH QUALITY HR PROVISION
RECOGNITION PROGRAMME
POSITIVE INTERVENTION
PROFESSIONAL DEVELOPMENT
PERSONAL LIFESTYLE PROGRAMMES

WELL PREPARED

Every child has positive physical and mental health as a foundation for life

HIGH QUALITY PE
SPORT ENRICHMENT
ARTS/MUSIC ENRICHMENT
PEER MENTORING PROGRAMME
MENTAL HEALTH SUPPORT
WHOLE SCHOOL PHYSICAL ACTIVITY
PSYCHO-SOCIAL INTERVENTIONS
GOOD FOOD PLAN
OUTDOOR CORE LEARNING
PASTORAL/SAFEGUARDING SUPPORT

WELL EQUIPPED

Every child has the human skills and social capital to thrive on the modern world

PUPIL LEADERSHIP PROGRAMMES
OFF-SITE EXPERIENCES/VISITS
TEAM BUILDING EXPERIENCES
OUTDOOR EDUCATION
DEDICATED PSHE/RSE TIME
SCHOOL AMBASSADORS
REWARD/RECOGNITION PROGRAMMES

Learn a little more...

- www.well-school.org
- @well_schools
- The Well Schools Podcast
- Contact your YST DM



Working together...

- Become an active member of the movement
- If you're running a wellbeing programme – position it within the holistic change
- If your work is making a difference to teachers and young people – share it. Twitter/ website/podcast/blog
- If you want to take action we are here.
- How can we help?





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Jaime Thurston
CEO and Founder

52 LIVES

[The Lives](#) ▾ [Get Involved](#) ▾ [Latest News](#) ▾ [About Us](#) ▾ [Our Partners](#)

**1. YOU NOMINATE
SOMEONE IN NEED.**

2. WE HELP.

3. THE WORLD CHANGES,



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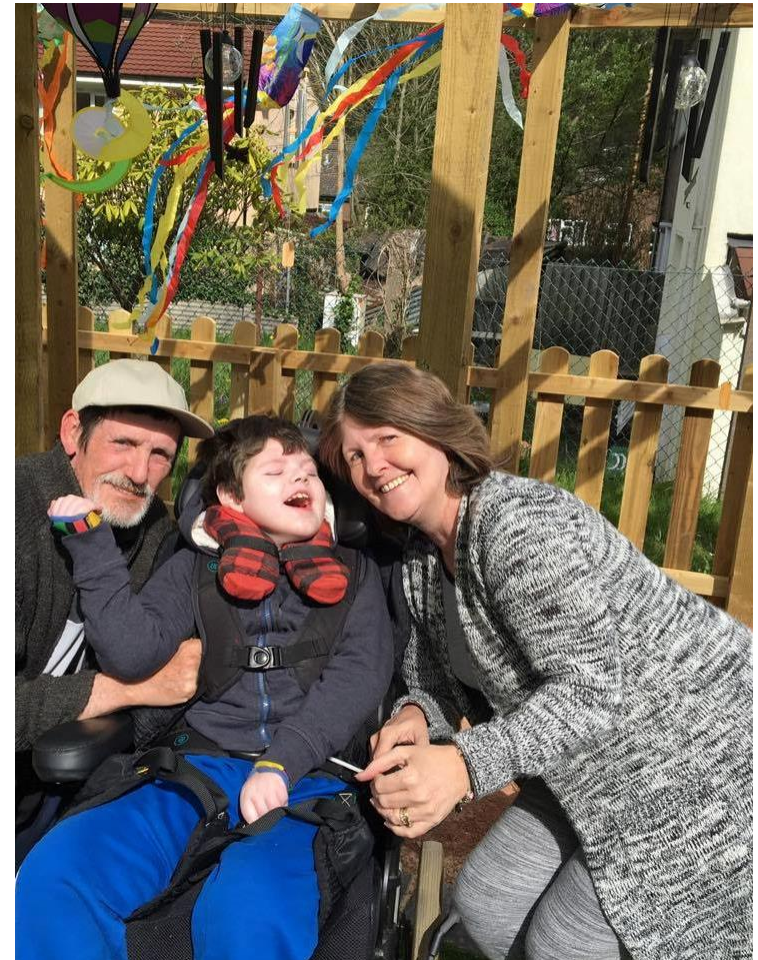
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"You've shone light into some of the darkest days we have parented through and made me feel worth something."



From Hayley

#249



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SCHOOL OF KINDNESS

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- **Kindness Workshops for KS1 & 2 (virtual and face-to-face).**
- **Teaching resources and Kindness Challenges**
- **Kindness Fund to bring children's ideas to life.**
- **Kids' Kindness Club**



WELCOME TO THE KIDS' KINDNESS CLUB!

Being kind is the best thing you can be. So we've created a Kindness Club just for kids. If you haven't already, [click here](#) to join the club (it's free!) and you will receive our fortnightly Kindness Club email.



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KINDNESS CHALLENGE

The afternoons are getting darker and the snow is on its way...it can only mean one thing. Christmas is coming! Can you help us spread some Christmas kindness?

Watch the video

Your messages can be sent to:

52 Lives, PO Box 3154, Reading, RG1 9AT



kidskindnessclub@52-lives.org

EARN YOUR KINDNESS BADGE

KINDNESS POLL

Brrr...it's getting chilly out there! Do you love wrapping up warm or do you prefer fun in the sun? What's your favourite time of



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Save the Date

- **Random Act of Kindness Week Challenge: 14th- 20th February**
- **World Kindness Day Virtual Assemblies: 14th November**

52 LIVES

www.52-Lives.org



www.KidsKindnessClub.org

52 LIVES

SCHOOL OF KINDNESS

www.SchoolofKindness.org

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HOLIDAY ACTIVITIES & FOOD PROGRAMME (HAF)

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BACKGROUND

School holidays can be particular pressure points for some families because of increased costs (such as food and childcare) and reduced incomes. For some children that can lead to a holiday experience gap, with children from disadvantaged families:

- less likely to access organised out-of-school activities
- more likely to experience ‘unhealthy holidays’ in terms of nutrition and physical health
- more likely to experience social isolation

Free holiday clubs are a response to this issue and evidence suggests that they can have a positive impact on children and young people and that they work best when they:

- provide consistent and easily accessible enrichment activities
- cover more than just breakfast or lunch
- involve children (and parents) in food preparation

CSR ANNOUNCEMENT-THREE YEARS FURTHER FUNDING (MARCH 2025)

WHO IS THE PROGRAMME FOR?

This holiday provision is for children who receive benefits-related free school meals.



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Local Authorities can use 15% of your programme funding to provide places for children who are considered by the local authority as vulnerable or in need of this provision. This may include, for example:

- children assessed as being in need
- looked-after children
- children with an EHC plan (education, health and care)
- children assessed as otherwise vulnerable
- children living in areas of high deprivation

Local Authorities must be able to demonstrate that they are:

- offering the programme comprehensively across the full geographical area
- fully meeting demand from free school meal eligible children in the area

AIMS OF THE PROGRAMME

As a result of this programme, we want children who attend to:

- eat more healthily over the school holidays
- be more active during the school holidays
- take part in engaging and enriching activities which support the development of resilience, character and wellbeing along with their wider educational attainment
- be safe and not to be socially isolated
- have a greater knowledge of health and nutrition
- be more engaged with school and other local services



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We also want to ensure that the families who participate in this programme:

- develop their understanding of nutrition and food budgeting
- are signposted towards other information and support, for example, health, employment and education

FRAMEWORK OF STANDARDS

- One meal a day must be provided that meets school food standards (£3 per meal)
- Children must be given the opportunity to participate in 60 Active minutes a day
- Children must be provided with Enrichment opportunities
- Providers must include an element of nutritional education each day aimed at improving the knowledge and awareness of healthy eating for children
- Ideally asking for weekly content to parents on healthy low cost meals and a signposting service
- Ideally using the 4 x 4 x 4 model (4 hrs a day, 4 days a week, 4 weeks = 64 hrs)



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KINGSBURY SSP - BIRMINGHAM

- Kingsbury SSP - we did a community bid to run activity out of Erdington Academy (our host school & SGO hub)



- **Target Audience:** Local Primary school children
- **Provision:** 3 weeks, 10-3pm (5hrs a day, 75 hrs total)
- **What we did:**
 - Expression of interest from parents to register
 - We bid for 60 places but had 130 responses, we requested additional funding to cater for all the places
 - Initially told we had £15 per pupil per day
 - We received £47,300 for summer and £7,020 for winter (70 children over 2 sites)

Positives

- New relationships with families and children which has helped to widen our reputation in the area.
- Schools really value the fact that we are trying to do something additional to help their children
- Additional employment & leadership opportunities for young people
- Enabled us to provide jobs for coaching staff that are full time only and not term-time only
- Linked in with Active Well-Being society to deliver Bikeability

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Issues

- Provision of food is quite difficult. We managed to get a centralised food provider to help, but had issues with children not liking the food or it being distributed late.
- Funding bid had to be done quickly, which meant it was a bit rushed.
- Not all of the children turned up

Next Steps

- To incorporate more healthy eating / wellbeing opportunities, including family workshops
- Additional sponsors / providers to help with extended provision during other holiday periods

Inspire+, Lincolnshire

- Worked initially with schools to provide opportunities at their sites over the summer holidays
- **Target Audience:** Primary school children
- **Provision:** Four sites provided, geographically spread attracting over 1500 attendances
- **What we did:**
 - Schools advertised to their community, we advertised to all other schools
 - We administrated the bookings and liaised with parents
 - Provided the clubs on behalf of schools
 - Programme was biased to sport, physical activity & wellbeing but did also offer basic gardening skills.



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Positives

- HAF funding enabled us to grow our Move and Food provision offer
- Schools really appreciated that we could provide this type of service for their children
- Local Authority liaised with school catering companies who provided the hot meals that included delivering them
- Linking in with local chef and music provider to offer wider programme this Christmas. Local Authority is paying for this!



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Issues

- Local Authority, in the first instance, only wanted to work through schools

Next Steps

- To build upon the solid relationship we have with the local authority to ensure we can offer more opportunities in further areas.
- To accommodate secondary school children as part of the offer



PE Deep Dive Support



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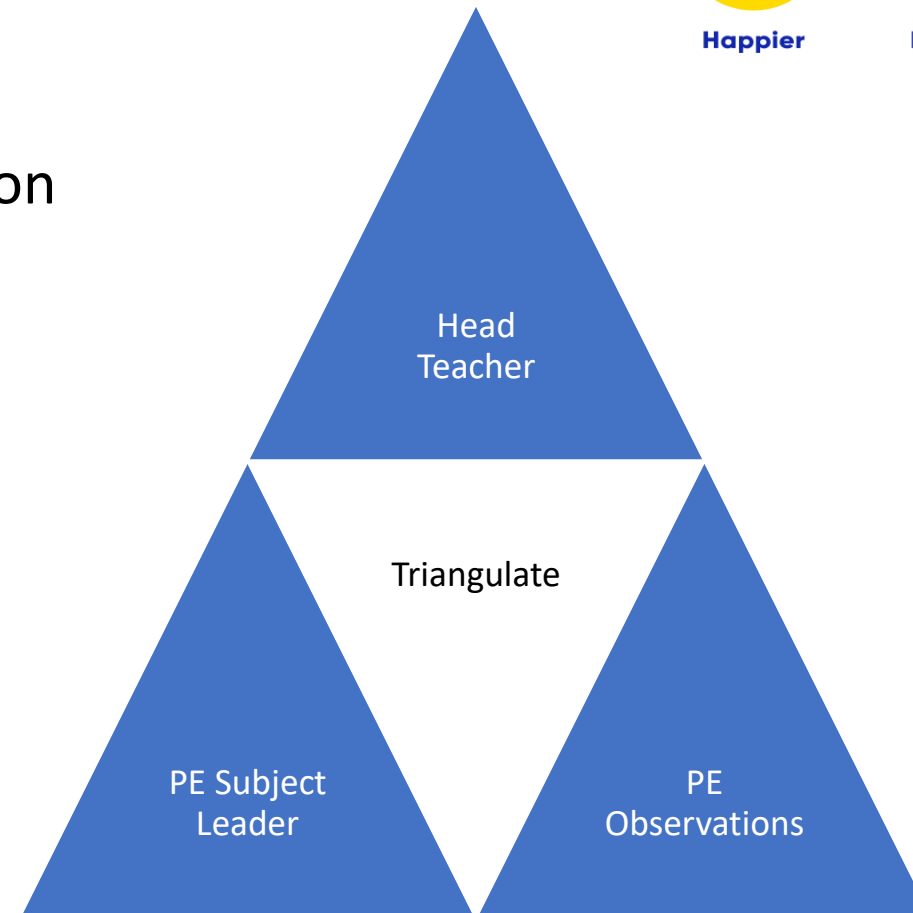
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First Step:

- Explain to the Schools the triangulation process



PE Deep Dive Support



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Working with the subject leader:

- The Subject Leader is the leader for that subject! (Obvious but needs spelling out).
- Work with them through some sample questions.
- If they cannot answer, then offer them some support in these areas.
- Answer questions with WHY, WHAT and WHAT Difference it Makes (Intent, Implementation and Impact).
- WHY? WHY? WHY? Schools need to understand their intentions and why they do something.

Example Questions

1. Can you describe PE provision in your school?

- Vision. Intent statement. What does PE offer your children? Curriculum plan. PE Premium action plan.

2. What is the progression of skills like?

- How was your long term planned designed? Medium term plans. Assessments. How are specific skills built upon over the Key stages or Year groups.

3. How do you know children have made progress?

- Assessment methods?

Example Questions Cont...

4. What support do you give to staff members?

- CPD. How do you decide what training they need? What impact has training made?

5. What makes your PE Curriculum different?

- How was it developed? Was it designed for or by children? What events do you do to support the curriculum?

6. What is physical activity like across the school day?

- Active learning. Initiatives to promote health? Bikeability? Festivals.

7. How does PE support other subjects?

- Goes back to our WHY task. Any collaboration across subjects? E.g. PHSE. Life skills – Spirit of the Games.

Deep Dive Support



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Working with SLT/Head:

- Ask the subject leader to develop a document (1 page), listing the strengths and areas for development for PE.
- Subject leader to articulate this with the Head.
- Head discusses how this links to the School Improvement Plan.
- Head to keep a copy in their file, ready for if/when they get the call.
 - (make sure it is kept up to date)

Deep Dive Support



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Working with the rest of the school:

- The subject leader and the head know what the intentions and strengths and development areas are, but what about the rest of the school?
- PE Subject leader to hold a staff meeting to articulate this/and or develop it.
- Make sure ALL staff follow the long-term curriculum plan.
- Children understand what they are learning and can articulate it.



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Networking



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Future Dates

Date	Format	Zoom Registration Link
Thursday 10th February 11-12.30pm	Webinar	https://youthsporttrust.zoom.us/meeting/register/tJUurdeuprijrG9fL1nlqoRVirYm4AAPKoGjS
Friday 25th March 9-10.30am	Networking	https://youthsporttrust.zoom.us/meeting/register/tJcof-CurDgjE9zV_97pJT9pk5AqCbTNX9vL
Monday 23rd May 11-12.30pm	Webinar	https://youthsporttrust.zoom.us/meeting/register/tJEoc-msqj4oGdbST5E-DiNs88ToDIajtOD9
Wednesday 6th July 12.30-2pm	Networking	https://youthsporttrust.zoom.us/meeting/register/tJ0of--tqzMoGt2uVJVcR613OSkcFi-LcRjC