

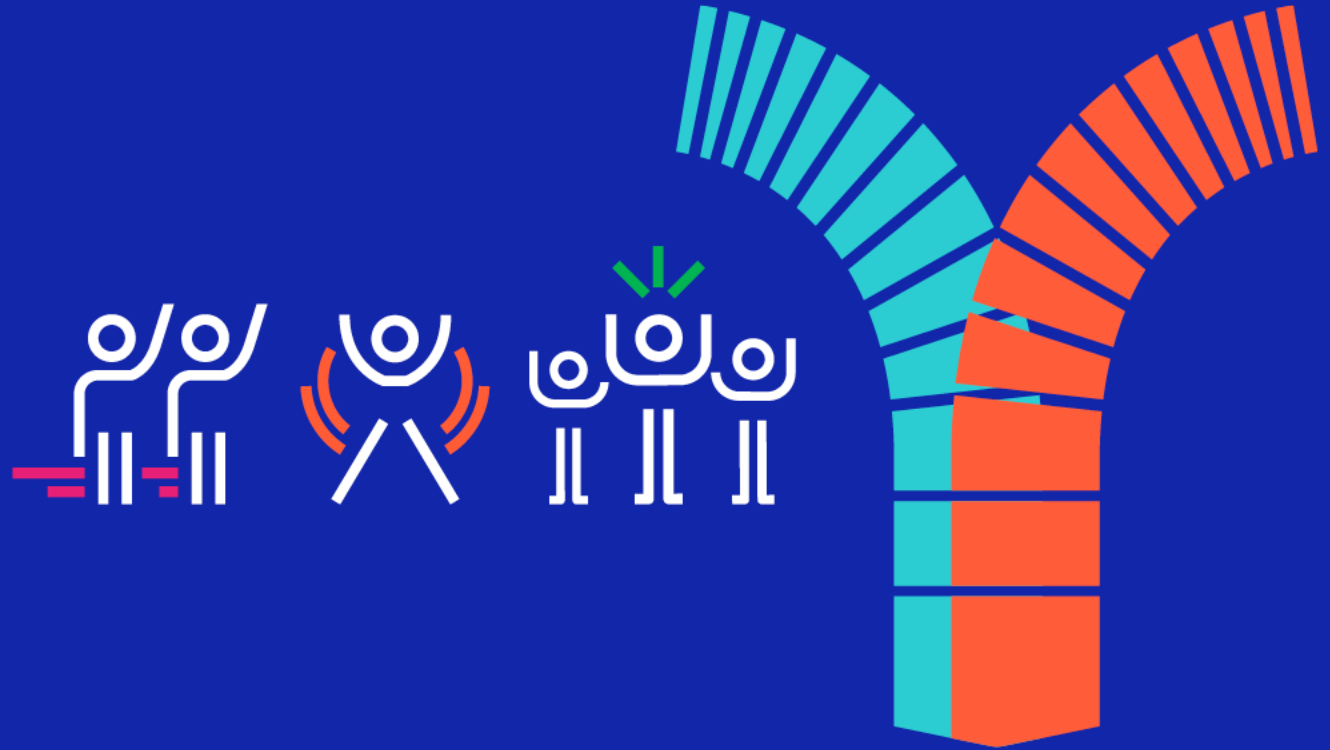


Coronavirus Support *Live*

22-25 February 2021

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COMPETITION

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Every £50 you spend with Decathlon will put you in with a chance of winning another £500 worth of sports equipment for your school.

Decathlon will make additional donations to YST once we hit an agreed target – so every £ you spend on kit and equipment will help to raise crucial funds for YST as we start to recover from the coronavirus pandemic.



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PE CatalYST Network session

Danny Burton



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Agenda

- PE CatalYSTs – where are we now . . .
- National update
- Break-out discussions (Networking)
- Summary / close



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The PE CatalYST Network

Where are we now . . .

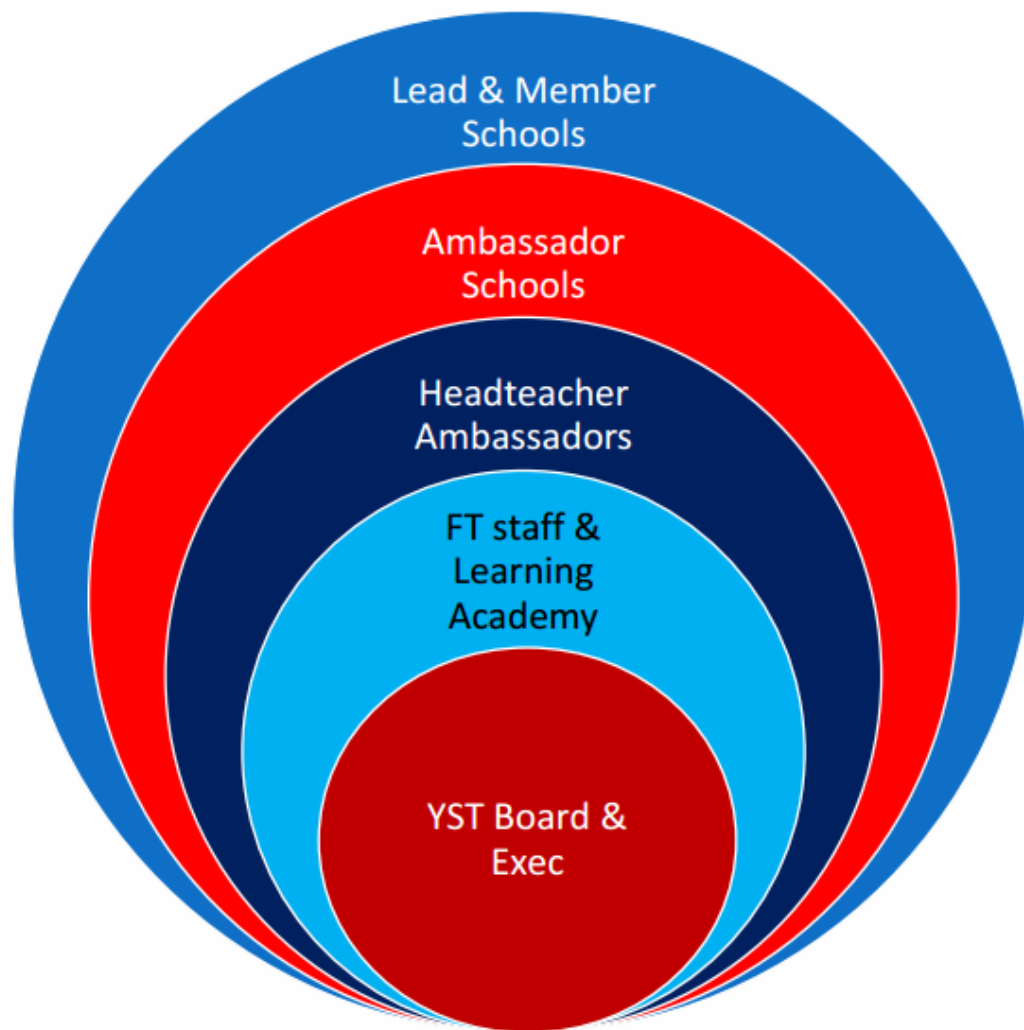


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'Growing the movement'

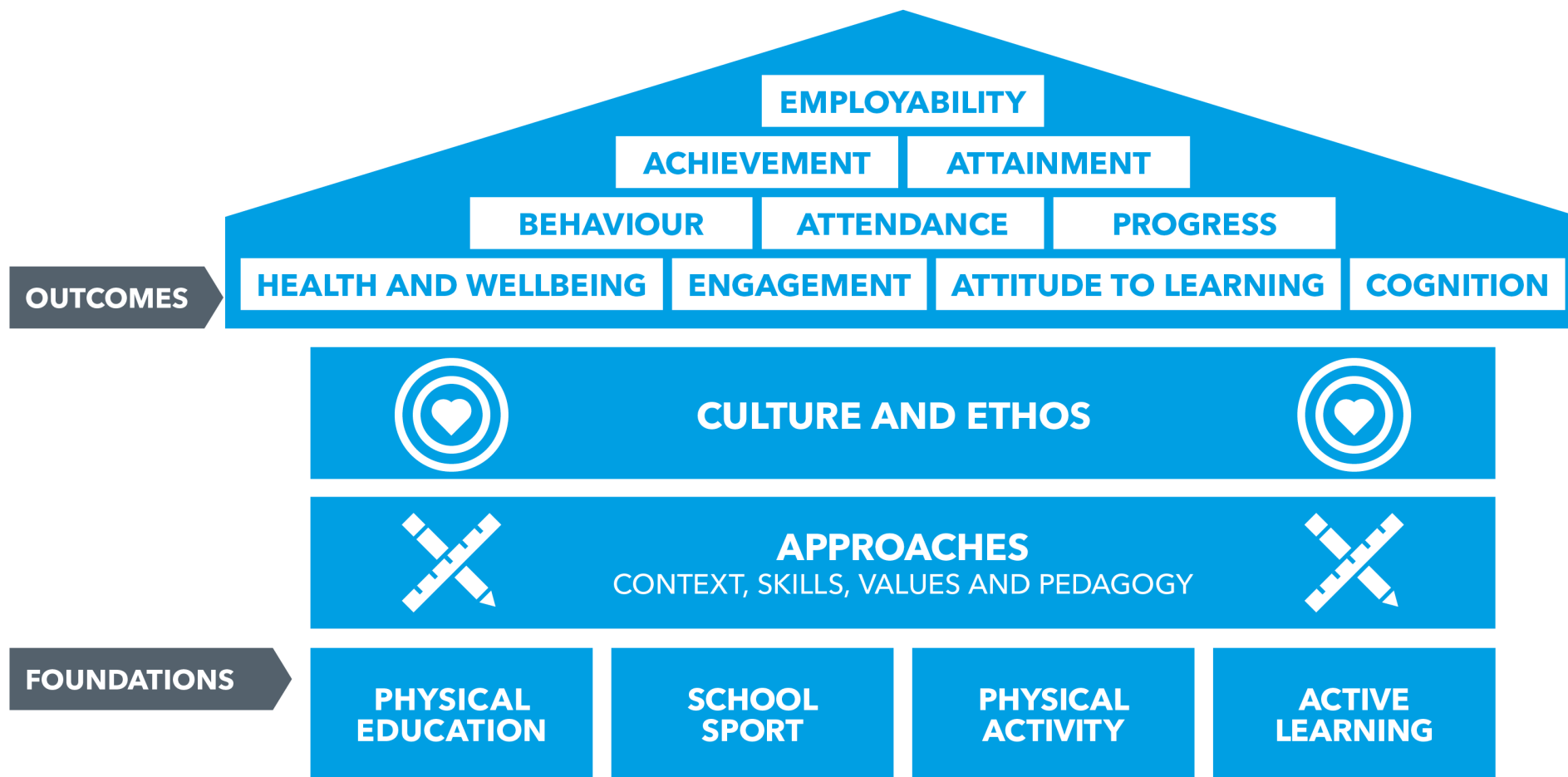


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'Growing the movement'



2019+

- ConnectED events (6 locations)
- Review of role/responsibilities of the network
- Surveys / Insight
- Regional Development Managers = Local networks / priorities
- Review of engagement (local analysis)



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The role of PE CatalYSTs

1. **Championing** the value and purpose of PE against whole school agendas and YSTs core purpose (Impact);
2. **Advocating** the impact of our work on schools and young people's wellbeing, leadership and achievement (Connections);
3. **Influencing** colleagues, senior leaders and key strategies at local and national levels by sharing best practice and providing a test bed for better solutions (Embed)



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The role of PE CatalYSTs

- Influence and engage others (PE practitioners/SLT) locally/regionally to include showcasing YST work
- Contribution to a regional/national networking events
- Regular communication with your regional YST Development Manager
- Provide a voice for the profession on a national scale (to influence politicians & policy) across a number of platforms via engagement within our YST Research Community; such as completing case studies, surveys, student voice activities and consultation events
- Engagement with YST programmes/products, and a willingness to test/pilot new projects and resources
- Develop PE practice to improve the experience for young people in your school and by sharing your ideas help other schools/academies benefit



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The PE CatalYST Network

National update



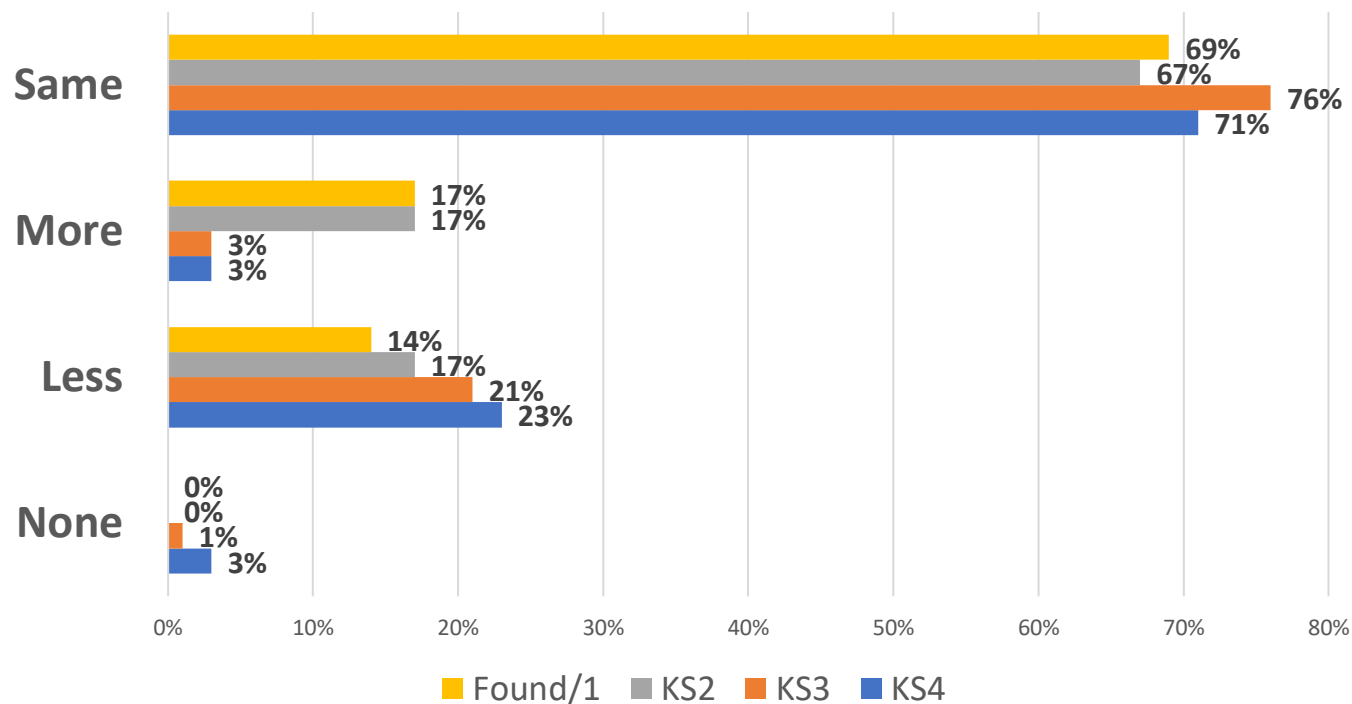
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Whilst the majority of teachers will deliver the same as pre-COVID, some schools will be offering less or even no curriculum PE post-lockdown:

Curriculum PE time in Autumn vs. pre-COVID

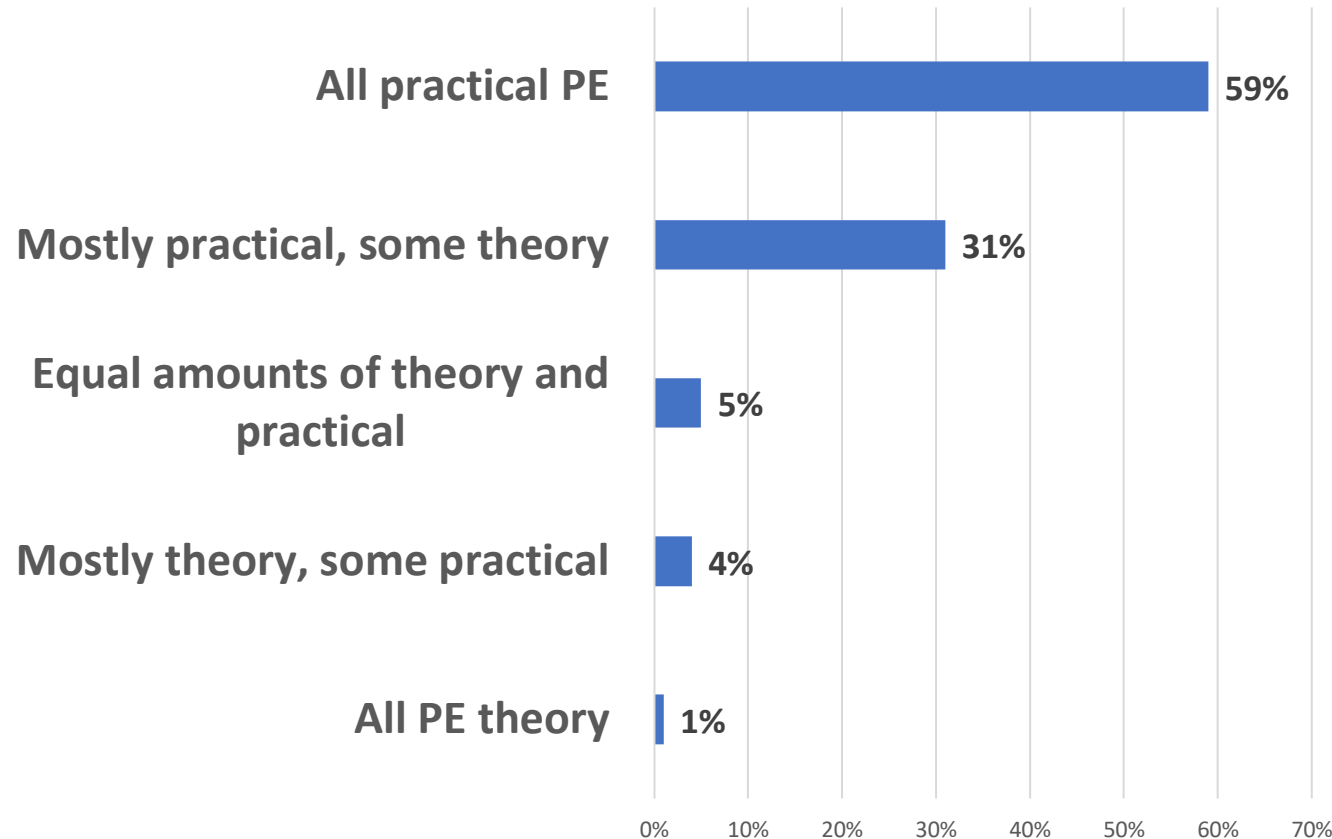


	Same/More	Less/none
KS4	74%	26%
KS3	79%	22%
KS2	84%	17%
Found/1	86%	14%

- More than 4/5 of primary teachers will be offering the same or more curriculum PE
- However whilst many secondary schools are delivering the same, very few are doing more, indeed 22% of KS3 and 26% of KS4 teachers are delivering less or no PE vs. pre-COVID



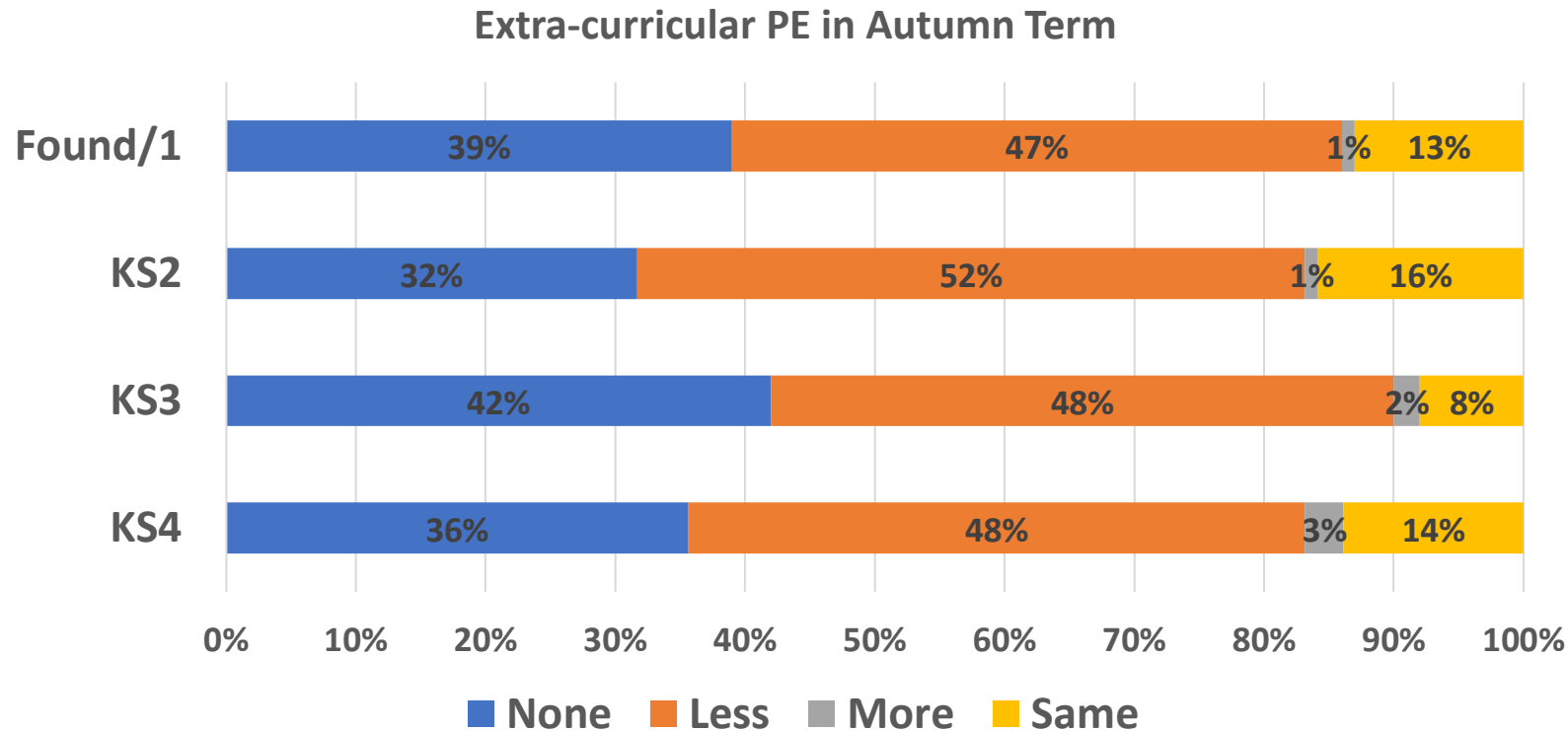
The majority of schools (90%) were delivering all or mostly practical PE post-lockdown:



- Additionally, we looked at how this compares to normal
 - most schools (75%) will be delivering the same balance of PE theory and practical PE as before
 - 8% plan to offer more practical PE
 - 17% plan to deliver more theory than usual (of which most are secondary schools)



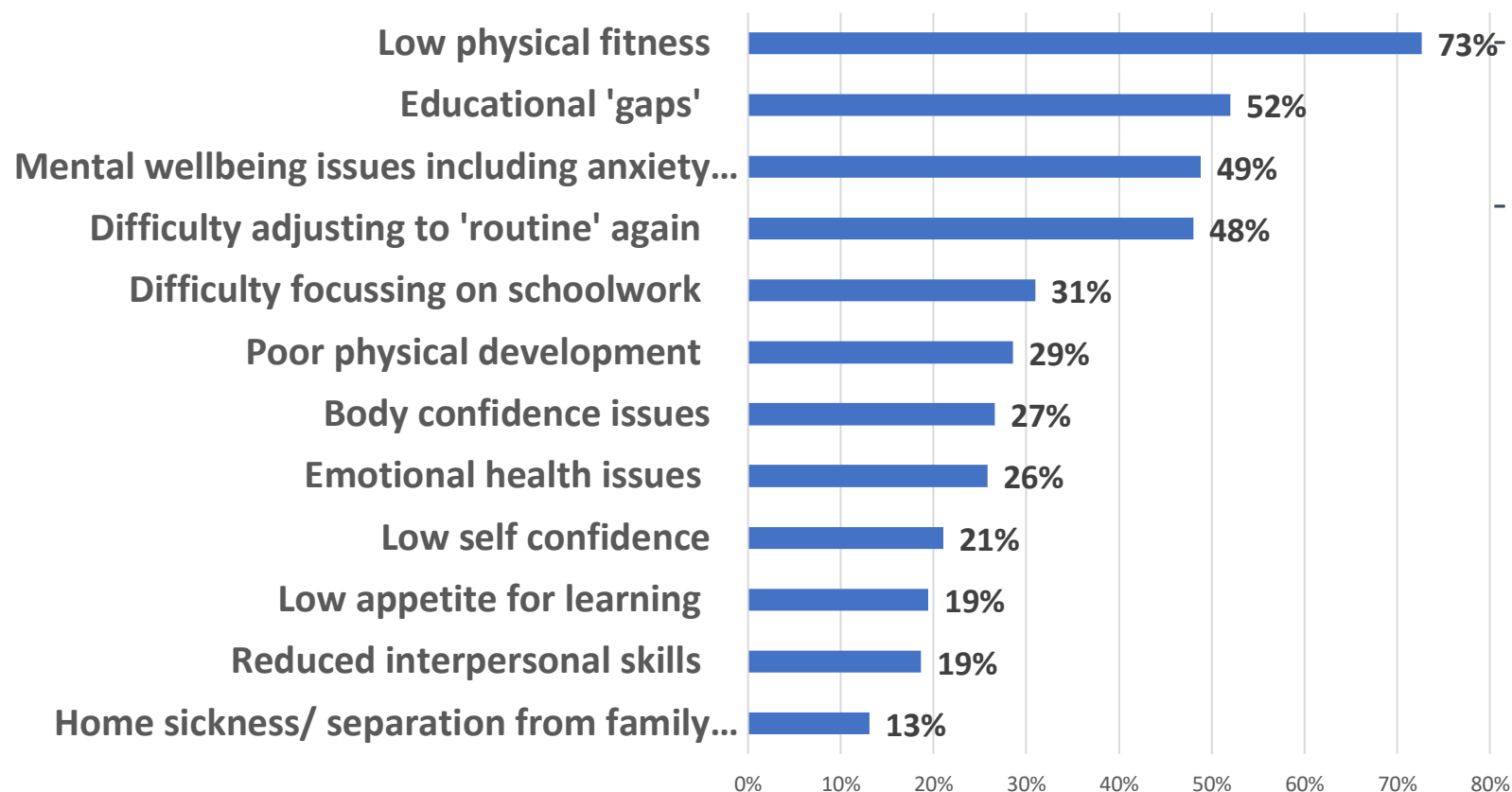
Around half of schools were delivering less extracurricular PE in the Autumn Term compared to pre-COVID, and around 4 in 10 are delivering none.



- This varies little by Key Stage, being driven more by physical logistics (see over).



Teachers are identifying issues as children return to school, could PE help to address these?



Almost $\frac{3}{4}$ of teachers of PE are noticing low levels of physical fitness amongst their pupils. Other issues emerging are educational gaps, mental wellbeing issues and difficulties getting back to routine.



The PE CatalYST Network

Networking / discussions



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Networking opportunity



1. How are you measuring engagement / impact of remote PE provision?
2. What are your plans for PE post-lockdown?
3. What other challenges / issues would you like to discuss (e.g. CAGs? Practical assessments, etc . . .)



The PE CatalYST Network

Summary / close

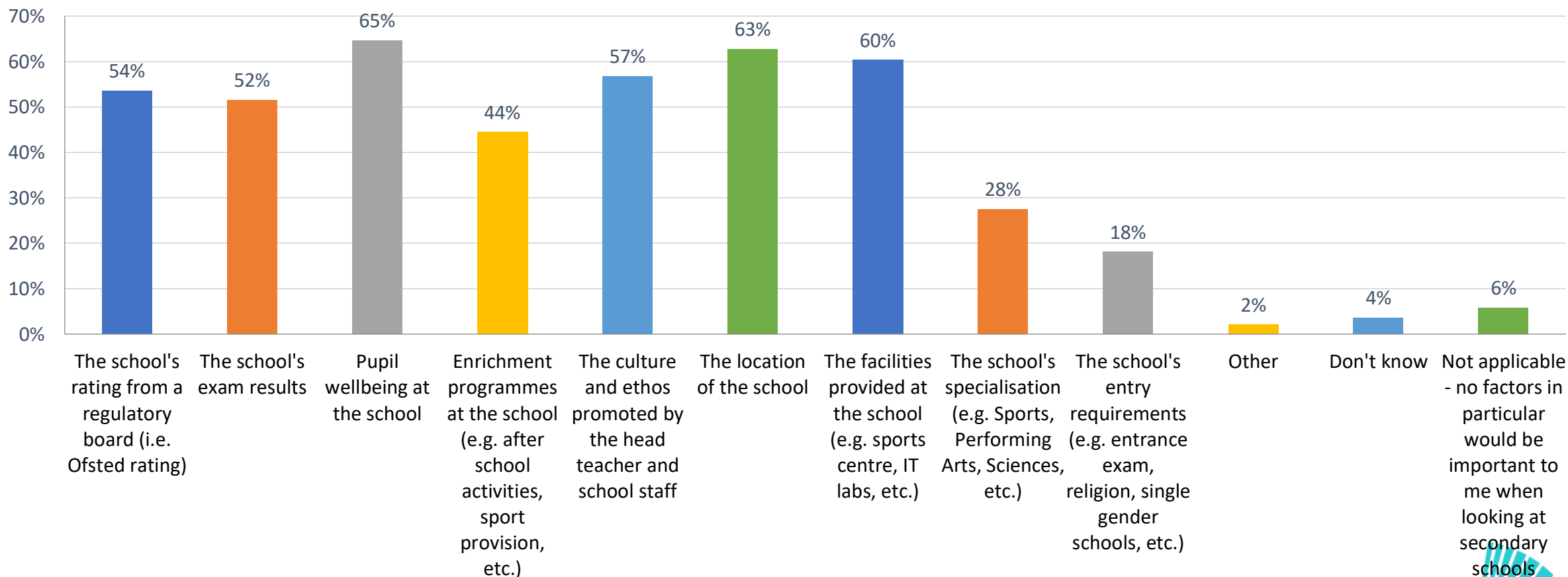


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What do parents / careers look for when selecting a secondary school for their young people?



YST Website – resources / support



Secondary Physical Education Response to COVID-19

Helping children recover from the consequences of lockdown and COVID-19 delivery ideas

Lockdown restrictions might cause pupils' to return to school with:	Suggested activities for Secondary Physical Education	Intent (In response to Covid-19)
Loss of functional capacity	<ul style="list-style-type: none"> Athletics and athletic challenges (Eg. Classroom to 3K) Fitness Circuits Gymnastics 	<ul style="list-style-type: none"> To develop stamina, strength & flexibility Developing individual skills / movements Creativity and basic composition
Lacking movement competence	<ul style="list-style-type: none"> Skills practices; covering a broad range of activities Personal challenges Engagement with social tasks (Eg. Tik-Toc routines) 	<ul style="list-style-type: none"> Improve confidence in performing techniques Development to become an effective performer Analyse and feedback to improve performance
Suffering loneliness, social isolation and lack of belonging	<ul style="list-style-type: none"> Activities which focus on communication and collective performance (Eg. Dance, Cheerleading, aerobics and OAA) Pop Lacrosse / goal ball / boule / boccia / adapted games 	<ul style="list-style-type: none"> Encourage social interaction Develop communication skills and teamwork Develop problem solving and leadership skills
Anxiety, bereavement, trauma or stress	<ul style="list-style-type: none"> Playground games (maximise Physical Activity opportunities) Daily exercise / activity / yoga / Pilates / tai-chi Dance 	<ul style="list-style-type: none"> Controlling breathing, emotions and mindfulness Developing self expression and creativity Develop communication and collaboration
Inactivity (too much time indoors)	<ul style="list-style-type: none"> OAA and Problems Solving (Eg. Scavenger hunts and orienteering) Health related fitness challenges Classroom to 2K / 3K / 4K 	<ul style="list-style-type: none"> Connection with the environment and regaining perspective Re-engage with outdoor environment (Eg. Nature)
Lack of motivation and confidence	<ul style="list-style-type: none"> Personal Challenges 1 vs 1 challenges Foot golf / tri golf / heptathlon / multi sport / frisbee 	<ul style="list-style-type: none"> Achievement / personal best Prepare and for competition Experience competing

NB: All activities should follow Government Guidance in response to COVID-19 and aPPE safe practice guidelines.



Digital Support

Our Webinar Series

- PE and Wellbeing - [watch](#)
- PE and Leading Change - [watch](#)
- PE and Inclusion - [watch](#)
- PE and Global Perspectives within Education - [watch](#)
- Transition from home to school learning and curriculum planning for PE - [watch \(primary\)](#), [watch \(secondary\)](#)
- PE post COVID-19 curriculum development for life-skills and wellbeing - [watch](#)
- Curriculum Mapping - [watch](#)
- Reframing competition post COVID-19 - [watch](#)

Our Podcast Series

The Youth Sport Trust Podcast
Episode 17 - Interview with Nigel

00:00 | 26:04

- Episode 17 - Interview with Nigel Huddleston MP 26:04
- Episode 16 - COVID-19 special: the Future of PE and Sport (part 3) 53:54
- Episode 15 - COVID-19 special: the Future of PE and Sport (part 2) 1:22:23
- Episode 14 - COVID-19 special: the Future of PE and Sport 38:24
- YST Podcast Update - May 2020 0:51



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Resources / Support

- YST podcasts; <https://www.youthsporttrust.org/yst-podcast>
- YST Wednesday webinars; <https://www.youthsporttrust.org/free-home-learning-resources-0>
- DfE guidance:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/952443/210114_School_national_restrictions_guidance_FINAL_14012021.pdf
- All About Me, All About Autism;
<https://learning.elucidat.com/course/5e708ec940552-5e709d25f0dfe>
- YST - Home learning content; <https://www.youthsporttrust.org/free-home-learning-resources-0>
- YST - Home learning content (secondary); www.youthsporttrust.org/free-home-learning-resources-secondary



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THANK YOU



It has been remarkable and inspirational to see the way that the teaching profession and all those working to support young people have stepped up in our time of national crisis and challenge. The nation owes all of you a deep debt of gratitude. Never has it been clearer how fundamentally important is physical activity and education to the positive development of every young person. The fact that you have managed, often very creatively, to encourage and enable that in a time of national lockdown has been remarkable.

Thank you

STEPHEN MUNDAY CBE
CEO, THE CAM ACADEMY TRUST



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Contact us

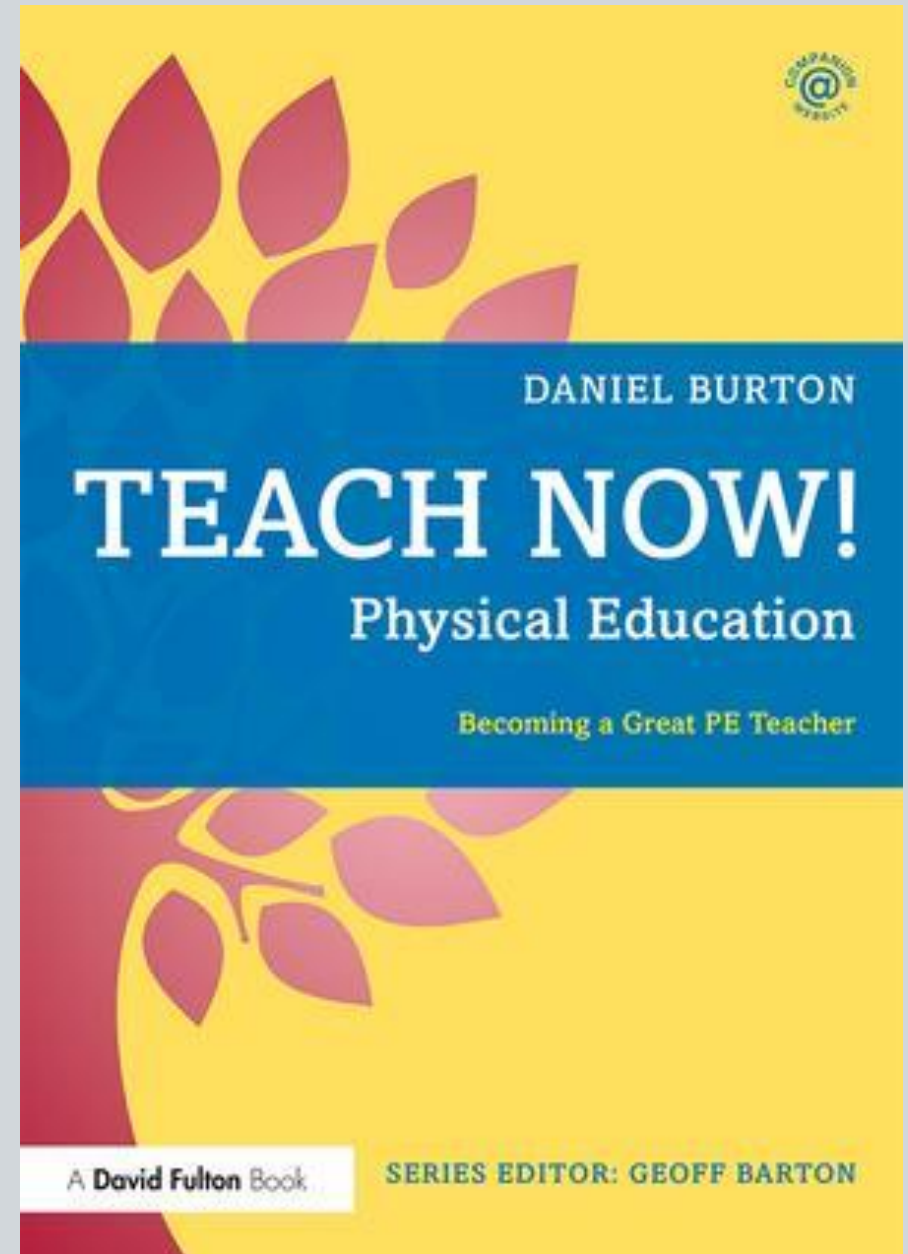
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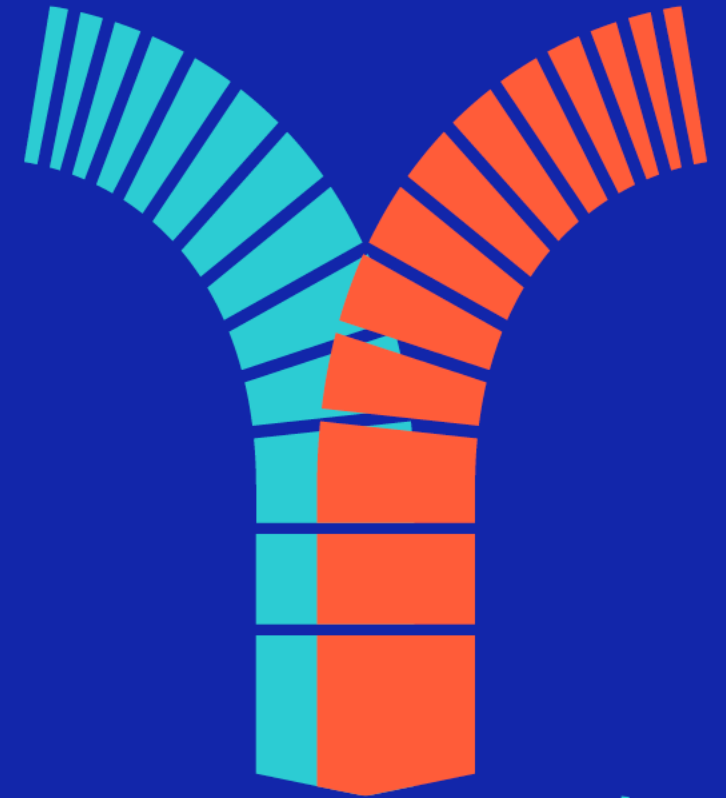


We hope you have enjoyed today's free to access webinar.

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