

# The importance of PE, school sport and physical activity

#healthy♥healthymind #partoftheMOVEment #MOVEmoresitless

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# The importance of PE, school sport and physical activity

- ▶ What do we mean by PE, sport and physical activity
- ▶ Why is PE so important to the curriculum and life chances?
- ▶ What does PE and School sport look like in your school? How do you know?
- ▶ What are the most effective ways to use the PE and school sport Premium to make a difference to young peoples' lives?
- ▶ What does a high quality PE and School Sport programme look like?
- ▶ How can we evaluate the impact of PE and school sport?
- ▶ The wider roles of the SGO, SSP, local clubs in your area
- ▶ Action Planning

# What do we mean by physical education, sport and physical activity?

## ▶ Physical Education

- ▶ Physical Education - enables children from early years, to leaving secondary school, to develop the skills, knowledge, attitudes and a disposition to pursue a lifelong enjoyment of, and involvement in, physical activity, sports and movement.

## ▶ Sport

- ▶ Sport is most often used to refer to competitive games or physical activities. Typically in this context, sports are governed by an agreed set of rules and require their participants to learn and exhibit physical athleticism and skill. Sports can be played by individuals, pairs or teams and require physical exertion. Sports form a core part of the Physical Education curriculum and often, the context for physical activity.

# Physical activity

- ▶ Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure.
- ▶ Regular moderate intensity physical activity - such as walking, cycling, or participating in sports - has significant benefits for health. For instance, it can reduce the risk of cardiovascular diseases, diabetes, colon and breast cancer, and depression. Moreover adequate levels of physical activity will decrease the risk of a hip or vertebral fracture and help control weight
- ▶ Physical inactivity has been identified as the fourth leading risk factor for global mortality causing an estimated 3.2 million deaths globally. Twice as many deaths from physical inactivity than from being obese

# Physical activity- our greatest defence

Physical Activity contribution to reduction in risk of mortality and long term conditions		
Disease	Risk reduction	Strength of evidence
Death	20-35%	Strong
CHD and Stroke	20-35%	Strong
Type 2 Diabetes	35-40%	Strong
Colon Cancer	30-50%	Strong
Breast Cancer	20%	Strong
Hip Fracture	36-68%	Moderate
Depression	20-30%	Moderate
Hypertension	33%	Strong
Alzheimer's Disease	20-30%	Moderate
Functional limitation, elderly	30%	Strong
Prevention of falls	30%	Strong
Osteoarthritis disability	22-80%	Moderate



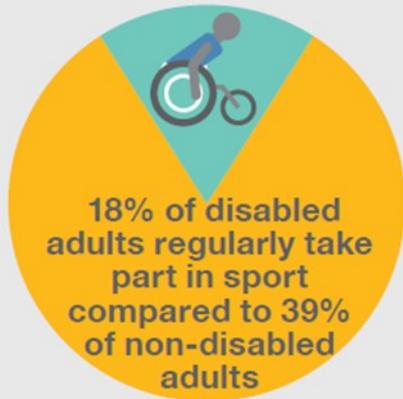
**33% of men** are not active enough for good health



**45% of women** are not active enough for good health



**19% of men and 26% of women** are 'physically inactive'



**18% of disabled adults** regularly take part in sport compared to **39%** of non-disabled adults



**23% of girls** aged 5-7 meet the recommended levels of daily physical activity, by ages 13-15 **only 8%** do



**21% of boys and 16% of girls** aged 5-15 achieve recommended levels of physical activity



**47% of boys and 49% of girls** in the lowest economic group are 'inactive' compared to **26%** and **35%** in the highest

Improves concentration and learning  
Why is PE so important to the  
curriculum and life chances?  
Builds confidence and social skills  
Develops coordination

Strengthens muscles and bones

Improves health and fitness

Maintains healthy weight

Improves sleep

**MAKES YOU FEEL GOOD**

What does PE, school sport and physical activity programme look like in your school?

➤ Are the high quality outcomes reflected in your school PE, sport and physical

# PE and school sport premium -Ofsted

## STRENGTHS

- ▶ A significant part of the new funding is being used to **improve the quality of teaching** in the subject.
- ▶ Schools employ specialist PE teachers and sports coaches to work with other teachers and teaching assistants .
- ▶ Schools using it to improve the skills of existing members of staff so that they provide good quality training for their colleagues in school.
- ▶ Inspectors found that the new funding was being used effectively to increase pupils' participation in sport and physical activity. In some schools, part of the funding was used to help selected pupils overcome personal difficulties and as a platform to improve their physical and social development.

## WEAKNESSES

- ▶ Strategic planning was generally poor.
- ▶ Monitoring and evaluation of the impact of actions to improve the provision of PE and sports were not rigorous enough. For example, too often, teachers' professional development was not planned thoroughly.
- ▶ Often no means of evaluating the impact of actions taken to improve teachers'

# PE and school sport premium -Ofsted

## Recommendations

### Schools should:

- ensure that their strategic plans for using the new funding include clear, measurable targets for improvement
- clearly show how school leaders will evaluate the impact that the premium is having on improving PE and sports provision
- regularly monitor the work of specialist PE teachers and sports coaches to ensure

What does a high quality PE and school sport programme look like?

Pupils are committed to PE and sport. They seldom miss

Pupils have the  
**SKILLS** and  
**CONTROL** that  
they need to

Pupils show a  
desire to  
improve and  
achieve.



The wider  
roles of  
you

# Action Planning

What do you need to do next?

**THANK YOU**

and a

**SAFE JOURNEY HOME**