

Targeted Interventions

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1.15-2.00

Aims:

By the end of this session you should:

- ▶ Be familiar with the Government Activity Guidelines
- ▶ Be aware of trends in physical activity participation
- ▶ Be familiar with the Sport England Secondary Teacher Training Project
- ▶ Experience a practical Yoga Session

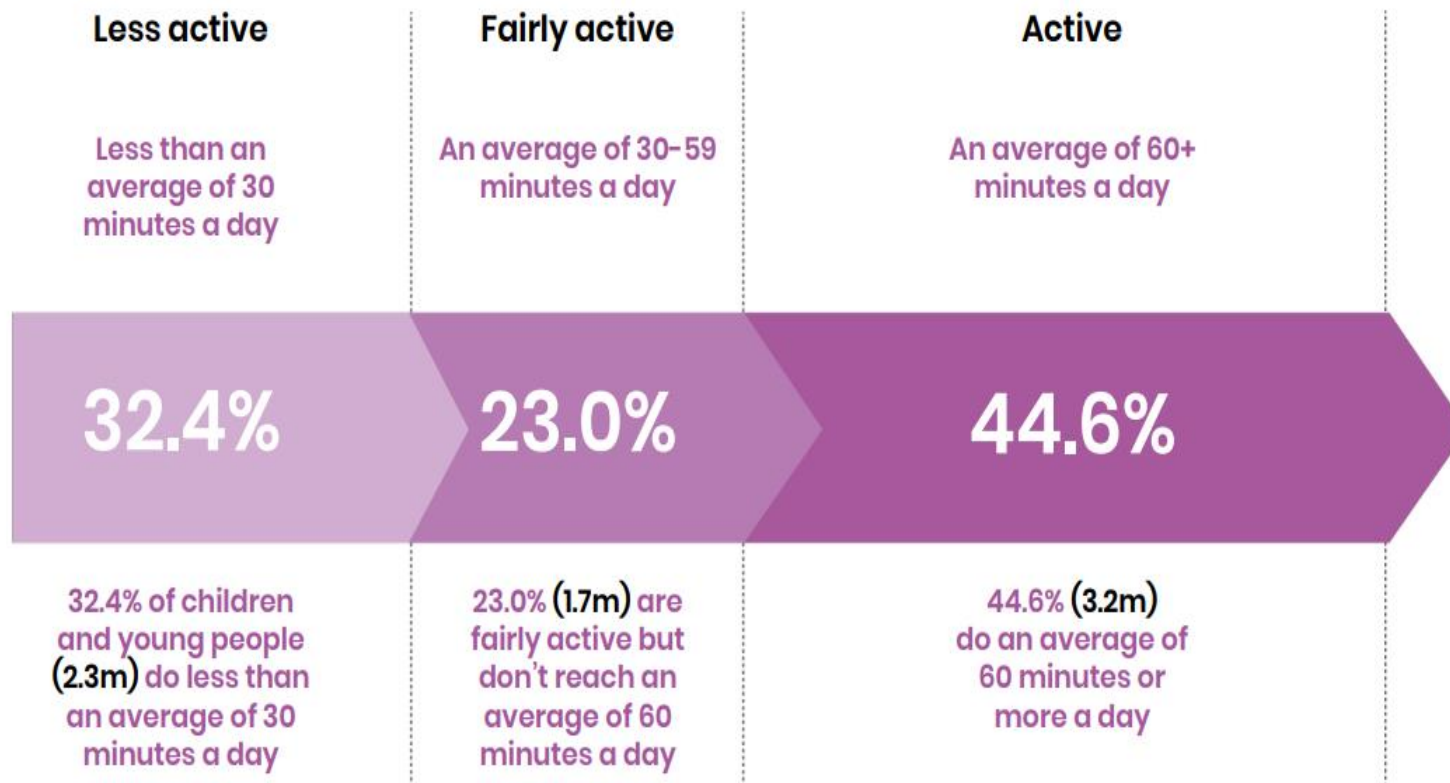
Outline of Session

- ▶ Government Activity Guidelines
- ▶ Active Lives Survey
- ▶ Sport England Secondary Teacher Training Project
- ▶ Practical Yoga Session

Government Activity Guidelines



Active Lives Survey (2021)

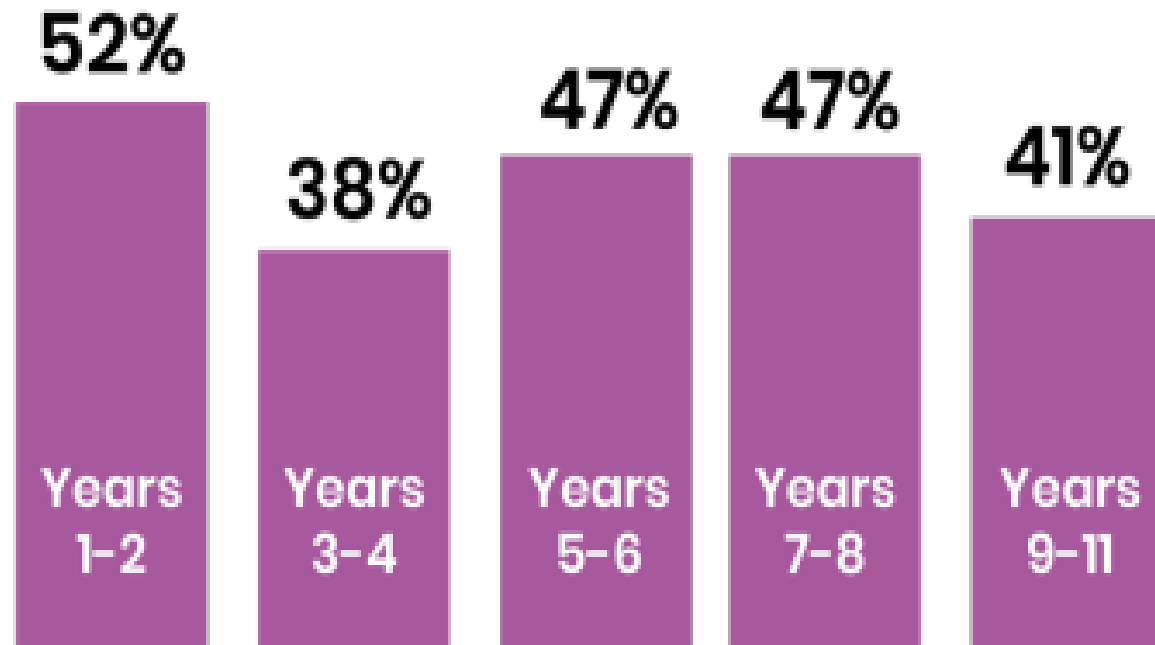


Activity Level by Year Group

1

Year group

Activity levels are lowest for school Years 3-4 (ages 7-9, 38%).



Activity Level by Gender

2

Gender

Boys (45% or 1.6m)
are equally as likely
to be active as girls
(45% or 1.6m).

45%

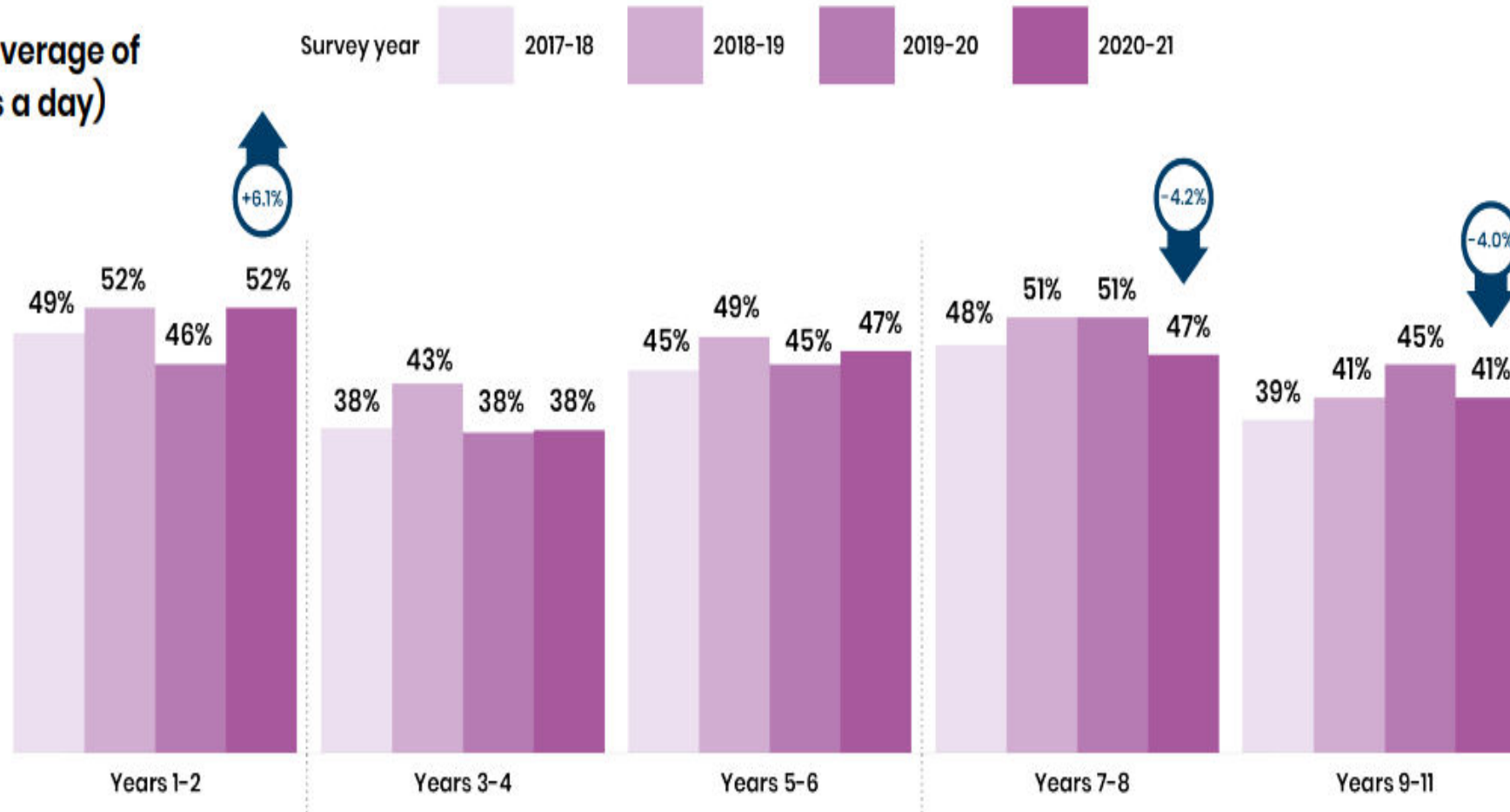
Boys

45%

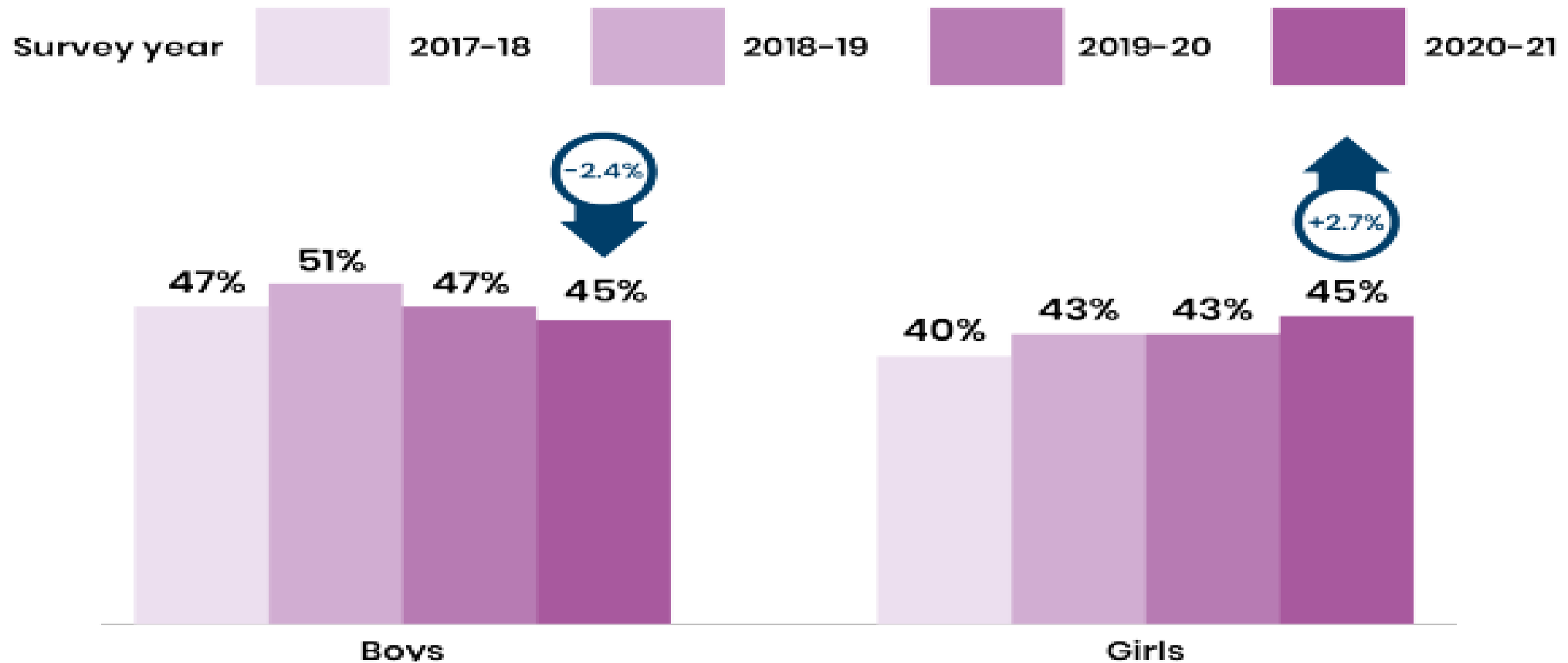
Girls

Activity Level by Year Group Trend

Active (an average of 60+ minutes a day)



Activity Level by Gender Trend



Sport England Secondary Teacher Training Project 2018-2022 - Expected Outcomes

Short Term

- Teachers recognise the need to improve the relevance i.e. based on the needs and wants of pupils and quality of what they provide to all their students, including those who are inactive.

Sport England Secondary Teacher Training Project 2018-2022 - Expected Outcomes

Medium Term

- ▶ PE is seen as an important curriculum area that impacts on student's wellbeing.
- ▶ Better quality PE, physical activity and sport is provided i.e. a focus on socialising and fun not just ability, winning or competition; inspiring young people to be more physically active and achieve academically; enabling pupils to become confident learners by providing them with the skills and knowledge to become well rounded individuals.
- ▶ Children and young people feel more capable and confident in their abilities to be physically active.

Sport England Secondary Teacher Training Project 2018-2022 - Expected Outcomes

Long Term

- ▶ Children and young people will experience a greater breadth of sport and physical activity at school i.e. breadth is providing a variety of opportunities for pupils to be physically active by including activities that are not available to them currently e.g. individual and team sports, fitness and creative activities.
- ▶ A reduction in the number of children and young people perceiving to have poor experiences of PE and sport in school.
- ▶ Improved mental and physical wellbeing of students

Example Projects

Focus Group	Actions
Year 7 pupils with attendance <90%	Extra-curricular Table Tennis sessions. Extra-curricular Short Tennis Sessions. Extra-curricular Offsite Tennis. Attendance at local leisure centre to take part in activity of their choosing.
Year 9 Low Ability disengaged boys	Introduction of Trampolining into PE curriculum Introduction of Parkour & Acrobatics into PE curriculum Introduction of extra-curricular Table Tennis club
Year 9 Girls lacking in confidence	Introduction of the following activities into curriculum PE: Zumba Yoga Pilates Boxercise Dance
KS4 Disengaged Girls	Introduction of Zumba and Boxercise into Girls' PE Curriculum