

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

Physical activity
for children and young people
(5–18 Years)

 BUILDS CONFIDENCE & SOCIAL SKILLS	 STRENGTHENS MUSCLES & BONES	 MAINTAINS HEALTHY WEIGHT
 DEVELOPS CO-ORDINATION	 IMPROVES HEALTH & FITNESS	 IMPROVES SLEEP
 IMPROVES CONCENTRATION & LEARNING	 MAKES YOU FEEL GOOD	

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

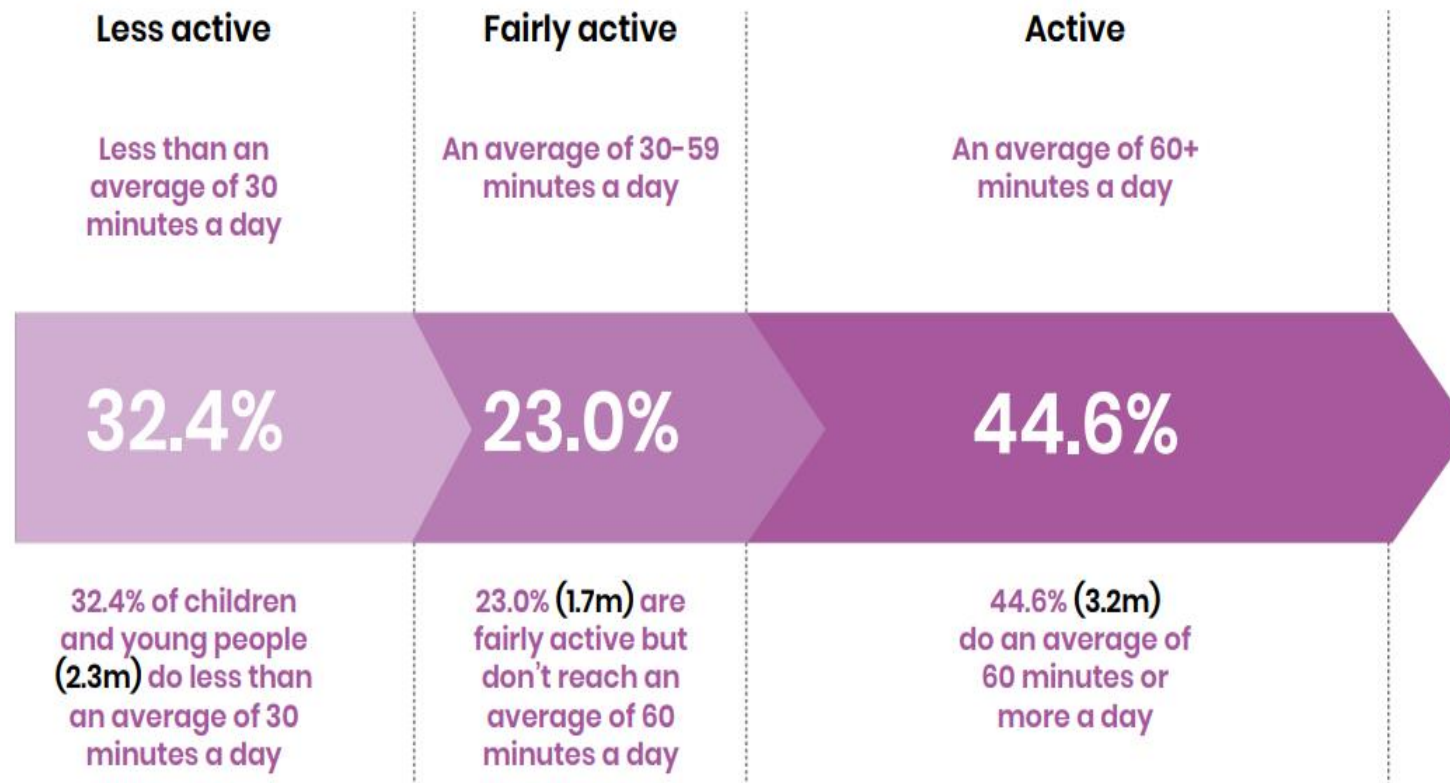
 PLAY	 RUN/WALK	 BIKE	 ACTIVE TRAVEL	
 SWIM	 SKATE	Activities to develop movement skills, and muscle and bone strength ACROSS WEEK	 SPORT	 PE
 SKIP	 CLIMB		 WORKOUT	 DANCE

Get strong  **Move more**
INACTIVITY

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Active Lives Survey (2021)

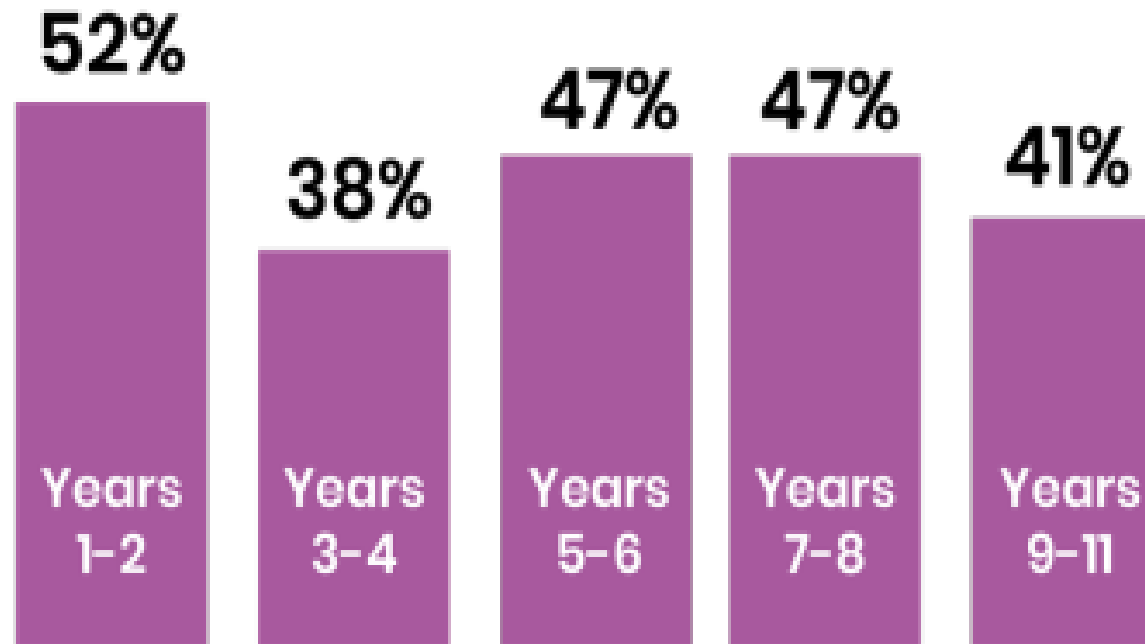


Activity Level by Year Group

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%

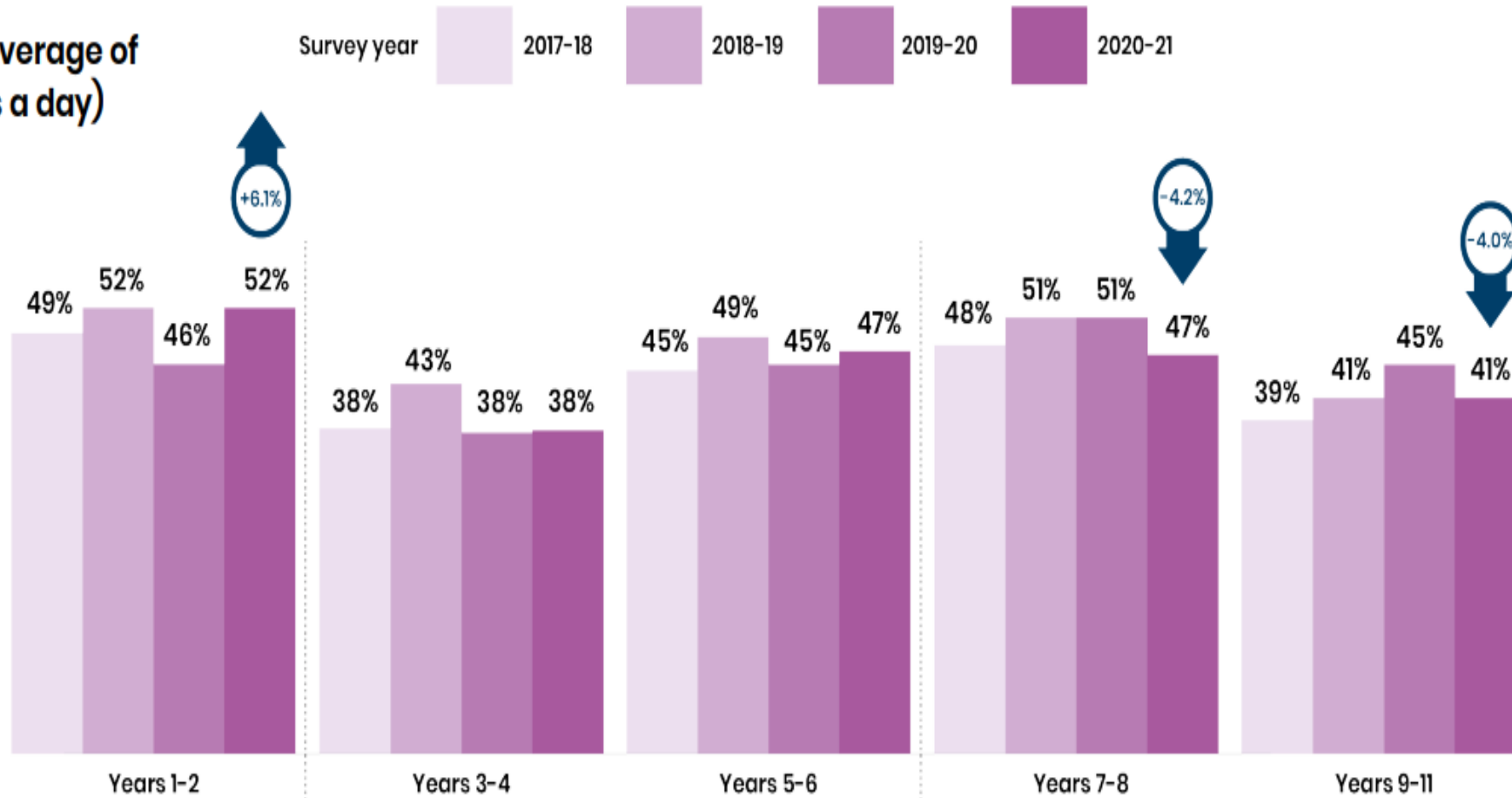
Boys

45%

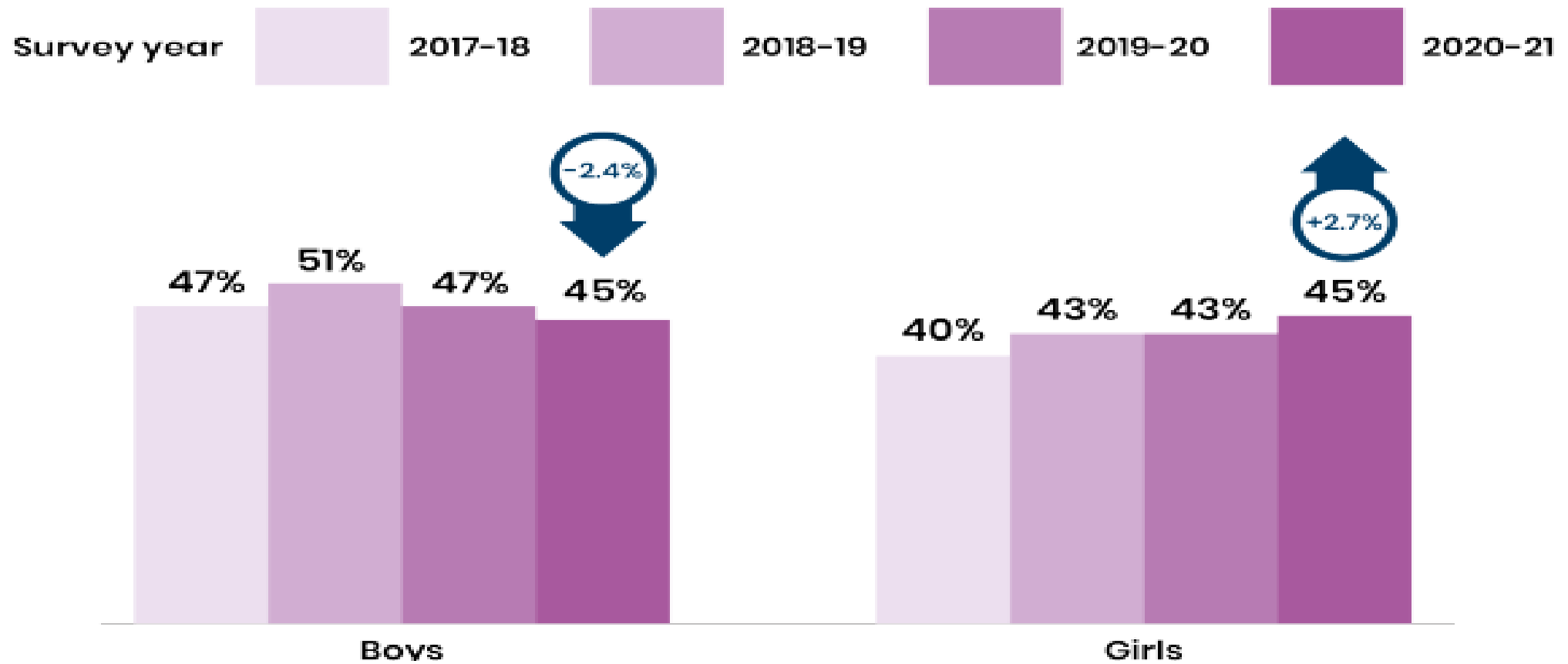
Girls

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