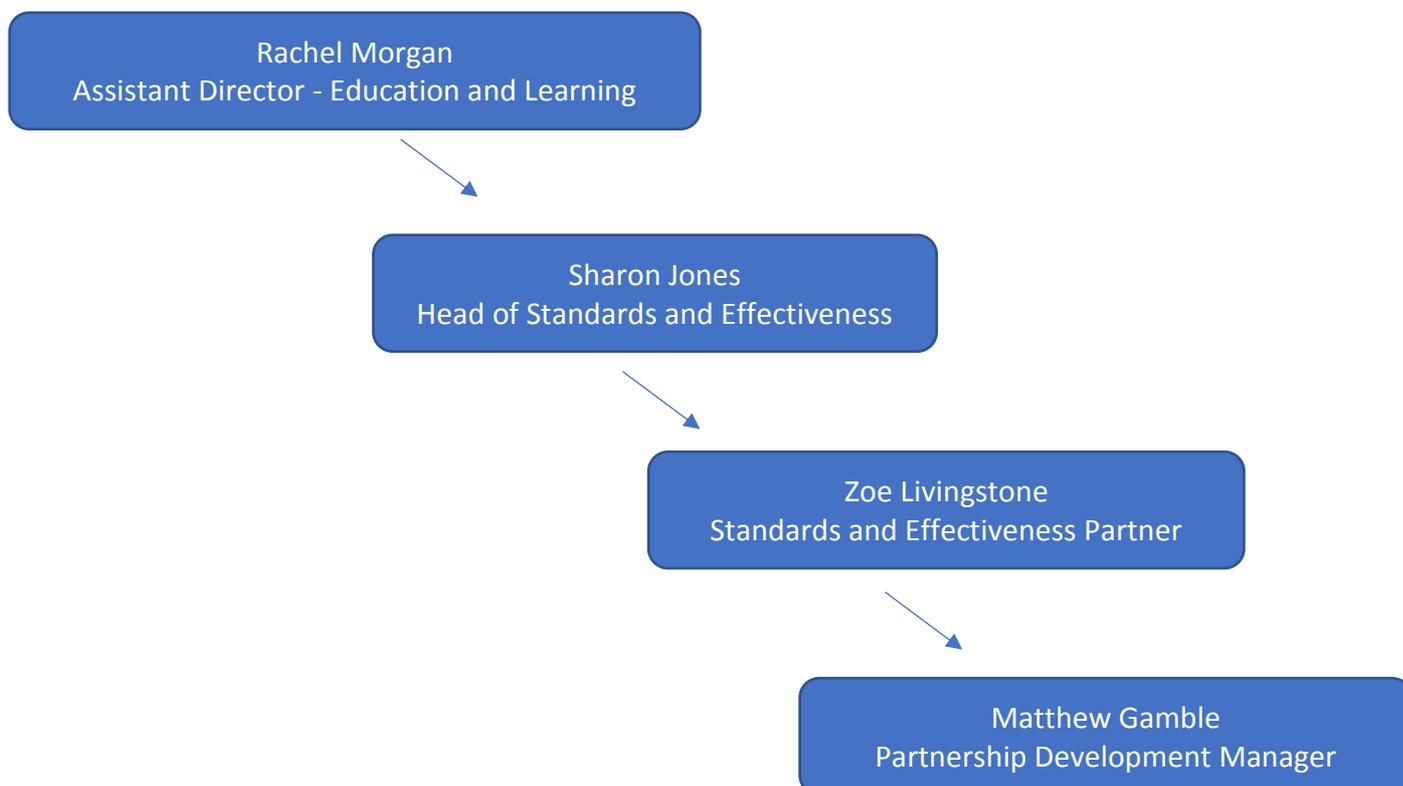


# Brief for the Healthy Eating, Activity and Exercise Scrutiny Review Partnerships - within the Education and Learning Department

Paper written by Matthew Gamble, Partnership Development Manager on behalf of the Education and Learning Department



I have been on a Bracknell Forest contract as a Partnership Development Manager since June 2007. I have used this time to develop, build and grow a school sport network of schools for Bracknell Forest which ultimately benefits the young people of Bracknell Forest. The opportunities PE and School Sport offer have life changing benefits which improve children's wellbeing to give them a brighter future.

## What is 'Partnership Development' and why is it important?

For the purpose briefing paper, the term 'partnership' will be used in the context of schools and young people. The role 'Partnership Development Manager' was developed some time ago around 2002 where the Youth Sport Trust and Government funded 450 School Sport Partnerships throughout the country and established a closer link between primary schools and their feeder secondary schools by using PE and School Sport as the vehicle.

### Background of School Sport Partnerships

School Sport Partnership (SSP) are one strand of past government physical education, school sport and club link strategy lunched in 2002. In 2006, all schools in England were part of an

SSP. Each partnership consists of a family of secondary, primary and special schools working together to increase the quality and quantity of PE and sport opportunities for young people. It was managed by a Partnership Development manager who is funded centrally and employed directly by schools, usually a sports college. The SSP funded a School Sport Coordinator in each secondary school and a Primary Link Teacher in each primary and special school.

Since 2012 the 'Partnership Development' role has evolved into the role called School Games Organiser (SGO), however on considerably less resources and funded for 3 days. This SGO role has been very much targeted at establishing positive competitive experiences both in school and between schools and provide appropriate pathways to progress. This is where the Berkshire School Games was established and is now a natural pathway of our local competitive delivery for schools to progress, however the name of Partnership Development Manager was still kept.

#### The School Games is:

The School Games comprises of both Intra and Inter School competitions leading to County Finals

#### The School Games mission:

Keeping competitive sport at the heart of schools providing more young people with the opportunity to compete and achieve their personal best

#### What is the vision:

By 2020 the School Games will be continuing to make a clear and meaningful difference to the lives of even more young people

Alongside the School Games programme primary schools also receive PE and School Sport Premium funding. This funding has been in place since 2014

#### **PE and Sport Primary Premium Funding - Primary School**

The PE and Sport Premium is additional ring-fenced funding for publicly funded schools in England to ensure all young people have the opportunity to live healthy and active lives. A positive experience of sport and physical activity at a young age can build a lifetime habit of participation.

Physical activity has numerous benefits for children and young people's physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowers anxiety and depression), and children who are physically active are happier, more resilient and more trusting of the peers. Ensuring that pupils have access to sufficient daily activity can also have a wider benefit for pupils and schools, improving behaviours as well as enhancing academic achievement.

## **Funding for financial year 2019-2020**

Schools receive funding based on the number of pupils in years 1 to 6.

Schools with 17 or more eligible pupils receive £16,000 and an additional payment of £10 per pupil.

How many pupils (in most cases) is based on data used from the Jan 2019 school census.

## **The School's use of the PE and Sport Premium**

Schools must use the funding to make additional and sustainable improvements to the quality of their physical education (PE), physical activity and sport.

This means that the premium should be used to:

- Develop or add to the PE, physical activity and sport that your school provides
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the schools in future years

Schools should use the premium to secure improvements in the following 5 key indicators.

Engagement of all pupils in regular physical activity, for example by:

- Providing targeted activities or support to involve and encourage the least active children
- Encouraging active play during break times and lunchtimes
- Establishing, extending or funding attendance of school sports clubs and activities and holiday clubs, or broadening the variety offered
- Adopting an active mile initiative
- Raising attainment in primary schools swimming to meet requirements of the national curriculum before the end of key stage 2. Every child should leave primary school able to swim

Profile of PE and sport is raised across the school as a tool for wider-school improvement, for example:

- Encouraging pupils to take on leadership or volunteering roles that support sport and physical activity within the school (such as sports leaders or peer mentoring schemes)
- Embedding physical activity into the school day through active travel to and from school, active break times and active lessons and teaching

Increase confidence, knowledge and skills of all staff in teaching PE sport for example by:

- Providing staff with professional development, mentoring, training and resources to help them teach PE and sport more effectively to all pupils, and embed physical activity across the school

- Hiring qualified sports coaches to work alongside teachers to enhance or extend current opportunities

Broader experience of a range of sports and activities offered to all pupils, for example by:

- Introducing new sports and physical activity (such as dance, yoga or fitness sessions) to encourage more pupils to take up sport and physical activities
- Partnering with other schools to run sports activity and clubs
- Providing more (or broadening the variety of) extra-curricular activities after school in the 3-6pm window, delivered by school or other local sport organisations

Increased participation in competitive sport, for example by:

- Increasing pupils' participation in the school games
- Organising, coordinating or entering more sports competitions or tournaments with the school or across the local area, including those run by sporting organisations

#### **What funding should not be used for:**

- Employ coaches or specialist teachers to cover planning preparation and assessment (PPA) arrangements – these should come out of the core staffing budget.
- Teach the minimum requirements of the national curriculum - with the exception of the top-up swimming lessons after pupils' completion of core lessons (or, in case of academies and free schools, to teach existing PE curriculum.)
- Fund capital expenditure – the DfE does not set the capitalisation policy for each school. School business managers, school accountants and their auditors re best please to advise on a school's agreed capitalisation policy.

## **Accountability**

### **School compliance**

It is the responsibility of school leaders and governors to decide how best to spend their PE and sport premium allocation.

Schools are accountable for their use of the PE and school sport premium funding allocated to them. Schools are expected to spend the grant for the purpose it was provided only - to make additional and sustainable improvements to the PE, sport and physical activity offered. Schools and local authorities must follow the terms and conditions in the grant conditions.

### Online reporting

Schools must publish details of how they spend their PE and sport premium funding by the end of the summer term or by 31<sup>st</sup> July at the latest of each academic year. Online reporting must include:

- The amount of premium received

- A full breakdown of how it has been spent
- The impact the school has seen on pupils PE, physical activity and sport participation and attainment
- How improvements will be sustainable in the future

Schools are also required to publish the percentage of pupils within year 6 cohort in the 2019 to 2020 academic year who met the national curriculum requirements to:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations

Review of online reports

Schools online reporting is monitored through annual sample in each local authority. Get Berkshire Active review the published information on selected schools' websites to ensure it meets the requirements on premium funding and swimming attainment. In the first year there was a handful of Bracknell Forest Schools who did not adhere to the online reporting request but subsequently no school has received a letter for the past 5 years.

OFSTED also have statutory role to report on schools use of the funding. They evidence their findings in their reports. We have never had a negative comment, or a school fail due to the use of its PE Premium funding.

**What must the Council do with partners in relation to the provision of healthy eating activity and exercise provision? - Education**

There are currently no statutory duties on the Council for education in relation to this requirement.

All Bracknell Forest Schools purchase a PE and School Sport service level agreement. As a result of schools buying in to this non-statutory service, we are able to provide a degree of challenge and support to PE subject leaders to engage in healthy eating and school provision. Also, within this conversation we are able to support schools and wider partners to keep and maintain outdoor activity areas which are key to encouraging physical activity. We are able to support them in ensuring they are well maintained, attractive and easy to access for all. Ultimately, however, governors are responsible for the children in their school.

The issue of obesity isn't just linked to lack of exercise. Often the issue is a much wider complex challenge.

Secondary schools particularly are a national area of physical activity drop off. This is a national area of development where PE departments can only provide so much, and that provision is often for the more active young people. This outcome is often to the detriment of many young people however there are currently no resources to support this work.

## **What do the Council do with partners in relation to the provision of healthy eating activity and exercise services provision?**

With regards to the partnerships in the education sector I am developing with schools, the provision of physical activity, PE and Sport activities can be captured in the impact question later in the paper.

The 'partnership' role very much has physical activity and sport as its outcomes and therefore the focus is providing opportunities to fulfil this.

Some of the wider work which has been achieved with partners (schools) are:

- Encouraging classrooms to become more active in their learning when possible
- Supporting out of hours clubs involving physical activity on the school site
- Training young people to support activity during break and lunch times for their peers
- Supporting schools to complete School Games Mark which is a national award that celebrates and documents school's engagement in the School Games.
- Supporting schools to use national frameworks such as a heat map which will show areas at school when young people are less active.
- Developing the daily mile –where appropriate support schools to participate in an active mile achieved every day
- We provide training workshops for teachers, support staff and young people in this area especially concentrating on the chief medical's officers ambition of 60 minutes of physical activity a day for young people.
- We have provided alternative activities for secondary schools through grant application to the County Sport Partnership increasing participation.
- Where we have been able to, we have used athlete mentor to visit schools and promote physical activity.

Area of development:

Secondary schools currently receive no financial support and do not have the capacity to develop wider physical activity opportunities. This is reflected in national conversations regarding participation drop off from secondary aged young people. This national picture will be reflected in Bracknell Forest secondary schools not because of the lack motivation to address this, but through lack of resources.

The issue of obesity isn't just linked to lack of exercise. You often find that the areas which are more susceptible to higher levels of obesity have much wider issues and from areas of deprivation.

### **What partnership are in place and what is their purpose?**

In large, the role involves working with national partners such as the Youth Sport Trust, Department of Education, Sport England, and the Department for Health as agencies who contribute and reflect my work to deliver national outcomes. Much of this national work is to address the priorities nationally and see what best fits the schools and their young people locally to make the greatest outcomes.

On a county level I work with colleagues from other boroughs to co-deliver projects such as the Young Ambassador programme which is designed to give some of our best sports volunteers and training and opportunities to practice their skills.

The School Games is predominantly aimed at the more active young people however working across the county we have been able to develop a consensus of opinion and have modified numerous progressive activities to enable more young people to be engaged.

Locally I work with schools to support and develop in physical education, sport and physical activity. This may be through providing alternative provision for schools to attend, work developmentally supporting schools to offer wider opportunities and engage the least active, less engaged young people.

Collaborative planning across a number of schools and at strategic level is increasing the capacity of individual schools to improve the quality and quantity of PE and Sport. Much of the mechanism is delivered by the Partnership Development Manager which increases capacity.

All Bracknell Forest Schools invest into a larger network of schools. This is beneficial in many ways, giving schools opportunity to network and share practice.

The Partnership Development Manager is often the first point of contact for organisations wanting to work our local schools. Often this can have greater coverage for our schools, be utilised in a targeted strategic way to develop and encourage wider opportunities. For example, knowing schools want to deliver a specific project or outcome such as developing a new PE curriculum I am able to use my knowledge and experience to inform the school as to the best resource.

Get Berkshire Active (GBA) are a body funded by Sport England who support growth of physical activity of any age across Berkshire. I work with GBA in particular around the Berkshire School Games, engaging young people in competitive sport and also introducing them to in formal physical activity. GBA are also a body who in specific areas provide funding to develop activity for all.

### **How are the partner services funded?**

Currently the role and the work is funded through several mechanisms:

- Central Government provide a grant to fund 3 days of SGO time

- Local schools purchase services through the trading service arm of the local authority. There are currently 29 primary schools purchasing the Primary Physical Education and School Sport Support Programme. 15 primary schools purchase a premium level and 14 primary schools purchase the core
- The local authority contributes to the Young People in Sport Programme which has recently come under my remit. The Young People Sport scheme is a combination of joint department funding contributes to the delivery of the Young People in Sport Programme. The programme predates any national agendas and local schools have been benefiting from this scheme for some time. The scheme is twofold. One area of specialist coaching to support the teachers to deliver a specific sport designed to provide opportunities for a class of young people. The second part is a high-quality event aimed at targeting participation for year 6. The local schools hold these events in high esteem, providing a pinnacle for athletes in year 6 and end of their primary school journey

All of these funding streams contribute to providing an overarching network for Bracknell Forest schools to work in partnership across the borough.

Beyond these partner services schools individually can address healthy eating using their ring-fenced PE Premium funding. This will be determined by the school leaders and governors where the school see this as a priority.

### **What impact does the activity with the Council partners have and how is this evidenced?**

With regard to evidencing the impact of the PE Premium funding, each school should provide an impact statement on their website annually, and accountability sits with the Governing Body.

The Local Authority does not have a remit to report on the impact of the PE funding, however this area of support is continually challenged, discussed and supported through subject leader network meetings, and the Standard and Effectiveness team.

Ofsted have a duty to review the outcomes of the PE Premium funding and provide comments in every school's report.

Get Berkshire Active also have the statutory remit to ensure schools publish their PE development plan, their actual spend and their outcomes on each school's website.

Locally the schools' attendance rates at events co-ordinated by the Partnership Development Manager are growing year on year over the last three years as outlined in the table.

	<b>2016/17</b>	<b>2017/18</b>	<b>2018/19</b>
Average of events attended by schools per year	17	20	23

The attendance at activities offered by the Partnership have increased year on year. The opportunities will be a combination of 'sport', 'competitions' and wider physical activity festivals developed to broaden participation allowing young people of all levels of ability to attend.

One school attended as many as 39 opportunities last academic year.

The offer is designed to maximise the opportunity for all therefore is not always targeting the young people who are already physical active. This has been achieved by working jointly with schools and understanding their requirements, motivation and ability to participate.

#### Sport England's Active Lives Children and Young People Survey

Alongside this local data captured by the SSP, Sport England also capture data called an Active Lives Children and Young People Survey. This provides an approach to gather data on how children engage with sport and physical activity. It gives help to understand children's attitude and behaviours around sport and activity at a national level to inform policy and ideally resources to develop areas of weakness.

Get Berkshire Active administer the survey for Sport England and have produced national data. A local insight briefing has been developed using the completed data from Bracknell Forest Schools who have completed the survey.

The survey is targeted at selected schools identified at random and is not statutory for schools to complete it however completion is advocated locally by the Partnership Development Manager.

Specific data relating to this area is in the below tables:

<b>Physical Activity Participation in children</b>			
	Bracknell Forest	Berkshire	England
<b>Active every day:</b> at least 60 minutes daily	14%	19%	18%
<b>Active across week:</b> average of 60 minutes per day but not daily	34%	26%	26%
<b>Fairly Active :</b> average of 30-59 minutes per day	25%	22%	24%
<b>Less Active:</b> less than an average of 30 minutes per day	28%	33%	33%

Out of the four indicators above two indicators are significantly better than the national and the Berkshire average. The 'fairly active' indicator is extremely close to national average and slightly down compared to Berkshire.

The area of development is with the indicator 'active every day' which is 4% lower than the national average and 5% lower than Berkshire.

The data above shows that although there is no significant difference between the percentage of children who are 'less active' in Berkshire than the national figure, the proportion of 'less active' children in Bracknell Forest is more positive with fewer children in this category.

Bracknell Forest also comes out favourably when looking at the 'active across week' category which is 8% higher than the national average.

Wider performance indicators to Physical Health - inactivity can be linked to obesity. The data below includes information relating to obesity levels at year 6:

<b>Children's obesity levels by Year 6 - data taken from 2018/19</b>	
<b>Bracknell Forest</b>	<b>England</b>
28.4%	34.3

Above shows that Bracknell Forests year 6 child weight management results are below national average.

To close, schools healthy living is a combination of many things, including good nutrition, regular exercise and a positive attitude. Taking care of your body and feeling pride in your accomplishments can improve both your physical and mental health.

The evidence shows Bracknell Forest schools are choosing to participate in local events which are provided through this role. The proportion of pupils categorised as 'less active' is lower than national average with greater levels of young people achieving higher than national average. This combined with the child's weight management data that the obesity levels are also lower than national average shows that Bracknell Forest is heading in a positive direction.

### **Feedback from PE Primary Subject Leaders/Bracknell Forest Schools**

Schools continue to buy in to the service level agreement, and feedback is overwhelmingly positive, suggesting that the service is having a positive impact in schools.

The comments below capture some of the qualitative evidence relating to the impact of this work:

*“Thank you both for all of your time and support over the last few years, as PE lead you made my job a lot easier”*

*“This comes a little later than planned, but I wanted to say thank you for organising such an incredible event! All of our children absolutely loved their afternoon, and I was thrilled to see those kids we took who are disengaged from sports having such a brilliant time – the smiles on their faces said it all!”*

*“Just wanted to say, the children had a fantastic time today. Even the children who wouldn’t normally like to take part in a sporting event said how much fun it was. The event was very well organised.”*

*“I just wanted to thank you both, for giving so many of our children at Uplands such an amazing experience!! “*

*“It was a fantastic event, and all 61 of our children are still bouncing off the walls and asking, “when’s the next one?!”*

#### **Facebook:**

Our large high-profile events are captured, and pictures are posted on Bracknell Forest Facebook page by the communications team. These are extremely popular and paint a positive picture of opportunities for young people.

#### **What links are there with the voluntary sector?**

In the context of the School Sport Partnership the links with Bracknell Forest schools are extremely strong. We engage with every Bracknell Forest school.

Another local advantage would be that we are able to engage areas of supports from the voluntary sector that supports some of the delivery. This maybe through voluntary sports clubs supporting the competitions the Partnership is delivering. I.e. local athletics club supporting delivery of the school’s athletics competition with volunteers. This in turn potentially helps spot any young person at the event who shows potential to progress and join the club.

The role is outward facing, engaging with and facilitating ways that PE, school sport and physical activity can support schools.

Current organisations who we have partnered with are:

- Bracknell Rugby club
- Bs Netball
- Healthy Minds
- Wayz Youth Centre
- Badminton England
- Ultimate Frisbee
- Eb Coaching

- Berkshire Schools FA
- Sports Able
- Bracknell Athletics Club
- Pinewood Gymnastics Club
- Everyone Active
- East Berkshire Hockey Club
- Berkshire Orienteers
- Get Berkshire Active
- Bracknell Town Council
- Latika Junior Tennis Club
- Downshire Golf Club
- Wellington School
- Berkshire Cricket Foundation
- British Cycling
- Create Development
- Sports Leaders UK
- Bracknell and Wokingham Swimming Club
- Youth Sport Trust
- Association of PE