

FIT FOR LEARNING FIT FOR LIFE



BIRMINGHAM STRATEGY FOR PE AND SCHOOL SPORT

The PE and School Sport Strategy Group (PESSSG) was formed in September 2013 and consists of representatives from Primary, Special and Secondary Schools, the Youth Sport Trust, Public Health & Local Authority departments and Sport Birmingham. We have developed a vision for PE & School Sport across Birmingham with the needs of young people at the heart of the strategy. We look forward to using it to engage wider individuals, institutions and organisations to contribute and achieve our ambitious objectives.

This plan provides a framework for the consistent delivery of outstanding PE & School Sport in Birmingham. It supports improvements in the delivery of teaching and coaching that promote individual and community participation, progress and performance. It supports national objectives that aim to ensure all young people have the opportunity to participate in, and have access to, high quality PE & School Sport programmes. This strategy recognises the importance of the Olympic and Paralympic Games as a driver for participation, competition, volunteering, coaching, leadership and officiating through the development of excellence through sport.

OUR VISION:

For all young people in Birmingham to experience outstanding physical education, competition and school sport that will lead to active and healthy lifestyles through lifelong participation

WHY WE DO IT?

- PE & School Sport has a vital role to play in raising standards, sharing good practice, and closing the achievement gap. Research has shown how placing PE & School Sport at the heart of a broad and balanced curriculum can improve attendance, behaviour and attainment. The 2014 Youth Sport Trust School Survey found that 70% of schools feel sport makes a positive contribution to behaviour and truancy.
- PE & School Sport can build wider attributes and skills such as self-esteem, teamwork and leadership. They are important because they can help build an inclusive society, raise levels of participation in sport after young people leave school, prepare them for the world of work and positively affect the health of our city.
- Birmingham is a diverse and multi-cultural city with 69% of school aged children from BME groups. The city also has a young population, with 21% being aged 5-19, and seeks to promote and celebrate the success and aspirations of our young people. It is also a city that promotes excellence in sport and has a sporting infrastructure that includes world-class venues and events.
- Across Birmingham there are large areas of socio-economic deprivation, with 51% of Birmingham residents living in some of the most deprived wards in the UK. Birmingham is a city strongly committed to closing the gap and raising aspirations, achievement and attainment. We believe that a strategy to maximise excellence in sport and the promotion of healthy and active lifestyles is an important contributor to these ambitions.

HEALTH:

- 26% of Birmingham children are overweight or obese when they start school, rising to 40% by the time they leave primary school (compared to 1 in 3 leavers nationally)



- Only 13% of Boys and 10% of Girls aged 5-15 in the region achieve the recommended level of physical activity according to Public Health England, which is one of the lowest levels in the country

- Children born today are on course to be 35% less active by 2030 (compared to 1961 levels)



- Research shows association between obesity at 11 years of age and poorer academic achievement in GCSE five years later, particularly in girls

- Pupils engaging in self-development activities (including sport and physical activity) achieved 10-20% higher GCSEs



- 7.2% of 16-18 year olds are Not in Education, Employment or Training (NEET). This is within the Top 10% of England (DfE, 2014)

- Inactivity levels in Birmingham are estimated to cost the City

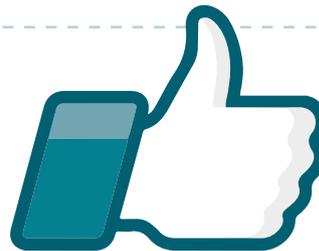
£20million

per year



SPORT:

- Young people are 3-4 times more likely to be active as an adult if they are members of a sports club. However, only 28% of young people are members of out-of-school sports clubs and only 16% of girls compete in a non-school context



- Over 40% of young people say that they would like to do more exercise or take part in more sporting activity than they do currently

- Girls are significantly less likely than boys to take part in sport regularly, but 45% say they want to do more sport, which is higher than boys



- 40% of those who say they don't like PE in secondary school say that that is because they "don't like the types of sport" played. This figure is 5% higher amongst girls than boys

- Over 40% of girls and 20% of boys aged 11-16 say that they feel under pressure to look good, while 25% of those who say that they don't like PE give the reason that they feel self-conscious about their body



Taken from the 'Future Foundation - Class of 2035' report (2015)

PRIORITIES

OUTSTANDING PHYSICAL EDUCATION

WE NEED TO:

- Provide high quality sustained opportunities to raise achievement and develop excellence in Physical Education
- Support all schools to develop an effective CPD strategy for Physical Education

OUTSTANDING COMPETITION AND SCHOOL SPORT

WE NEED TO:

- Promote schools as an effective, positive environment to develop competition and promote the use of sport as a way of challenging individuals to achieve their personal best
- Support clear pathways from participation to competitive excellence (locally, regionally, nationally and internationally)
- Ensure all young people who are gifted in PE and talented in sport are identified, appropriately supported and signposted to world class talent development programmes
- Ensure all schools are participating in the School Games programme
- Encourage effective linkage and increased participation with community sport clubs
- Track participation to ensure all young people regardless of ability or disability have access to appropriate competition



LIFELONG PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY

WE NEED TO:

- Promote lifelong participation in sport and physical activity
- Provide coordinated activities for young people to develop personal attributes and leadership, employability and social skills through PE & School Sport
- Develop a strategy for increasing aspirations and positive attitudes through PE, sport and physical activity
- Audit sports clubs and facilities and develop a plan for improving access to high quality facilities for all young people
- Encourage community involvement and responsibility by communicating with a wide variety of physical activity providers

ACTIVE, HEALTHY LIFESTYLES

WE NEED TO:

- Improve the health, emotional and physical well-being of our young people and their families
- Develop an effective, targeted approach to increasing the physical activity levels of the least active young people

WHOLE SCHOOL IMPROVEMENT AND ACHIEVEMENT

WE NEED TO:

- Evidence the benefits of sport and physical activity to improving attendance, behaviour and attainment
- Improve the life and employability skills of young people
- Support schools to embed good practice



STRUCTURE & DELIVERY

To drive delivery of our strategic ambitions and ensure collaboration across Birmingham with key stakeholders; key strategic working groups have been established as follows:

BIRMINGHAM PE & SCHOOL SPORT STRATEGY BOARD

To give strategic direction to the overall group:

- Primary Head Teachers
- Secondary Head Teachers
- School Games Organiser representative
- Sport Birmingham
- Birmingham City Council
- Public Health
- PE Practitioner representative
- Health & Well-being representative
- Youth Sport Trust

COMMUNICATION & ENGAGEMENT SUB-GROUP

To deliver the operational outcomes of the action plan with regards to advocacy, marketing and delivery.

Membership is derived of additional representatives from organisations listed above.

COMPETITION SUB-GROUP

To deliver the operational outcomes of the action plan with regards to competition, including strategic development of the School Games programme.

Membership is derived of additional representatives from organisations listed above, as well as a National Governing Body of Sport and the Birmingham Project Ability School.



SUPPORTED BY...



HOW TO FIND OUT MORE

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