

# Education, Children and Families Committee

10:00, Tuesday, 7 March 2017

## Physical Education, Physical Activity and Sport

<b>Item number</b>	7.6
<b>Report number</b>	
<b>Executive/routine</b>	Routine
<b>Wards</b>	All

### Executive Summary

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The Sports and Outdoor Learning Unit (S&OLU) provides front line service delivery for children and young people in schools and in community settings.

A key priority is to ensure that Physical Education, Physical Activity and Sport (PEPAS) are well connected and that the PEPAS approach is embedded within all schools across Edinburgh promoting pathways from schools to clubs and communities.

A recognised strength of the Edinburgh position is that all staff are employed in the same Department and this provides a strong collegiate relationship with Physical Education teachers. The S&OLU consists of Active Schools Co-ordinators, Sports Development Officers, Outdoor Learning Instructors, Swimming teachers and other project specific staff members. These members of staff lead the learning and coaching, organise tournaments and festivals, adventure activity trips, coach and support others to do so or are involved in planning aspects of getting children and young people more active, more often.

We currently receive a high level of external funding from a range of partners and particularly the national agency for sport, sportscotland. The Active Schools funding continues to March 2019.

### Links

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<b>Coalition Pledges</b>	<a href="#">P42</a>
<b>Council Priorities</b>	<a href="#">CP2</a>
<b>Single Outcome Agreement</b>	<a href="#">SO2</a>

# Physical Education, Physical Activity and Sport (PEPAS)

## 1. Recommendations

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The Committee is asked to note that:

- 1.1 each school cluster will plan Physical Education as outlined in the PEPAS cluster guidance, in partnership with Active Schools;
- 1.2 an integrated PEPAS plan will be managed, resourced and delivered.

## 2. Background

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- 2.1 The work of the Sport and Outdoor Learning Unit makes a significant contribution to these strategic outcomes: 'Our children and young people are physically and emotionally healthy' and to 'Successful Learners, Confident Individuals'.
- 2.2 In relation to the PEPAS agenda our ambition is that all schools achieve two hours / two periods of Quality PE in accordance with the Scottish Government target. The PEPAS plan seeks to engage all young people including the inactive and disengaged (see under Girls in Active Schools section of report).
- 2.3 The Active Schools team together with the Sports Development Officers support and develop strong pathways between schools and clubs to support the transition from school to community sport.
- 2.4 Young people make a significant contribution to the network of leaders, officials and coaches that support PEPAS.

## 3. Main report

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### Physical Education

- 3.1 The Council has committed to achieving the Scottish Government targets of two hours of PE in Primary and two periods in Secondary Schools. We have made significant progress towards achieving this.
- 3.2 We have a part time Physical Education Lead Officer (PELO) responsible for supporting the target and improving the quality of PE delivery in primary schools.

The PELO remit includes organising and conducting working groups, addressing CPD needs, sharing practice, developing cluster work and delivering and developing CPD. The PELO will also focus on any schools not meeting the PE target.

- 3.3 The Scottish Government collects national information on the PE targets as part of their Healthy Living Survey and we provide those results annually.

In 2015/16:

Primary schools: 81 of 88 schools met the PE target = 92%

Secondary schools: 22 of 23 schools met the PE target = 96%

Special schools: 13 out of 13 schools met the PE target = 100%

- 3.4 We are in the process of collecting the data for this year's return, and due to the new school at Portobello we anticipate 100% of high schools to be achieving the PE target. We also anticipate Special Schools to remain at 100%. For the primary schools, we expect the majority of those that did not meet the target last year to now meet it. Classroom reconfiguration does not appear to have had implications on the delivery of the recommended two hours of physical education per week. To date, many primary colleagues have received support for their teaching of PE, particularly in primary 1 and 2. However, the early years (nursery, primary 1 and 2) will remain as a key development area due to their limited access to a PE specialist.

- 3.5 Working collegiately is considered essential in terms of city-wide planning, delivery, assessment and moderation in PE. To achieve this, cluster working groups with representation from the High School, each feeder primary and the Active Schools Co-ordinator are considered good practise. The aim is to drive forward this professional approach to set the context for a progressive curriculum, connections beyond the curriculum for physical activity and sport and generally enhance the experiences and opportunities for all our children and young people. Positively, we currently have 5 clusters that meet regularly: Castlebrae, Firrhill, Gracemount, Holyrood and Royal High School and fifteen other schools are now in the planning stage. We aim to progress this work on an ongoing basis with all schools (see Recommendations).

### **Active Travel**

- 3.6 £11,325 of Smarter Choices Smarter Places funding was put towards cycling projects taking place between August 2016 and March 2017. Three key cycling themes were identified where the funding could bring added value to young people in the city. These were: Bikeability level 3 courses which teach on-road journeying skills; Go Mountain Bike courses which are accredited and teach a progressive skill based programme of mountain biking; and the servicing of the 300+ fleet bikes held in the city's primary schools which are used for cycle training. To date these programmes have been successful and have benefited numerous young people across the city.

- 3.7 Over £20,000 from the Transport budget went towards new bikes to be placed in primary schools. Schools with low bike ownership were targeted. 140 bikes were allocated across 17 schools, including 1 Special School.
- 3.8 For 2016/17 we received £26,000 grant funding from Cycling Scotland to support the delivery of Bikeability level 2 (on road cycle training) for P6 pupils across all primary schools in Edinburgh. We aim to provide cycle training for approximately 2,800 pupils in 2016/17.

### **Primary Swimming**

- 3.9 Sports and Outdoor Learning Unit employs nine teachers (5.1FTE) to deliver lessons across the city in a combination of school pools and public pools. A teacher takes a maximum of 20 pupils per lesson for safety reasons. The aim is to meet the allocation of 20 lessons per pupil over the course of their primary career, and for pupils to reach level Certificate 5 at which point they are considered to be a safe swimmer. We are consistently achieving just over 60% of our pupils leaving school as safe swimmers.
- 3.10 The Edinburgh Primary Schools Commonwealth Swim Relay Gala and Diving competition is held annually at the Royal Commonwealth Pool. The event, which is organised by the Unit's swim team, is a celebration of swimming/aquatics and brings together approximately 45 primary schools and over 500 pupils from across the city each year.

### **Active Schools**

#### **Girls**

- 3.11 50% of the 450,000 participant sessions are female. These are girls who predominantly take part in extra-curricular clubs for dance and sports such as netball, basketball, hockey and gymnastics.
- 3.12 The Active Schools girls working group, hosted the first "Girls Day Out" event targeting those girls who do not take part in team sports as it was recognised that there are still a large number of girls not taking part in physical activity. 140 girls in S2-S4 from all 23 high schools attended the day and following the event, and were subsequently invited to attend extra-curricular clubs for girls which are run in all of the High Schools.

#### **Leadership**

- 3.13 All 23 High Schools are registered in the Young Ambassador programme, a national initiative where Active Schools work in partnership with Edinburgh Leisure. 46 young people have become ambassadors of sport within their school. The young people are invited to attend a number of workshops, a national conference and a residential weekend in one of the Council run outdoor centres, where lifelong

friendships are formed. There are currently a further 372 senior pupils engaged with Active Schools who support the extra-curricular programmes across the city. These young people are given the opportunity to access training in essential lifelong skills such as First Aid, Safeguarding and Protecting Children and Positive Coaching Scotland courses, through the Active Schools “Fit to Coach” programme. The young people are also given the opportunity to gain UKCC sporting qualifications in their chosen sport. These opportunities not only develop them professionally but also develop their personal skills which support and enhance their life experiences and in some instances their careers.

### **Disability and Inclusion**

- 3.14 There is one Active Schools Coordinator (ASC) who is designated to work across the main stream and special schools to ensure the Active Schools programmes are fully inclusive. This ASC is also responsible for organising Disability and Inclusion training for the many coaches and volunteers, including school staff and parents who work within the Active Schools programmes.
- 3.15 Across the special schools there is currently 34% of the school roll participating.
- 3.16 A number of successful events hosted by Active Schools and run in partnership with Scottish Disability Sport and Lothian Disability Sport are held each year. These include the Boccia Festival, where over 100 pupils attended and the Para Sports Festival where over 65 pupils with physical or sensory impairment attended, from schools across the East Region.

### **Coaches and Volunteers**

- 3.17 There are currently over 1,200 coaches and volunteers, (including teachers and parents) leading or supporting the many Active Schools programmes in the city. The Active Schools programme in Edinburgh has the fourth highest level of volunteers in the country (942 volunteers) and we encourage all our coaches and volunteers to develop further through gaining sports qualifications. To date 621 volunteers have achieved formal coaching qualifications.
- 3.18 The “Fit to Coach” programme was launched for the third year running in August 2016 where all coaches and volunteers are given the opportunity to enrol in a range of associated courses including Safeguarding and Protecting Children, First Aid and Positive Coaching Scotland.

### **Participation**

- 3.19 Active Schools run just under 700 primary school and 345 high schools’ extra-curricular clubs across the 111 schools in Edinburgh. With over 24,000 activity sessions and just under 450,000 participant sessions reported across the year. 32% of the school roll participate in the activity clubs which equates to just over 15,000 distinct participants.

## **Events**

- 3.20 Successful events play a crucial role in inspiring young people to participate in sport and physical activity. Some highlights from our extensive calendar of events include Games @ the Hub where over 1,200 P6 pupils take part in the largest sports day in the city, the Triathlon Event where over 700 pupils from both primary and secondary schools were able to take part in a multi discipline event involving swimming, cycling and running and the Dance Extravaganza where performances from primary and high school dance clubs are able to showcase their ability on the dance floor in front of professional judges. For the first time an event was hosted at Portobello beach; the Beach Games was a multi sport event celebrating the Rio Olympic Games, 16 High Schools attended.
- 3.21 Active Schools hosted an inaugural Rewards and Recognition Celebration evening for all nominated coaches and volunteers working with Active Schools. This event held in March 2016 was attended by over 240 people. There were 16 awards presented to clubs, young leaders, coaches and volunteers all of which were put forward for the national sportscotland awards.

## **4. Measures of success**

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- 4.1 We can demonstrate quantitative data and we can also demonstrate qualitative impact through other indices - skill acquisition, personal achievement, teamwork and confidence.

## **5. Financial impact**

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- 5.1 All work is delivered within existing budgets and in the past year new funding has been secured for Active Travel.

## **6. Risk, policy, compliance and governance impact**

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- 6.1 There are no risk, policy, compliance or governance issues arising from this report.

## **7. Equalities impact**

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- 7.1 A significant number of programmes and projects are specifically targeted at addressing inequality and deprivation.

## **8. Sustainability impact**

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- 8.1 There are no adverse economic, social or environmental impacts resulting from these areas of activity.

## 9. Consultation and engagement

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9.1 All areas of work require significant levels of consultation and engagement.

## 10. Background reading/external references

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10.1 N/A

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## 11. Links

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<b>Coalition Pledges</b>	P42 Continue to support and invest in our sporting infrastructure
<b>Council Priorities</b>	CP2 Improved health and wellbeing: reduced inequalities
<b>Single Outcome Agreement</b>	SO2 Edinburgh's citizens experience improved health and wellbeing, with reduced inequalities in health
<b>Appendices</b>	