High Quality Extra-curricular Physical Education and School Sport – A Welsh perspective through the 5 x 60 School Sport Programme

Paul Rainer & Rob Griffiths
University of Glamorgan
| 1. | Merthyr Tydfil          |
| 2. | Easington, Co Durham    |
| 3. | Rhondda Cynon Taf       |
| 4. | Neath Port Talbot       |
| 5. | Blaenau Gwent           |
| 6. | Caerphilly              |
| 7. | Bolsover, Derbyshire    |
| 8. | Torfaen                 |
| 9. | Bridgend                |
| 10.| Carmarthenshire         |

(HealthACORN Report 2007)
Climbing Higher

• Priorities for Sport and Physical Activity
  • Wales needs its people to be more “physically” literate.
  • Wales needs more physically active communities
  • Wales needs systematic and sustainable success in priority sports.
Climbing Higher - Targets

• Target 3
  » At least 90% of boys and girls of secondary school age will participate in sport and physical activity for 60 minutes, 5 times a week.

  » All secondary schools will provide a minimum of 2 hours of curricular based and 1 hours of extra-curricular sport and physical activity per week.
Primary School Physical Activity (SCW, 2007)

Figure 3a – Age-related differences in undertaking of sufficient physical activity
Base: children at primary Schools aged 7-11 years

(Figures have been rounded to the nearest whole number.)
Age related differences in any participation and regular participation in Extra-curricular activities

Base: children aged 7-11 years in school years 3-6
Secondary School Physical Activity (SCW, 2007)

Figure 3b – Age-related differences in undertaking of sufficient physical activity
Base: young people at secondary schools aged 11-16 years

(Figures have been rounded to the nearest whole number.)
Children currently achieving 5 x 60
SCW 2004 and 2006
Participation in Extra-curricular Activity (SCW, 2007)

Figure 8 Age-related differences in any participation and regular participation in extra-curricular activities
Base: children at primary schools aged 7-11 years and young people at secondary schools aged 11-16 years

<table>
<thead>
<tr>
<th>Age</th>
<th>Any participation</th>
<th>Regular participation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 7</td>
<td>71</td>
<td>43</td>
</tr>
<tr>
<td>Age 8</td>
<td>73</td>
<td>46</td>
</tr>
<tr>
<td>Age 9</td>
<td>79</td>
<td>56</td>
</tr>
<tr>
<td>Age 10</td>
<td>87</td>
<td>69</td>
</tr>
<tr>
<td>Age 11</td>
<td>91</td>
<td>72</td>
</tr>
<tr>
<td>Year 7</td>
<td>80</td>
<td>51</td>
</tr>
<tr>
<td>Year 8</td>
<td>72</td>
<td>45</td>
</tr>
<tr>
<td>Year 9</td>
<td>68</td>
<td>39</td>
</tr>
<tr>
<td>Year 10</td>
<td>70</td>
<td>40</td>
</tr>
<tr>
<td>Year 11</td>
<td>65</td>
<td>36</td>
</tr>
</tbody>
</table>
Background to 5 x 60 School Sport programme

- 2004 Sports Council for Wales implemented a small scale project to increase physical activity opportunities for secondary school children (Bolton, 2007).
  
  “To create schools where a broad range of sports and physical activity is offered in extra-curricular time, particularly week nights and weekends to all children regardless of their ability. Non-specialist staff, parents, older pupils, students and development officers, local clubs and coaches will work together to organise and provide this activity.”
Aims of the 5 x 60 School Sport programme?

- Aims to make significant inroads into the Welsh Assembly’s target of 90% of secondary pupils achieving 60 minutes of physical activity five times a week by 2020.
- £7.6 million over the next 3 years and aims for every secondary school in Wales to be involved in the programme by 2009.
- 5x60 officers will be based in secondary schools and it will be their role to:
  - consult with the pupils,
  - listen to their needs and
  - identify the barriers which prevent them from participating in activity.
Concerns with Extra-curricular PE and School Sport

The major issue that extra-curricular PE and school sport will have to address through these strategies will be whether it can bridge the “clear disparity” between what young people are experiencing in curricular PE and what they are choosing to do out of schools in a manner that will enhance and reinforce their continued involvement in sport and physical activity (Green, 2001).
Same old problem!

Daley (2002) suggests that the numbers of pupils taking part in extra-curricular PE have always been low and continue to be so despite the upward trend through the 1990’s. “Most pupils” she observes, “are given the opportunity to participate in physical activities outside of formal physical education lessons, but….many choose not to do so” (Daley, 2002) – or at least, choose not to do so on a regular basis.
Role of University of Glamorgan

Therefore the aims were as follows:

– To provide a sustainable coaching workforce to contribute to high quality extra-curricular physical education and school sport in Rhondda Cynon Taff.

– To impact upon Climbing Higher policy and ensure young people participate in 5 x 60 minutes of physical activity on a daily basis.

– Employability of students
Partners Involved

University of Glamorgan

RCT Teaching
Local Health Board

RCT Sports Development
RCT Education Authority

Caerphilly Sports Development

Tonyrefail
Y-Pant
Aberdare Boys
Aberdare Girls
Mountain Ash
Bryncelynnog
Cardinal Newman

Blaengwawr
Treorchy
Ferndale
Llanharri
St Johns
Porth
Henn Felin
Blaegwaur
Heolddu
St Cenydd
St Martins
Pontllanfraith
Blackwood
Cwmcarn
Oakdale
Risca
Impact of the Programme

• Increase in the opportunities for physical activity of children within the “critical window” of the day
• To provide exit routes for children regarding sport and physical activity within the community
• 2008-09
  – 16 Secondary schools (5000 participant sessions)
• 2009-10
  – 5 Education Authorities
  – 36 Secondary schools (estimated 10,000 participant sessions)
Policy Implications

• The need to engage with young people in order to inform locally context-sensitive programmes of sport and physical activity.
• The need to establish who is best placed to implement the programmes and how
• The extent to which the programmes are sustainable.
Sports Council Wales
National Junior Framework
References