



HOSTED BY ISLEWORTH & SYON SCHOOL

# Alan Watkinson



## Director Sport Impact



YOUTH  
SPORT  
TRUST



Believing in  
every child's  
future

BUILDING RELATIONSHIPS, DEVELOPING THE WHOLE CHILD,  
SUPPORTING WHOLE SCHOOL IMPROVEMENT



# What's your problem?



# National Priorities

- All children and young people take part in at least 60 minutes of physical activity every day
- Children and young people have the opportunity to realise developmental, character-building experiences through sport, competition and active pursuits.
- All sport and physical activity provision for children and young people is designed around the principles of physical literacy, focuses on fun and enjoyment and aims to reach the least active.

# Opportunities Might Be:

- New Ofsted Framework
- Children's Mental Health
- Parental Engagement
- Lack of Physical Literacy
- Children's poor behaviour and life skills
- Poor levels of physical activity
- Remodelling curriculum PE

# Childhood Obesity Increase

- Childhood Obesity Plan – National
- Every Child A Healthy Weight – London
- Joint Health and Wellbeing Strategy - Hounslow



# Tackling the problem

- Promote borough-wide Change4life campaign
- Restrict hot food takeaways within 400 metres of schools
- Family change4life programme in schools through One You Hounslow and Brentford Football Club CST
- Improve school nursing service –introduce Chat Health
- Oral health promotion in schools
- Regeneration of parks and open spaces
- Junior Parkruns
- Housing estates activities such as football through BFCCST
- Support a whole-school approach



## Active Lives for Children and Young People



### Headline London data (December 2019)

46% of young Londoners in school years 1-11 in London are active for 60 minutes on average every day

29% of young Londoners are less active - doing less than an average of 30 minutes physical activity every day (4.6% decrease on last year)

42% of young Londoners are doing an average of 30+ minutes of activity a day at school

# Richmond and Hounslow schools selected to complete the Active Lives Survey in Term 2



## School

- Hounslow Heath Junior School
- St Mary's Catholic Primary School Isleworth
- Norwood Green Junior School
- Reach Academy Feltham
- Collis Primary School
- Chase Bridge Primary School
- St Mary Magdalen's Catholic Primary School
- St Osmund's Catholic Primary School



# Why bother with the Active Lives Survey?



On completion each school receives:

- ✓ A bespoke **report** summarising their own results from the survey
- ✓ Free **sports equipment** (worth around £100) as a thank you from Sport England for taking part
- ✓ A school's **Healthy Schools Rating Award** which is generated based on the responses given in the teacher survey as part of the Active Lives survey

# Why is PA important?

There is a positive association between levels of sport and physical activity and:

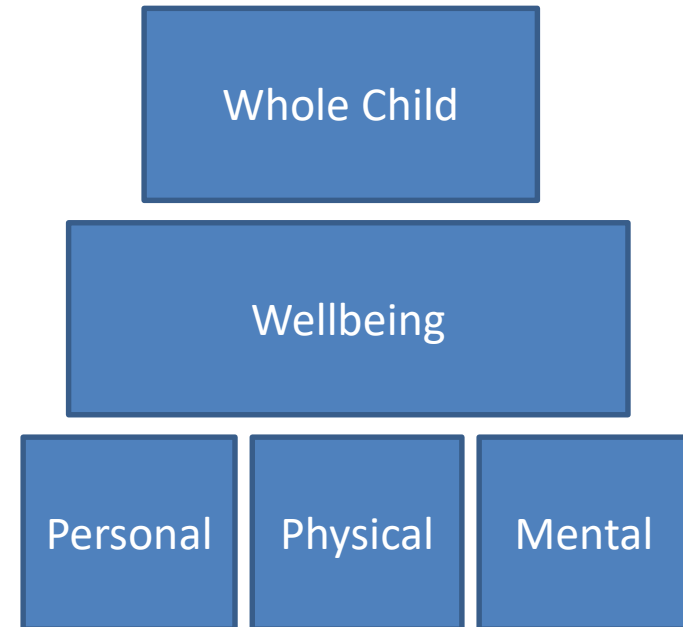
- academic performance
- positive mental wellbeing
- levels of personal development
- healthy weight
- community development

# PHYSICAL LITERACY





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# What we do?

- Curriculum is...



- Subject lead support and training
- Curriculum review and planning
- Teacher support and mentoring
- Strategic planning
- CPD Opportunities
- Differentiation and targeted groups
- Support schools with tailoring and adapting off the shelf resources to support their staff and benefit their pupils.

## FA GIRLS FOOTBALL SCHOOL PARTNERSHIPS – Super Hub



<https://girlsfootballinschools.org/>

**Project Leads – Carolyn Evans (Sport Impact) and Vicky Kelly-Graham (Nishkam School West London)**

# Conference Evaluation

Please scan the QR code in your packs to access the survey  
We will also send you an email with a link to the survey



We really appreciate all responses

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Your problem will be unique to your school.  
See this as an opportunity for positive change...







# PE Subject Leader Conference 2020



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