

## **Manchester City Council Report for Resolution**

**Report to:** Children and Young People Scrutiny Committee - 8 January 2019

**Subject:** Sport and Active Lifestyles of Children and Young People

**Report of:** Director of Education

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### **Summary**

This report follows the previous Sport and Active Lifestyles for Young People report presented to the Children and Young People Scrutiny Committee in December 2017. The committee requested a review of data from 2017 / 2018 academic year which is included in this report along with information relating to the provision of Physical Education, School Sport and Physical Activity (PESSPA) in Manchester schools and a full analysis of primary sports premium funding in Manchester and how schools are prioritising resources.

In 2017/18, 135 primary schools received a total of c£16k and £10 per pupil sport premium funding. In the main this investment has been spent by schools in the following areas: 1) Continued Professional Development (CPD), 2) School Swimming, 3) Extra-Curricular Activities, and 4) School Competition used to improve the provision of Physical Education and Sport.

A summary of the progress being made and the key impact of this investment has been the following:

- 79% of pupils achieved 25m national curriculum pass rate in school swimming.
- 85% of schools delivering additional extra-curricular activities.
- 65 schools hosting 120 targeted health activities.
- 133 schools signed up to school games and accessing levels of school competition.
- 89% investing in external coaching.
- 87% of schools publishing PESSPA Plans on school website.
- 74% of schools investing in CPD resulting in c270 teachers receiving training.

### **Recommendations**

To note and comment as appropriate on the contents of the report.

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**Wards Affected:** All

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**Background documents (available for public inspection):**

The following documents disclose important facts on which the report is based and have been relied upon in preparing the report. Copies of the background documents are available up to 4 years after the date of the meeting. If you would like a copy please contact one of the contact officers above.

- Manchester Primary PE and Sport Premium Data – 2017/2018 Academic Year.
- Web Review Manchester April 2018.
- Manchester Healthy Schools Data.
- Children and Young People’s Scrutiny Committee report Sport and Active Lifestyles for Children and Young People – December 2017.

## 1.0 Introduction

- 1.1 This report updates the Children and Young People Scrutiny Committee on the provision of Primary Premium Spend and impact on young people's physical, social and mental wellbeing. The report also recognises the role of the network of organisations, including Schools, the Council, Youth Sport Trust, Sport England, GreaterSport, Healthy Schools, Manchester Professional Learning Body, School Games Organisers, GLL, a host of sports clubs, and public, private and third sector organisations that deliver services for young people to support the Chief Medical Officers recommendation of 60 minutes physical activity in and out of school each day. The report demonstrates the wealth of activity and support that is provided to schools to encourage a healthy culture and active young people.

## 2.0 Background

- 2.1 Primary Sport Premium is designed for schools to make additional and sustainable improvements to the quality of physical education, physical activity and sport they offer. In April 2013, the Government announced £150 million nationally for a three year period. Following the introduction of the Sugar Tax in 2018, the value of the award was doubled to £16,000 per school, plus £10 per pupil. Schools are free to determine how best to use this funding to improve the quality and breadth of PE and Sport provision, including increasing participation in PE and Sport so that all pupils develop healthy lifestyles, and reach the performance levels they are capable of. Given this, at present Manchester primary schools receive a total investment of c£2.1m per annum.
- 2.2 To provide strategic leadership to the Physical Education, School Sport and Physical Activity (PESSPA) agenda within and beyond the school day, Manchester developed and is currently implementing a new PESSPA strategy, the vision for which is to **“create more active and successful young people across the city”**. A multi stakeholder PESSPA Strategy Board, chaired by the Director of Education, provides strategic oversight to the strategy and associated plans and seeks to deliver the following key strategic outcomes.
- Improved physical, social and emotional well-being for all children and young people in Manchester.
  - Improved life skills and life chances for all children and young people in Manchester.
  - Improved social and community opportunities through Physical education, school sport and physical activities.
  - A sustainable and effective sports sector accessed by all.
- 2.3 In addition to the PESSPA Board a Manchester PESSPA Steering Group leads the development, monitoring and implementation of Manchester PESSPA Plan and reports progress to the Board on a quarterly basis.
- 2.4 National charity the Youth Sport Trust (YST) have worked in partnership with the Council for a number of years, attend our PESSPA steering group and

have previously implemented a national school PESSPA survey, which ended in 2016. Findings helped to back up primary premium data and provide wider insight into the impact of PESSPA on whole school plans. The Council is working with YST to re-instate the survey for Manchester schools. The objective is to create a single data collection system for schools to obtain insight into the behaviours and attitudes of our children and young people towards sport and physical activity.

### 3.0 Evidencing the Impact of PE and Primary Premium Funding

- 3.1 Youth Sport Trust and The Association for Physical Education (AfPE) have provided a national guidance template for schools named ‘Evidencing the Impact of PE and Primary Premium Funding’. The document sets out YST and AfPE’s vision and key objectives, and outlines that the focus of spending must lead to long lasting impact against the following vision.

*‘All Pupils leaving primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport’.*

- 3.2 It is expected that schools will see an improvement against the following 5 national key indicators, as listed in the table below:

|                     |   |
|---------------------|---|
| Key Indicator One   | The engagement of <u>all</u> pupils in regular physical activity – kick-starting healthy active lifestyles. |
| Key Indicator Two   | The profile of PE and sport being raised across the school as a tool for whole school improvement.          |
| Key Indicator Three | Increased confidence, knowledge and skills of all staff in teaching PE and sport.                           |
| Key Indicator Four  | Broader experience of a range of sports and activities offered to all pupils.                               |
| Key Indicator Five  | Increased participation in competitive sport.   |

- 3.3 Under the Inspection Framework, Ofsted inspectors will assess how effectively leaders use the Primary PE and Sport Premium and measure its impact on outcomes for pupils, and how effectively governors hold them to account for this. Improvements should enhance, rather than maintain existing provision. For example, where schools are using their funding to employ specialist coaches, these should be deployed alongside class teachers rather than displacing them, in order for their impact to be sustainable and to enable the upskilling of existing teachers.
- 3.4 All primary schools should ensure that information about the use of the premium is available on the school website, in order to keep parents and others informed. Youth Sport Trust provides a framework for schools to undertake a self-review of how to maximise the impact of funding against the schools priorities. All schools should upload the Evidencing Impact Template on their website to demonstrate how spend is profiled and measured.

- 3.5 County Sport Partnerships (CSP's) are responsible for measuring the impact of Primary Premium funding at a County Level, this includes investment into local monitoring and evaluation of school spend to evidence how investment will be used to improve standards, working to achieve sustainable high quality delivery of PE and School Sport. Greater Manchester's CSP is Greatersport and they are funded to monitor the impact of the primary premium in Manchester a neighbouring boroughs.
- 3.6 Furthermore, in 2018 the Active Lives Survey was launched by Sport England to measure Chief Medical Officer (CMO) recommendation of 60 minutes physical activity each day. This should range from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis. County Sports Partnerships are responsible for managing and implementing the survey at a local level and compile area reports.
- 3.7 A citywide audit of Manchester Primary Premium Spend was completed in July 2018. Data returns are combined with independent checks of all primary school websites, surveys and local intelligence, and provides guidance on how schools monitor and evaluate the impact of primary premium funding to monitor spend against the inspection framework.
- 3.8 The report highlights the key strengths and challenges that impact on utilisation of funding. Strengths include, a strong network of providers and organisations; Manchester schools are highly regarded nationally for Physical Education, and a focus on health related initiatives. Key challenges include, the management of appropriate use of coaching companies; and sustainability evidence and impact on attainment in planning and reporting. The report summarises a focus on the provision of School Swimming, Extra Curricular Activities, Professional Development, Competition, Health and Physical Activity Clubs, and Quality Assurance of external services.
- 3.9 Manchester Schools have access to a high quality PESSPA offer to meet the needs of their pupils. How schools have prioritised investment to achieve the 5 national key indicators is summarised below.
- 3.9.1 **Key Indicator One** - the engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles.
- Survey results evidences that 89% of Manchester Schools are investing into external coaching and services, to support the engagement of all pupils in regular physical activity to kick-start healthy active lifestyles.
  - All Manchester primary schools invest into school swimming provision and report back on new measures set by Swim England. In 2017/18, Manchester School Swimming Programme delivered to over 7,500 pupils from year 3 – 6. The programme achieved 79% National Curriculum Pass Rate of all pupils swimming 25m unaided. In addition, new baselines have been set for lifesaving and recognised stroke at 53% and 23% respectively, with reports compiled from the city council Active Schools team to allow schools to report progress to government.

**3.9.2 Key Performance Indicator Two** - the profile of PE and sport being raised across the school as a tool for whole school improvement.

- In the main, Manchester primary schools are actively profiling PE and School Sport, with 87% of schools publishing their PE and School Sport Plan on their school website. All schools listed PE and sport, as a tool for whole school improvement.

**3.9.3 Key Performance Indicator Three** - increased confidence, knowledge and skills of all staff in teaching PE and sport.

- In the main, Manchester schools have reported an increased level of skills, knowledge and understanding in those staff who receive the support and training. Over 270 teachers received a professional learning opportunity last academic year from 112 schools (comprising of 98 primary schools), and spend profile indicates that 74% of schools are investing in CPD of teachers to support sustainable high quality PE and School Sport.
- Manchester Professional Learning Body is the main provider of PE subject leader training for Manchester Schools. There is a full programme of professional learning opportunities for newly qualified teachers and established staff available throughout the year.
- Manchester School Games Organisers and the Council's Sport & Leisure Service work with National Governing Body partners to provide free sport-specific leadership and teacher training courses to upskill teachers, staff and volunteers to extend school sport provision and prepare young people to lead and participate in School Competition.
- Anecdotal evidence and course evaluation forms show that all Manchester Professional Learning courses and NGB courses are high quality, and are having a significant impact on teaching and learning, raising the profile of PE and promoting healthy active lifestyles.

**3.9.4 Key Performance Indicator Four** - broader experience of a range of sports and activities offered to all pupils.

- Schools are utilising coaches to provide a broader PESSPA offer, with 85% of schools increasing extra-curricular activities, 41% targeting inclusion and 69% of schools using funding for health enhanced activities. In addition, 85% of schools are delivering organised coach led activities at lunchtimes and breaks, providing more opportunities for children and young people to become physical active and enjoy sport.
- There has been a significant increase of change for life / energy clubs, with 65 schools hosting 120 targeted health activities for pupils in most need. The offer is varied dependant on the needs of target groups.

### 3.9.5 **Key Performance Indicator Five** - increased participation in competitive sport.

- Manchester school competition calendar is managed and coordinated by 3 School Games Organisers, (SGO) based in schools to lead area and citywide competition programmes. Manchester SGO's administer the competition programme through Manchester PE Association. Manchester Schools have access to Manchester School Games and National Governing Body Competitions from level 1 - 4, with pathways to county and national events.
- There has been an increase in participation of school sport with 133 schools signed up to School Games and 90% of schools profiling spend into extended competition. There have been c350 calendared competition opportunities in 2017/18, including those outside of the SGO framework and delivered by National Governing Bodies, and the Councils Sport & Leisure service.
- Manchester Schools have achieved success at County and National Competitions and Events, including Athletics, Basketball, Cheerleading, Football and Water Polo.

## 4.0 **Active Lives Survey for Children and Young People**

4.1 To assist with the development of a strong evidence base and to provide insight to activity levels amongst children and young people aged 5-16, in the 2017 / 2028 academic year, Sport England launched a new Active Lives Survey for Children and Young People. In addition to this survey, there will be a follow up survey in spring 2019 which will focus on the attitudes of children and young people towards sport and physical activity, seeking to better understand the impact of confidence, motivation and perceived physical competence upon behaviours and activity levels.

4.2 Unfortunately the response rate to the first Active Lives Survey for Children and Young People return was extremely low, both nationally and also in Manchester. Given this, Sport England have therefore decided to not publish all data, including the CMO measurement of 60 minutes activity. This decision was made on the basis that the data collated would not be representative of the children and young people's population due to a low sample size and could be misleading. There is a national and county drive to improve survey returns, which will be supported through Manchester PESSPA Board and Steering Group to advocate the importance of data collection through all communication channels.

## 5.0 **Healthy Schools**

5.1 Whilst the primary premium funding source is a significant funding resource which is having a positive impact in Manchester's primary schools, the Manchester Health Improvement Service for Children and Young People delivers the health improvement programme known as Manchester Healthy

Schools. This programme provides a framework for schools to address the health and wellbeing needs of their students. Currently 165 of 178 schools (93%) are engaged in the Healthy Schools programme. This includes 93% of Primary Schools, 97% of Secondary Schools and 93% of Special Schools.

- 5.2 The Health Check is a core component; this is a tool that enables the Health Improvement Service to develop and deliver appropriate public health interventions at a universal, specialist, and targeted level. The Health Check started in October 2018, to date 117 schools have completed the on-line health check assessment. Schools are given an overall score and work towards a Bronze, Silver, Gold award programme. Two schools have achieved Gold status this academic year; Newell Green Primary (Baguley Ward) and Rack House Primary (Northenden Ward).
- 5.3 Childhood obesity and inactivity presents as the major risk to children's health in Manchester. Our 2016/17 NCMP (National Child Measurement Programme) data presents 12,000 school aged children overweight (91st Centile) of which 2,500 are obese (96th Centile).
- 5.4 Physical activity is an integral element of reducing obesity and maintaining a healthy weight. The School Health Service implements a number of activities within school settings to keep children and young people active, including the Daily Mile Initiative and the PESSPA Plan.
- 5.5 Healthy Schools Data collected in 2018/19 academic year highlights the level of engagement from Manchester schools in supporting healthy active lifestyles, with commitment to targeted programmes and activities. Data taken from the 137 schools which have completed the Health Check so far demonstrates that 61% of schools have active travel plans; 88% are delivering high quality PE; 85% of schools have quality assurance of school physical activity providers and 45% of schools have implemented the daily mile.

## **6.0 Manchester PESSPA Plan**

- 6.1 Manchester PESSPA Steering Group is leading the development, monitoring, and implementation of Manchester PESSPA Plan. The 2017/18 Primary Sports Premium report highlights the challenges in the next period. The lack of measured impact needs to be addressed to ensure investment is prioritised to those in most need and is used to inform whole school improvement plans. A key action over the next 12 months is to create a robust data collection system and monitoring tool that informs physical activity levels of Manchester children and young people, and future prioritisation of resources.
- 6.2 There is multi agency agreement to co-commission and launch a new Manchester PESSPA survey this summer. This will create a consistent approach for data collection, with sectors working together and sharing information to provide greater understanding of the habits, needs and choices for children and young people.

6.3 Manchester PESSPA Action Plan has recently been updated by all key PESSPA partners and stakeholders, and will be presented to Manchester PESSPA Board in early 2019. A progress report will be presented to the Children and Young Peoples Board at the end of the academic year.

## **7.0 Government Trailblazer Fund**

7.1 In November 2018 the Government announced a new Trailblazer Fund for childhood obesity offering £300,000 over three years to five successful bidders. This supports the Government and Public Health England's 'Action Plan on Obesity (2016) and 'Making Obesity everyone's business (2018)' reports which advocate for whole system approaches.

7.2 Manchester intends to apply to the fund with an initial expression of interest, in hope to be one of twelve authorities who are invited to develop their application in a 'Discovery Phase'.

7.3 The application will be made in collaboration with Manchester Local Care Organisation, Manchester Active and Growth & Neighbourhoods.

## **8.0 Conclusions**

8.1 The provision of sport and physical activity in schools today is strong especially around extended curriculum and school competition; however the offer needs to reach all young people given there are still a number of health problems to address, such as childhood obesity.

8.2 More work also needs to be done to ensure the offer is quality assured, accredited and links to the wider universal offer and is used to build a culture of health and activity within the school and community, amongst staff, pupils and parents alike. The quality of information provided by schools to demonstrate the impact of the funding is very mixed with some schools not commenting on impact at all, some schools not linking the impact to the objectives and few schools providing clear evidence of the impact against the objectives.

8.3 Anecdotal evidence is available; however impact is not being measured against a baseline or corroborated by data.

8.4 It is crucial that schools take ownership and accountability for the measurement of PESSPA impact, and schools are supported with the tools to effectively monitor and evaluate to inform whole school improvement plans.

8.5 The quality and performance of the Healthy Schools Service has remained consistently high, this is demonstrated in the high percentage of schools engaged in this voluntary programme. The service re-modelled its offer last year based on feedback from schools, which resulted in them re-implementing an awards scheme. Schools value the specialist support/input, training and resources that Healthy Schools provide in order to enable them to improve the health outcomes of their pupils.

8.6 There is clear evidence of multi-agency working and a strong network of providers and organisations working to coordinate programmes and activities through a PESSPA Plan, making a more clearly defined offer to schools, young people and families.

## 9.0 Next Steps

9.1 The following is a list of the next steps to help drive improvements over the next 12 month period:

- Support all schools to effectively review and evidence their PE and sport premium spend. **June 2019**
- Promote primary sports premium guidance and templates to help schools to formulate future development plans and accountability measures. This will be steered by Manchester PESSPA Strategy Board to ensure we 'get it right' for our schools and pupils. **January / February 2019**
- Focus schools on the importance of quality assurance and assessment of coaching companies and providers used to support PE and School Sport. The Councils, Active Schools Quality Assurance Framework will be reinforced to schools, as a method of external verification to support assessment of workforce, programme and delivery. **January 2019**
- Advocate Healthy Schools service to head teachers and leadership teams, to support schools to raise the profile of healthy active lifestyles for each young person, and the impact on whole school priorities. All schools will receive active 30 minute tracker training and the message will be reinforced at all PE Subject Leader training. **January 2019**
- Review current work programmes and take a whole system approach to reduce obesity, including exploring opportunities through the Trailblazer Fund. **Date for application is currently being reviewed.**
- Advocate the importance of data collection to head teachers and leadership teams, with a focus for all schools to complete the new Active Lives Survey for Children and Young People and emerging Manchester PESSPA Survey. Data collection will be promoted through all PESSPA channels, with the clear message for schools to provide robust data and measured impact on government investment, and future prioritisation of resources to achieve our vision of more active and successful young people across our city. **July 2019**