

Maximising PE & School Sport to Enhance Student Wellbeing

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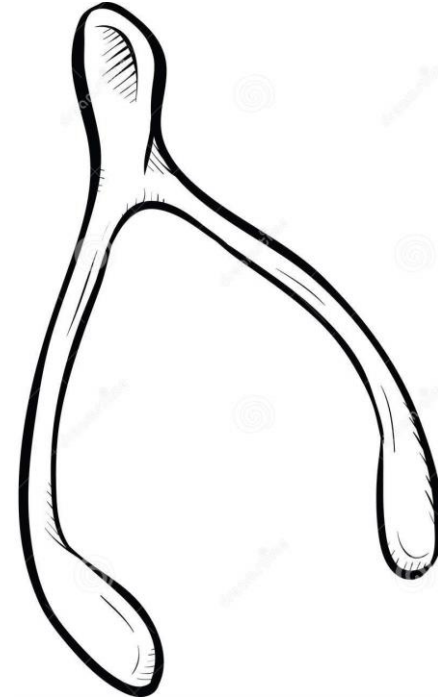
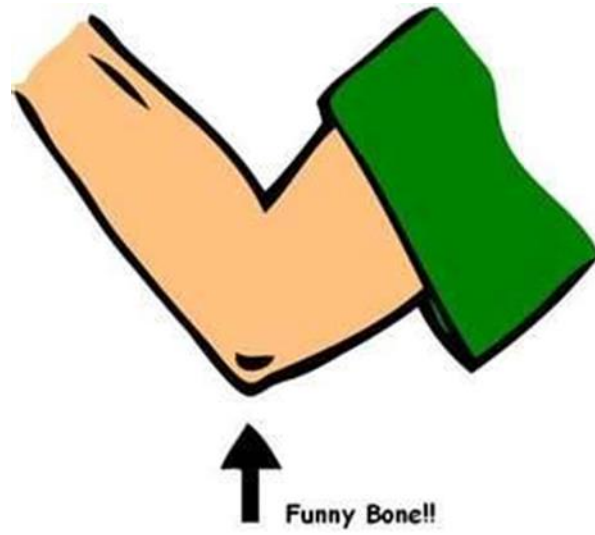
#WhenWePlayLifeGetsBetter





Teaching is the greatest
act of optimism.

COLLEEN WILCOX



Good Sport inspirational short film

<https://www.youtube.com/watch?v=lxuH5iVoXfQ&t=1s>



*Shape
the world,
one game
at a time*



The Youth Sport Trust



Influence – through insight, advocacy & campaigning e.g. MP School Sport Champions, National School Sports Week, The Annual PE & Sport Report



Innovate – networks & interventions
e.g. Well Schools & Trusts, Young Ambassadors, Schools Active Movement Girls Active, PE Lifeskills Award, Active in Mind



Implement – programmes and services
e.g. School Games, FA Girls Football School Partnerships, Inclusion 2024, Membership

tes magazine

analysis Teaching & Learning Scotland Leadership Puzzles Tes Explains More from Tes

Early Years > EYF5 Nearly half of pupils not ready for school

EYF5: Nearly half of pupils 'not ready' for school

Teachers say lack of school readiness is a 'growing' problem, with staff having to spend time helping children with basic tasks like dressing and going to the toilet

26th January 2023, 12:01am

Tes Reporter



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Cost of living: GP concerns over rise in signs of malnutrition

Mirror



NHS figures show 806 obese under fives were admitted to hospital last year (Image: Getty Images/iStockphoto)

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Children & Young People Now

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f RISE IN LONELINESS AMONG CHILDREN SPARKS WELLBEING CONCERNS

t Emily Harle

+ Monday, March 6, 2023

Calls to Childline from children under 11 struggling with loneliness have risen by 71 per cent in just five years, latest data shows, sparking concern for young people's mental wellbeing.



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Self-harm hospital admissions up 22% for children aged eight to 17

INDEPENDENT

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The Coronation > Buxton Rise Up > ENHANCED BY

News > UK

Children's exercise levels 'remain concerning' post-pandemic

The proportion of children who did not meet recommended exercise levels fell during the crisis.

FINANCIAL TIMES

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Smartphones and social media are destroying children's mental health

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Health

Hidden high blood pressure in young people revealed

5 hours ago

REUTERS World Business Legal Markets Breakingviews Technology Investigative


2 minute read - March 29, 2023 1:05 AM GMT+1 - Last Updated 15 hours ago

TikTok, Snapchat growing in popularity among UK children, regulator data shows

By Martin Coulter

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News > UK

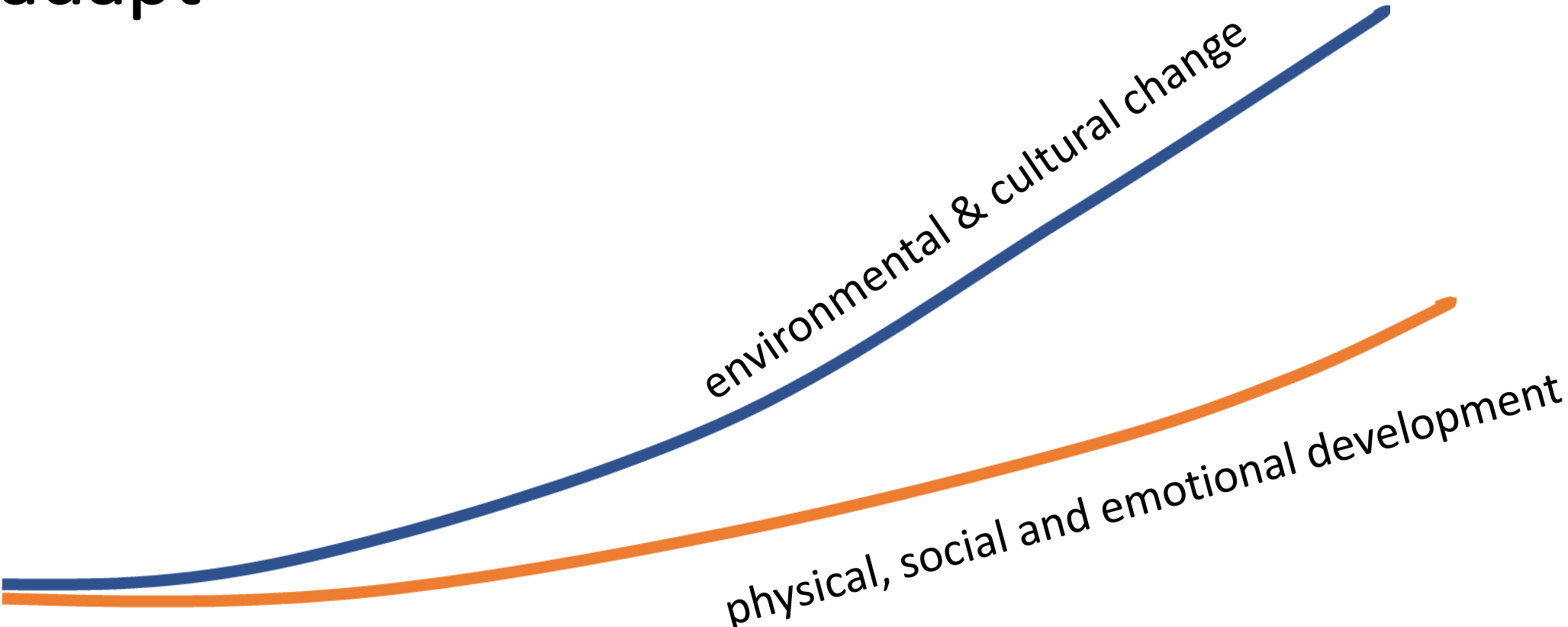
Children's attention span is 'shorter than ever' in the classroom, teachers say

More than two in three primary school teachers believe children's classroom behaviour has worsened post-Covid, a survey suggests.

Eleanor Busby • 10 hours ago



The world is changing faster than children can adapt



Children & young people are growing up in an inhumane world



Unhealthy & Unhappy Children don't learn

if they don't learn, they don't achieve their potential,
and we don't have a society fit for purpose



....this is a national issue




There comes a time when we have to stop just pulling people out of the river. We need to go upstream and find out why they are falling in

ARCHBISHOP DESMOND TUTU




*Skills for
life* can start
on the pitch

Human flourishing.....

 The drive to play is a basic, biological drive. Lack of free play may not kill the body, as would a lack of food, air or water, but it kills the spirit and stunts mental growth

ROB HOPKINS,
'FROM WHAT IS TO WHAT IF'

 What makes aerobic exercise so powerful is that it's our evolutionary method of generating that spark. It lights a fire on every level of your brain, from stoking up the neurons' metabolic furnaces to forging the very structures that transmit information from one synapse to the next."

DR JOHN RATEY.

SPARK

physical activity, physical education and sport can be the antidote?



PHYSICAL
DEVELOPMENT



SOCIAL & EMOTIONAL
DEVELOPMENT



COGNITIVE
DEVELOPMENT

Youth Sport Trust Strategy

2022 | | | 2025 | | | 2030 | | | 2035

Urgent action

Build back healthier, happier and more resilient young people and level the playing field for those most disadvantaged

To balance the demands of the digital age through the human connection of physical play and sport

Generational shift

Transform society's perceptions and attitudes towards the importance of physical literacy, play and sport in the education and development of young people

Societal change

Balance in the digital age



Youth Sport Leadership



An aerial, high-angle photograph of a large stadium at night. The stadium is filled with a massive crowd of spectators, visible in the stands surrounding the field. The playing field is a vibrant green, marked with white lines for a football pitch. Several players in white and dark kits are scattered across the field. Two goalposts are visible on the right side of the field. The stadium's roof structure is illuminated by bright lights, creating a dramatic atmosphere. The text "Levelling the playing field" is overlaid in white, sans-serif font in the center of the image.

Levelling the playing field

School Games



A large, powerful tsunami wave crashing against a dark background, with white foam and greenish water. The wave is massive and turbulent, with a lot of white foam and spray. The water is a deep green color, and the sky is a clear, dark blue. The overall scene is dramatic and intense.

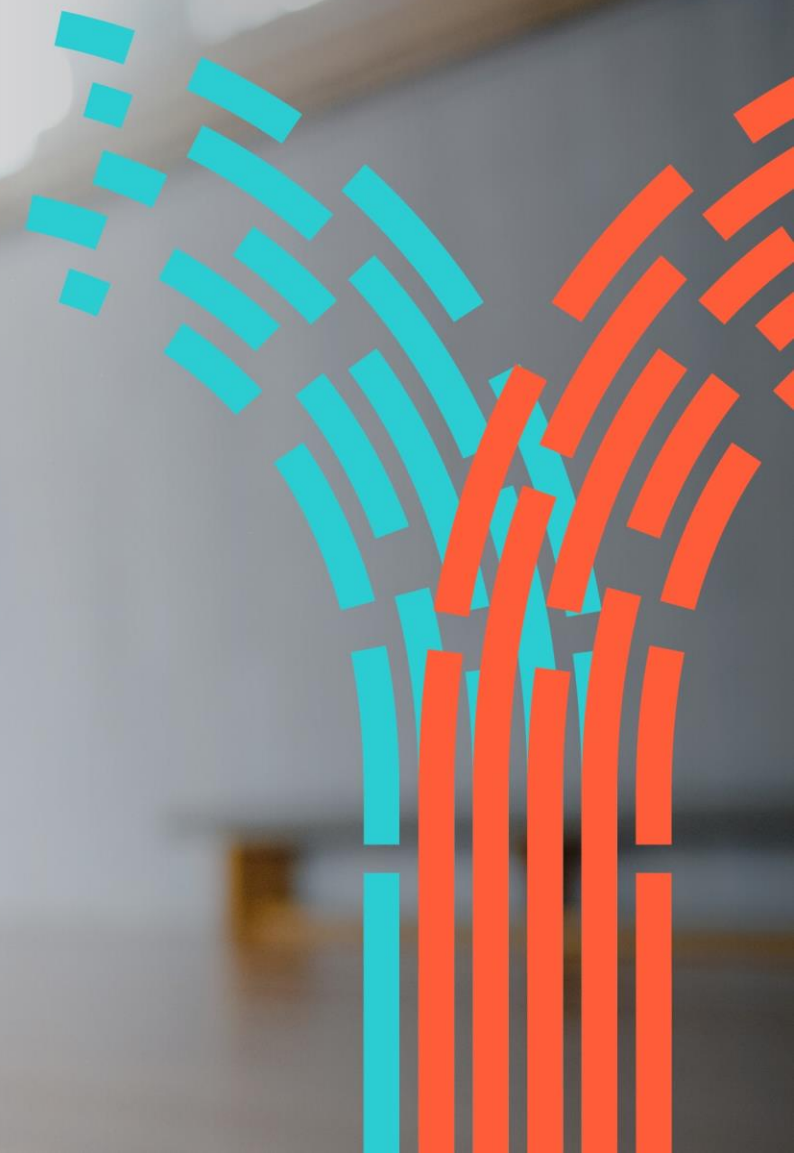
Tsunami of social and
emotional challenges

Active in Mind





Change- *maker*





Department
for Education



Government PE & School Sport Announcement

Be clear on your mission

[audience X] finds
[content Y] for
[benefit Z].

ALL young people, find
meaningful, relevant and fun
physical education ,
which improves their
wellbeing today and for life

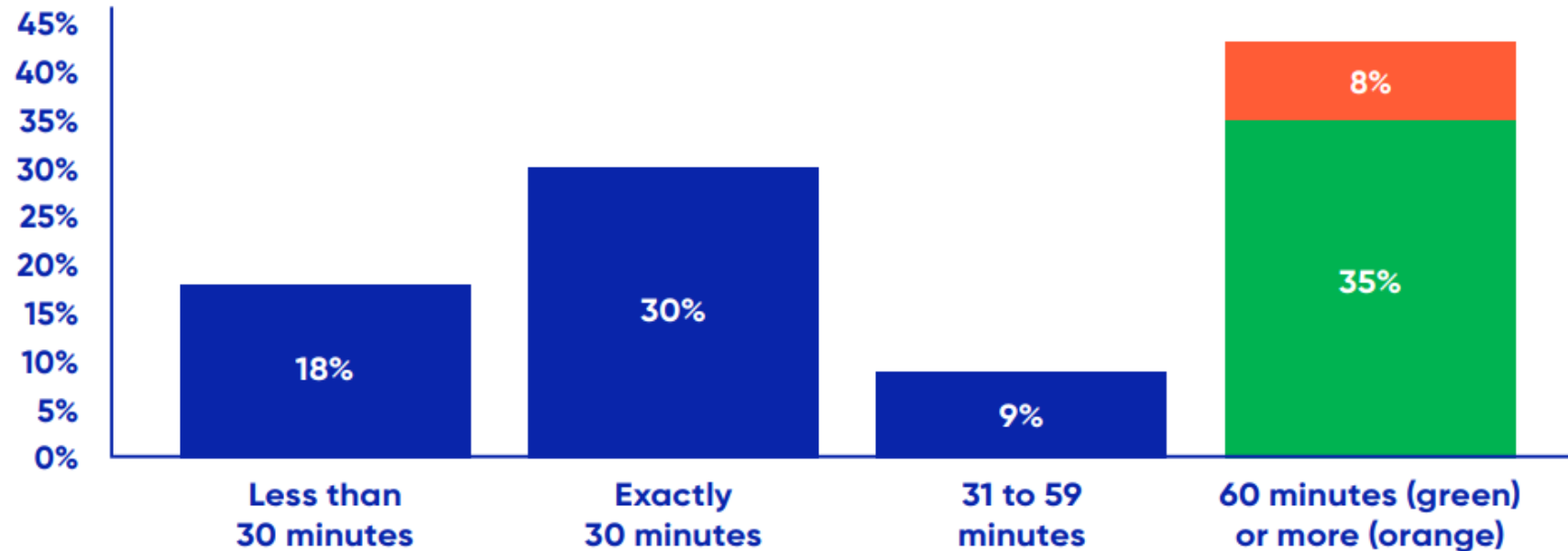


Be on the front foot



Educate parents & carers

The amount of daily physical activity parents think that 5 to 18 year old children should be doing per day





together
we are

empowering
changemakers





<https://youtu.be/r19kV2eq7-0>