Annex D

PE Provision Information

Information on the impact that PE provision has on childhood obesity

- 1. There has been an increase in % of children and young people doing 2 hours of PE from 2008 (84%) to 2009 (87%) by 3%. From 2006(79%) 2008(94%) there was an increase of 15% in the number of children doing 2 hours of PE and school sport per week; Figure 1 of this annex shows trends within the city with relation to a variety of school sport indicators
- 2. Currently 44% of children participate in 3 hours high quality PE and school sport.
- 3. There has been a shift in national priorities from only 2 hours within and beyond the curriculum towards the 5 hour offer, which includes 2 hours curriculum and 3 hours of extended school and community provision. This move towards five hours of PE and school sport is also moving more towards World Health recommendations that children are active for an hour each day.
- 4. It is worth remembering that PE is Physical Education and part of the curriculum and not pure sport. Therefore some lessons may not require physical participation and the intensity of physical activities is lower when children and young people are learning new skills. Physical activity levels are then unable to be assured to contribute towards the required exertion levels and time requirements to contribute towards weight loss in children. However PE does contribute towards the societal expectation that being physically active is part of life and that exposure to a variety of sports in school increases the likelihood of an individual child finding a sport or physical activity that they enjoy.
- 5. Curriculum PE is in place for educational purposes and not to address obesity in children.
- 6. Since 2005 there has been a steady increase in number of minutes offered for curriculum PE by 14.5 minutes. Within schools there has been a steady increase in the number of activities offered by nearly five activities per year on average per school. The types of activities included into school timetables has seen children be involved in deciding what activities they would like to try. School PE is now more of a mixture of traditional and non traditional sports and physical activities. Increasing the variety offered means a broader exposure rate to children and increase in the likelihood of continued or additional participation in a new chosen sport. For example dance and martial arts have seen a great rise in the number of after school clubs and participation rates in children as a result of the work of the two School Sports Partnerships.

- 7. Voluntary club sector links to schools have also increased from 5 clubs in 2006 to 13 clubs on average per school. This has meant that children and young people are more exposed to voluntary sport and it increases the likelihood that children will continue to be active into adult life as they are part of a community voluntary club, which tend to have role models participating throughout the club. The Sport and Active Leisure team is strongly supporting this aspect of school sport and has recently published guidance for schools and clubs to develop more sustainable links to each other.
- 8. Data about children and young people's participation at leisure centres is currently unavailable. This data is not able to be extrapolated from user numbers in CYC facilities and is also not available from the private leisure providers in the city. However, since the launch of free swimming for Under 16's there is data in the sign up rate and also participation rates for 2009; Figures 2, 3 and 4 of this annex show some basic figures and information. In summary there are 11,141 number of children and young people who have signed up for a free swimming card. 3880 is number of children from identified York postcodes who are in a NHS defined area that requires obesity management programmes. The data is unable to show how many children regularly use their card (i.e. every week) so the data is unable to show any contribution towards reducing childhood obesity levels. Information collected doesn't monitor the health status of children so there is no measure of whether an improvement in health is required. One positive element the data reveals is that 11 year olds have the highest sign up and participation rate for free swimming from all U16 age groups.

Figure 1
Trends of the city with relation to a variety of school sport indicators

	lorvik	Jorvik	lorvik	lorvik	Ehor	Ehor	Ehor	Ebor	Ehor	2006	2007	2008	2009
	JOIVIN	2007	JOIVIN	JOIVIN	LDOI	Lboi	LDOI	2008	LDOI	2000	2001	2000	2009
York PESSYP ¹ 2008/09													
	2006		2008	2009	2005	2006	2007		2009	York	York	York	York
Total PE Curriculum Minutes	104	113	115	116	105	107	118	121	123	105	115	118	119.5
% of 5-16 year olds doing 2	69%	90%	93%	n/a	70%	72%	90%	95%	n/a	71%	90%	94%	n/a
hours High Quality PE within													
and beyond curriculum (PSA													
Target) % of 5 - 16 year olds doing 2				83%					91%			84%	87%
hours HQ PE				03%					9170			04 70	0170
% of 5 -16 year olds doing 3				44%					46%				46%
hours HQ PE and school sport													
% of 5 - 19 year olds doing 3				42%					45%				44%
hours HQ PE and school sport	000/	000/	700/	000/	4.40/	500/	4.40/	F00/	FF0/	000/	E0 E00/	04 500/	70 500/
% Pupils (5 - 16 yr old) involved in intra school competition	68%	69%	73%	86%	14%	52%	44%	50%	55%	60%	56.50%	61.50%	70.50%
% Pupils (5 - 19 yr old) involved				82%					54%				68%
in intra school competition				0270					0170				0070
% Pupils (7-16 yr old) involved				24%					24%				24%
regular intra school competition													
% Pupils (7-19 yr old) involved				24%					23%				23.50%
regular intra school competition % Hosting a sports day	1000/	100%	1000/	1000/		020/	040/	94%	100%	070/	97%	97%	100%
								32%					
% Pupils (5-16 yr old) involved in inter school competition	35%	37%	45%	50%	38%	42%	42%	32%		39%	39.50%	38.50%	42%
% Pupils (5-19 yr old) involved				47%					33%				40%
in inter school competition				200/					470/				40.500/
% Pupils (7-16 yr old) involved in regular inter school				20%					17%				18.50%
competition													
% Pupils (7-19 yr old) involved				19%					17%				18%
in regular inter school													
competition	44.00	47.00	10.51	10.77	40.7	45.5	40.7	40.0	00.00	45.4	47.00	10.05	40.00
Number of activities offered to pupils (average)	14.69	17.82	18.54	19.77	16.7	15.5	16.7	18.2	20.06	15.1	17.26	18.35	19.92
Number of school club links	5.79	10.5	12	12.5	5 47	5 76	7 01	13.3	13.55	5 77	8.79	12.67	13
(average)	0.70	10.0		12.0	0.17	0.70	7.01	10.0	10.00	0.77	0.70	12.07	
% Pupils participate in a sport,	24%	27%	28%	41%	20%	37%	24%	37%	44%	31%	25.50%	32.50%	42.50%
dance or multiskill club with links													
to school (6 - 16 yr old)				000/					400/				40.500/
% Pupils participate in a sport, dance or multiskill club with links				39%					42%				40.50%
to school (6 - 19 yr old)													
% Registered as gifted and	6%	6%	9%	12%	6%	6%	7%	9%	9%	6%	6.50%	9%	10.50%
talented (10 - 16 yr old)													
% Registered as Gifted and				11%					9%				10%
Talented (10 - 19 yr old)		440/	400/	220/			C0/	00/	400/				
% Involved in sports volunteering and leadership (5 -		11%	13%	22%			6%	9%	16%				
19 yr old)													
% Involved in sports	4%					6%				5%			
volunteering and leadership (7 -													
19 yr old)					100						:	4.5.	1001
% Involved in sports volunteering and leadership (14					13%						8.50%	11%	19%
- 19 yr old)													
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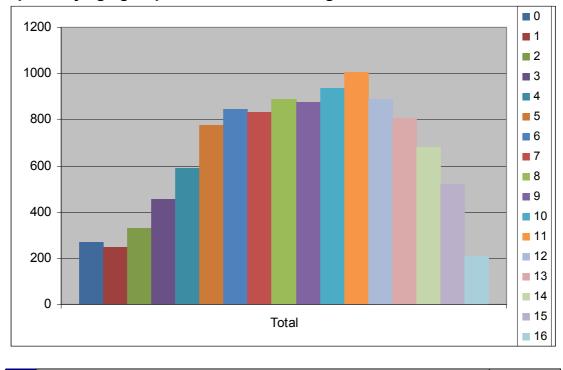
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¹ Physical Education Sport Strategy for Young People

Figure 2

Free Swimming Programme Data January 2009 – December 2009

Uptake by age group of U16 free swimming



0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 Grand Total Total 270 247 330 453 591 776 843 831 890 874 9341005 886 805 680 518 208 11141

Figure 3

Free U16 uptake for Clifton postcode – identified as a high need for obesity intervention

obsorty into vention																		
Postcode Sector	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Grand Total
YO30	1			1								1						3
YO30 1	3	3	5	6	3	7	18	12	9	10	7	5	8	9	6	5	2	118
YO30 2	1	1		2	1	3	1	4	1	3		2	1		2			22
YO30 4	1	7	4	8	14	13	17	22	18	16	24	11	13	17	9	6	4	204
YO30 5	12	14	18	19	23	29	43	31	32	32	53	43	30	26	22	15	7	449
YO30 6	12	13	11	28	23	36	32	32	45	42	53	59	58	44	72	42	20	622
YO30 7	2	3		2	5	8	6	3	7	4	8	3	7	3	6	2		69
YO305FX									1									1
YO305QQ			1															1
YO305QX												1						1
YO305RT						1												1
YO305XQ					1													1
YO306BA								1										1
YO306JZ									1									1
YO307DQ						1												1
YO309HG														1				1
Grand Total	32	41	39	66	70	98	117	105	114	107	145	125	117	100	117	70	33	1496

Figure 4

Free U16 uptake for Westfield postcode – identified as a high need for obesity intervention

YO24 1 10 4 10 20 20 24 31 27 31 43 36 32 37 31 15 7 6 384 YO24 2 16 16 15 24 22 36 38 55 47 32 51 60 41 42 422613 576 YO24 3 20 22 31 29 42 58 57 60 73 70 76 74 88 81 584724 910 YO24 5	obesity interve																		
YO24 2	Postcode Sector	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Grand Total
YO2443	YO24 1	10	4	10	20	20	24	31	27	31	43	36	32	37	31	15	7	6	384
YO244 4 14 12 21 16 35 32 37 37 35 38 36 43 35 28 2112 9 461 YO241BD YO241BD YO241EW YO241LN YO241JJ YO241JJ YO241LN YO241LN YO241LN YO241LN YO242LP YO242PD YO242PD YO242PD YO242PD YO242PD YO242PD YO242PD YO242PD YO242BB YO242PD YO243BB YO244BB Y	YO24 2	16	16	15	24	22	36	38	55	47	32	51	60	41	42	42	26	13	576
YO241BD 1 1 1 1 1 1 1 1 3 4 </td <td>YO24 3</td> <td>20</td> <td>22</td> <td>31</td> <td>29</td> <td>42</td> <td>58</td> <td>57</td> <td>60</td> <td>73</td> <td>70</td> <td>76</td> <td>74</td> <td>88</td> <td>81</td> <td>58</td> <td>47</td> <td>24</td> <td>910</td>	YO24 3	20	22	31	29	42	58	57	60	73	70	76	74	88	81	58	47	24	910
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	Grand Total	62	55	79	91	123	156	166	183	193	183	201	213	209	185	138	94	53	2384