

## **PE Provision Information (Key Objective ii)**

### **Information on the impact that PE provision has on childhood obesity**

1. There has been an increase in the percentage 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 is a government target that all schools provide pupils with at least 2 hours of high quality PE each week. This is physical education not physical activity. There is no stated time amount of physical activity required by schools. Currently there is an initiative through the school sports partnership network and Youth Sport Trust for children and young people to do 5 hours of organised PE, and organised sport each week as detailed below:
  - PE curriculum time = Hours 1 + 2
  - Sport on school site run by schools = Hour 3
  - Sport on school site but run by community & broader community provision = Hours 4 & 5
4. 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.
5. 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.
6. Curriculum PE is in place for educational purposes and not to address obesity in children.

7. 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.
8. 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.
9. 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 16s 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

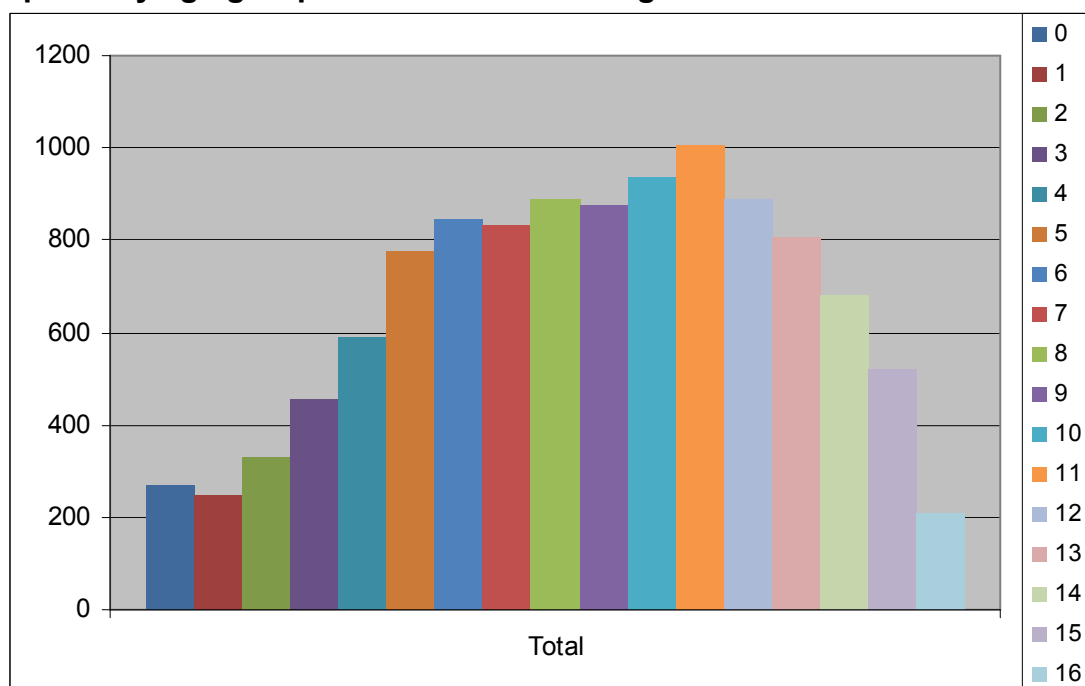
## Trends of the city with relation to a variety of school sport indicators

| York PESSYP <sup>1</sup> 2008/09                                                               | Jorvik<br>2006 | Jorvik<br>2007 | Jorvik<br>2008 | Jorvik<br>2009 | Ebor<br>2005 | Ebor<br>2006 | Ebor<br>2007 | Ebor<br>2008 | Ebor<br>2009 | 2006<br>York | 2007<br>York | 2008<br>York | 2009<br>York |
|------------------------------------------------------------------------------------------------|----------------|----------------|----------------|----------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|                                                                                                | 2006           | 2007           | 2008           | 2009           | 2005         | 2006         | 2007         | 2008         | 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 hours High Quality PE within and beyond curriculum (PSA Target)    | 69%            | 90%            | 93%            | n/a            | 70%          | 72%          | 90%          | 95%          | n/a          | 71%          | 90%          | 94%          | n/a          |
| % of 5 - 16 year olds doing 2 hours HQ PE                                                      |                |                |                | 83%            |              |              |              |              | 91%          |              |              | 84%          | 87%          |
| % of 5 -16 year olds doing 3 hours HQ PE and school sport                                      |                |                |                | 44%            |              |              |              |              | 46%          |              |              |              | 46%          |
| % of 5 - 19 year olds doing 3 hours HQ PE and school sport                                     |                |                |                | 42%            |              |              |              |              | 45%          |              |              |              | 44%          |
| % Pupils (5 - 16 yr old) involved in <b>intra</b> school competition                           | 68%            | 69%            | 73%            | 86%            | 14%          | 52%          | 44%          | 50%          | 55%          | 60%          | 56.50%       | 61.50%       | 70.50%       |
| % Pupils (5 - 19 yr old) involved in <b>intra</b> school competition                           |                |                |                | 82%            |              |              |              |              | 54%          |              |              |              | 68%          |
| % Pupils (7-16 yr old) involved <b>regular intra</b> school competition                        |                |                |                | 24%            |              |              |              |              | 24%          |              |              |              | 24%          |
| % Pupils (7-19 yr old) involved <b>regular intra</b> school competition                        |                |                |                | 24%            |              |              |              |              | 23%          |              |              |              | 23.50%       |
| % Hosting a sports day                                                                         | 100%           | 100%           | 100%           | 100%           |              | 93%          | 94%          | 94%          | 100%         | 97%          | 97%          | 97%          | 100%         |
| % Pupils (5-16 yr old) involved in <b>inter</b> school competition                             | 35%            | 37%            | 45%            | 50%            | 38%          | 42%          | 42%          | 32%          | 34%          | 39%          | 39.50%       | 38.50%       | 42%          |
| % Pupils (5-19 yr old) involved in <b>inter</b> school competition                             |                |                |                | 47%            |              |              |              |              | 33%          |              |              |              | 40%          |
| % Pupils (7-16 yr old) involved in <b>regular inter</b> school competition                     |                |                |                | 20%            |              |              |              |              | 17%          |              |              |              | 18.50%       |
| % Pupils (7-19 yr old) involved in <b>regular inter</b> school competition                     |                |                |                | 19%            |              |              |              |              | 17%          |              |              |              | 18%          |
| 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 (average)                                                          | 5.79           | 10.5           | 12             | 12.5           | 5.47         | 5.76         | 7.01         | 13.3         | 13.55        | 5.77         | 8.79         | 12.67        | 13           |
| % Pupils participate in a sport, dance or multiskill club with links to school (6 - 16 yr old) | 24%            | 27%            | 28%            | 41%            | 20%          | 37%          | 24%          | 37%          | 44%          | 31%          | 25.50%       | 32.50%       | 42.50%       |
| % Pupils participate in a sport, dance or multiskill club with links to school (6 - 19 yr old) |                |                |                | 39%            |              |              |              |              | 42%          |              |              |              | 40.50%       |
| % Registered as gifted and talented (10 - 16 yr old)                                           | 6%             | 6%             | 9%             | 12%            | 6%           | 6%           | 7%           | 9%           | 9%           | 6%           | 6.50%        | 9%           | 10.50%       |
| % Registered as Gifted and Talented (10 - 19 yr old)                                           |                |                |                | 11%            |              |              |              |              | 9%           |              |              |              | 10%          |
| % Involved in sports volunteering and leadership (5 - 19 yr old)                               |                | 11%            | 13%            | 22%            |              |              | 6%           | 9%           | 16%          |              |              |              |              |
| % Involved in sports volunteering and leadership ( 7 - 19 yr old)                              | 4%             |                |                |                |              | 6%           |              |              |              | 5%           |              |              |              |
| % Involved in sports volunteering and leadership (14 - 19 yr old)                              |                |                |                |                | 13%          |              |              |              |              |              | 8.50%        | 11%          | 19%          |

<sup>1</sup> 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 | 934 | 1005 | 886 | 805 | 680 | 518 | 208 | 11141       |

Figure 3

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

| 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**

| Postcode Sector | 0  | 1  | 2  | 3  | 4   | 5   | 6   | 7   | 8   | 9   | 10  | 11  | 12  | 13  | 14  | 15 | 16 | Grand Total |
|-----------------|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|----|-------------|
| 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  | 42  | 26 | 13 | 576         |
| YO24 3          | 20 | 22 | 31 | 29 | 42  | 58  | 57  | 60  | 73  | 70  | 76  | 74  | 88  | 81  | 58  | 47 | 24 | 910         |
| YO24 4          | 14 | 12 | 21 | 16 | 35  | 32  | 37  | 37  | 35  | 38  | 36  | 43  | 35  | 28  | 21  | 12 | 9  | 461         |
| YO24 5          |    |    |    |    |     | 1   |     | 1   | 2   |     |     |     |     |     |     | 1  |    | 5           |
| YO241BD         |    |    |    |    |     |     | 1   |     | 1   |     | 1   |     |     |     |     |    |    | 3           |
| YO241DP         |    |    |    |    |     |     |     |     |     |     |     | 1   |     |     |     |    |    | 1           |
| YO241EW         |    |    |    |    | 1   |     |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO241JJ         |    |    |    |    |     |     | 1   |     |     |     |     |     | 1   |     |     |    |    | 2           |
| YO241LN         |    |    |    |    |     |     |     |     |     |     |     | 1   |     |     |     |    |    | 1           |
| YO241NB         |    |    |    |    |     |     |     |     |     |     |     |     | 1   |     |     |    |    | 1           |
| YO242LP         |    |    |    |    |     |     |     |     |     |     |     |     |     | 1   |     |    |    | 1           |
| YO242PB         |    |    | 1  |    |     |     |     |     |     |     |     |     | 1   |     |     |    |    | 2           |
| YO242PD         |    |    |    |    |     | 1   |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO242PN         |    |    |    |    | 1   |     |     |     |     |     |     |     | 1   |     |     |    |    | 2           |
| YO242PP         |    |    | 1  |    |     |     |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO242TJ         |    |    |    |    |     |     | 1   |     |     |     |     |     |     |     |     |    |    | 1           |
| YO242TU         |    |    |    |    | 1   |     |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO243AE         |    |    |    |    |     |     |     |     |     |     |     |     |     |     | 1   |    |    | 1           |
| YO243AG         |    |    |    | 1  |     |     |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO243AZ         |    |    |    |    |     |     |     |     | 1   |     |     |     |     |     |     |    |    | 1           |
| YO243DD         |    |    |    |    |     |     |     |     |     |     | 1   |     |     |     |     |    |    | 1           |
| YO243EB         |    |    |    |    |     | 1   |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO243EE         |    |    |    |    |     | 1   |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO243GH         |    |    |    |    |     |     |     |     |     |     |     |     |     | 1   |     |    |    | 1           |
| YO243HL         |    |    |    |    |     |     |     |     |     |     |     |     |     | 1   |     |    |    | 1           |
| YO243NF         |    |    |    |    |     |     |     |     |     |     |     |     | 1   |     |     |    |    | 1           |
| YO244AY         |    |    |    |    |     | 1   |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO244EU         |    |    |    |    |     |     |     |     |     |     |     |     |     |     | 1   |    |    | 1           |
| YO244HA         |    |    |    |    |     | 1   |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO244HD         |    |    |    |    |     |     |     | 1   |     |     |     |     |     |     |     |    |    | 1           |
| YO244HH         |    |    |    |    |     |     |     | 1   |     |     |     |     |     |     |     |    |    | 1           |
| YO244HR         |    |    |    |    |     |     |     |     |     |     |     |     | 1   |     |     |    |    | 1           |
| YO244JB         |    |    |    |    |     |     |     |     |     |     |     |     | 1   |     |     |    |    | 1           |
| YO244JD         |    |    |    |    |     |     |     |     | 1   |     |     |     | 1   |     |     | 1  |    | 3           |
| YO244LZ         | 1  |    |    |    |     |     |     | 1   | 1   |     |     | 1   |     |     |     |    |    | 4           |
| YO244RD         |    | 1  |    |    |     |     |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO244SF         |    |    |    |    | 1   |     |     |     |     |     |     |     |     |     |     |    |    | 1           |
| YO247EP         |    |    |    |    |     |     |     |     |     |     |     |     |     |     |     | 1  |    | 1           |
| YO24V 3         |    |    |    |    |     |     |     |     | 1   |     |     |     |     |     |     |    |    | 1           |
| YO30            | 1  |    |    | 1  |     |     |     |     |     |     |     | 1   |     |     |     |    |    | 3           |
| Grand Total     | 62 | 55 | 79 | 91 | 123 | 156 | 166 | 183 | 193 | 183 | 201 | 213 | 209 | 185 | 138 | 94 | 53 | 2384        |