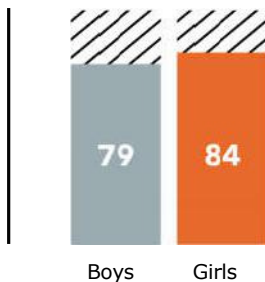


LINKING HEALTH AND WELLBEING TO ACHIEVEMENT AND THE OFSTED FRAMEWORK

**RUSSELL
CARTWRIGHT**
Programme Manager
for Health, Youth
Sport Trust

In 2013 it was reported that 79% of boys and 84% of girls aged 5-15 are not meeting activity guidelines.



According to Sport England & in 2013/14 only 51% of 14-19 year olds took part in sport at least once a week.



Promoting the health and wellbeing of pupils has the potential to improve their attainment; Youth Sport Trust's Russell Cartwright looks at the current trends.

The relationship between health and wellbeing and pupil progress and attainment has never been stronger or better understood. In a landmark report', Public Health England cites evidence which underlines the value of promoting health and wellbeing as an integral part of an effective strategy, and recognises the importance of a whole school approach.

The report, 'The link between pupil health and wellbeing and attainment', published in association with the National Association of Head Teachers in November 2014, highlights that:

- > healthier pupils with greater wellbeing are likely to achieve more academically
- > effective social and emotional competencies are associated with better health, wellbeing and academic achievement
- > the culture and environment within a school influences pupils' health and wellbeing
- > the association between physical activity levels and academic attainment is positive.

Given this, the current participation levels in physical activity are alarming.

FALLING PARTICIPATION LEVELS

The recommended guideline for 5-18 year olds is at least one hour of physical activity every day, with as little time spent sedentary as possible.

In 2013, the Health and Social Care Information Centre', reported that 79% of boys and 84% of girls aged 5-15 are not meeting this guideline, and according to Sport England' in 2013/14 only 51% of 14-19 year olds took part in sport at least once a week.

STEPS YOU CAN TAKE TO INCREASE PARTICIPATION AND WELLBEING

Targeted programmes such as Change4Life sports clubs create a unique club environment that gives young people a sense of belonging. This increases participation in physical activity and encourages healthy, active lifestyles. Schools can use their Sport Premium funding to deliver this initiative, improve pupil health and wellbeing, and demonstrate effective practice to Ofsted.

CHANGE4LIFE SPORTS CLUB AT FEATHERSTONE PRIMARY SCHOOL IN BIRMINGHAM

The school decided to set up a Change4Life Sports Club, and identified a particular group of children to target, to try and improve their:

- > **participation and engagement in physical activity**
- > **fine motor skills**
- > **self esteem**
- > **schools engagement of parents.**

Since joining the club, children have gained greater concentration and confidence, and some have even volunteered to take on school councillor roles. Those targeted by the initiative have improved their handwriting through better motor skills, and overall fitness levels have also improved. The children are much more engaged with additional physical activity outside the club too, with some joining more challenging activities and others joining after school clubs.

This targeted programme has raised achievement amongst pupils with improved quality and quantity of work. This is also due to their improved resilience, because they find it less challenging when they get things wrong and are more prepared to persevere.

Search 'Change4Life Featherstone' on YouTube to see how Featherstone Primary School have been utilising Change4Life Sports Clubs.

Edris Gaibee, Headteacher, Featherstone Primary School, is delighted with the results:

// **What I really like about Change4Life is not only have they progressed and gained more confidence but also, academically, they've been able to use those skills back in the classroom."**

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Visit www.youthsporttrust.org

Contact membership@youthsporttrust.org



OFSTED TO INCREASE RIGOUR ON WELLBEING

General improvements to pupils' lifestyles will of course be seen through increased participation in physical activity but to improve pupils' health and wellbeing, Ofsted⁴ highlights that schools should:

- > **work closely with parents, carers and local health agencies to promote health and wellbeing in all pupils**
- > **identify non-participants in extracurricular sport and provide additional activities to encourage their immediate and longer term participation in physical activity**
- > **forge links with a wider range of external sports clubs to achieve sustainable ways of engaging all pupils.**

In the new assessment framework for 2015, Ofsted announced that there will be a judgement on personal development, behaviour and welfare for the first time. Inspectors will look at how schools are successfully supporting pupils to gain 'knowledge of how to keep themselves healthy, including through exercising and healthy eating'.

They will look for evidence of a culture of exercise and eating well and speak to school leaders about how the school helps pupils gain knowledge of a good diet, exercise and physical and mental wellbeing. PE and school sport have a clear role to support this, particularly when embedded as part of a school's ethos, culture and environment.

Schools are a unique environment for increasing young people's capacity and ability to learn and build life skills beyond qualifications that are critical for their future prospects.

The declining physical and emotional health of young people is currently the biggest barrier to achievement. By investing in getting children and young people more physically active, we will develop creative, aspirational, resilient and empathetic citizens that are ready to perform, fit for work and healthy for life.

TARGETED HEALTH PROGRAMMES FOR MEMBERS

The Youth Sport Trust has a range of targeted health initiatives to help you improve the wellbeing of young people at your school, for example Change4Life Sports Clubs, Smart Start, Junior Athlete Education STARS, Girls Active, and Young Ambassador Peer Leaders.

¹ Public Health England, 2014. The link between pupil health and wellbeing and attainment: A briefing for headteachers, governors and staff in education settings, Public Health England.

² Health and Social Care Information Centre, 2013. Health Survey for England — 2012, 5,1, Health and Social Care Information Centre.

³ Sport England, 2014. Active People Survey 2013-2014, s. I.: Sport England.

⁴ Ofsted, 2014. The PE and School Sport Premium for primary schools, Ofsted.