

Raising the heartbeat of the nation

Step two of a five-step plan for a more active population.



2 **Increased investment in Initial Teacher Training for primary school teachers to ensure high quality PE, sport and physical activity from the start of the educational journey.**

In order to create active habits that will last right through people's lives, both teachers and parents must be made aware of the value of and opportunities for teaching young children about being active. Building active habits is a pre-requisite to future enjoyment and success in sport and recreation at all levels.

Key Recommendation A - All physical education should be delivered by qualified teachers and coaches, and continue to be assessed rigorously by Ofsted

- Ofsted themselves found that PE requires further improvement in about one third of primary schools and one quarter of secondary schools. We want to see inspections act as a catalyst for high-quality provision and to encourage this improvement. Ofsted reported that the main weakness was teachers' 'limited subject knowledge and use of assessment'. Improved Initial Teacher Training for PE, sport and physical activity would markedly improve this weakness.

- Building on the first cohorts of primary school PE specialists, we want to see the Government increase investment in Initial Teacher Training for primary school teachers to ensure high-quality PE, sport and physical activity. Our vision is for every primary school to benefit from a qualified PE specialist.

Alongside a properly qualified workforce a number of other changes would also ensure the successful delivery of physical activity in schools.

Key Recommendation B - Every school's physical activity offer must be wide enough to attract and engage children of all interests, abilities and motivations - both competitive and non-competitive

- This means going beyond a traditional offer and widening the curriculum to include a range of activities which appeal to young people including adventurous activities outdoors, play, dance and exercise classes particularly at the earliest stages of childhood.
- This wide range of activities must be offered in both the school day and in after-school clubs. These clubs are vital to supporting continued participation in sport and recreation. They can provide activities that are not available during the school day and a range of non-competitive and competitive opportunities ranging from traditional sports to dance.

Key Recommendation C - Schools should offer more opportunities to be active in the natural world

Schools should emphasise the value of the natural world and promote enjoyment of the outdoors.

- All primary and secondary schools should be supported in delivering frequent, continuous and progressive outdoor activity experiences within the curriculum.

- The outdoor sector should work with schools to develop plans for both urban and rural areas.
- Outdoor learning should be promoted across the curriculum and schools inspected against high-quality delivery. Every child should have the right to attend at least one residential outdoors experience every year.
- Every school must have a lead teacher for outdoor learning and be required to achieve the Learning Outside the Classroom Quality Badge, or recognised equivalent.

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