



Active Devon

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Lead for Children and

Young People

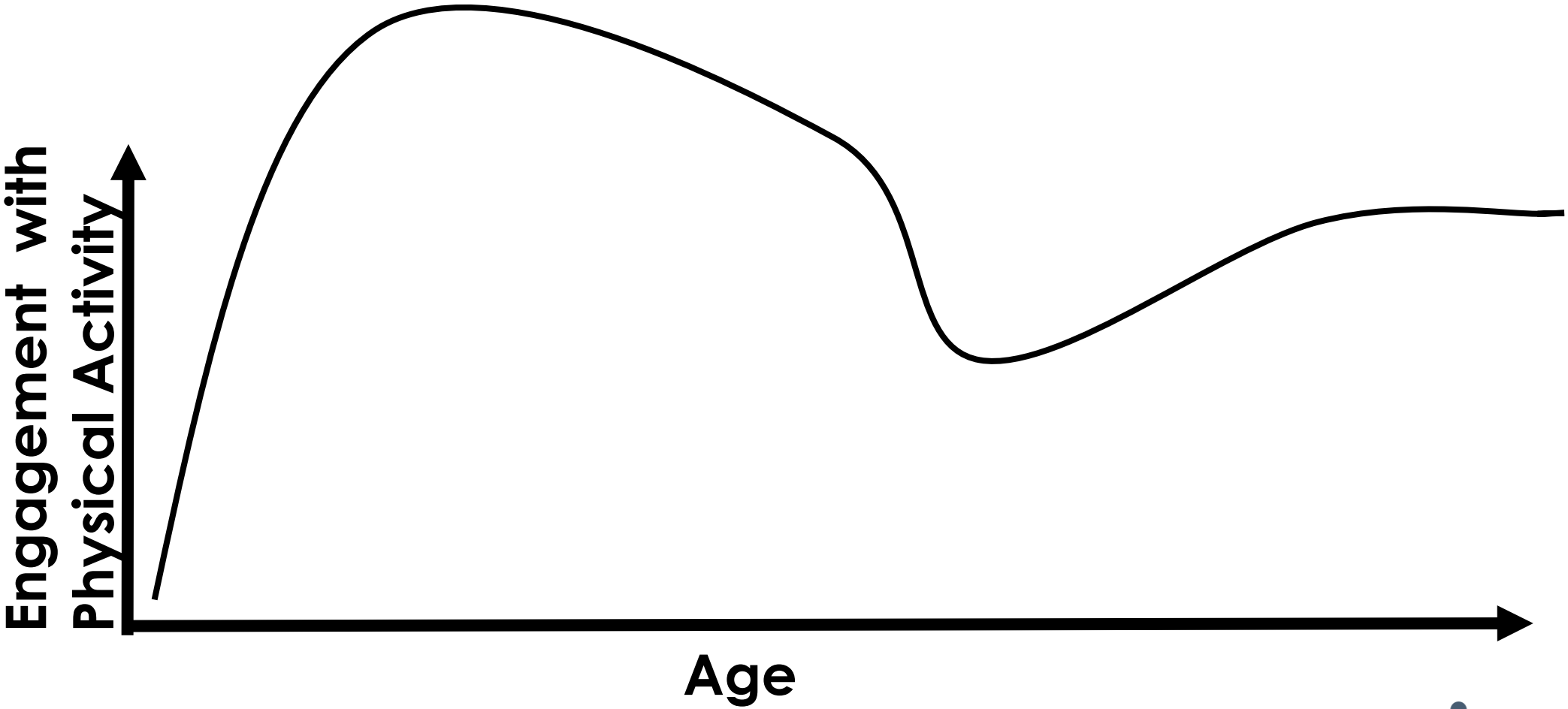
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Active Devon

Active Devon is a community focused, non-profit organisation dedicated to inspiring and supporting people in Devon to be active for life.

Our relationship with physical activity



Reflection Activity

- When have you had a positive relationship, sustained engagement with physical activity? Why was this?
- When have you been disengaged with physical activity? Why was this?
- How has your relationship with physical activity changed over time?

What makes our experiences positive?

- Think of a specific positive movement, physical activity or sport memory.
- How did the experience make you move, think, feel and connect with others, your surroundings and yourself?
- How enjoyable, meaningful and valued was this experience? What shaped this?

Physical Literacy Consensus Statement for England

Physical literacy is our **relationship**
with **movement and physical activity**
throughout life.

Physical literacy is our relationship with movement and physical activity throughout life.

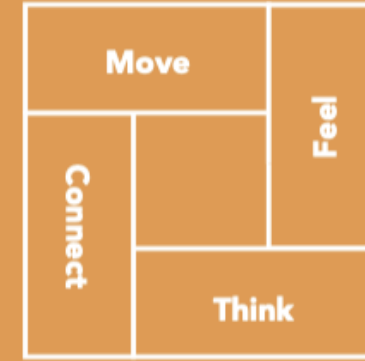
A personal relationship

Having a positive and meaningful association with movement and physical activity.



Movement and physical activity

How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



Throughout life

Influenced across the lifecourse by individual, social and environmental factors.



**Why is this important to you, your pupils
and your school community?**

My Active Future: Including every child (March 2020)

The findings reinforce the activity gap between disabled and non-disabled children. Disabled children are less active than their peers and experience more barriers.

Key findings:

- **One third** of disabled children take part in less than 30 minutes of sport and physical activity per day during term-time (30% vs 21% of non-disabled children).
- **Disabled children's activity levels decrease significantly**, as they get older. Activity levels for disabled and non-disabled children are similar when they first start school (Key Stage 1 83% during term-time compared to 84%). By age 11, disabled children are less likely to be 'active or fairly active' (Key Stage 2 - 77% vs 85%). The gap widens more significantly by the time they are 16 (Key Stage 4 - 52% vs 72%).
- Disabled children are **twice as likely** to be lonely compared to their non-disabled peers (72% vs 36%). They are more likely to feel they have no one to talk to, feel left out, and to feel alone.

My Active Future: Including every child (March 2020)

- Disabled children are motivated to take part in sport and physical activity to feel **a sense of belonging** and **be more independent**.
- **Nine in ten** parents of disabled children say their child's level of physical activity is important to them. Yet **less than half** of parents with disabled children feel they have enough support to help their child to be active.
- **Only a quarter** (25%) of disabled children say they take part in sport and activity all of the time at school, compared to 41% of non-disabled children.
- Disabled children are less likely than non-disabled children are to be active at a park, leisure centre or friend's house.
- Worrying about getting hurt, how they look and not knowing what to do stops many disabled children being active.

What is the current picture of physical activity and movement for pupils with SEND at your school?

- Where are things working well?
- What are the challenges?
- What support do you need?

Events
/visits

Break
/lunch
(recess)

Physical
Education

Curricular
lesson
(non PE)

Before/
after
school
clubs

Active
travel

Family/
community

What support is available

- Celebrate, uplift and amplify good practice
- Staff training – online, countywide, bespoke for your school
- Resources to trial at your school (Swim Pix)
- School Games
- Pupil, parent and staff comms
- Creating Active Schools
- Inclusive PE Self Assessment – Inclusion 2024
- You tell us...

Before I go...

- One thing you need from us
- One thing you might do differently
- One thing you'll share with others



Thank you!

#ActiveForLife

