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# Sports Update

No. 59 January 2007

## PE Provision in Secondary Schools



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## EXECUTIVE SUMMARY

This report presents findings from the eighth in a series of surveys designed to collect information on sports provision in Welsh secondary schools. The main focus of the report is the academic year 2004/2005, with some additional commentary on trends seen over recent years. Issues covered include the resources and provision made available for curricular PE, curriculum activities offered, availability and quality of school sport facilities, extra-curricular sports provision and the provision of examination PE (e.g. GCSE PE).

PE department budgets continue to increase above the rate of inflation across Wales. The PE budget in the Rural Heartland has increased significantly yet in the Valleys and Metropolitan Wales the budgets continue to fall from 1999/00.

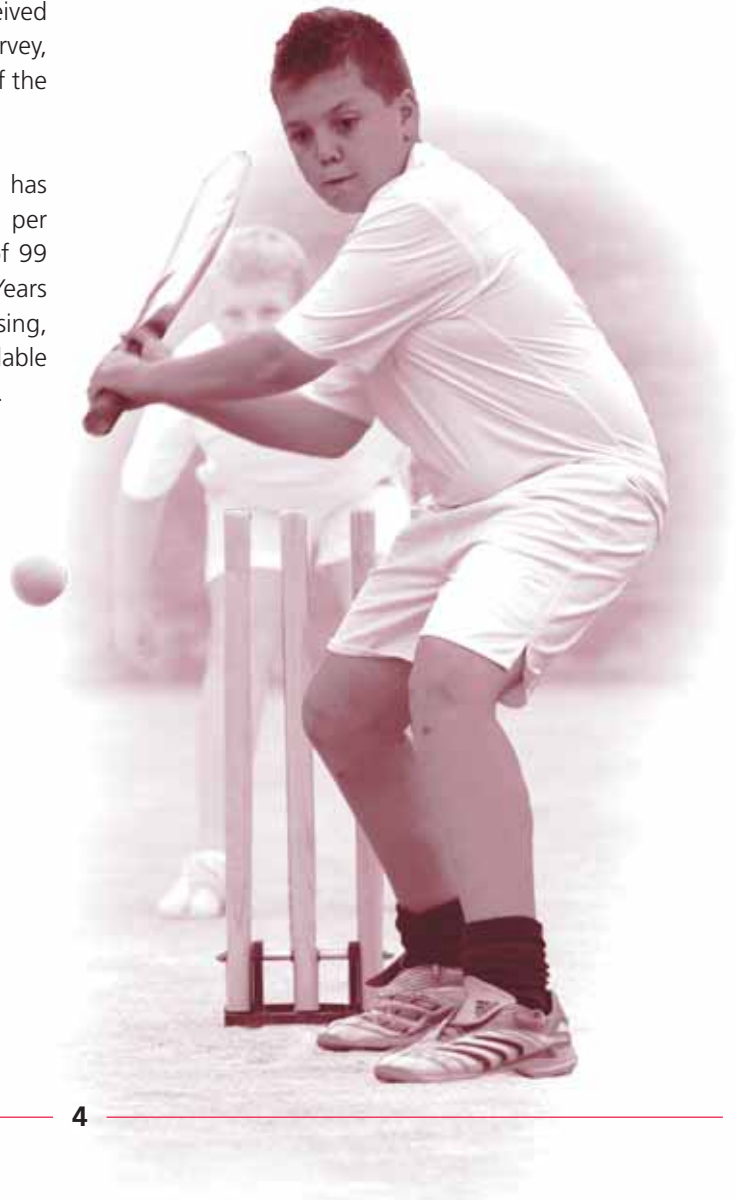
As with previous surveys the percentage of schools with outdoor facilities for sport and physical activities has declined slightly, with little change in the perceived quality of the facilities. In line with the previous survey, the majority of quality ratings fall in the lower end of the 'adequate' to 'good' levels.

The amount of time available for curricular PE has increased since 2002/03 (average of 97 minutes per week) with schools currently offering an average of 99 minutes per week for PE within the timetable for Years 7-11. Despite the amounts of time for PE increasing, there is still a substantial drop in the time made available for PE in Years 10 and 11 compared with Years 7-9.

Within Curricular PE, levels for football, swimming, weight training, outdoor pursuits, table tennis and golf have decreased since 2002/03. However, activities such as softball, cricket, aerobics, lifesaving and volleyball are being offered by a larger percentage of schools.

The amount of time allocated over a typical week for extra-curricular activities has increased to an average of 27 hours per week from 24.8 hours in 2002/03. Activities such as basketball, weight training and football for girls continue to increase, as well as an increasing number of schools with girls' rugby and athletics teams.

Examination PE continues to rise, with 99% of schools offering GCSE PE. However, curricular PE continues to be a declining priority for Year 12. Only 19% of schools make PE compulsory for these pupils, down from 22% in 2002/03 and 26% in 1999/00. The percentage of schools providing PE on a continuous basis is down from 51% in 2002/03 to 44% in 2004/05.



## INTRODUCTION

PE has struggled for recognition and status as a curriculum subject within secondary schools. Previous surveys on sports provision by the Sports Council for Wales (SCW) have noted declining trends in many aspects of PE delivery including a reduction in time allocation, the provision of less PE with increasing age and declining availability and quality of sports facilities in schools.

There is increasing evidence to demonstrate the role of PE and sport in general which, impacts on the all round education and development of children and young people. These benefits are starting to be realised and fulfilled within Welsh secondary schools, however, further improvement in PE and sports provision is still required.

## METHOD

Similar surveys of PE and sports provision in secondary schools have been carried out since 1990 by Beaufort Research Limited. This study followed the same postal survey approach of previous years with the questionnaire remaining unchanged. The questionnaires were issued to all Heads of PE in Local Education Authority (LEA) maintained secondary schools in Wales, currently 227 schools with the exception of those with only sixth form pupils.

Questionnaires were available in English and Welsh and 12% of respondents took the opportunity to complete a Welsh version. Completed questionnaires were received from 171 of the 227 schools giving a response rate of 75%.

Encouragingly the secondary school response rate has increased and there was a good response rate across the four regions traditionally referred to by SCW: Metropolitan Wales, the Rural North, the Rural Heartland and The Valleys. The local authorities included in these regions are as follows:

### **Metropolitan Wales:**

Wrexham; Flintshire; Newport; Cardiff;  
Vale of Glamorgan; Bridgend; Swansea.

### **Rural North:**

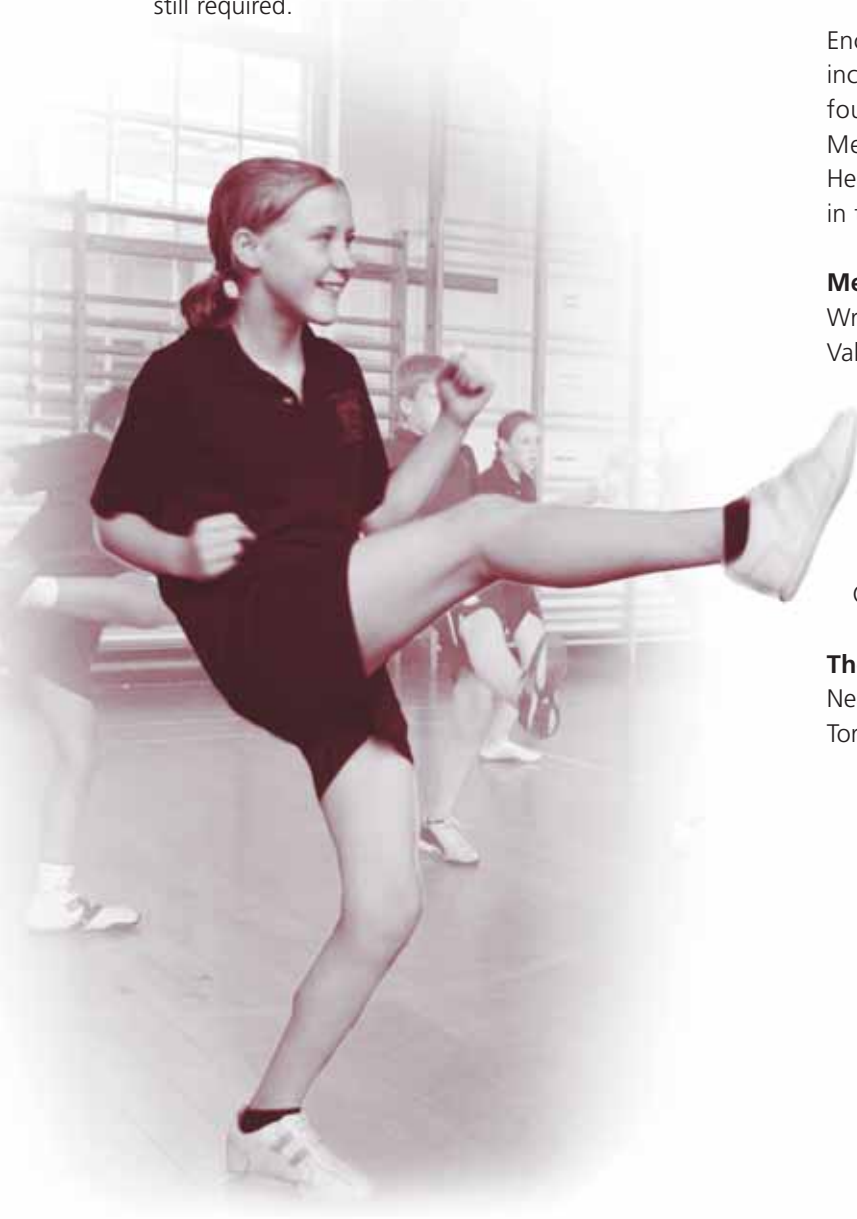
Anglesey; Conwy; Denbighshire; Gwynedd.

### **Rural Heartland:**

Powys; Ceredigion; Pembrokeshire;  
Carmarthenshire; Monmouthshire

### **The Valleys:**

Neath Port Talbot; Rhondda Cynon Taff; Caerphilly;  
Torfaen; Merthyr Tydfil; Blaenau Gwent.



## CURRICULAR PE AND RESOURCES

### Staff

Since 1993 there has been little change in the number of teaching staff involved in the delivery of curricular PE, or the staff to pupil ratios (see Table 1). As with previous years, regional trends show that the Rural Heartland has the lowest ratios and Metropolitan Wales has the highest. Across all school years, the ratio ranged from 1.36 in the Rural Heartland to 1.4 in Metropolitan Wales.

### Specialist PE Staff

PE specialists were those who taught PE as their main subject and in 2004/5 schools employed an average of 4.49 specialist PE teachers. This is a slight increase from the 2002/3 figures of 4.23 PE specialists per school. There was little difference in the numbers of male and female PE specialists employed in schools, the majority of whom worked full time, although females were marginally more likely to work part time. 2% of schools employed no male PE specialists and 1% employed no female PE specialists. The previous survey found that the increase in the amount of non-specialists

teaching PE in Year 11 ceased, which is sustained in the findings of this survey. There is little variation shown in the numbers of non-specialist PE staff used across the different year groups.

### Finance

Based on the latest survey, the national average PE budget for 2004/5 was £2,805.73. This compares with £2,500.47 in 2002/03 and £2,326 in 1999/00 (see Table 2).

As with previous surveys, the largest proportion of the PE budget was spent on equipment. The best estimates from the data show that 52% of the budget was spent in this area (down from 58% in 2002/03 and 66% in 1999/00).

In addition to the school budget available for PE, 40% of schools raised additional monies for their PE department compared with 35% in the previous survey. Regionally this percentage varied, with 61% of schools in the Rural North raising additional monies through fundraising, 39% in the Rural Heartland, 36% in Metropolitan Wales and 35% in The Valleys. These have all slightly increased from the last survey.

**Table 1: Average number of PE staff and ratio of PE staff to pupils.**

	1993/94		1995/96		1997/98		1999/00		2002/03		2004/05	
	Staff	Ratio	Staff	Ratio	Staff	Ratio	Staff	Ratio	Staff	Ratio	Staff	Ratio
<b>Year 7</b>	4	1:40	4	1:40	4.1	1:39	4	1:42	4.3	1:39	4.3	1.38
<b>Year 9</b>	4	1:40	4	1:40	4	1:39	4.1	1:40	4.1	1:39	4.3	1.39
<b>Year 11</b>	4.4	1:33	4.4	1:36	4.3	1:36	4.3	1:36	4.4	1:36	4.4	1.37

**Table 2: Average Budget for PE in 2004/05.**

	Metropolitan Wales	Rural North	Rural Heartland	The Valleys	All Wales
<b>Total</b>	2450.69	2033.04	4959.94	2051.86	2805.73
<b>Equipment</b>	1716.00	1230.04	1314.88	1375.22	1455.42
<b>Kit</b>	196.74	231.88	145.78	266.28	211.93
<b>Travel</b>	332.52	550.74	704.38	140.53	404.90
<b>Professional Development</b>	90.43	135.83	98.62	119.49	108.13
<b>Other</b>	385.22	414.32	280.67	150.35	302.36
<b>Average budget per pupil</b>	£2.35	£2.47	£5.48	£2.18	£2.96

Where schools raised monies, an additional average of £1609.55 had been raised, compared with £1559.11 in 2002/03. Again this varied across regions, with schools in Metropolitan Wales raising an average of £2092.50 compared to the Rural North raising an average of £1870.59. The Rural Heartland raised £1259.29 and The Valleys raised an average of £996.67 through fundraising.

Heads of PE were asked whether they felt that there was sufficient financial support available for PE at their school. Overall, 48% agreed there was sufficient support available. In Metropolitan Wales this figure was 44%, in the Rural North it was 57%, in the Rural Heartland 50% and in The Valleys 46%. However, 40% overall disagreed that there was sufficient financial support. Disaggregating this geographically shows that there is differentiation regionally: ranging from 49% in Metropolitan Wales to 32% in the Rural North, with 28% for the Rural Heartland and 42% in The Valleys.

## Facilities

Table 3 shows the facilities available to schools on site and the quality ratings given by Heads of PE. Since 2002/03, the percentage of schools with outdoor facilities has declined, with the exception of cricket nets, football pitches, tennis courts, artificial pitches and multi-use games areas. Most significantly, artificial pitches and multi-use games areas have increased by 11 percentage points and 8 percentage points respectively.

For the second time in this series of surveys, schools were asked whether they had a dance studio on site, and the results show that 14% of schools currently have this facility. The quality of gymnasiums has not improved with 55% of schools rating them as adequate or poor compared to 53% in 2002/03. Overall, there was little change in the quality ratings given to facilities; they have stayed the same, fallen or improved very slightly.

In line with the previous survey, the majority of quality ratings fall in the lower end of the 'adequate' to 'good'

**Table 3: Percentage of schools with listed sports facilities available on-site and (in brackets), the quality ratings given to them.**

	1995/96	1997/98	1999/00	2002/03	2004/05
<b>Indoor</b>					
Dance studio	-	-	-	8 (3.3)	14 (3.3)
Gymnasium	91 (2.6)	91 (2.6)	88 (2.5)	85 (2.4)	87 (2.4)
School Hall	48 (2.0)	48 (1.9)	42 (1.7)	44 (1.8)	44 (1.7)
Sports Hall	52 (3.1)	53 (3.1)	53 (3.0)	57 (2.9)	61 (3.0)
Swimming pool	38 (3.2)	36 (3.2)	37 (3.0)	32 (3.0)	39 (2.9)
<b>Outdoor</b>					
Athletics pits	86 (1.7)	84 (1.7)	81 (1.5)	78 (1.5)	68 (1.7)
Athletics track (grass)	77 (1.8)	79 (1.7)	76 (1.6)	76 (1.7)	75 (1.8)
Athletics track (synthetic)	14 (2.2)	15 (2.2)	13 (1.8)	12 (2.3)	10 (2.4)
Cricket nets	31 (2.7)	33 (2.5)	28 (2.5)	24 (2.7)	25 (2.9)
Cricket wickets	60 (2.3)	56 (2.1)	53 (2.0)	35 (2.1)	33 (2.0)
Football pitches	78 (2.4)	80 (2.3)	73 (2.1)	73 (2.1)	77 (2.4)
Hockey pitches	76 (2.3)	80 (2.1)	69 (1.9)	56 (2.0)	61 (2.3)
Netball courts	90 (2.3)	93 (2.2)	90 (2.0)	87 (2.1)	81 (2.1)
Rugby pitches	83 (2.5)	86 (2.4)	84 (2.2)	81 (2.2)	76 (2.5)
Tennis courts	84 (2.2)	78 (2.1)	69 (2.0)	67 (2.1)	68 (2.2)
Artificial pitch	-	27 (2.9)	28 (2.8)	28 (2.8)	39 (3.0)
Multi Use Games Area	-	-	-	22 (2.2)	30 (2.6)

Figures in brackets represent average quality ratings for the on-site facilities available, where 4=excellent, 3=good, 2=adequate, 1=poor

levels. As with the last survey it is only dance studios that were rated slightly better than 'good' despite a rise in provision (6 percentage points). Schools have rated changing rooms as 62% 'poor' or 'adequate', a drop from 67% in 2002/03, but nevertheless could affect pupils' participation in PE.

The lowest rated facilities were those for athletics and school halls. Of those with athletics tracks (grass), 37% rated them as 'poor' and 47% as 'adequate'. 12% rated them as 'good' and only 3% considered them to be 'excellent'. Athletics tracks (grass) were rated particularly badly in the Rural North with 100% rating them as 'adequate' or 'poor'. The quality of school halls and athletics pits was not much better across Wales. Only 1% of school halls were rated as 'excellent' and 45% were rated 'poor'. 15% of athletics pits were rated as 'excellent' or 'good' and 82% were rated as 'adequate' or 'poor'.

31% of schools rated their netball courts as 'poor'; this ranged geographically from 42% in the Rural North and 24% in the Rural Heartland. 26% overall rated them as 'good' and 8% as 'excellent'. In this instance, they were rated best by schools in Metropolitan Wales (40%) and the Rural Heartland (45%).

## CURRICULAR PE: DELIVERY

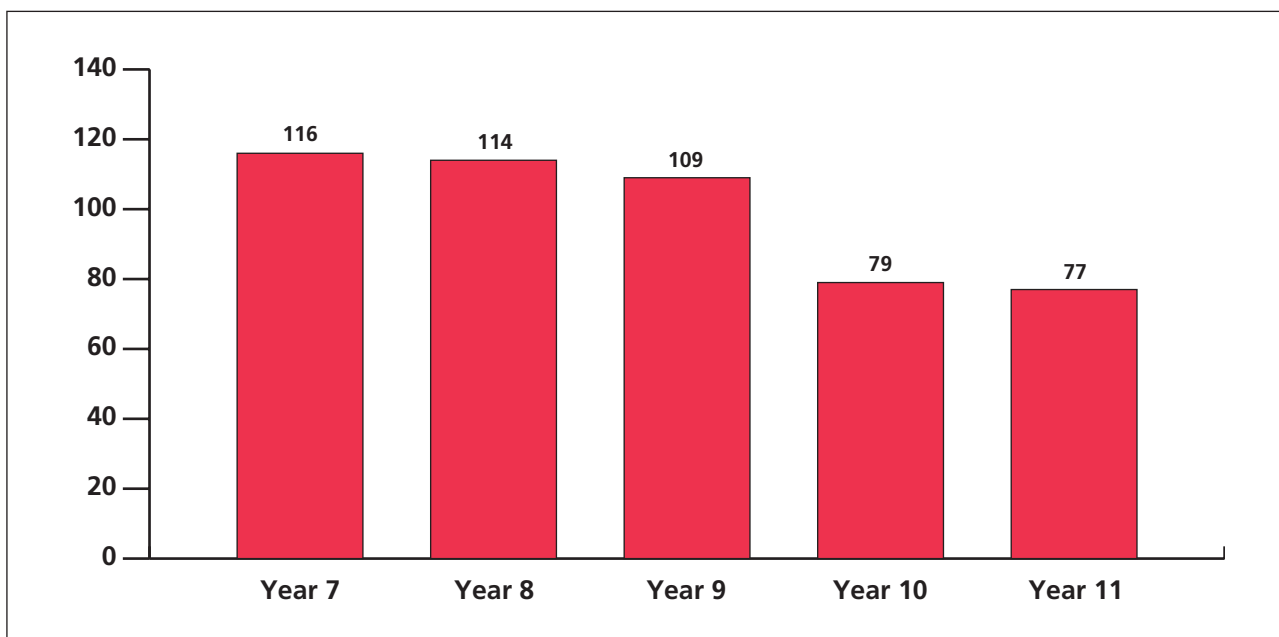
### Time

Figure 1 shows the time made available for the delivery of curricular PE by year group. Encouragingly the time available for PE has increased in all year groups; however, as with previous years the time available declines each school year, with the data again showing significant drops in the time available for Years 10 and 11 compared with Years 7 to 9.

Across the schools surveyed, there was an average of 99 minutes per week for PE within the timetable compared to 97 minutes in 2002/03. This increase is illustrated in Figure 2, which shows time available for Years 7, 9 and 11 in comparison with the two previous surveys.

Table 4 shows curricular PE time for 2004/05 in more detail and illustrates the differences across year groups and regions. On average the target time of a minimum of two hours of PE per week per pupil is not being reached across year groups or regions. Metropolitan Wales and the Rural Heartland show an increase of 13.89 minutes collectively, yet the Rural North and The Valleys show a decline of 6.57 minutes collectively. All regions, except the Rural North show a decline of at least 30 minutes in available curricular time once pupils reach Year 10, nevertheless the drop is still clear in the Rural North.

**Figure 1: Average number of minutes given to curricular PE time per week and per year group in 2004/05**



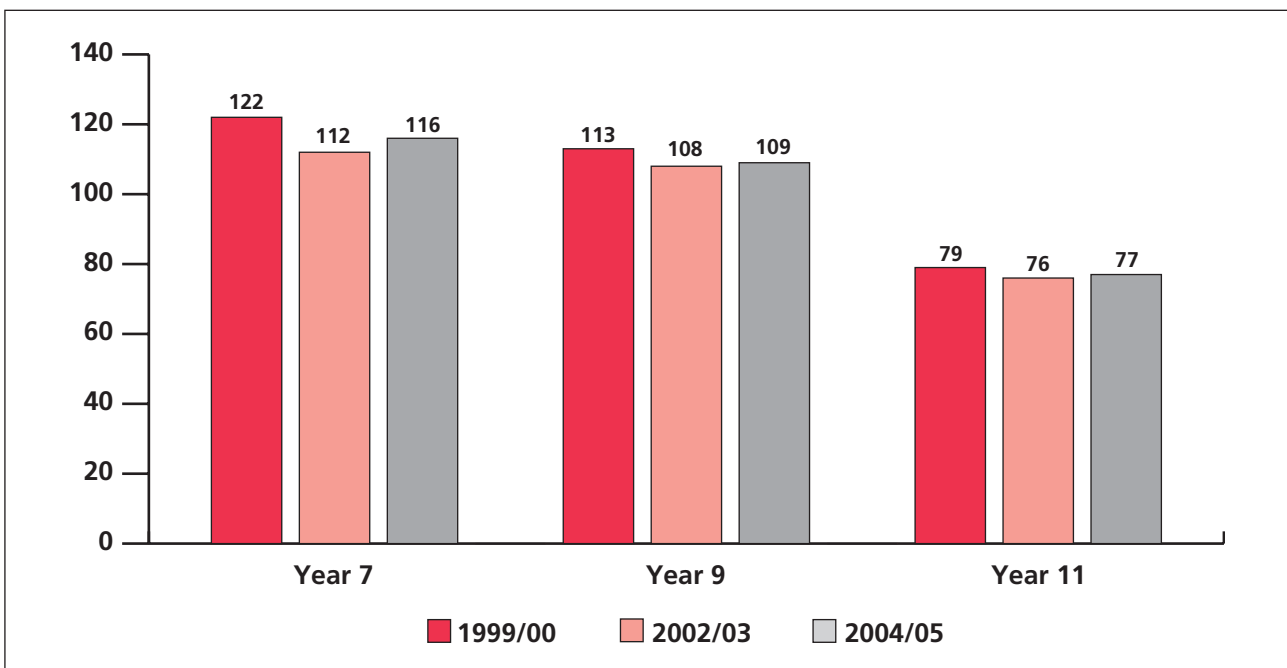




**Table 4: Average minutes of PE curricular time per week by region and year group.**

	Metropolitan Wales	Rural North	Rural Heartland	The Valleys	All Wales
<b>Year 7</b>	118.38	113.39	114.53	116.07	116.09
<b>Year 8</b>	117.43	107.86	114.25	114.76	114.42
<b>Year 9</b>	113.26	103.21	109.39	108.67	109.48
<b>Year 10</b>	78.59	90.07	78.44	74.59	79.38
<b>Year 11</b>	77.21	87.14	77.47	71.33	77.31
<b>Average</b>	100.97	100.33	98.82	97.08	99.34

**Figure 2: Average number of minutes per week for curricular PE by school year since 1999/00**



### Curricular Activities offered

Tables 5 and 6 show the percentages and types of activities available through the curriculum to girls and to boys by year group. Appendix A provides further information on the different types of activities offered overall in schools since 1997/98 (page 20).

There has been little change overall in the figures for the percentages of schools offering curricular sports in recent years. However, the availability of activities such as football, swimming, weight training, outdoor pursuits, table tennis and golf have decreased since 2002/03, while activities such as softball, cricket, aerobics, lifesaving and volleyball are being offered by

**Table 5: Percentage of schools offering activities as part of curricular PE on and/or off site (GIRLS).**

	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Aerobics</b>	22	23	34	77	75
<b>Athletics</b>	98	98	98	86	67
<b>Badminton</b>	22	27	50	80	82
<b>Baseball/rounders</b>	91	92	93	93	82
<b>Basketball</b>	20	22	29	47	43
<b>Bowls</b>	1	1	1	2	1
<b>Circuit training</b>	49	51	61	81	77
<b>Cricket</b>	12	11	14	13	11
<b>Cross country</b>	74	72	70	46	36
<b>Dance</b>	58	59	56	43	38
<b>Football</b>	43	41	44	44	39
<b>Golf</b>	3	3	5	4	5
<b>Gymnastics</b>	96	96	91	43	39
<b>Hockey</b>	85	87	86	73	70
<b>Judo/martial arts</b>	1	1	1	6	6
<b>Lacrosse</b>	1	1	1	2	2
<b>Lifesaving</b>	10	11	16	25	23
<b>Netball</b>	95	94	94	90	88
<b>Outdoor adventurous activities</b>	24	25	20	16	11
<b>Rugby</b>	15	14	15	18	15
<b>Softball</b>	6	6	6	8	8
<b>Squash</b>	1	1	3	17	20
<b>Step aerobics</b>	8	9	19	35	35
<b>Swimming</b>	50	46	40	38	35
<b>Table tennis</b>	2	2	2	11	12
<b>Tennis</b>	63	61	61	65	56
<b>Trampolining</b>	8	8	14	28	29
<b>Volleyball</b>	5	10	15	40	39
<b>Weight training</b>	4	5	11	45	48

a larger percentage of schools in more recent years. Significantly more girls than boys (Years 7-11) are offered aerobics, baseball/rounders, dance, hockey and netball within curricular PE, whilst the activities of basketball, cricket, football, rugby and softball are offered to more boys than girls.

Those schools that offer aerobics, badminton, squash, step aerobics, volleyball and weight training to girls on

the curriculum, offer these activities more so to Year 10 and 11 than Years 7, 8 and 9. In contrast, cross country and gymnastics are offered less in Years 10 and 11 than 7, 8 and 9. Those schools who offer badminton, squash and weight training to boys on the curriculum offer these activities more so to Years 10 and 11 than 7, 8 and 9, and cross country, dance and gymnastics are offered more to Years 7, 8 and 9 than Years 10 and 11.

**Table 6: Percentage of schools offering activities as part of curricular PE on and/or off site (BOYS).**

	Year 7	Year 8	Year 9	Year 10	Year 11
<b>Aerobics</b>	2	1	2	9	8
<b>Athletics</b>	95	95	95	86	68
<b>Badminton</b>	18	23	40	72	75
<b>Baseball/rounders</b>	56	56	58	63	56
<b>Basketball</b>	51	58	68	81	80
<b>Bowls</b>	2	2	1	2	2
<b>Circuit training</b>	56	57	67	78	78
<b>Cricket</b>	82	84	81	74	58
<b>Cross country</b>	73	72	70	53	47
<b>Dance</b>	12	10	5	1	1
<b>Football</b>	91	93	94	94	95
<b>Golf</b>	2	4	5	8	7
<b>Gymnastics</b>	92	92	85	29	24
<b>Hockey</b>	18	16	19	23	23
<b>Judo/martial arts</b>	1	1	1	4	2
<b>Lacrosse</b>	1	1	1	2	1
<b>Lifesaving</b>	6	8	14	20	20
<b>Netball</b>	3	1	1	1	2
<b>Outdoor adventurous activities</b>	26	27	23	15	11
<b>Rugby</b>	93	92	92	86	84
<b>Softball</b>	24	25	27	31	26
<b>Squash</b>	1	1	2	18	20
<b>Step aerobics</b>	-	-	1	4	4
<b>Swimming</b>	48	45	41	37	34
<b>Table tennis</b>	4	4	6	15	18
<b>Tennis</b>	44	43	43	51	48
<b>Trampolining</b>	4	5	11	18	20
<b>Volleyball</b>	4	5	7	22	23
<b>Weight training</b>	5	5	18	58	61

### Health Related Exercise

92% of schools covered Health Related Exercise as a separate activity compared to 91% in 2002/03 and 85% in 1999/00. There are regional variations in the delivery of Health Related Exercise as a separate activity: 100% of schools in the Rural North, 96% in The Valleys, 94% in the Rural Heartland and 85% in Metropolitan Wales. The various ways in which the subject is delivered are shown in Table 7. The majority of schools delivered Health Related Exercise to Key Stage 3 and 4 pupils 'across all activity areas' or as 'a discrete module of work'. The least popular method of delivery was 'as part of P.S.E.'; with only 10% of schools using this method for Key Stage 3 pupils and 8% for Key Stage 4 pupils.

**Table 7: Percentage of schools using various methods to deliver Health Related Exercise.**

	Key Stage 3	Key stage 4
<b>Permeating across all activity areas</b>	65	58
<b>Permeating across some activity areas</b>	18	20
<b>As a discrete module(s) of work</b>	59	59
<b>As part of P.S.E.</b>	10	8
<b>Other</b>	3	3

### Year 12 Curricular PE

PE was a compulsory subject in 19% of schools with Year 12 pupils, compared with 22% in 2002/03 and 26% in 1999/00. There are clear regional differences as shown in Table 8, with PE being a compulsory subject for 27% of schools with Year 12 pupils in Rural Heartland, 23% in the Valleys, 17% in the Rural North and 10% in Metropolitan Wales. PE was optional in 34% of schools, but not available at all in 47% of schools, an increase from 43% in 2002/03.

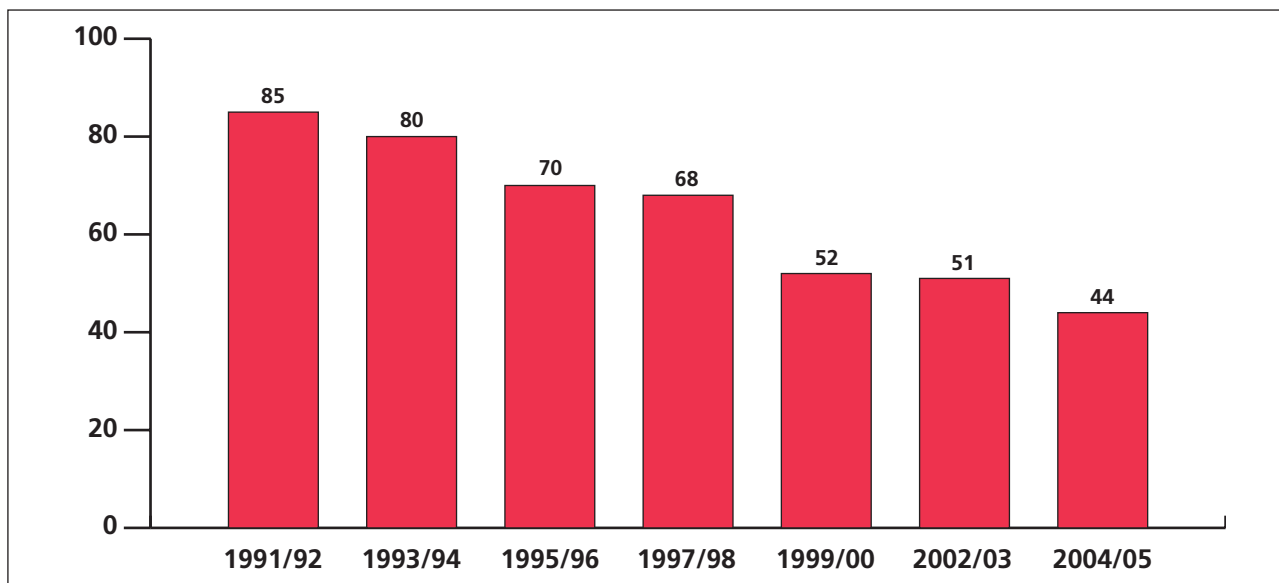
PE was available to Year 12 pupils on a continuous basis at 44% of schools. This figure continues to decline since 1991/92, which is shown in Figure 3.

Where time for curricular PE was provided for Year 12 pupils, there was an average of 33.65 minutes given per week, down from the 50.21 minutes allocated in 2002/03. Once again there were regional variations: 46.09 minutes allocated in the Rural Heartland, 33.64 minutes in the Rural North, 30.21 minutes were allocated in Metropolitan Wales and in The Valleys 25.16 minutes. The average number of activities available to Year 12 pupils was 7.33.

**Table 8: Percentage of schools with the availability of PE to year 12 in 2004/05.**

	Metropolitan Wales	Rural North	Rural Heartland	The Valleys	All Wales
<b>Compulsory subject</b>	10	17	27	23	19
<b>Optional subject</b>	23	35	58	23	34
<b>PE was not available</b>	67	48	15	55	47

**Figure 3: Percentage of schools offering PE to Year 12 pupils throughout the academic year**



### EXTRA-CURRICULAR SPORT

#### Staff

An average of 4.10 specialist PE staff per school had been involved in the delivery of extra-curricular activities in 2003/04, up from 3.98 in 2002/03. In addition to these specialist staff, 83% of schools used non-specialist teaching staff to deliver extra-curricular activities in 2004/05. On average, 3.29 non-specialist staff per school were involved, compared with 3.26 in 2002/03.

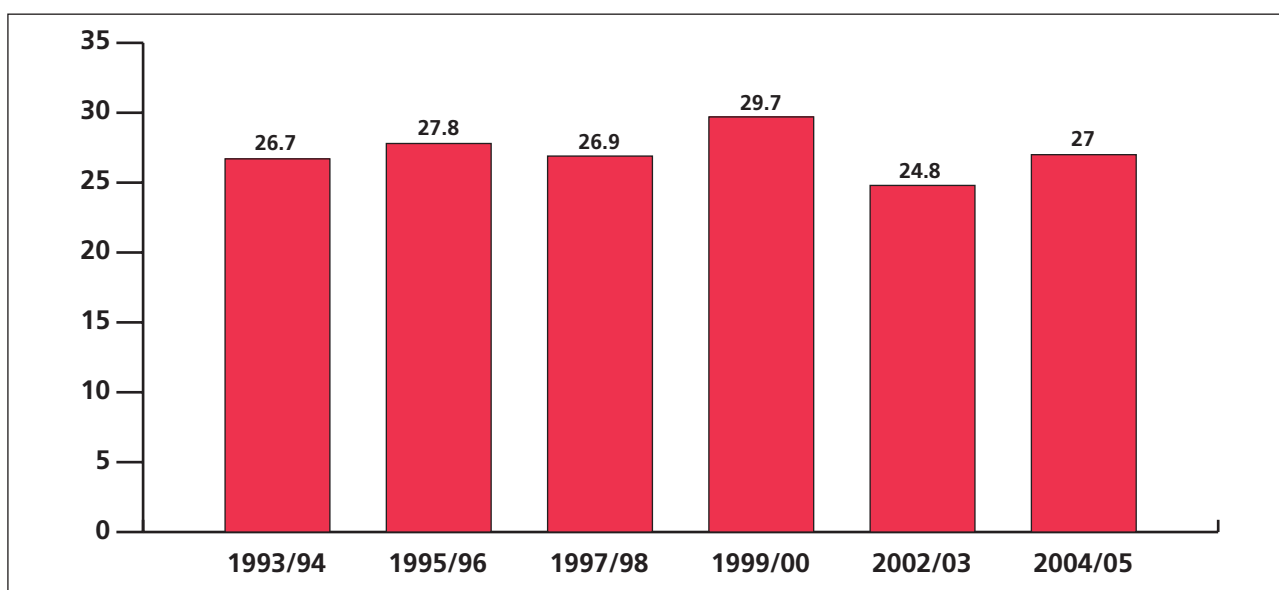
#### Time

Over a typical week an average of 27 hours of extra-curricular activities are offered by schools (see Figure 4). This is an increase of 2.2 hours a week from 2002/03

survey, which is encouraging due to the drop from 29.7 hours per week in 1999/00 to 24.8 hours per week in 2002/03. It should be noted that this time allocation would include activities that are run simultaneously e.g. an hour of hockey and an hour of football run from 4-5pm on a Tuesday night would contribute two hours to the overall weekly time.

Regionally, the amount of time varies; with 31.06 hours available in Metropolitan Wales, 29.25 in The Valleys, 23.09 in the Rural Heartland and 19.58 hours available in the Rural North. Since the last survey, all regions have increased their time available for extra-curricular PE in an average week.

**Figure 4: Average number of hours per week available for extra-curricular sport**



Of the total time made available for extra-curricular activities, approximately 45% of total time (12.01 hours) was given to competitive extra-curricular sport. 41% (11.09 hours) was given to coached sport and 18% (4.75 hours) to recreational activity. These proportions remain similar to previous surveys. Table 9 shows the regional differences between the types of extra-curricular activity offered.

In addition to teaching staff, schools make use of other people to help deliver extra-curricular activities. Table 10 shows the percentage of schools reporting the involvement in extra-curricular activities by various non teaching staff.

Since the 2002/03 survey the percentage of those external individuals who did not take part in the delivery of extra-curricular activities have increased, with the exception of Sports Development Officers and club coaches who decreased from 69% to 23% and 43% to 42% respectively. The majority of external involvement that helped occasionally increased and those that helped regularly generally stayed the same.

Regionally, there was some variation in the amount of help received. Sport Development Officers 'did not take part in delivery' in 29% of schools in the Rural North. This figure was 24% for schools in Metropolitan Wales, 22% in the Rural Heartland and 21% in The Valleys. They 'helped occasionally' in 57% of schools in the Rural North, 56% in The Valleys, 46% in Metropolitan Wales and 44% in the Rural Heartland. Finally they 'helped regularly' in 22% of schools in Metropolitan Wales, 17% in The Valleys, 14% in the Rural Heartland and 4% in the Rural North.

### Extra-curricular activities offered

Table 11 shows a breakdown of the extra-curricular sport and activities provided by schools to boys and girls. These figures apply to Years 7-11 combined. The figures in brackets indicate the percentage of schools that offered these activities on a regular basis- i.e. a minimum of once per week during the relevant season.

For girls, the provision of badminton and basketball has increased since 2002/03. Step Aerobics for girls has been introduced in 10% of schools across Wales and women's rugby has increased by 7 percentage points.

**Table 9: Average number of hours per week of extra-curricular sports provision by region.**

	Metropolitan Wales	Rural North	Rural Heartland	The Valleys
<b>Extra-curricular coaching</b>	11.57	7.96	11.17	12.21
<b>Extra-curricular competitive sport</b>	14.17	8.00	10.31	13.02
<b>Extra-curricular recreational sport</b>	6.00	3.62	3.49	4.89
<b>Average number of hours total</b>	31.06	19.58	23.09	29.25

**Table 10: External involvement in the delivery of extra-curricular activities during 2004/05.**

	% Did not take part in delivery		%Helped Occasionally		%Helped Regularly	
	2002/03	2004/05	2002/03	2004/05	2002/03	2004/05
<b>Sports Development Officers</b>	69	23	53	50	16	16
<b>Club Coaches</b>	43	42	26	19	17	14
<b>Governing Body staff</b>	16	50	12	15	4	1
<b>Other local authority staff</b>	18	46	13	18	5	5
<b>Parents/guardians</b>	17	49	12	14	5	5
<b>Adult volunteers over 18</b>	12	48	8	10	4	4
<b>Volunteers 18 and under</b>	33	35	25	22	8	11

**Table 11: Overall percentage of schools with listed extra-curricular activities available on and/or off site during the academic year (the figures in brackets indicate the percentage of schools that offer these activities on a regular basis).**

	Boys				Girls			
	1997/98	1999/00	2002/03	2004/05	1997/98	1999/00	2002/03	2004/05
<b>Aerobics</b>	6	5 (3)	4 (2)	2 (1)	21	29 (18)	44 (35)	43 (28)
<b>Athletics</b>	94	93 (87)	87 (74)	90 (73)	95	94 (84)	93 (76)	95 (74)
<b>Badminton</b>	45	48 (37)	41 (33)	51 (39)	46	48 (36)	44 (35)	56 (39)
<b>Baseball/rounders</b>	-	26 (16)	21 (15)	21 (13)	-	68 (51)	67 (53)	73 (56)
<b>Basketball</b>	82	68 (57)	61 (52)	69 (53)	38	29 (19)	29 (21)	38 (29)
<b>Bowls</b>	-	-	3 (1)	2 (1)	-	-	2 (1)	- (-)
<b>Circuit training</b>	-	35 (22)	32 (22)	32 (21)	-	16 (10)	26 (16)	25 (16)
<b>Cricket</b>	81	86 (73)	68 (58)	76 (75)	12	8 (3)	10 (7)	9 (8)
<b>Cross country</b>	56	67 (40)	51 (39)	53 (35)	58	60 (37)	55 (41)	56 (35)
<b>Dance</b>	13	10 (6)	4 (2)	5 (4)	33	44 (32)	48 (41)	49 (37)
<b>Football</b>	93	94 (84)	93 (81)	93 (83)	36	39 (24)	76 (59)	81 (63)
<b>Golf</b>	-	24 (4)	19 (6)	15 (4)	-	8 (3)	12 (6)	11 (7)
<b>Gymnastics</b>	80	75 (61)	62 (47)	57 (43)	83	74 (63)	75 (56)	73 (56)
<b>Hockey</b>	31	33 (24)	22 (15)	27 (18)	85	81 (71)	76 (70)	79 (68)
<b>Judo/martial arts</b>	-	3 (3)	3 (1)	5 (2)	-	3 (2)	5 (5)	5 (3)
<b>Lacrosse</b>	1	3 (2)	-	1 (1)	2	2 (1)	2 (2)	2 (1)
<b>Lifesaving</b>	-	-	12 (7)	7 (6)	-	-	14 (8)	10 (6)
<b>Netball</b>	6	6 (3)	5 (1)	2 (1)	95	95 (85)	92 (85)	98(88)
<b>Outdoor adventurous activities</b>	31	27 (9)	16 (7)	11 (5)	30	24 (8)	16 (8)	11 (6)
<b>Rugby</b>	92	95 (87)	91 (87)	95 (87)	10	14 (6)	33 (16)	41 (23)
<b>Softball</b>	-	-	5 (3)	5 (3)	-	-	4 (1)	1(1)
<b>Squash</b>	11	8 (6)	9 (4)	10 (6)	9	6 (5)	8 (5)	9 (5)
<b>Swimming</b>	34	36 (23)	30 (20)	30 (18)	35	36 (23)	41 (27)	33 (18)
<b>Table tennis</b>	8	7 (6)	10 (5)	11 (6)	8	5 (3)	10 (5)	7 (4)
<b>Tennis</b>	58	56 (45)	47 (37)	50 (39)	63	62 (50)	53 (45)	54 (37)
<b>Trampolineing</b>	14	17 (11)	15 (12)	18 (13)	17	18 (11)	21 (16)	25 (16)
<b>Volleyball</b>	6	7 (2)	4 (2)	4 (2)	8	10 (4)	9 (5)	4 (2)
<b>Weight training</b>	-	40 (32)	44 (33)	44 (30)	-	17 (14)	18 (12)	23 (16)
<b>Step Aerobics</b>	-	-	-	1 (1)				13 (10)
<b>Average number of activities offered</b>	8.9	9.7 (7.4)	8.64 (6.69)	8.89 (6.75)	8.7	8.9 (6.7)	10.02 (7.76)	10.32 (7.51)

Football and rugby continue to grow in popularity as well as baseball and/or rounders. Weight training and athletics are also progressing positively. Yet, it is clear to see that other less traditional sports are being neglected. Since 1997/98, the provision for outdoor pursuits/adventurous activities has declined, as well as volleyball and lifesaving provisions. Swimming provision has also declined from 27% in 2002/03 to 18% in 2004/05.

The Girls First initiative was introduced by the Sports Council for Wales in April 2001 and has recently finished in March 2006. It was aimed at 11-16 year old girls and allowed secondary schools in Wales to apply for up to £1000 to fund a programme of extra-curricular sport. The Girls First money was used as a challenge fund to prompt, provoke and enable a range of different extra-curricular activities in schools for girls (Girls First Evaluation). Overall it is clear that the initiative is still providing many benefits for girls in secondary schools.

For boys, the provision for badminton and basketball has also increased since 2002/03, as well as cricket, hockey and rugby. Although only by 1 percentage point, step aerobics for boys has also increased. As with the girls, the provision for outdoor pursuits/adventurous activities and lifesaving since 1997/98 has also declined. Overall rates however, have been fairly constant since 2002/03.

The average number of activities offered to boys has increased slightly from 8.64 in 2002/03 to 8.89 in 2004/05. For girls, there was also a slight increase from 10.02 to 10.32 in 2004/05. There were regional variations in the average number of activities offered. For boys, 9.61 activities are offered in schools in the Rural Heartland compared with 9.25 in Metropolitan Wales, 8.54 in The Valleys and 7.79 in the Rural North. For girls, the average number of activities offered in the Rural Heartland was 11.36, 10.76 in Metropolitan Wales, 9.77 in The Valleys and 9.00 in the Rural North.

### School Teams

Table 12 presents a breakdown of the percentage of schools that have had team representation for a selection of sports. These figures are fairly representative of the figures in Table 11 regarding the amount of extra-curricular activities offered. Extra-curricular football and netball available for boys has either stayed the same or has decreased since 2002/03 therefore it is therefore unsurprising that team representation for these sports by boys has decreased.

**Table 12: School team representation-percentage of schools with teams.**

	Boys				Girls			
	1997/98	1999/00	2002/03	2004/05	1997/98	1999/00	2002/03	2004/05
<b>Athletics</b>	94	94	90	94	94	94	91	96
<b>Cricket</b>	84	79	71	75	2	3	5	5
<b>Football</b>	94	94	93	92	24	37	64	71
<b>Hockey</b>	25	22	17	17	73	77	70	76
<b>Netball</b>	9	11	4	2	87	92	92	97
<b>Rugby</b>	91	92	89	90	4	10	15	27



## EXAMINATION PE

Almost all schools (99%) offered GCSE PE to pupils in Year 10 and 11; this has increased from 96% in 2002/03. 100% of all schools in all regions, apart from the Rural Heartland (97%), offered GCSE PE.

GCSE short course was available at 40% of schools and the Certificate of Educational Achievement in PE was offered in 18% of schools, a decrease from 22% in 2002/03. A GNVQ is currently offered in 1% of schools.

The average amount of time per week given to GCSE PE was 160.80 minutes in Year 10 and in Year 11 is 160.77. These figures are slightly higher than the 155 and 154 minutes offered at Year 10 and Year 11 in 2002/03.

The average number of pupils taking GCSE PE was 86 per school, an increase from the 83 pupils reported in the 2002/03 survey.



**Table 13: Percentage of schools offering examination PE to Year 12 pupils.**

	Metropolitan Wales	Rural North	Rural Heartland	The Valleys	All Wales
<b>GCSE</b>	13	9	9	6	10
<b>GCSE short course</b>	8	-	3	6	5
<b>A level</b>	33	61	36	39	40
<b>AS level</b>	85	87	85	81	84
<b>GNVQ</b>	10	-	6	13	8
<b>None</b>	10	9	9	6	9

## YEAR 12

Table 13 shows the percentage of schools offering different types of examination PE to Year 12 pupils and regional differences. 84% of secondary schools in Wales offer AS level PE to Year 12 pupils, whilst only 40% offer the full A level. 9% don't offer any type of examination PE to Year 12 pupils. Geographically, 61% of schools in the Rural North offer A level PE, almost double the amount compared to The Valleys (39%), Rural Heartland (36%) and Metropolitan Wales (33%).

## CONCLUDING REMARKS

The progress in the provision and quality of PE and sport in secondary schools has been steady. Time made available for the delivery of PE has increased to an average of 99 minutes per week. However, there are obvious targets yet to be met, such as the two hours a week allocation (Physical Education and School Sport-Action Plan for Wales, 2001) and the need to address the continuing drop in delivery time of PE and sport for Years 10 and 11.



Schools with listed sports facilities on site have increased slightly, yet the quality rating of facilities has fallen within the lower end of 'adequate' to 'good' level. The quality of PE changing rooms remaining at 62% 'adequate' or 'poor', may be a barrier towards physical activity in young people.

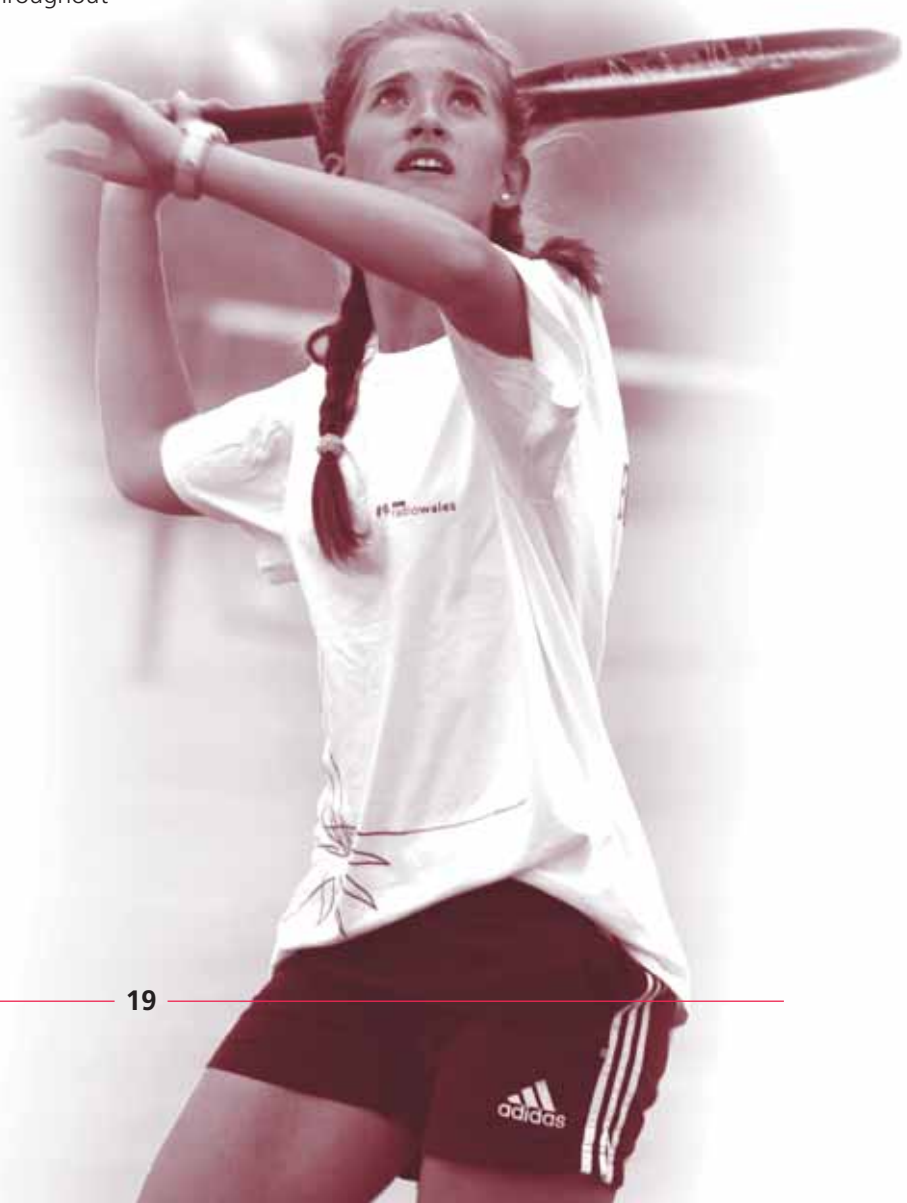
The delivery of extra-curricular activities has had a significant increase in time allocated, from an average 24.8 hours to 27 hours a week. The delivery and focus on extra-curricular PE from Sports Development Officers and club coaches has increased; however volunteers, parents, Local Authority staff and Governing Body staff have decreased their involvement which could have a detrimental affect on sustaining and developing opportunities for young people.

The secondary school pilot project exploring innovative approaches to developing extra-curricular opportunities for secondary school pupils has been evaluated and is being assessed within eight schools (Sports Council for Wales Report of Achievement, 2005/06). Although the focus has been on Years 7 and 8, it is anticipated that Years 9-11 will be more of a challenge. This Project is expected to be integrated in 38 schools throughout Wales in 2006/07.

It has been realised that PE and sport can make a significant contribution to the amount of inactivity amongst young people. Therefore the provision and quality of resources and delivery for PE and sport in secondary schools is integral.

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## APPENDIX

### Appendix A: Average number of hours per week of extra-curricular sports provision by region.

	1997/98	1999/00	2002/03	2004/05
<b>Athletics</b>	99	100	99	100
<b>Gymnastics</b>	100	99	99	99
<b>Netball</b>	96	96	96	96
<b>Football</b>	96	95	98	96
<b>Rugby</b>	91	93	92	94
<b>Baseball/rounders</b>	-	91	98	99
<b>Softball</b>	-	-	30	35
<b>Cricket</b>	87	91	83	87
<b>Hockey</b>	94	91	89	89
<b>Basketball</b>	89	88	85	85
<b>Circuit Training</b>	-	86	93	95
<b>Badminton</b>	87	85	86	89
<b>Tennis</b>	81	77	72	73
<b>Cross Country</b>	80	77	79	80
<b>Aerobics</b>	58	72	75	80
<b>Step Aerobics</b>	-	-	36	37
<b>Swimming</b>	70	68	65	64
<b>Lifesaving</b>	-	-	30	35
<b>Weight Training</b>	-	60	67	65
<b>Dance</b>	62	59	65	68
<b>Outdoor pursuits*</b>	50	50	52	48
<b>Volleyball</b>	89	45	44	49
<b>Trampolining</b>	40	27	31	33
<b>Squash</b>	29	25	22	24
<b>Table Tennis</b>	26	16	27	20
<b>Golf</b>	-	10	16	14
<b>Bowls</b>	-	-	5	4
<b>Judo/Martial Arts</b>	-	3	7	8
<b>Lacrosse</b>	2	2	2	4
<b>Average Number of activities offered</b>	16.2	11.5	17.5	17.7

\*Note: in this survey, Outdoor Pursuits was listed as Outdoor Adventurous Activities.