

Physical Education Provision in Welsh Schools 2008/2009

Headline results from the 2008/2009 survey

About the Physical Education (PE) Provision Survey

The PE Provision Survey monitors the delivery of physical education and sport in Welsh schools.

The PE Provision in Welsh School surveys have been running for over 10 years, providing a wealth of trend data that helps us monitor progress and identify gaps in provision. All maintained schools, excluding special schools, are asked to take part in the survey every two years. The survey is completed by PE Coordinators in primary schools and Heads of PE in secondary schools.

The 2008/2009 Survey

The 2009 survey was undertaken on behalf of Sport Wales by Beaufort Research Ltd. The fieldwork took place between January and February in 2010.

666 primary schools responded to the survey – 49% of primary schools in Wales, and 97 secondary schools – 43% of secondary schools, providing a robust sample representative of schools across Wales.

24 teachers across Wales took part in semi-structured interviews to explore the research findings in more depth.

About this Research Findings Paper

This paper presents the survey findings on the following headline measures:

- Time allocated for PE in the curriculum;
- Extracurricular time provided by teachers;
- Sports and activities offered.

These statistics are being released at national and regional levels.

Curricular participation

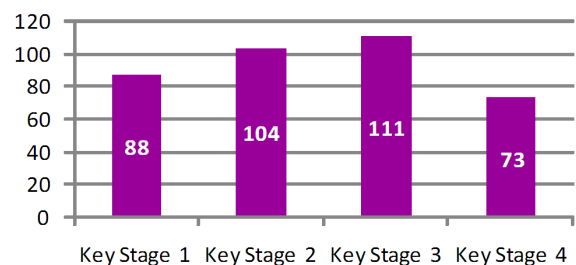
Physical Education (PE) is part of the National Curriculum from Key Stages 2-4 (pupils aged between 7 and 16)¹. Pupils should develop their skills, knowledge and understanding of physical education through four areas of experience:

- Health, fitness and well-being activities;
- Creative activities;
- Adventurous activities;
- Competitive activities.

Time in the curriculum

Figure 1 shows the average number of minutes provided in curricular time by Key Stage in 2008/09. Pupils in Key Stage 3 receive the most time and the least time is available for pupils in Key Stage 4. Data was collected for Key Stage 1 for the first time in 2008/09.

Figure 1 – Average number of minutes per week provided for curricular PE by Key Stage



There was minimal difference in the time allocated for PE across the regions². At Key Stage 1, schools in Metro Wales provided the most time (92 minutes per week) followed by the Valleys (87 minutes) and the Rural North (85 minutes) and the Rural Heartland (84 minutes). Small

schools with less than 50 pupils provided 82 minutes per week compared with medium (51-100 pupils) and large schools (100+) pupils providing 89 minutes per week.

At Key Stage 2 regional differences were minimal again, with schools in the Rural North providing 108 minutes per week, Metro Wales 106 minutes, and both the Rural Heartland and the Valleys providing 101 minutes per week.

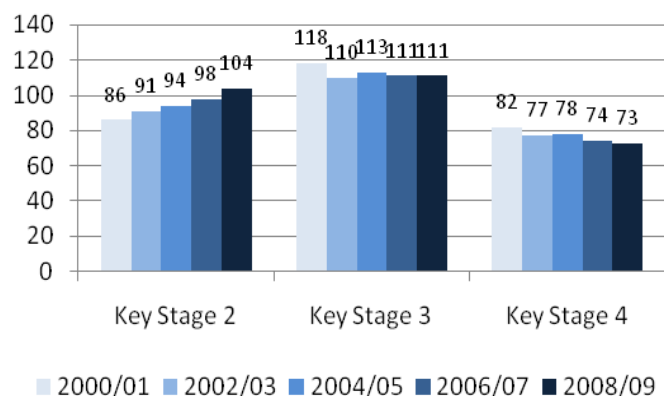
At Key Stage 3 there is a regional difference in the amount of time offered. Schools in Metro Wales provide on average 123 minutes per week. Schools in the Rural North and The Valleys provide 107 minutes and schools in the Rural Heartland 104 minutes.

At Key Stage 4, (where the time available for PE drops considerably) the regional picture changes again. Schools in the Rural North provide an average of 87 minutes a week to Key Stage 4 pupils, schools in Metro Wales provide 75 minutes, the Rural Heartland provides 70 minutes and The Valleys provide 68 minutes of curricular time.

Trend in time allocated for PE

Figure 2 shows the trend in curricular provision over the last five surveys. Positively, the amount of time has been steadily increasing for pupils at Key Stage 2 in primary schools over the last decade. Key Stage 3 shows stable levels of provision while there has been a drop in the time available for pupils at Key Stage 4.

Figure 2 – Time in the curriculum trend by Key Stage— number of minutes



What activities are offered to primary school pupils?

At Key Stage 2, there are few gender differences in the provision of PE for pupils. The same activities appear at the top of the list for both boys and girls, although the order of provision varies slightly.

A slightly higher percentage of schools provide netball and hockey to girls, and football and rugby to boys, but there are minimal gender differences.

Table 1 shows the results.

Table 1: Percentage of primary schools providing various curricular activities to pupils

	Girls	Boys
Gymnastics	98	97
Swimming	98	97
Athletics	96	97
Dance	97	96
Football	94	96
Netball	90	83
Rugby	84	88
Baseball/rounders	86	85
Cricket	79	81
Hockey	73	70
Orienteering	71	70
Circuit activities/cross country/running	68	68

Pupils are most likely to be offered gymnastics: a creative activity followed by swimming – an adventurous activity, and athletics – a competitive activity. Along with dance (creative) and football (competitive), over 90% of schools provide these activities to their pupils.

What activities are offered to secondary school pupils?

At Key stage 3 and 4, there is greater variation in provision for boys and girls. Table 2 shows the results.

Table 2: Percentage of secondary schools providing various curricular activities to pupils

	Girls	Boys
Athletics	98	95
Netball	98	10
Gymnastics	96	91
Baseball/rounders	95	75
Basketball	61	87
Football	72	96
Rugby	44	94
Circuit training	91	90
Badminton	88	79
Cricket	27	84
Dance	80	18
Hockey	74	38
Cross country	69	70
Aerobics	77	9
Orienteering	73	72

Nearly all secondary schools provide the competitive activity of athletics to all pupils. Gymnastics, a creative activity is also provided by over 90% of schools to all pupils.

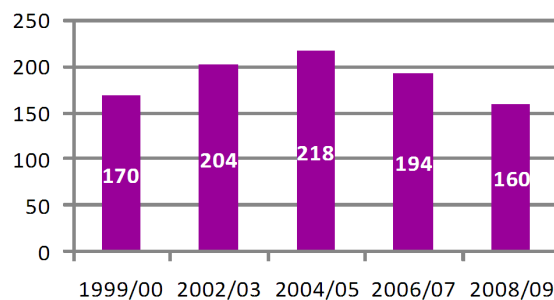
At secondary school, clear differences in provision appear. Girls are far more likely to be offered netball and hockey than boys, and boys are more likely to be offered football, cricket, basketball and rugby – all competitive activities. Of these sports, the biggest gender difference is in netball provision and the least in football provision.

Extracurricular provision in primary schools

The amount of PE provision provided in curriculum time is supplemented by additional extracurricular provision offered by teaching staff and others.

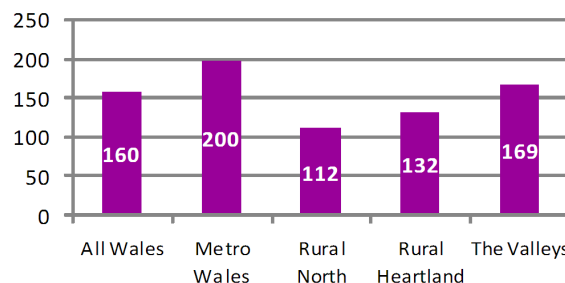
Figure 3 shows the extracurricular time provided for primary school pupils at Key Stage 2. This includes time allocated for Dragon Sport³ as well as other extracurricular provision offered through the school.

Figure 3 - Average weekly extracurricular time (minutes) provided by primary school staff



The amount of extracurricular provision for primary school pupils varies by region. Figure 4 compares provision across the traditional Sport Wales regions.

Figure 4 - Average weekly extracurricular time (minutes) provided by primary school staff by region

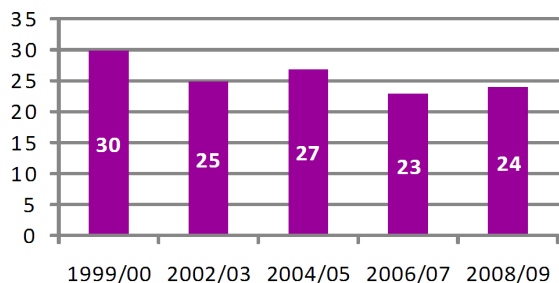


Schools in Metro Wales and the Valleys provide a greater amount of extracurricular time to their pupils. This may be due to the fact that rural schools cover a greater catchment area, and pupils are more likely to catch buses to and from school. This can restrict the amount of provision that can be offered at the end of the school day.

Extracurricular provision in secondary schools

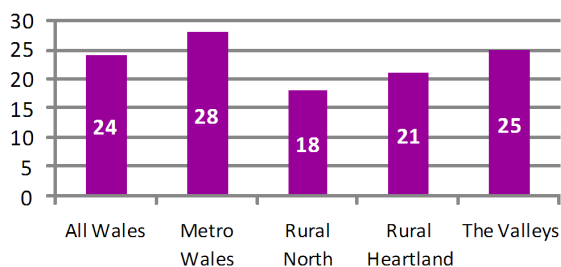
Figure 5 shows the average extracurricular time in hours provided to secondary school pupils in Key Stage 3 and 4. This is time provided by the PE department staff. Heads of PE were not asked to include any 5x60 provision in their response.

Figure 5 - Average weekly extracurricular time (hours) provided by the secondary school PE department



The extracurricular time provided by PE department staff has remained fairly stable since the 2002/03 academic year. In 2010, on average, 24 hours of additional time is offered every week to pupils, shown in Figure 6. In interviews, teachers reported that on the whole, the amount of sports-based extracurricular clubs far outweighs other clubs available.

Figure 6 - Average weekly extracurricular time (hours) provided by the secondary school PE department - region



As with primary schools, the same regional differences occur, with rural schools providing less extracurricular time than schools in Metro Wales and the Valleys.

What extracurricular activities are provided to primary school pupils?

Table 3 shows the types of extracurricular activities that are available to primary school pupils.

Table 3: Extracurricular activities provided in primary schools

	Girls	Boys
Football	78	84
Netball	79	64
Rugby	63	72
Athletics	61	60
Cricket	48	53
Dance	48	43
Circuits/cross country/running	40	41
Hockey	41	38
Baseball/rounders	37	36
Gymnastics	34	34
Swimming	30	28
Tennis	29	28

The most frequently offered extracurricular activities for primary school pupils are the same ones that appear in the table of curricular activities, although competitive activities now appear at the top of the list compared with creative activities within curricular time. There is slightly more difference in terms of extracurricular provision by gender than there is within the curriculum, but in general, the differences in provision are minimal.

What extracurricular activities are provided to secondary school pupils?

At secondary school level, gender differences in provision become more pronounced. The types of activities include those offered by primary schools, with the additions of basketball and badminton, and the health, fitness and well-being activities of weight training and circuit training.

Tables 4 and 5 show the activities that are most frequently provided to secondary school girls and boys

Table 4: Extracurricular activities provided to girls in secondary schools

	Girls
Netball	92
Athletics	80
Dance	77
Football	76
Gymnastics	66
Hockey	65
Baseball/rounders	64
Badminton	59
Rugby	48
Tennis	48
Cross country	42
Basketball	37

Table 5: Extracurricular activities provided to boys in secondary schools

	Boys
Football	93
Rugby	92
Athletics	84
Cricket	70
Basketball	68
Badminton	60
Tennis	53
Cross country	47
Gymnastics	46
Weight training	43
Table tennis	37
Circuit training	36

Athletics and football appear within the top four activities for both girls and boys. There continues to be strong extracurricular netball and dance provision for girls, and rugby, cricket and basketball provision for boys.

Conclusion

This paper has outlined the headline results from the PE Provision Survey 2008-2009. Overall, the provision of time in the curriculum for PE continues to be considered an issue. However, provision at Key Stage 2 has been steadily improving, and pupils at Key Stage 3 receive the most curricular time.

Positively, PE in the curriculum is backed up by that extracurricular provision. In primary schools, an average of 104 minutes a week is provided in addition to curricular time. In secondary schools, on average, 24 hours a week of additional teacher time is provided to run extracurricular activities.

Further analysis of the PE Provision survey is underway. Information will be available on the following topics:

- Provision of examination PE and leadership awards for pupils;
- Support provided by external staff within extracurricular PE;
- Sport specific factsheets;
- Teacher opinions of PE resources and support;
- Sports facilities available to schools and teachers' perceptions of their quality.

References

1: **Key Stage 1** = Year groups 1 and 2—ages 5 to 7; **Key Stage 2** = Year groups 3 to 6—ages 7 to 11; **Key Stage 3** = Year groups 7 to 9—ages 11 to 14; **Key Stage 4** = Year groups 10 and 11—ages 14 to 16.

2: Rural North - Anglesey, Conwy, Denbighshire, Gwynedd;

Rural Heartland - Powys, Ceredigion, Pembrokeshire, Carmarthenshire, Monmouthshire;

Metropolitan Wales - Wrexham, Flintshire, Newport, Cardiff, Vale of Glamorgan, Bridgend, Swansea;

The Valleys - Neath Port Talbot, Rhondda Cynon Taff, Caerphilly, Torfaen, Merthyr Tydfil, Blaenau Gwent.

3: Dragon Sport is a Sport Wales initiative designed to offer 7-11 year olds fun and enjoyable extracurricular sporting opportunities .

For further information on the PE Provision Surveys and other research conducted by Sport Wales please contact:

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