

Making the Case for Community use

Why do it? – The Evidence

Reports

- 1) The link between pupil health and wellbeing and attainment. This briefing offers head teachers, governors and school staff a summary of the key evidence that highlights the link between health and wellbeing and educational attainment: www.gov.uk/government/publications/the-link-between-pupil-health-and-wellbeing-and-attainment
- 2) Findings based on six 'high' quality studies conducted in the United Kingdom and North America with study populations within the range of 4-16 years old concluded that:
 - Young people's participation in organised sports activities, when compared to non-participation, improves their numeracy skills.
 - Young people's participation in extra-curricular activities linked to organised sport, when compared to non-participation, improves a range of learning outcomes for underachieving students.The size of the impacts identified could be interpreted as follows:
 - 8% increase in numeracy scores, compared to non-participants
 - 29% increase in numeracy skills of underachieving young people compared to non participants
 - 12% - 16% increase in transferable skills of underachieving young people compared to non participantsThese review was carried out by Systematic Review (EPPI) Centre at the University of London. www.sportengland.org/research/benefits-of-sport/
- 3) The DCMS Culture and Sport Evidence Programme - Links between sport and learning outcomes on Page 3 of this summary www.sportengland.org/media/102475/culture-and-sport-evidence-programmesummary-web-2-.pdf
- 4) Sport and Health – a range of evidence that taking part in sport improves health and wellbeing, with associated economic benefits www.sportengland.org/research/benefits-of-sport/health-benefits-of-sport/
- 5) Evidence on physical education and sport in schools including the impact of extra-curricular sport www.gov.uk/government/publications/evidence-on-physical-education-and-sport-in-schools
- 6) British Journal of Sports Medicine – Evidence from this large-scale population study confirms the long-term positive impact of moderate-to-vigorous physical activity on academic attainment in adolescence. <http://bjsm.bmj.com/content/early/2013/10/04/bjsports-2013-092334.full>

- 7) Extended Services in practice - A summary of evaluation evidence for head teachers: The Impact on the school including attainment and school performance Page 15-17
www.gov.uk/government/uploads/system/uploads/attachment_data/file/182456/DFE-RR155.pdf

Youtube clips

- 1) Billy Downie of Streetly Academy, Birmingham discusses with the Youth Sports Trust a correlation between achievement and engaging in extra-curricular sports clubs at his school using student data from 2012 :
<https://www.youtube.com/watch?v=oLOEvBsLbZE>
(0mins – 7:30mins of the film)
- 2) Ofsted good practice PE and Sport Case Study involving good links with local clubs. Published on 17 Feb 2015. This good practice example shows how Eastbury Comprehensive School has excelled at competitive school sport. It includes detail about futsal, table tennis, rounders and football. Ofsted's National Lead for physical education, John Mitcheson HMI, introduces the video.
www.youtube.com/watch?v=ttN86Sofj4w&app

Tools

- 1) UK Active - Enter your postcode and find data relating to levels of physical inactivity in your local area. This provides a useful snapshot and evidence base for providing community use www.ukactive.com/turningthetide/
- 2) UK Physical Activity Guidelines (Factsheets by age range with government guidelines, examples and benefits of physical active)
www.gov.uk/government/publications/uk-physical-activity-guidelines
- 3) Sport Profile Tool – download the profile of your local authority including sports participation, facilities, health, economics and demographics, all in one place: <https://www.sportengland.org/our-work/local-work/partnering-local-government/local-sports-data/>