



KNOWSLEY SCHOOLS SPORTS PARTNERSHIP IMPACT REPORT 2024

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ABOUT US

KSSSP empowers and supports young people within PE and School Sport by providing a range of exciting opportunities to inspire them to be more physically active and lead a healthier lifestyle, with the vision of creating a future where every child enjoys the life-changing benefits of play, physical activity and sport.

We believe that through sport and physical activity, every young person can enhance their health and well-being, build confidence and learn the life skills they need to achieve their goals and aspirations, in all areas of life.

PARTICIPATION Drive participation in school competition and increases the number of young people taking part in competition.

COMPETITION FOR ALL Develop competitive opportunities for all, including the least active.

TRAINING Provide high quality continuous professional development to support the delivery of physical education and school sport.

WORKFORCE Broaden participation opportunities through volunteering and workforce roles.

ADVICE Support primary schools in the use of the PE and School Sport Premium for maximum impact on children and young people.

NETWORKING Share new initiatives and good practice via termly network meetings.

FUNDING Identify and attract additional sources of sports funding to support sustainable development activity.



KSSSP PE AND SCHOOL SPORT 22/23



115 SCHOOL SPORT COMPETITIONS DELIVERED

5354 YOUNG PEOPLE PARTICIPATING IN KSSSP EVENTS



315 YOUNG LEADERS SUPPORTED THESE EVENTS



215 PLAY LEADERS TRAINED

2236 SOCIAL MEDIA FOLLOWERS





THE CONSEQUENCES OF BEING PHYSICALLY INACTIVE



PHYSICALLY INACTIVE CHILDREN



MISS SCHOOL 2 DAYS
HIGHER THAN AVERAGE



51% OF GIRLS MORE LIKELY
TO BE HELD BACK A YEAR IN
SCHOOL



46% OF BOYS MORE LIKELY
TO SEE THEMSELVES AS
POOR STUDENTS

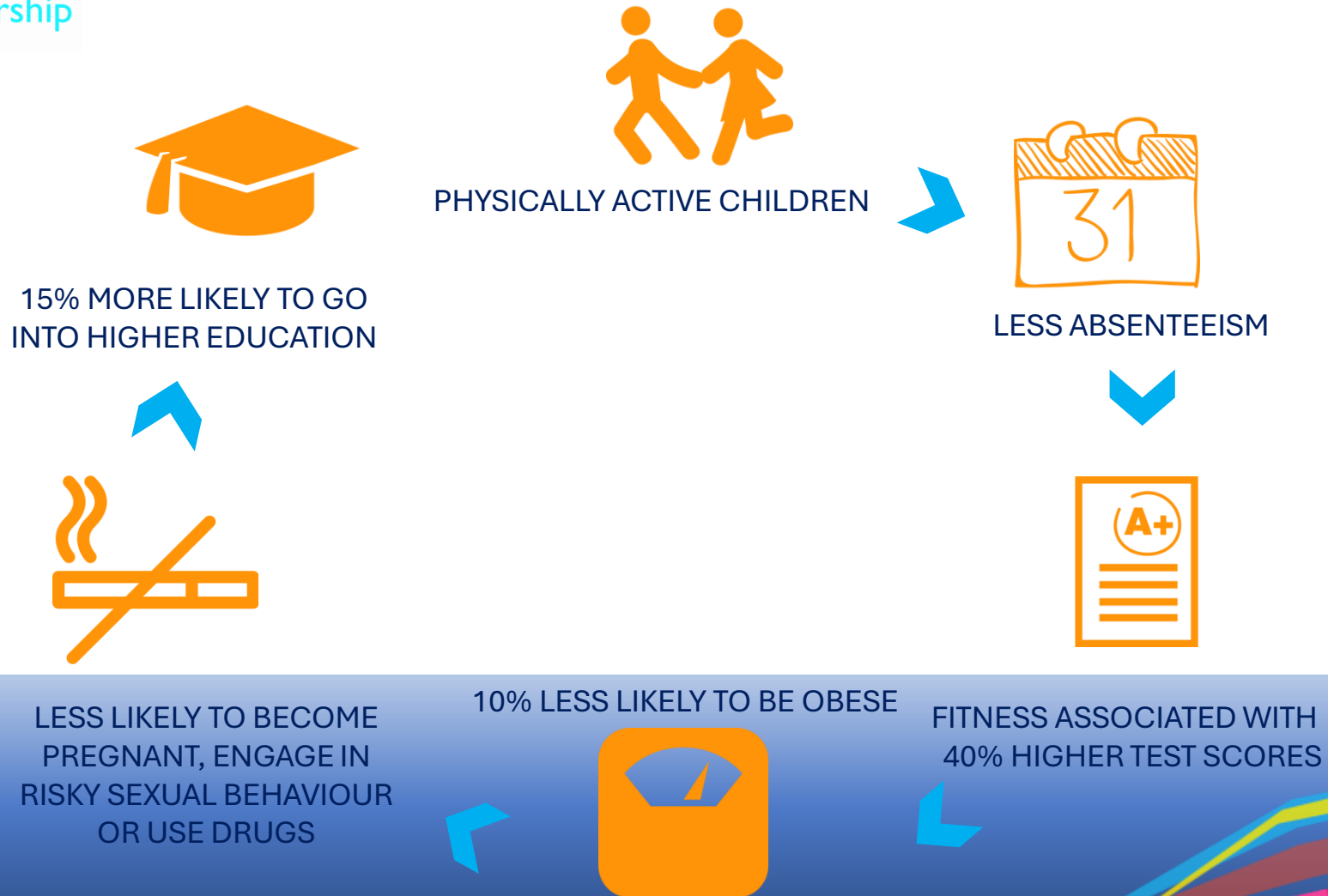


LOWER FITNESS ASSOCIATED
WITH LOWER TEST SCORES

HIGHER RISK OF OBESITY



THE BENEFITS OF BEING PHYSICALLY ACTIVE



PHYSICAL ACTIVITY AND ACADEMIC ATTAINMENT



PHYSICALLY ACTIVE CHILDREN ACHIEVE HIGHER LEVELS OF ACADEMIC ATTAINMENT THAN THEIR LESS ACTIVE PEERS



PHYSICAL ACTIVITY MEANS THAT CHILDREN ARE BETTER ABLE TO CONCENTRATE, WHICH CAN ENHANCE LEARNING

PHYSICAL ACTIVITY SUPPORTS BETTER HEALTH AND WELLBEING, LEADING TO BETTER ACADEMIC ATTAINMENT



PHYSICAL ACTIVITY CAN ENHANCE THE COGNITIVE HEALTH OF YOUNG PEOPLE TO SUPPORT EFFECTIVE LEARNING

PHYSICAL LITERACY CAN SUPPORT SCHOOL READINESS

ORGANISED SPORTS AND AFTER SCHOOL CLUBS ARE ASSOCIATED WITH HIGHER LEVELS OF ATTAINMENT





SCHOOL GAMES

CHILDREN AND YOUNG PEOPLE'S WELLBEING CRISIS

UNHAPPIER

17.2%

Of children aged 11 -16 years old with a probable mental health disorder had not exercised in the previous seven days, a level of inactivity four times higher than those unlikely to have a mental disorder (4.4%).

UNHEALTHIER

36.6%

Of year 6 pupils in England are classed as obese and rates of obesity are higher than pre pandemic.

MORE DISTRACTED

62%

Of parents believe that digital distractions mean their children are spending less time being active.

TOO MANY CHILDREN ARE INACTIVE

ONLY 47%

Of all children and young people in the UK are meeting the chief medical's officers guidelines of being physically active for at least 60 minutes a day.

ONLY 43%

Of parents know that children should be active for at least 60 minutes per day.

47%

Of parents say the cost of living crisis has had a negative impact on the number of opportunities their children have to be physically active and take part in sport.

PHYSICAL ACTIVITY, MENTAL HEALTH AND WELL BEING

A young person who is physically active on a regular basis will have better :



MENTAL HEALTH

HAPPINESS
RESILIENCE
TACKLE ANXIETY AND STRESS



PHYSICAL HEALTH

CARDIOVASCULAR FITNESS
HEALTHY WEIGHT
ENERGY LEVELS



SOCIAL WELLBEING

LESS LONELY
MORE TRUSTING
IMPROVED COMMUNICATION
AND TEAMWORK SKILLS

WHAT PHYSICAL ACTIVITY MEANS TO PUPILS, PARENTS AND STAFF

91% Of primary and **63%** Of secondary aged pupils say being active helps them learn.

65% Of parents said pupil wellbeing was important when choosing a secondary school, ahead of location and other factors.

97% Of teachers believe that sport and play is good for mental wellbeing.



PHYSICAL ACTIVITY IN DISADVANTAGED AREAS

Only **42%** of those from low affluence families are likely to be active, compared with **47%** from medium and **52%** from high affluence families.

Children living in the most deprived areas were more than twice as likely to be living with obesity, than those living in the least deprived areas. **13.6%** of reception children and **31.3%** of year 6 children in the most deprived areas are obese, compared with **6.2%** of reception and **13.5%** of year 6 children in least deprived areas.



KNOWSLEY DEPRIVATION AND OBESITY LEVELS

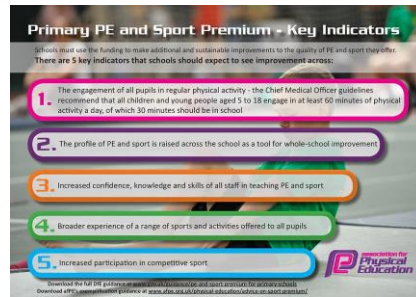
Knowsley is the second most deprived borough in England, with **25%** of children living in low income families, GCSE attainment is significantly lower than the UK average, and **40.3%** of children are eligible for free school meals.

29.6% of reception children in Knowsley are overweight or obese, compared with **21.3%** nationally.

47.1% of year 6 children in Knowsley are overweight or obese, compared with **36.6%** nationally.

PRIMARY PE AND SPORTS PREMIUM

The Primary PE and Sport Premium is designed to help children get an active start in life by improving the quality of pe and sports in primary schools. Schools receive the funding based on how many pupils they have in years 1 to 6, it is ring fenced to spend only on sport and headteachers can choose how best to spend this, for example teacher training, offering more opportunities for pupils to take part in competition and widening the range of sports for both boys and girls.



96% Of schools in Knowsley use the PE and Sport Premium to purchase the services of Knowsley Schools Sports Partnership to access our extensive range of CPD, physical activity and competitive opportunities for all ages and abilities.

THE SCHOOL GAMES AND SCHOOL GAMES MARK

Funded by Sport England and delivered by the Youth Sport Trust, the School Games is a framework delivered locally by a national network of 450 School Games Organisers. KSSP deliver the School Games programme within Knowsley, ensuring all young people have a chance to participate at their level through our aspire, inspire and celebrate structure of events.

The School Games Mark is a government led awards scheme to reward schools for their commitment to the development of competition across their school and into the community.

With the support of KSSP,

4 SCHOOLS ACHIEVED THE **BRONZE** AWARD

20 SCHOOLS ACHIEVED THE **GOLD** AWARD

13 SCHOOLS ACHIEVED THE **PLATINUM** AWARD



KSSSP ACHIEVEMENTS

IN THE LAST TEN YEARS KSSSP HAS,



INCREASED COMPETITION PROVISION BY 340%

INCREASED SCHOOL ENTRIES BY 348%



INCREASED THE NUMBER OF YOUNG PEOPLE PARTICIPATING BY 300%



INCREASED THE NUMBER OF YOUNG PEOPLE TRAINED AND VOLUNTEERING AT EVENTS BY 242%

HELPED SCHOOLS ACHIEVE OVER 350 SCHOOL GAMES MARK AWARDS



CASE STUDY – BLACKLOW BROW PRIMARY

Background

Blacklow Brow School is a small school with approximately 230 pupils on roll. It is a one form entry school with a nursery and its geographical location means a large percentage of its intake are from working families, therefore has a low percentage of pupil premium children.

The Challenge

Competitive participation – to provide all pupils with opportunities to participate in competitive sport.

PE profile – the profile of PESSPA being raised across the school as a tool for whole school improvement.

Engagement in physical activity – increase the amount of time pupils are active, during and after school.



There was a significant issue within the school regarding the lack of engagement in physical activity. This was due to the lack of opportunities both in and outside of school. Due to the lack of focus to raise the profile of physical education, it was a low priority within the school, therefore minimal pupils participated in physical activity and parental engagement was low. Additionally, children were not exposed to a range of sports within school, focusing on limited invasion games throughout the year. Therefore, children of varying sporting abilities were unable to showcase their talents or allowing for children to access a new and challenging sport.

CASE STUDY – BLACKLOW BROW PRIMARY

How did Knowsley School Sport Partnership support?

The school has used the School Games Mark criteria as guidance to develop and improve the PE and sport provision and identified key focus areas to enhance:

- The number of children engaging in physical activity for at least 30 minutes per day.
- Provide high quality PE lessons each week with the support of the sports coach CPD program to improve staff confidence and inspire children to engage in physical activity.
- Inform and engage parents in school PE provision, child participation and sporting achievements.
- Increase the number of competitive opportunities children are exposed to.

Whilst working with Knowsley School Sport Partnership, Blacklow Brow School has raised the profile of PE and gained the support from all stakeholders. The school has been able to provide children with increased access to a range of competitive opportunities, with particular focus on the least active and special educational needs. Blacklow Brow children now have access to a broad range of sporting activities across both the PE curriculum and after-school provision. The competitive calendar provided by Knowsley School Sports Partnership has given Blacklow Brow School the opportunity to tailor their school provision in order to improve the sporting skills of the children and improve confidence and sporting success. Blacklow Brow School has been able to develop a sporting culture within school, in which the staff are more confident to deliver high-quality PE provision and children are inspired to challenge themselves in new sporting experiences and have a desire to perform to a high standard. Last year, Blacklow Brow focused on providing physical activity exposure to a range of pupils, with 87% of the children, including pupil premium, special education needs and least active pupils, across the school accessing some form of competitive sporting experience.

CASE STUDY – BLACKLOW BROW PRIMARY

The Challenge

Blacklow Brow School has received the GOLD School Games Award for two consecutive years, highlighting the high-quality development in our PE and school sport provision. They have participated in a large proportion of competitions delivered by Knowsley School Sports Partnership throughout the years, as well as providing additional competitive opportunities with local primary schools and Trust school links. The success from these competitions has improved greatly over the last two years, with children now competing against high performing teams and increased access for children in community sporting clubs. Blacklow Brow has also been successful in opening their school facilities, to provide additional access to physical activity sessions for children within school and the local community, out of school hours. Overall, this has contributed to the improvement of the school PE profile, as well as enhancing children’s physical and mental health.

Blacklow Brow are extremely proud of the incredible improvements that have been made to the PE curriculum and competitive sporting opportunities within the school, alongside the huge success of achieving the GOLD award for two consecutive years. We now aim to use these successes to make further improvements to our PE curriculum and competitive provision, in order to encourage our children to believe in their abilities, achieve their full potential and succeed in their goals.





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IF YOU WOULD LIKE ANYMORE INFORMATION PLEASE DO NOT HESITATE TO CONTACT KNOWSLEY SCHOOL SPORTS PARTNERSHIP ON THE DETAILS BELOW.

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