

Public Accounts Committee – PAC(5)–28–17 PTN2 (6 November 2017)

Scrutiny of Accounts 2016–17

Additional Information from Sarah Powell, Chief Executive, Sport Wales (1 November 2017)

Dear Nick Ramsay AM

Thank you once again for the opportunity to discuss the work of Sport Wales with the Public Accounts Committee.

As promised, please find attached information about the 5x60 and Dragon Sport programmes and our investment into them, together with information on our evaluations and how these have shaped the development of our approach to school and community sport in Wales.

Sport Wales is the national organisation responsible for developing and promoting sport and physical recreation. We are the main adviser on sporting matters to the Welsh Government, a producer of official statistics and are responsible for distributing funds from the National Lottery to sport in Wales.

Investing in and working with a wide range of partners, on both a national and local level, we aim to increase the frequency of participation in sport and physical activity, as well as improving elite performance. We take a broad view of sport – from traditional sports, such as swimming and hockey, to zumba and dance.

Dragon Multi-skills and 5x60 are two schemes that are run by Local Authorities on behalf of Sport Wales. They focus on primary and secondary school respectively and have a focus on extracurricular activity. The two schemes build on the early developments achieved through Play to Learn to enable a continuum of progressive learning and skill development throughout a young person's time at school.

An implicit part of our way of working is to learn and evaluate, whether this is through formal evaluations or in more informal ways. We have continually looked to review and evolve our approaches. From the feedback and research undertaken we have now developed a more holistic approach and have developed a '[Physical Literacy Journey](#)' as opposed to bespoke age-specific programmes. This reflects the changes we have made in approach following several independent and internal reviews and evaluations of the programmes which are highlighted in the attached document.

This recent '15 Year Success story' video reel <https://vimeo.com/211272295> demonstrates the benefits and achievements of our investment in PE and school and community sport.

The alignment of a physical literacy journey to an individual's own life journey has enabled us to highlight potential connections to those outside of the sport sector, providing a shared agenda in which education, health and community sport come together naturally.

We are currently tendering for an organisation to undertake a review of our Young People programmes. This review will sit alongside a complementary review of the Free Swimming Initiative (which includes an offer for under 17s). It is important and appropriate for us to consider their collective contribution to community sport and physical activity, as well as their impact across a number of Welsh Government priorities, as well as Welsh Government Sponsored Bodies' and Public Service Boards' well-being objectives.

I hope that you find this information useful. I would be happy to provide any further information to you and the Committee.

Young People Programmes

Dragon Multi-Skills and Sport

Programme journey

Dragon Multi-Skills and Sport (2012 – present) focuses on the physical competency of the child so that they develop the appropriate skills at the appropriate stage of their physical development, which can be transferred across sports. Rather than giving the child a ball and telling them to try and score, Dragon Multi-Skills focuses on core physical skills including agility, balance, co-ordination and spatial awareness to embed the proper basic skills before being introduced to sport specific activities (through the Dragon Sport 2000 – 2012). The Dragon Sport element then introduces young people to mini versions of sport specific activities.

The original aim of the Dragon Sport programme (2000) was to introduce children aged 7–11 yrs to enjoyable and meaningful experiences of sports with clearly identified opportunities to feed into and progress through sports development programmes in clubs and the community. This aim would be achieved through proactively recruiting more parents, teachers and others into sports leadership and providing them with pathways into coaching, officiating or administration. There were initially 22 employed Dragon Sport Coordinators each working for a local authority which also had a budget towards resources and equipment.

Aim of the programme

Dragon Multi-Skills and Sport is the next step on the physical literacy journey after Play to Learn (3–7years). The aim is for young people aged 7–11 years:

- To continue along their physical literacy journey by developing the key physical skills that are applicable to and transferable across a range of different sports.

- To proactively recruit more parents, teachers and young leaders into sports leadership and provide them with pathways into volunteering, coaching, officiating or administration.
- To support community clubs in developing their provision for children aged 7–11 years, strengthening links between clubs and schools.

Investment

The Dragon Multi-Skills & Sport programme, (previously Dragon Sport) has been funded by Sport Wales since 2000. Initially each of the 22 local authorities were provided with a budget to employ a Dragon Sport Co-ordinator as well as supplying funds for resources and equipment to run the programme locally. From 2012, budgets were combined from the 5x60 & Dragon Multi-Skills & Sport programmes to make an Active Young People (AYP) budget where local authorities determine the delivery and expenditure towards each programme.

Financial Year	Amount (£)
2016-17	1,046,612
2015-16	1,108,554
2014-15	1,155,060
2013-14	1,027,872
2012-13	1,108,455
2011-12	1,485,266
2010-11	1,038,296
2009-10	1,256,388
2008-09	1,914,458
2007-08	1,279,207

Formal learning and evaluation

- Local / Regional Management Information Reports: to help inform stakeholders of the provision in their local area; to performance manage staff; report on KPI targets to Welsh Government
- Dragon Sport Review - Multi-skills - Interim Report (**March 2010**) by **Sue Burgess**
- Review of Dragon Sport (**August 2010**) by **Arad Consulting**
- Pilot Evaluation of Dragon Multi-skills (*May 2012*) by *Bright Purpose*
- Current tender out for independent evaluation (2017) TBA

5x60

Programme journey

The overall aim of the 5x60 programme was to increase the number of children and young people who take part in extra-curricular sport and physical recreation on a regular basis. With Dragon Sport well established among primary schools and contributing towards increased participation levels in extra-curricular and club activity within the primary phase, a drop

in participation levels when children reached secondary school age remained; particularly among girls and after Year 9.

5x60 was piloted in eight schools from January 2005 and the initial pilot phase was reviewed by InVEST. It was recommended that the programme should continue to be rolled out across Wales, and in September 2006, 27 schools started the programme with a further 12 schools joining the scheme in January 2007. By September 2009 every mainstream secondary schools across Wales were involved in the programme.

All 22 local authorities in Wales received funding to deliver the 5x60 programme based upon their number of main stream secondary schools. The funding formula did not include Special Schools although local authorities were able to allocate resources for Special Schools, should they have wished. The budget allocation amounted to a total of £20,000 per school which was broken down to £15,000 for staff costs and a revenue budget of £5,000 which was used by the 5x60 officer.

Aim of the programme

Building upon the early developments achieved through Play to Learn and Dragon Multi-Skills & Sport, the aim is for young people aged 11–16 years:

- To continue along their physical literacy journey by further developing the key physical skills that are applicable to and transferable across a range of different sports and physical activities, as well as reinforcing their positive experiences;
- To support community clubs in developing their provision for children aged 11–16 years, strengthening links between clubs and schools;
- To proactively recruit young leaders into sports leadership and provide them with pathways into volunteering, coaching, officiating or administration.

Investment

The table below illustrates the national 5x60 budget allocation from 2009–10 to 2017–18:

Financial Year	Amount (£)
2017–18	4,247,902
2016–17	4,339,650
2015–16	4,576,409
2014–15	4,703,027
2013–14	4,903,027
2012–13	4,900,000
2011–12	4,900,000
2010–11	4,900,000
2009–10	4,900,000
2008–09	3,800,000 (pilot)

Managed by the local authority, 5x60 officers were either employed part-time (20 hours per week) based in one school, or employed full-time based

in two schools. More recently, as a result of Sport Wales becoming outcome driven and flexible, local authorities have been encouraged to plan, resource and deliver against evidence based local needs and priorities. For example, many local authorities have re-configured their staffing structure so that an officer now has responsibility for a school cluster i.e. secondary school, feeder primary schools and community setting.

The programme has continued to evolve with the key drivers for change being:

- Commissioned reviews and evaluations of the 5x60 programme;
- Response to findings raised from the 2011, 2013 and 2015 School Sport Surveys;
- ‘The Vision for Sport in Wales’ (2011) and Sport Wales’ Community Sport Strategy’ (2012–2020);
- The growth of the ‘Young Ambassador’ programme and leadership pathway;
- Prominence and importance of a lifelong ‘physical literacy journey’ by Sport Wales; and
- A shift in Sport Wales’ focus away from being output driven and prescriptive towards becoming outcome driven and flexible.

Formal learning and evaluation

- Local / Regional / National Management Information Reports: to help inform stakeholders of the provision in their local area; as a local performance management tool; and to report on KPI targets to Welsh Government
- Initial pilot phase **review (2006) by InVEST**
- Evaluation of the 5x60 programme: Report on the progress to the Welsh Assembly Government **(2009) by Greenstreet Berman Limited**
- Process Evaluation of 5x60 scheme: Final Report **(2010) by Greenstreet Berman Limited**

- Physical Activity, Extracurricular Sport and the '5x60' Initiative: Leisure Lifestyles and Young People in Wales, 2007–2009 (2011) – **PhD Thesis by Anna Leyshon** (Cardiff Metropolitan University)
- Sports Participation amongst 14–21 year olds. How do we encourage young people to stay involved in sport? (2012) **Final report to Sport Wales by Brightpurpose**
- 5x60 Evaluation Report: Linking schools with the community to sustain participation (2012) **by S Wilcox (research project – University of South Wales)**
- School Sport Investment Review (2015) – **internal review by Sport Wales**
- Current tender out for independent evaluation (2017) **TBA**

Physical literacy journey

Dragon Multi-skills and Sport and 5x60 are two approaches to supporting a young person's physical literacy journey. They build on the early developments achieved through Play to Learn to enable a continuum of progressive learning.

As such, it's important to recognise that we have shifted our thinking and delivery; one from silo programmes for specific age groups to the importance of a lifelong 'physical literacy journey'. This now encompasses early childhood through to later adult life with Physical Literacy as the overarching key focus.

Sport Wales has embraced the concept of Physical Literacy as a key strand of its core business since 2010. Sport Wales introduced the sectors' Vision for Sport in Wales in 2011, in which one of the aspirations is to get 'every child hooked on sport for life'. A strategic priority within the Vision was 'Skills for a life in Sport' where every child and young person is provided with the skills and confidence from an early age to be physically literate through high quality, engaging sporting experiences. This signified a change in approach to both strategic design and delivery away from siloed, age/phase-specific programmes to a broader continuum of learning / journey of experiences.

The Physical Literacy journey captures every interaction that an individual has with sport and physical activity from cradle to grave and in every aspect of life; be it in formal education, within the community, in a workplace or as part of family life.

It follows therefore that the concept of a physical literacy journey illustrates how all of Sport Wales' priorities and subsequent agendas fit together, providing a natural thread linking each together in achieving one overall vision. The alignment of a physical literacy journey to an individual's life journey also highlights the potential connections to those outside of the sport sector, providing a shared agenda in which education, health and community sport come together naturally.

This recent '15 Year Success story' video reel <https://vimeo.com/211272295> demonstrates the benefits and achievements of our investment in PE and school and community sport.

Learning and developments

An implicit part of our way of working is to learn and evaluate, whether this is through formal evaluations or in more informal ways. We have continually looked to review and evolve our approaches. Our current focus on the physical literacy journey, as opposed to bespoke age-specific programmes, is part of Sport Wales' journey. We recognise that we could have been better and more explicit at communicating where we have sought feedback, reviewed and subsequently amended our approach. With the development of our new approach to investing in community sport in Wales, we have involved and been transparent. We are now continuing to take this approach with the development of the new Vision for Sport in Wales.

Current review

We are currently tendering for an organisation to undertake a review of our Young People Programmes. This review will sit alongside a complementary review of the Free Swimming Initiative (which includes an offer for Under

17s). It is important and appropriate for us to consider their collective contribution to community sport and physical activity, as well as their impact across a number of Welsh Government priorities, as well as Welsh Government Sponsored Bodies' and Public Service Boards' well-being objectives.

Sport Wales, as with other public-sector organisations, has a diminishing resource. We will need to ensure that future delivery has greater levels of sustainability.

We are wanting to know whether the programmes have achieved their stated outcomes for children and young people when first introduced (or since they have been revised), and whether they can achieve a greater impact on sport and physical activity participation levels.

The findings and recommendations from this review will help shape and steer our strategy and proposals for community sport in Wales.

Case studies

Active Story Time

In June, colleagues in Conwy held 3 days of Active Story Time training for the staff members of the 10 libraries in Conwy, and for 36 healthy preschool settings. Over the 3 days, more than 80 people attended the training that was delivered by Sharon Mason from 'Play Learn Play'.

The aim of the project is to encourage these community settings to introduce a new element in to their current story time. Through bringing books to life by using the puppets and movements we can ensure that the children of Conwy are active, healthy and gaining skills for life. Through supporting these settings to encourage children to get moving, we are ensuring that they have a positive start on their physical literacy journey.

Below is a short video of the training days explaining its purpose. There are several settings already running sessions.

https://www.youtube.com/watch?v=_qc0GoJyhWo

Young Ambassador-led training for school governors in Conwy

Young Ambassador-led approach regarding School Governor Training on physical literacy and the impact of multi-sport opportunities as part of extra-curricular provision.

This is a new and different approach to try and influence School Governors with responsibility for Health and Well Being areas of the National Curriculum, regarding the understanding, importance and priority given to physical literacy within their schools. (delivered by GOLD Young Ambassadors on a County wide basis) – also linking this to the LA education services agenda “promoting learner health and well-being “and a KPI focusing on pupil voice.

There has been a positive impact – evidenced in the School Sport Survey results. The percentage of pupils participating in sport on 3+ occasions a week increased from 39% in 2013 to 79% in 2015. There has also been a 19-percentage point increase in pupils feeling listened to.

St Christopher’s SEN School, Wrexham

Leadership and Participation opportunities within a SEN setting

Last year 20 pupils successfully completed the Sports leaders Level 2. The group have gained over 80 hours leadership experience. The pupils themselves persuaded the 5x60 Officer to start the Level 3 course this year. The pupils now volunteer in the community and mentor younger pupils. The pupils also volunteer at the SEN Festivals for Wrexham Junior Schools.

The school is very proud of the pupil’s achievements and how it proves that boundaries can be broken. These Leaders have seen first-hand what is

possible to achieve and it has been an amazing journey for everyone at the school.

Tackling Crime, anti-social behaviour and the disengaged, Flintshire

Through working with key partners such as the Drug and Alcohol team, the youth service, education and schools and North Wales Police we have launched an anti-social behavior 'door step' club system. The clubs currently run in Hope, Hawarden, Flint, Deeside and Mold. Participation ranges between 15 – 45 per session. We have mainly used football as a vehicle for engagement but have also utilized golf, fitness and the spa in this approach, where through working with clubs, NGBs and providers we have been able to offer a sustainable provision and at an affordable price to encourage further participation.

Young Leaders Pathway

Monmouthshire sports development team have purchased a licence from Sports Leaders UK which will allow them to train every Year 5 pupil on the Play Maker Leadership Award (circa 1000 pupils). The award focuses on developing learner's leadership skills. Bronze Young Ambassadors will be identified from the Play Makers to lead and advocate sport and physical activity within the school setting.

Active Gwent – Physical Literacy

The Active Gwent region have worked collaboratively to develop physical literacy opportunities across the region. During 2016/17, 500 physical literacy sessions have been established in communities across Gwent. Developing junior club structures across the region has been a focus through up-skilling over 490 coaches and 570 parents on their understanding of how to develop physically literate children and young people.

Active Gwent Positive Futures Programme

Funding: £70k Sport Wales funding matched by Gwent Police & Crime Commissioner

Gwent Positive Futures is a sport based social inclusion programme, using sport as a tool to engage young people in communities identified as 'hot spots' by partners or through referral into alternative education settings. In 2016–17 the programme has engaged over 9,000 young people into sport and physical activity, leading to:

- Increases in sport participation amongst disengaged children and young people;
- Reduction in anti-social behaviour at key times where sport based diversionary activity has hooked in young people;
- Reductions in anti-social behaviour at key periods of the year; and
- Increases in school attendance, personal development and engagement in young people at risk of becoming 'NEETs'.