



PE & School Sport in Wales



PE & School Sport (PESS) Project

The PE and School Sport (PESS) Project was set up in 2000 as a result of a task force report, outlining the key actions required to improve standards of PE.

The project aims to raise standards in physical education by making sure that all schools:

- Manage the subject effectively within the whole school curriculum.
- Set challenging targets for raising standards in physical education and school sport.
- Provide enough curriculum time to teach the requirements of the National Curriculum for physical education in all key stages.
- Develop young people's physical skills from one year to the next and improve their understanding of the importance of health and fitness.
- Raise standards in physical education and school sport by establishing accredited continuing professional development (CPD) programmes for all teachers.
- Support schools in Wales to extend opportunities for school sport beyond the school day by improving the quality and the breadth of after school activities for all young people whatever their age, ability, ethnicity, gender or geographical location.
- Establish Development Centre Partnerships and ensure they work together for the identification and development of good practice in PE and School Sport.

Dragon Sport

Dragon Sport is a Sports Council for Wales initiative funded by the National Lottery, designed to offer 7-11 year olds fun and enjoyable sporting opportunities.

- Liaising closely with schools and community sports clubs, Dragon Sport is making a dramatic impact on sports participation by encouraging children to become involved in a variety of organised sporting activities.
- The scheme intends to broaden the sporting interests of children who already take part in sport and to involve children who currently lack such opportunities outside of their school PE lessons.
- Dragon Sport introduces children to coaching, skill development and appropriate competition using versions of the adult game, modified to meet their needs and skill levels.
- A portfolio of eight modified sports is used in the scheme. The eight Dragon Sports are rugby, athletics, cricket, football, hockey, netball, tennis and golf.

'5 x 60' Project

5x60 is set to change the face of provision of sport in schools and transform playing fields and sports halls into hubs of bustling activity from daybreak to nightfall.

- 5x60 officers will be based in secondary schools and it will be their role to consult with the pupils, listen to their needs and the barriers which prevent them from participating in activity.
- They will timetable a programme of activities that suit the pupils' needs.
- These activities can take place before school during lunch after school and at weekends.
- The activities will be mainly targeting individuals that currently do not participate or who are in danger of losing interest.

PESS, Dragon and 5x60 are managed by the Sports Council for Wales and funding is provided through local authority partnership agreements to support a network of Active Young People staff to deliver these schemes.

The National Curriculum for Wales

A revised curriculum for 3 to 19-year-olds in Wales is being implemented from September 2008 onwards. In revising the curriculum, the challenge was to establish a curriculum for the twenty-first century that meets the needs of individual learners whilst taking account of the broader needs of Wales.

The revised programmes of study and attainment targets for physical education come into effect as follows, after which the existing National Curriculum for PE is superseded:

- 1 August 2008 for Years 3, 4 and 5 and Years 7 and 8.
- 1 August 2009 for Year 6, Year 9 and Year 10 in Key Stage 4.
- 1 August 2010 for Year 11 in Key Stage 4.

Programme of Study

Pupils should develop their skills, knowledge and understanding of physical education through each of the four areas of experience. Pupils should be taught the programme of study for each area of experience through specific activities selected by the school and pupils, spending enough time on any one activity to make progress in that activity.

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

More detailed information about Physical Education in The National Curriculum Wales can be found online on the [Welsh Assembly Government website](#).

More information

For more information, speak to your local Tennis Development Manager, or visit: www.sports-council-wales.org.uk