



# Progress towards the recommendations of the Physical Education Review Group

## Introduction

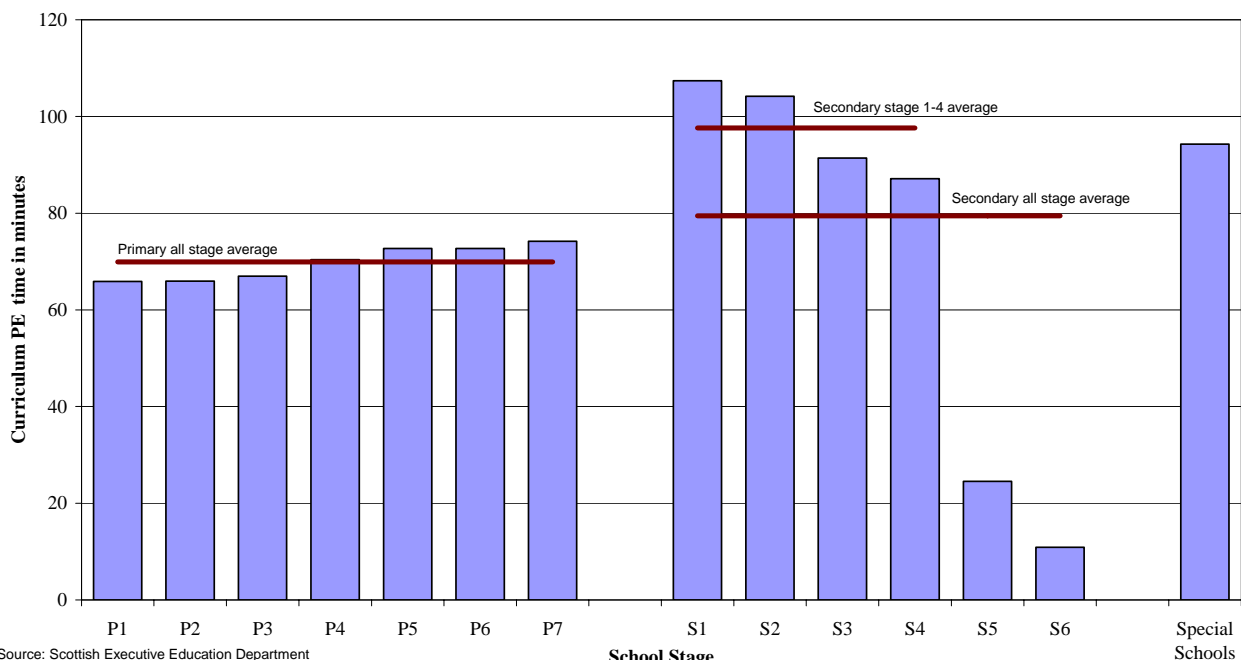
In June 2004, the Minister for Education and Young People formally endorsed the recommendations of the Physical Education Review Group. There were a number of recommendations aimed at local authorities, schools, initial teacher education providers and teachers themselves, as well as the Scottish Executive. In accepting the recommendations outlined in the report, the Minister committed to 10 actions aimed at providing more time for physical education, more teachers of physical education, and more choice in physical education. (For further detail please see <http://www.scotland.gov.uk/library5/education/rgpecl-00.asp>)

These actions also form the basis of delivering Target 2 of Sport 21 2003-2007. Target 2 is: 'To make progress towards all school children taking part in at least two hours of high quality physical education classes a week'.

## Baseline Data

In order to provide a baseline assessment of the starting position from which progress towards this target can be measured, a survey of taught physical education provision in the 2004/05 school year was undertaken. The following chart shows provision within the 2004/05 curricula:

**Provision of Physical Education - average curriculum time per pupil (in minutes) set aside in the 2004/05 school year for taught PE within the standard school week**



Source: Scottish Executive Education Department  
Note: figures relate to curriculum PE lessons (core in secondary and special schools) only, averages are pupil weighted

The key messages from this baseline study of taught physical education lessons within the standard school week are:

#### Primary Schools:

- On average, primary schools allocate 1 hour and 10 minutes of the weekly curriculum to physical education.
- The vast majority of primary school pupils (93 %) have provision within their curriculum for at least 45 minutes of taught physical education.
- Just over two thirds (69 %) of primary school pupils have provision for 1 hour of taught physical education within their curriculum.
- Just under a third (30 %) of primary school pupils have provision for 90 minutes of taught physical education, with one in twenty (5 %) primary school pupils currently receiving the 2 hour aspiration.

It should be noted that ad hoc activities within primary schools such as health week, sports days and cycling proficiency are not included in these figures as these do not currently form part of the standard (curriculum) school week. These activities, although not strictly physical education, are seen by many schools as an important part of a child's overall physical activity at school.

#### Secondary Schools (S1 – S4):

- On average, secondary schools allocate 1 hour and 40 minutes of the weekly curriculum to physical education.
- Almost all (99.5 %) S1 to S4 pupils have provision in their curriculum for at least 45 minutes of taught physical education. 87% are provided 1 hour per week.
- Almost three quarters (72 %) of S1 to S4 pupils have provision in their curriculum for at least 90 minutes of taught physical education.
- 7% of secondary school pupils are currently provided the 2 hour aspiration.

#### Secondary Schools (S5 – S6):

- Non National Qualification physical education drops off significantly for S5 and S6.
- Just under a third (30 %) of S5 pupils are provided 45 minutes or more of taught physical education in their curriculum, falling to around 1 in 8 (12 %) in S6.

Taught, non National Qualification physical education lessons are often optional for S5 and S6 pupils. As such schools may have only included mandatory S1 to S4 lessons in the figures provided to the Scottish Executive and will not have included S5 and S6 'optional physical education' provision.

### **On-going activity in support of the recommendations**

#### *i. Curriculum Review*

The Minister has asked that the Curriculum for Excellence Programme ensures that there is sufficient flexibility in the curriculum to allow schools to accommodate the provision of least 2 hours of good quality physical education for each child every week. The starting point for the Programme's work on this has been to establish a small group to look at existing guidance for physical education, health and well-being. This group met for the first time on 25 / 26 August. The outcome of this initial work is expected to be available around January / February 2006 and will act

as the starting point for wide debate, testing, refinement and consideration with the curriculum as a whole.

#### *ii. Awareness Raising Seminars*

Regional seminars were held by Learning and Teaching Scotland during March 2005 in Glasgow, Edinburgh, Aberdeen and Dunblane. The seminars were well attended with the bulk of places being taken up by local authorities and schools but other organisations such as the Higher Education sector and sportscotland were also represented. Feedback suggests that those attending found the seminars useful and informative. Learning and Teaching Scotland propose to build on these seminars by arranging a National Conference to disseminate and discuss the outcome of the LT Scotland / HMIE work on good practice exemplars. The conference is planned for September 2006.

#### *iii. Pilot Projects*

In June 2005, the Minister for Education and Young People approved proposals to invite bids for a limited amount of funding to support 5 or 6 small pilot projects to inform development strategies for delivery of 2 hours of quality physical education to every child each week within the context of A Curriculum for Excellence. Proposals were received from 16 authorities. 7 projects were approved (Clackmannanshire, East Lothian, East Renfrewshire, Falkirk, Highland, North Ayrshire and Shetland). The projects will be showcased on the Learning and Teaching Scotland website in due course.

#### *iv. Additional Physical Education Teachers*

Funding to support the recruitment of additional teachers will start to be available from 2006/2007 when the first of the additional physical education teachers will become available for employment. The method of allocating this funding is in the final stages of discussion with CoSLA.

Supplying the additional physical education teachers will be achieved partly by Initial Teacher Education through the one year Postgraduate Certificate in Education (PGCE) and also by enhancing the skills of existing primary teachers, and backfilling primary teacher posts

There has been an overall increase in recruitment of entrants to the PGCE in physical education from 9 in 2003-2004 to 80 in 2005-2006. In the 2005-06 session, Strathclyde University increased the intake to 42 compared with 9 in 2003-04. This has been achieved mainly through revising the entry requirements, making courses more accessible to a wider range of applicants. Edinburgh University and Paisley University have both started PGCE courses in physical education with intakes of 22 and 16 respectively in 2005-06.

Glasgow University, in conjunction with Glasgow City Council, is running a 2 year course for existing primary teachers to develop physical education specialisms. The course started in 2004-2005. The University plans to run the course with Glasgow City and North Ayrshire Council in 2006-07.

Other proposals currently being considered are:

- rolling the Glasgow University course out to authorities other than those mentioned above;
- support for the development of alternative models such as courses taking place at Easter or over the summer or during term time;
- rolling out similar courses at other institutions - discussions have already taken place with Edinburgh University and Strathclyde University have proposals to develop a course.

v. *Complementary activity*

The Scottish Executive is committed to ensure that every school in Scotland is a Health Promoting School by the end of 2007. A Health Promoting School is one in which all members of the school community work together to provide children and young people with integrated and positive experiences and structures, which promote and protect their health. This includes both the formal and the informal curriculum in health, the creation of a safe and healthy school environment, the provision of appropriate health services and the involvement of the family and wider community in efforts to promote health.

In order to be Health Promoting a school will have to be an Active School. Active Schools aims to encourage more participation in formal and informal sports, active travel to school and active play. Active Schools will develop existing schemes such as Active Primaries and School Sport Co-ordinators in an integrated manner and further link these to other physical activity initiatives developed from New Opportunities funding. Active Schools Co-ordinators lead the strategic management, co-ordination and implementation of the Active Schools programme throughout primary and secondary schools, and the wider community. They work closely with class teachers, physical education specialists, primary and secondary head teachers, local authority sports development staff, school travel co-ordinators, governing bodies of sport and local sports clubs

Outdoor education is a widely recognised and valued component of a rounded and rich educational experience and it is clear that it provides a very important setting for young people to discover more about themselves and to engage physically with their environment. Early experience of the outdoors can encourage young people to develop a lifelong active interest in outdoor opportunities and pursuits. Schools in Scotland currently offer a wide variety of outdoor education opportunities and in order to raise awareness and develop opportunities Learning and Teaching Scotland have been commissioned to take forward a development programme for outdoor education.

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## **ANNEX 1: PHYSICAL EDUCATION PROVISION WITHIN THE CURRICULUM**

### **Baseline data collection – definitions**

Following consultation through the Data Requirements Technical Group and School Education Information Advisory Group in April 2005, schools were asked, for each stage in their school, to provide the average curriculum time per pupil (in minutes) set aside in the 2004/05 school year for taught physical education within the standard school week.

The survey was for mandatory, taught PE lessons (core in secondary and special schools) only.

The figures include:

- any time for changing into and out of physical education clothing by pupils
- swimming if it is part of the curriculum within the school stage
- core (non-NQ) provision for S5 and S6 if applicable

The figures do not include:

- one-off initiatives such as health week or activity afternoons
- time set aside for a specialist group within the stage such as extra coaching for school teams or pupils taking NQs in secondary and special schools
- any other optional activities
- adults in community schools

## Baseline data collection – average curriculum time

**Table 1: Primary Schools**

Local Authority	Average curriculum PE time (minutes)							
	P1	P2	P3	P4	P5	P6	P7	All Stages
Aberdeen City	67	68	64	77	71	72	72	<b>70</b>
Aberdeenshire	57	57	59	65	66	68	69	<b>63</b>
Angus	88	88	90	97	105	103	109	<b>97</b>
Argyll and Bute	83	82	84	85	87	85	87	<b>85</b>
Clackmannanshire	90	90	90	90	90	90	90	<b>90</b>
Dumfries and Galloway	58	57	58	61	63	62	65	<b>61</b>
Dundee City	54	55	56	56	57	59	60	<b>57</b>
East Ayrshire	84	88	88	87	85	88	88	<b>87</b>
East Dunbartonshire	71	74	75	78	84	81	83	<b>78</b>
East Lothian	71	67	75	83	69	68	68	<b>72</b>
East Renfrewshire	62	62	63	67	68	66	68	<b>65</b>
Edinburgh, City of	69	72	75	83	85	81	80	<b>78</b>
Eilean Siar	45	45	46	46	47	48	48	<b>46</b>
Falkirk	54	55	59	60	88	63	63	<b>63</b>
Fife	57	57	58	60	60	62	62	<b>59</b>
Glasgow City	69	68	68	68	68	71	78	<b>70</b>
Highland	57	55	57	66	66	69	68	<b>63</b>
Inverclyde	75	74	75	76	77	83	80	<b>77</b>
Midlothian	65	66	68	76	83	86	84	<b>75</b>
Moray	64	65	64	75	79	73	74	<b>71</b>
North Ayrshire	78	77	77	77	80	79	87	<b>79</b>
North Lanarkshire	62	62	62	63	64	65	69	<b>64</b>
Orkney	54	50	54	58	60	58	59	<b>56</b>
Perth and Kinross	67	68	67	73	74	79	77	<b>72</b>
Renfrewshire	73	74	76	74	80	84	79	<b>77</b>
Scottish Borders, The	65	61	65	66	67	72	69	<b>67</b>
Shetland	72	74	80	78	75	75	74	<b>75</b>
South Ayrshire	78	75	73	81	85	81	85	<b>80</b>
South Lanarkshire	59	60	60	62	65	65	69	<b>63</b>
Stirling	70	72	74	74	87	81	82	<b>77</b>
West Dunbartonshire	69	69	69	70	73	74	77	<b>72</b>
West Lothian	63	61	62	67	71	71	70	<b>67</b>
<b>Scotland</b>	<b>66</b>	<b>66</b>	<b>67</b>	<b>70</b>	<b>73</b>	<b>73</b>	<b>74</b>	<b>70</b>

Note: Figures for Scotland include Jordanhill.  
The averages are pupil weighted.

**Table 2: Secondary Schools**

Local Authority	Average curriculum PE time (minutes)							
	S1	S2	S3	S4	S5	S6	S1-S4	All Stages
Aberdeen City	111	100	89	94	15	0	<b>99</b>	<b>78</b>
Aberdeenshire	93	99	87	87	11	11	<b>91</b>	<b>73</b>
Angus	106	114	82	91	16	0	<b>98</b>	<b>79</b>
Argyll and Bute	113	97	97	97	23	22	<b>100</b>	<b>80</b>
Clackmannanshire	92	105	107	94	0	0	<b>99</b>	<b>76</b>
Dumfries and Galloway	109	109	98	88	26	24	<b>101</b>	<b>83</b>
Dundee City	108	111	82	82	9	5	<b>96</b>	<b>77</b>
East Ayrshire	113	109	86	86	20	16	<b>98</b>	<b>80</b>
East Dunbartonshire	108	107	103	91	14	4	<b>102</b>	<b>77</b>
East Lothian	130	118	76	85	33	13	<b>103</b>	<b>85</b>
East Renfrewshire	110	110	110	110	88	6	<b>110</b>	<b>95</b>
Edinburgh, City of	106	97	72	71	27	12	<b>87</b>	<b>71</b>
Eilean Siar	72	73	60	60	3	7	<b>66</b>	<b>50</b>
Falkirk	97	103	107	92	62	5	<b>100</b>	<b>86</b>
Fife	107	99	102	86	14	17	<b>98</b>	<b>79</b>
Glasgow City	106	104	85	82	31	12	<b>94</b>	<b>80</b>
Highland	107	98	99	92	15	14	<b>99</b>	<b>79</b>
Inverclyde	108	108	99	92	42	6	<b>102</b>	<b>84</b>
Midlothian	99	99	71	71	50	49	<b>85</b>	<b>77</b>
Moray	103	96	92	90	0	0	<b>96</b>	<b>74</b>
North Ayrshire	110	110	94	81	2	2	<b>99</b>	<b>77</b>
North Lanarkshire	108	108	93	82	30	13	<b>98</b>	<b>81</b>
Orkney	101	102	55	55	0	0	<b>77</b>	<b>60</b>
Perth and Kinross	105	96	101	98	36	13	<b>100</b>	<b>83</b>
Renfrewshire	111	107	108	108	38	11	<b>109</b>	<b>89</b>
Scottish Borders, The	142	132	85	92	0	0	<b>113</b>	<b>87</b>
Shetland	95	93	83	83	0	0	<b>89</b>	<b>69</b>
South Ayrshire	110	110	110	110	54	5	<b>110</b>	<b>91</b>
South Lanarkshire	107	102	88	89	28	14	<b>96</b>	<b>79</b>
Stirling	106	106	106	92	0	0	<b>103</b>	<b>78</b>
West Dunbartonshire	120	119	112	93	13	13	<b>112</b>	<b>88</b>
West Lothian	109	97	69	63	7	7	<b>85</b>	<b>67</b>
<b>Scotland</b>	<b>107</b>	<b>104</b>	<b>91</b>	<b>87</b>	<b>25</b>	<b>11</b>	<b>98</b>	<b>79</b>

**Table 3: Special Schools**

Local Authority	Average curriculum PE time (minutes)
Aberdeen City	88
Aberdeenshire	108
Angus	-
Argyll and Bute	163
Clackmannanshire	68
Dumfries and Galloway	68
Dundee City	135
East Ayrshire	110
East Dunbartonshire	89
East Lothian	-
East Renfrewshire	90
Edinburgh, City of	90
Eilean Siar	-
Falkirk	72
Fife	66
Glasgow City	92
Highland	76
Inverclyde	97
Midlothian	98
Moray	-
North Ayrshire	102
North Lanarkshire	93
Orkney	-
Perth and Kinross	60
Renfrewshire	95
Scottish Borders, The	-
Shetland	-
South Ayrshire	143
South Lanarkshire	105
Stirling	65
West Dunbartonshire	91
West Lothian	96
<b>Scotland</b>	<b>94</b>

Note: Special schools were asked for average curriculum time across all stages.  
The averages are pupil weighted.

**Baseline data collection – percent of pupils with at least 45, 60, 90 and 120 minutes weekly physical education provision****Table 4**

All Scotland	Percent of Pupils			
	45 mins	60 mins	90 mins	120 mins
Primary	93%	69%	30%	5%
Secondary	82%	70%	57%	6%
S1-S4	99%	87%	72%	7%
S5	30%	17%	12%	2%
S6	12%	8%	6%	1%