



## PESSPA Network Updates - Summer Term 2025/26

Welcome to the Summer term update from the PESSPA Network.

In this edition, we share local, regional, and national updates from our partners and members across the PE, School Sport, and Physical Activity Network.

Please feel free to share this update with colleagues to help keep everyone across Dorset and BCP informed and connected.

### Active Dorset



#### Active Lives Survey for Children and Young People

The Active Lives Survey for Children and Young People provides a world-leading approach to gathering data on how children engage with sports and physical activity.

Survey data tells us that:

- Children and young people's activity levels are rising, but still only 49.1% meet the recommended activity levels.
- Active children report improved happiness, resilience, and peer trust, highlighting wider wellbeing benefits.
- Persistent inequalities remain; activity levels are lowest where two or more inequalities exist.
- A summary of the national data is available [here](#)

A big thankyou to all schools who have already participated in the Active Lives Survey this academic year. Selected Schools for term 3 and more information about the survey can be found [here](#)

#### Dorset School Games

This year's Dorset School Games county programme offers a series of targeted events aligned to the 3 national priorities for the School Games: tackling inequalities, youth voice and physical literacy.

Recent Events:

- Beyond the Book SEN Dance Festival - led by Christina Binney a SEN dance specialist from Twynham , 11 Specialist Education Settings and over 400 Children and Young People. A film to celebrate and showcase the achievements of all of the participants will be available later this term.
- Primary Wheels Festival - a Can-Do targeted event, supported by BCP council, Bikeability, PEDALL inclusive cycling and Team Rubicon. 12 primary schools (2 per SGO area) and 96 children participated in a carousel of activities with an emphasis on active travel, new experiences and positive experiences.

Upcoming Events:

- Secondary Can-Do Cycling at Moors Valley
- Primary and Secondary Can-Do Watersports hosted by Rockley
- Dorset Cricket U13 and U15 SEND Cricket at Milton Abbey

#### OHID South South West - Active Girls Project

A regional project, delivered in partnership with OHID South West, Public Health teams, other Active Partnerships, and wider partners. Secondary focused, but relevant across all all phases of education. The project explores the barriers to physical activity, movement and sport experienced by teenage girls.

- Inclusive Sportswear workshop - How implementing changes to PE kit and school policies can help address barriers to physical activity. Access the [Webinar here](#) and a view from a [headteacher here](#).
- Puberty and body confidence workshop - 6<sup>th</sup> July, booking link to follow, please contact [ctabor@activedorset.org](mailto:ctabor@activedorset.org) to find out more

### Leadership, Volunteering & Coaching Update

#### Young Coach Academy

Part of the Dorset Leadership Academy programme, the Young Coach Academy is free for schools and students aged 16-19 to access.

The Young Coach Academy aims to support the development of young people on their coaching journeys through a series of masterclasses and coaching workshops over 3 days and helps to grow the volunteer workforce within community clubs.

Day 2 of 3 for the Young Coach Academy took place on Friday 17<sup>th</sup> April, hosted by Bournemouth University. Over 30 young coaches from local schools came together for three inspiring sessions delivered by Lewie Lett, Aaron Phipps MBE, and Andy Boland and Tabby from Coach BU.

We'll be bringing the Young Coaches back together for day 3 (date tbc). The delivery plan will be shaped by the insights shared by the group, and is likely to include further masterclasses, along with an opportunity to deliver an event for local schools.

As part of the offer, students can apply for support towards Level 1 coaching qualifications. This year, a selection on online courses and qualifications are also available through UK coaching.





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### Inclusion Update



#### Special Olympics Unified Sport

Special Olympics GB purpose is to enable access to sport opportunities for people with intellectual disabilities. Unified Sport brings young people living with SEND and their friends together to play sport in a unified way. The programme will be running in Weymouth this term, however interested schools in BCP can contact Rob Belbin, inclusion lead for more information. A short film is available [here](#).

#### EE Inclusive Football Festival

The EE Cup is a showpiece national competition for impairment specific football. To celebrate 10 years of the cup a festival will take place during national school sports week at Redlands Leisure and Community Park in Weymouth. Participants will experience 6 different types of impairment specific football activities including: 3v3 blind penalties, 3v3 partially sighted passing and deaf 3v3.

Schools interested in attending or who have young leaders who would like to learn about inclusive football should contact Rob Belbin.

There is also the opportunity to host a similar event in BCP. There will be 50 giveaways for participants and leaders which could include tickets to the EE cup at St Georges Park.

#### BUPA Inclusion Live Lab

Attendees at the upcoming PESSPA network event on 3<sup>rd</sup> July will benefit from a BUPA Inclusion Live Lab CPD session. After the training event schools are encouraged to set up an inclusive extracurricular club in the following sports: zone basketball, seated volleyball, 3v3 basketball, volley-all, island ball, walking football, follow the leader cricket, zone cricket, target tennis, rebound tennis, dodgeball and circle dodgeball.

#### Promoting Inclusion for Neurodiverse Young People

YST and Neurodiverse Sports blog and resource containing top tips to include neurodivergent young people in PE and Physical Activity can be accessed [here](#).

#### Children's Coaching Collaborative Youth Advisory Group Opportunity

StreetGames are recruiting Young Advisors to join their Youth Advisory Group on behalf of the Children's Coaching Collaborative (CCC) to share their lived experiences, views and opinions on sports coaching to truly embed youth voice within the sector.

Suitable for young people aged 15-18, email Kendle at [volunteering@streetgames.org](mailto:volunteering@streetgames.org) for more information.

### Youth Sport Trust



#### Her Time To Shine Event at Canford School

Her Time To Shine event took place at Canford School on March 26. Aimed at Yr 8 & 9 girls with lower confidence who are on the cusp of physical activity engagement this event, through various workshops, empowered the girls to improve their confidence and wellbeing through physical activity and friendship.

9 schools attended with 79 girls participating, who were split into 3 groups (Unstoppable, Limitless, Fearless). There was also a Teacher workshop that included colleagues from Active Dorset, Bournemouth Uni, Dorset Leadership Academy and BCP Mental health in Schools support team. One teacher said that the event was "Super relevant to teaching girls today". Next steps are to continue to provide on-going support to the schools to set up their own girls active groups and establish a BCP Girls Active Network.

#### National School Sports Week 6-12 July

This year's National School Sports Week invites schools, families and organisations to celebrate movement, confidence and joyful activity, inspired by a landmark year of global sport.

Sign up to:

- Receive free resources inspired by this summer of sport
- Access resources for young leaders to deliver fun and inclusive activity
- Win prizes including athlete mentor visits and sport direct vouchers
- **[Register your school now](#)**

#### Physical Literacy

A new **[Physical Literacy Activity Pack](#)** helps children and young people to explore their relationship with movement in a personal and meaningful way. Through flexible, discussion-based activities, pupils reflect on how they move, think, feel and connect. This aims to provide schools valuable insight into what supports or challenges their engagement in physical activity.



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### Youth Sport Trust continued



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#### Well Schools Programme

Well Check: Helps schools to evaluate their strengths and identify key areas for development, schools receive a tailored development plan to support their journey towards becoming a well school. Click [here](#) to get started.

Well Schools Accreditation: Recognises schools that meet the Well Schools Framework. Schools can achieve 3,4, or 5-star ratings which are valid for 2 years.

Well Schools Trust Development Programme: For trusts interested in adopting a more strategic approach to wellbeing. This programme brings together leaders from different trusts to explore how to implement and embed a Well School Trust approach. Find out more and register your interest [here](#).

#### Girls Active Participation Survey

The Youth Sports Trust Girls Active Survey supports schools to gain insight to understand the participation levels, attitudes, motivations and barriers to participation across KS2 -5.

Registration for the survey is open until 30<sup>th</sup> April, and available to access from 18<sup>th</sup> May- 19<sup>th</sup> June. Participating schools will then receive an insight report based on their student responses by the end of the summer term.

Find out more [here](#).

## Public Health

### Healthy Movers

The next phase of the Healthy Movers project is due to start in the Summer Term with a targeted focus on settings in areas of high deprivation, higher rates of unhealthy weight, and lower rates of physical activity. This next phase will run for three years until March 2029.

### Improving Opportunities for Physical Activity for Care-Experienced Children and Young People

The Local Government Association (LGA) recently published guidance on improving opportunities for physical activity for care-experienced Children and Young People, with ten recommendations for best practice.

Colleagues from BCP Council and Active Dorset to discuss the guidance, to identify the areas of good practice locally, and to explore what more could be done to support this guidance in local practice.

A copy of the report and recommendations is available to access [here](#).

## Stay in Touch with the PESSPA Network

Visit the PESSPA Network page to stay connected and learn more - <https://www.activedorset.org/pesspa>