

Monitoring the contribution of Physical Education, Physical Activity and Sport to the SDGs

PE SUMMIT 2020

Mike Armstrong, Sport for Development and Peace Programme Manager



The Commonwealth



Sports Brings the
Whole World
Together!





37. We recognize the valuable contribution of sport to the realization of development and peace in its promotion of tolerance and respect, and the contributions it makes to the empowerment of women and of young people, individuals and communities, as well as to health, education and social inclusion objectives.



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Sport for Sustainable Development: Designing Effective Policies and Programmes

Explore the ways in which sports can actively contribute to the advancements of the Sustainable Development Goals.

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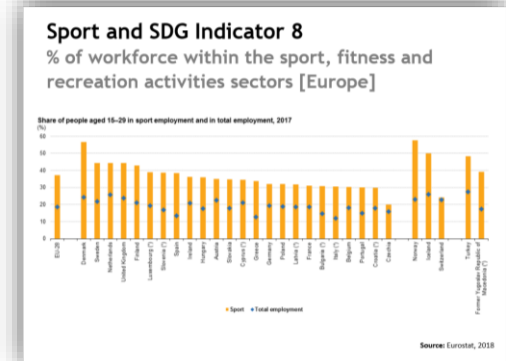
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Learn how to make a positive impact through sport

Sport has been recognised as an enabler of the Sustainable Development Goals (SDGs) by governments globally. Organisations worldwide are using sport to contribute to this agenda, addressing issues ranging from health and education to employment, and conflict resolution.

On this course, you'll look at the benefits and limitations of using sport in development. You will learn to design, implement, and measure the impact of policies and programmes.

You will explore key concepts on sport and gender equality, disability, human rights, social inclusion, peacebuilding, and child safeguarding.





KAZAN ACTION PLAN

The Ministers meeting at the Sixth International Conference of Ministers and Senior Officials Responsible for Physical Education and Sport (MINEPS VI), held in Kazan (13-15 July 2017),

1. *Noting* that, for present purposes and unless specified otherwise, the term "sport" is used as a generic term, comprising sport for all, physical play, recreation, dance, organized, casual, competitive, traditional and indigenous sports and games in their diverse forms;
2. *Highlighting* that sport for all, including traditional sport and games, is a fundamental field of intervention for governments to achieve the full potential of physical activity for personal and social development;
3. *Recognizing* that the United Nations' 2030 Agenda / Sustainable Development Goals form the overarching policy consensus on development priorities, goals and targets that guide international and national policy design, implementation and monitoring;
4. *Stressing* that the preamble of the 2030 Agenda acknowledges sport as an important enabler of sustainable development and peace;
5. *Expressing* our concern that, except for the general acknowledgement of sport as an enabler, physical education, physical activity or sport are not mentioned in any of the goals and targets of the 2030 Agenda;
6. *Recalling* that the Declaration of Berlin, adopted by MINEPS V, and the International Charter of Physical Education, Physical Activity and Sport, adopted by the General Conference of UNESCO at its 38th session, form together a comprehensive set of principles, recommendations and commitments for sport policy development;
7. *Appreciating* that the follow-up to MINEPS V and the revision of the International Charter of Physical Education and Sport have created a dynamic of enhanced international consultation and cooperation amongst government and non-government stakeholders in physical education, physical activity and sport in their diverse forms;
8. *Underlining* that there is a broad consensus amongst these stakeholders that the 2030 Agenda, the Declaration of Berlin, as well as the International Charter of Physical Education, Physical Activity and Sport constitute an interconnected, solid foundation for sport policy development and that, based on this foundation, sport policy development should henceforth focus on translating policy intent into measurable implementation;
9. *Highlighting* that sport policy at the national and international levels must be inclusive, in order to contribute to the reduction of inequalities and, therefore, inclusive access by all to physical



United Nations
Educational, Scientific and
Cultural Organization

MINEPS VI
KAZAN 2017

Sixth International Conference
of Ministers and Senior Officials Responsible
for Physical Education and Sport

Action 2

Develop a common M+E framework for measuring the contribution of physical education, physical activity and sport to prioritized SDGs and targets

Relevant SDG's to Sport



Measuring the contribution of sport, physical education and physical activity to the Sustainable Development Goals

1 measurement framework
27 cross-cutting indicators
50⁺ context-specific sport, PE and physical activity indicators

The 2030 Agenda for Sustainable Development recognises sport as an important enabler of sustainable development. Yet there is no common approach to measure the contribution that sport, physical education (PE) and physical activity make to the SDGs.

The Commonwealth is leading a collaborative international effort, involving UN agencies, international sporting bodies and sector experts to develop common approaches and indicators. This work will deliver on Action 2 of the Kazan Action Plan and Action Area 4 of the United Nations Action Plan on Sport for Development and Peace.

For more information, visit <http://thecommonwealth.org/sport-development-and-peace>

3

global UN action plans calling for better data on sport, PE and physical activity

11

leading institutions on the project Steering Group including UNESCO, UNDESA, the International Paralympic Committee, leading governments and sector experts

10



THE GLOBAL GOALS
For Sustainable Development

SDGs with directly linked sport, PE and physical activity indicators

100⁺

UN and international organisations, government ministries, sporting federations, industry bodies and academic institutions involved in the Open Ended Working Group and global consultation process to develop the indicators

3

key impact indicators

% of the population active

€

Contribution to GDP

#

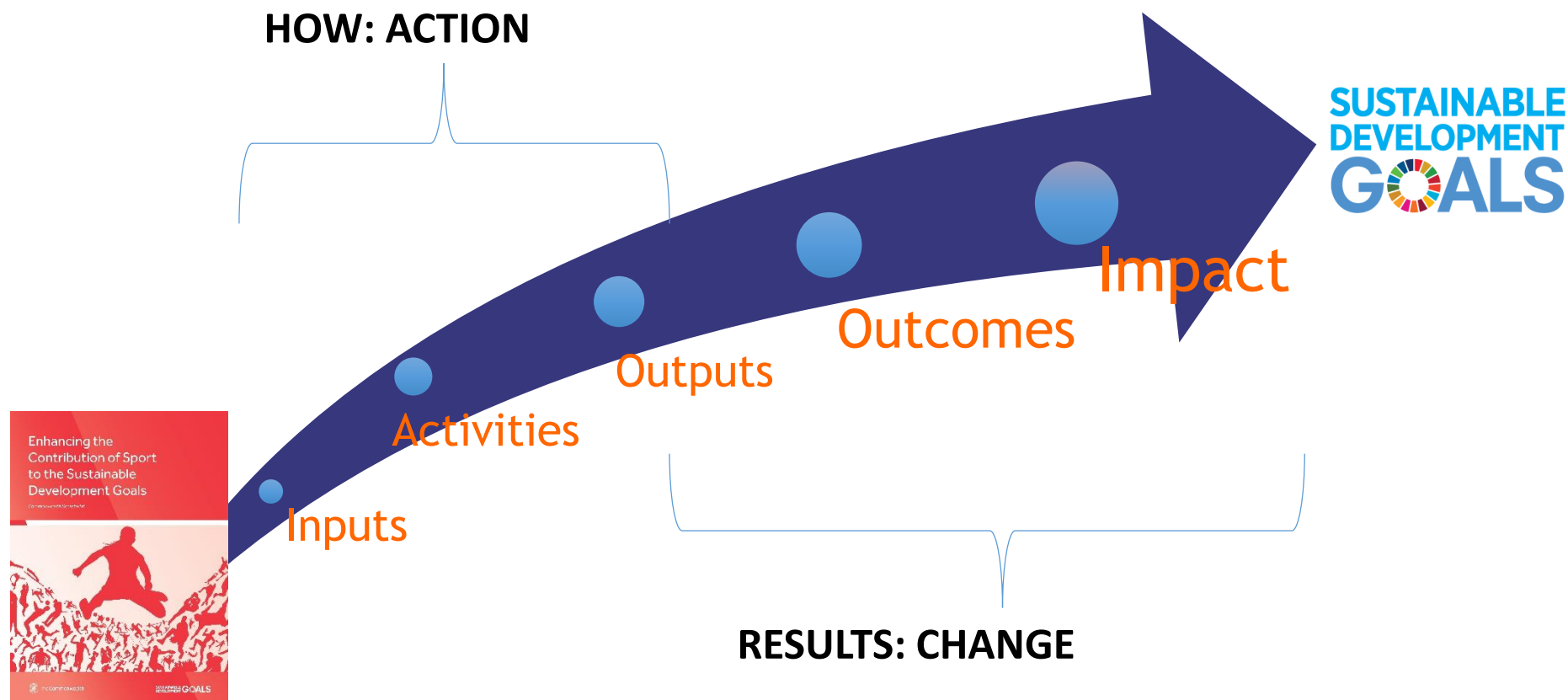
of people reporting that sport, PE and physical activity has a positive impact on themselves and their community

8

headline impact areas

- Health and wellbeing
- Cities and settlements inclusive, safe, resilient and sustainable
- Quality education
- Peaceful inclusive and equitable societies
- Economic growth and productive employment
- Gender equality
- Sustainable consumption, production and environment
- Effective and accountable institutions

Linking sport to national development and the SDGs



Ogwal, E. (2016) *Results Based Management*, Presentation to the Commonwealth Expert Roundtable on Evaluating the Contribution of Sport to Sustainable Development, London, United Kingdom, April, 2016.

Domains

Headline Indicators

The diagram illustrates the 17 Sustainable Development Goals (SDGs) arranged in a grid. The goals are numbered 1 through 17, each with a corresponding icon and title. The goals are:

- 1. Participation in Organised Sport and Physical Activity**
- 2. Active School and Educational Environments**
- 3. Social Impact, Inclusion and Equality**
- 4. Economic Development and Employment**
- 5. Environmental Sustainability**
- 6. Governance of Sport**

The remaining goals are:

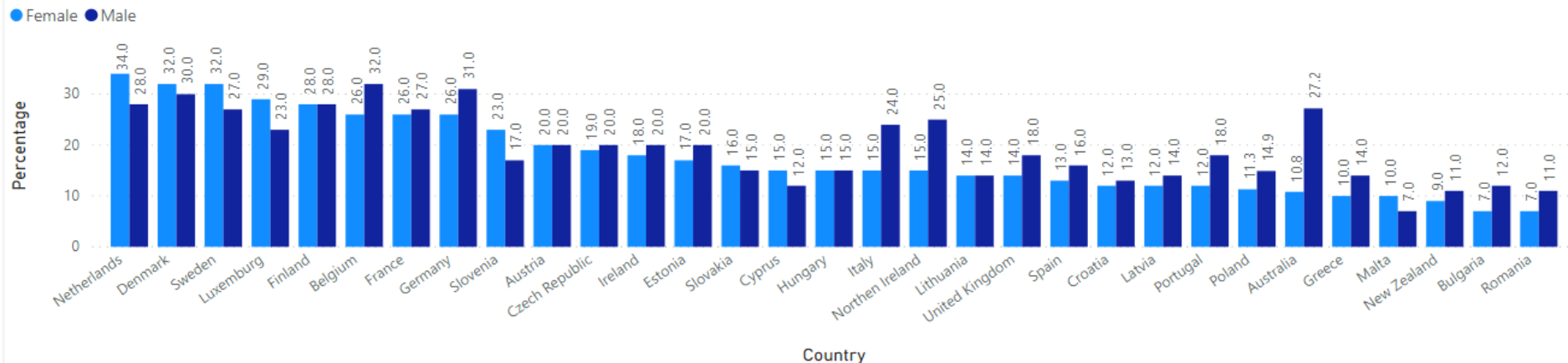
- 7. Affordable and Clean Energy**
- 8. Decent Work and Economic Growth**
- 9. Industry, Innovation and Infrastructure**
- 10. Reduced Inequalities**
- 11. Sustainable Cities and Communities**
- 12. Responsible Consumption and Production**
- 13. Climate Action**
- 14. Life Below Water**
- 15. Life on Land**
- 16. Peace, Justice and Strong Institutions**
- 17. Partnerships for the Goals**

Ind. 3: % of the population who participate once a week in sport and exercise

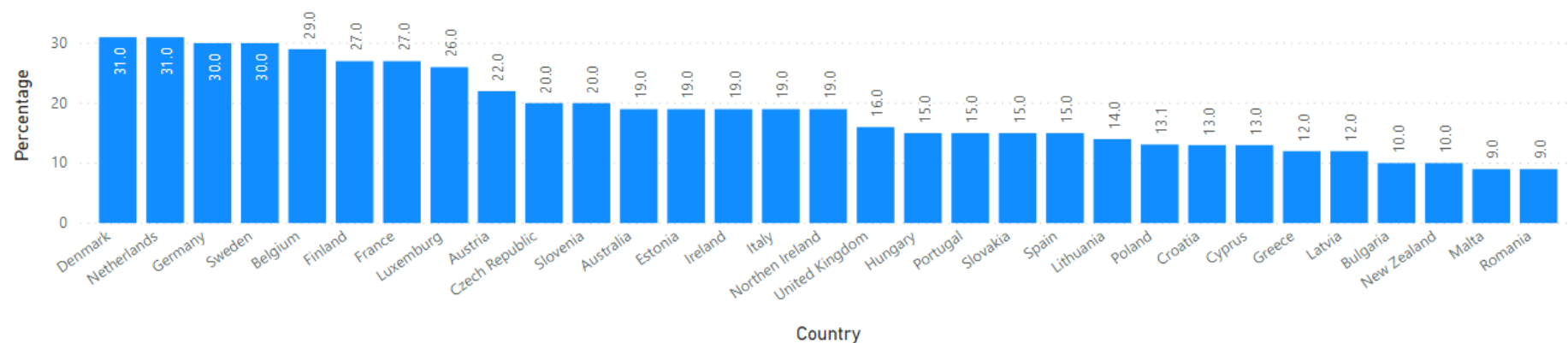
Code	Category 1 indicator name	Source	Availability	Domain, Level and Type	Unit of analysis	Notes	Linked SDG target and indicator
3 (1e)	<p>% of population who participate once a week in sports and exercise</p> <p><i>Previously 1.e</i></p> <p>Coherent with:</p> <ul style="list-style-type: none"> WHO GAPPA Active People Indicator 3.5.2 	<p>WHO GPAQ Items P10-15; or Survey instrument issued by national governments, sport federations or sport organisations</p> <p>For proposed survey questions see protocol sheet.</p> <p>Drawing on: International Classification of Activities for Time-Use Statistics 2016</p> <p>Note Codes:</p> <ul style="list-style-type: none"> 83 Sports participation and exercise and related activities 831 Participating in sports 832 Exercising 	<p>Requires modification to isolate participation in sport, fitness and active recreation (leisure)</p> <p>See protocol sheet for modification approach.</p>	<p><u>Domain:</u> Participation in sport and physical activity</p> <p><u>Level:</u> Macro systems and population level change</p> <p><u>Type:</u> Outcome</p>	<p>Population level (usually per country)</p> <p>This refers to the share of the population that participates once per week in sports and exercise.</p> <p>By sport and exercise we mean: 'a generic term, comprising sport for all, physical play, recreation, dance, organized, casual, competitive, traditional and indigenous sports and games in their diverse forms' (Kazan Action Plan, UNESCO, 2018)</p> <p>Disaggregated by gender, age, disability and education level</p>	<p>This indicator is a measure for the core policy priority of 'increased participation in sport for all'.</p> <p>This indicator complements indicator 1a, which measures the number of people who undertake the recommended amount physical activity for health as outlined in WHO guidelines for different age segments. It specifically captures the contribution of organised sport, fitness and active recreation to physical activity levels.</p> <p>Regular participation of all in sport, fitness and active recreation activities is an important prerequisite to deliver Policy Area II.1 of the Kazan Action:</p> <p><i>II.1 Improve health and well-being of all at all ages.</i></p>	<p>3.4 By 2030, reduce by one third premature mortality from NCDs through prevention and treatment and promote mental health and well-being</p> <p>3.4.1 Mortality rate attributed to cardiovascular disease, cancer, diabetes or chronic respiratory disease</p>

Ind. 3: % of the population who participate once a week in sport and exercise

Indicator 3 - % of population who participate once a week in sports and exercise



Indicator 3 - % of population who participate once a week in sports and exercise - Both_sexes



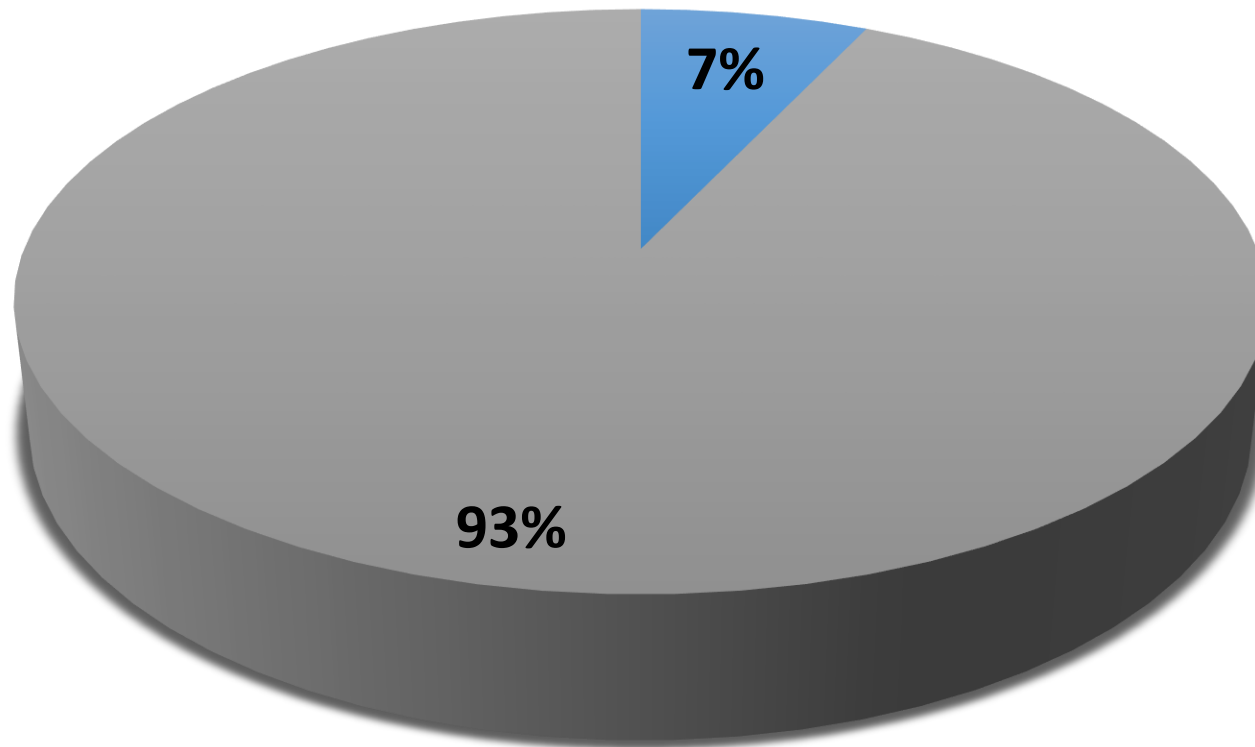
Ind. 4: % of i) primary and ii) secondary schools reporting implementation of the minimum number of physical education minutes

Code	Category 1 indicator name	Source	Availability	Domain, Level and Type	Unit of analysis	Notes	Linked SDG target and indicator
4 (1.g)	<p>% of i) primary and ii) secondary schools reporting implementation of the minimum number of physical education minutes (120 minutes per week in primary school; 180 minutes per week in secondary school)</p> <p><i>Previously 1.g</i></p> <p>Coherent with:</p> <ul style="list-style-type: none"> • UNESCO QPE Indicator 2 • WHO GAPPA Active People: Indicator 3.1.9 	<p>UNESCO World-wide Survey of Quality Physical Education; or</p> <p>Drawing on:</p> <p>Global school-based student health survey (GSHS): Core Question in Physical Activity Module</p>	<p>Potentially, through UNESCO World-wide Survey of School Physical Education or</p> <p>Potential available through GSHS</p>	<p><u>Domain:</u> Active School and Education Environments</p> <p><u>Level:</u> Macro systems and population level change</p> <p><u>Type:</u> Impact</p>	<p>Population level QPE Guideline and Outcome 1.3</p> <p>Refers to the percentage of surveyed primary and secondary school students who report participating in class-time physical education for more than 120 minutes/180 minutes each week</p> <p>Disaggregated by primary and secondary schools.</p> <p>Disaggregated by gender, age and disability.</p>	<p>The indicator draws on the recognition in the Kazan Action Plan of the importance of physical education, physical activity and sport as a 'fundamental rights for all' and as such important components of equitable and quality education.</p> <p>This indicator measures the percentage of students reporting they go to two or more physical education classes each week.</p> <p>The regular participation of students in quality physical education is an important prerequisite to deliver two policy areas of the Kazan Action:</p> <ul style="list-style-type: none"> • <i>II.1 Improve health and well-being of all at all ages.</i> • <i>II.2 Provide quality education and promote lifelong learning for all.</i> 	<p>3.4 By 2030, reduce by one third premature mortality from NCDs through prevention and treatment and promote mental health and well-being</p> <p>Indicator 3.4.1 Mortality rate attributed to cardiovascular disease, cancer, diabetes or chronic respiratory disease</p> <p>SDG Indicator 4.1 By 2030, ensure that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant and effective learning outcomes.</p> <p>SDG 4.2 by 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education. Also note SDGs 4.7 and 4.a, 4.c</p>

1.r Average share of the built-up area of cities that is open space for sport, leisure and active recreation use by all



How many young people (15 -29) have access to a sports facility?

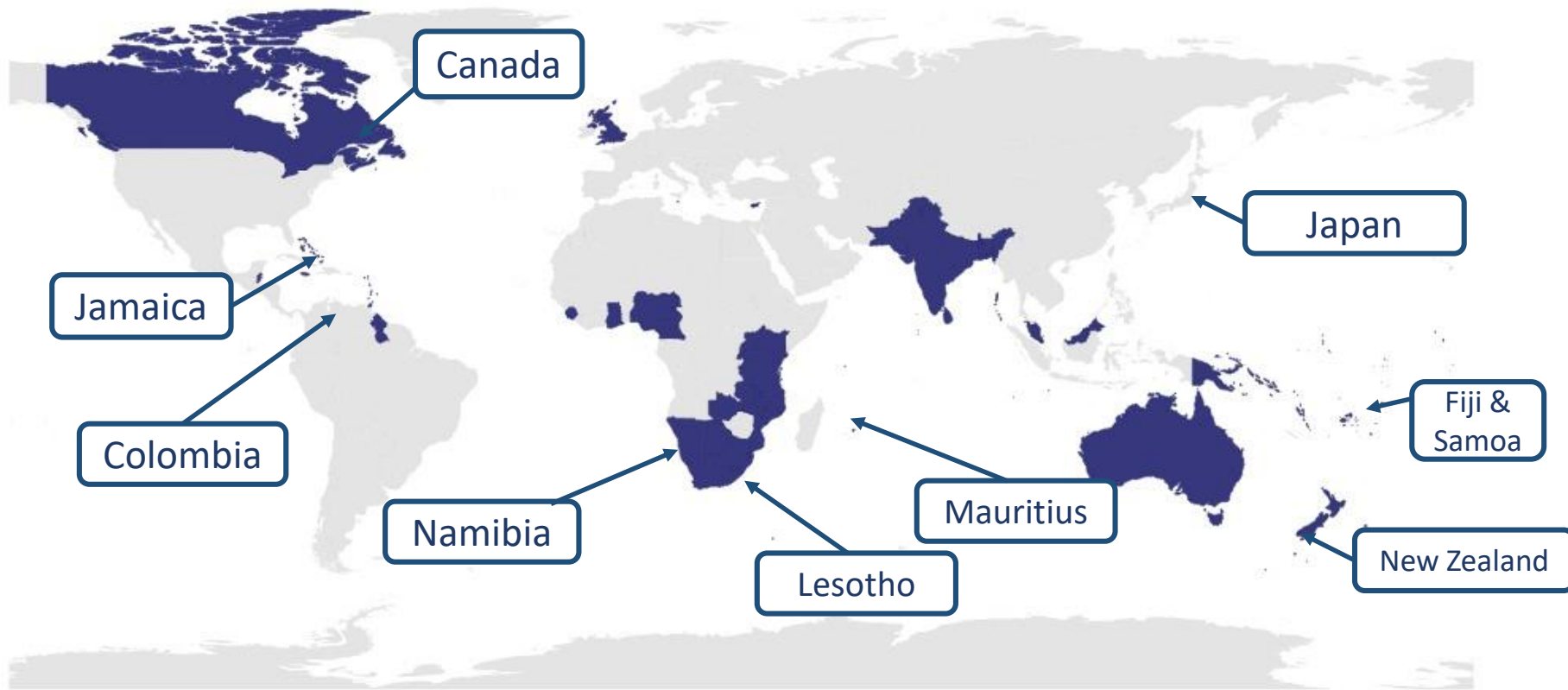


■ Have access ■ Have no access

Source: National Human Development Report, 2017

From Development to Implementation: Scaled Adoption

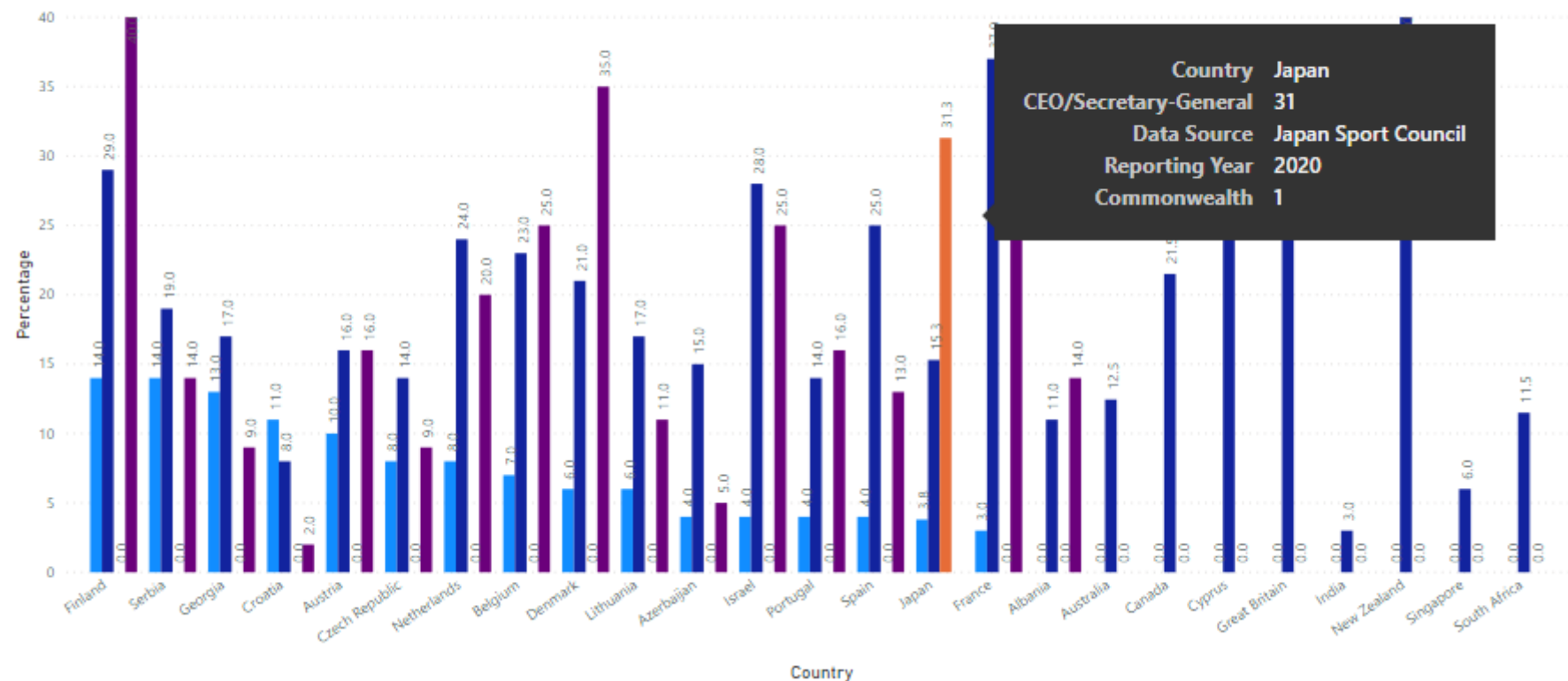
Country Pilots



Ind. 15: % of presidents/board members/CEO/Secretary-General post holders who are female (Japan example)

Indicator 15 - % of i) presidents, ii) board members and iii) CEO/Secretary-General post-holders in national sport bodies / member organisations who are female

● Presidents ● Board member ● CEO/Secretary-General ● Vice-presidents

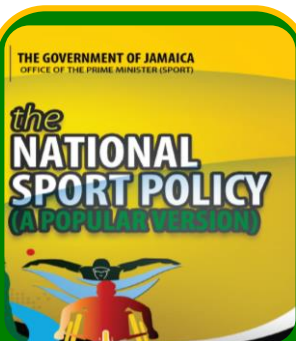


Designing a national M+E System drawing on the Sport and SDG indicators in Jamaica

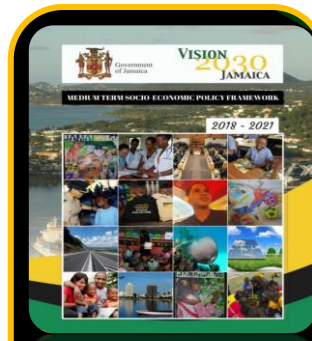
Example Ind. 3: % of population who participate once a week in sports and physical activity

Sport and National Development Indicator.

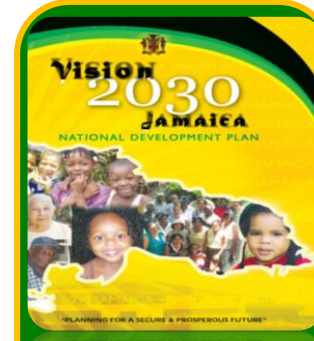
% Population who participate once a week in sport and organised physical activity [3]



- A. Make sport accessible for all.
- H. Promote healthy lifestyle and wellness for all.



- 1.54 Develop policies to address NCD risk factors.
- 1.55 Expand the Jamaica Moves Programme



- Outcome # 1: A Healthy and Stable Population.
- 1.3 Strengthen the Health Promotion Approach.



TARGET 3.4



REDUCE MORTALITY FROM NON-COMMUNICABLE DISEASES AND PROMOTE MENTAL HEALTH

COVID 19 & the Sport and SDG Indicators



Ministers welcome Commonwealth interventions to rebuild hard-hit sport sector

27 July 2020

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Commonwealth collaboration is vital to the recovery of the sport sector which has suffered a crushing blow from essential measures to stem the spread of COVID-19.

This was the recurring theme as sports ministers from Africa, Asia, the Caribbean, Europe and the Pacific met at a landmark forum on the impact of the pandemic on their sector.

COVID-19 impact on the sport sector



The Commonwealth

<https://thecommonwealth.org/media/news/ministers-welcome-commonwealth-interventions-rebuild-hard-hit-sport-sector>

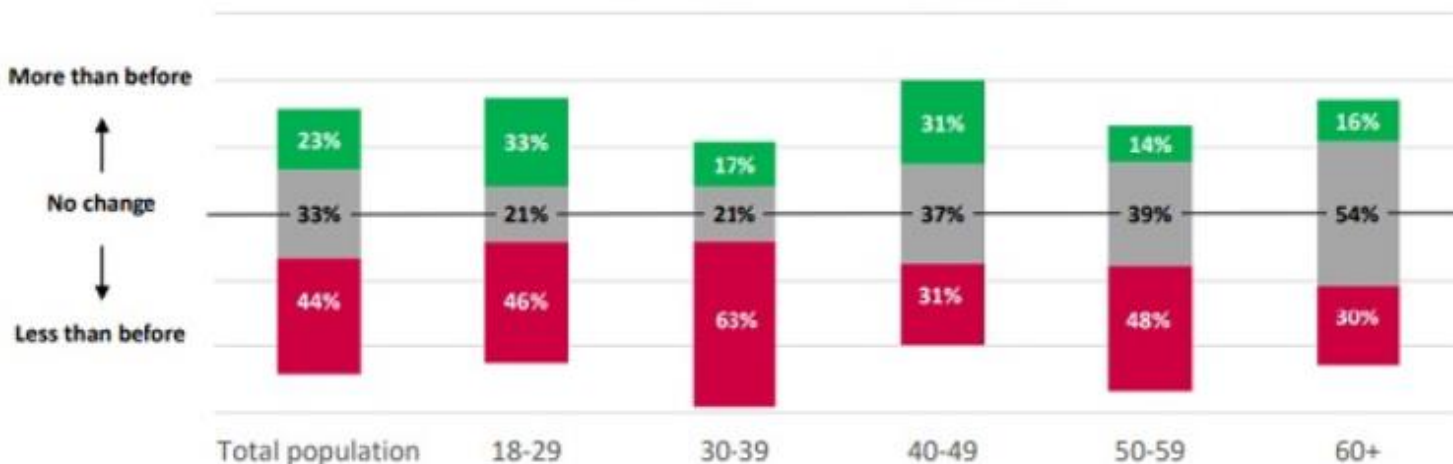
Example Ind. 2: % of the population sufficiently physically active during social distancing measures



The Commonwealth

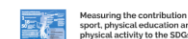
PHYSICAL ACTIVITY DURING THE LOCKDOWN

Change in amount of physical activity during Coronavirus lockdown
(total population and by age group)



GEMBA Australian Survey Data

Participation in
Organised
Sport and
Physical
Activity



Measuring the contribution of
sport, physical education and
physical activity to the SDGs



TARGET 3.4



Category 1 (a)

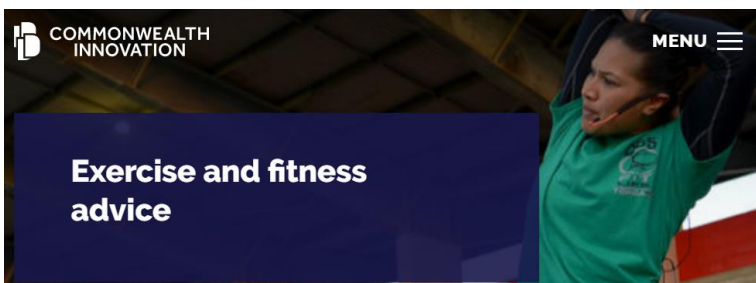
% of population
sufficiently
physically active

Example Ind. 3.3: % of countries that have implemented national community-wide public education and awareness campaigns for physical activity which includes a focus on engaging least active populations (per country)



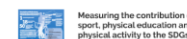
The Commonwealth

Participation in Organised Sport and Physical Activity



#FitWithIndianFootball campaign
garners over 1.5 million impressions

28 Apr 2020



Measuring the contribution of sport, physical education and physical activity to the SDGs

Category 1 (a)

% of population
sufficiently
physically active



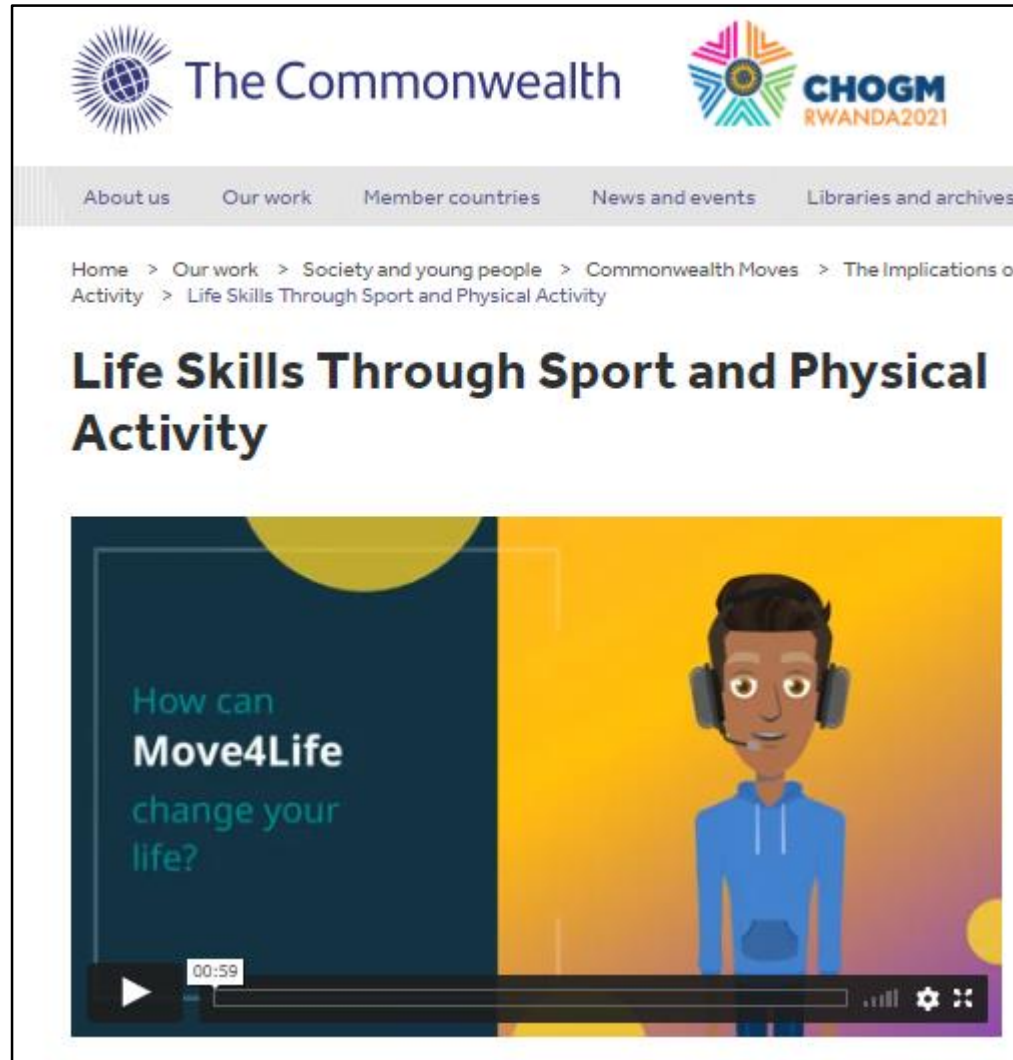
THE GLOBAL GOALS
For Sustainable Development

TARGET 3.4



REDUCE MORTALITY FROM NON-COMMUNICABLE DISEASES AND PROMOTE MENTAL HEALTH



Move4Life: Life Skills Through Sport



<https://thecommonwealth.org/our-work/society-young-people/commonwealth-moves>

#CommonwealthMoves

Risk Assessment and Safeguarding

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Health, risk assessment and safeguarding considerations

Sport and physical activity programme providers have a duty of care to their participants and communities and should always prioritise their safety.

Guidance on health, safety and hygiene

The World Health Organisation advises that gatherings (including for sport and physical activity) have the potential to strain the planning and response resources of the host country or community.

Any decision to modify or proceed with activities should be based on a rigorous risk assessment, strictly adhere to the guidance of local and national public health authorities and should integrate enhanced prevention, hygiene and physical distancing measures.

- [World Health Organisation guidance](#)
- [Commonwealth Coronavirus Response Center](#)

Safeguarding

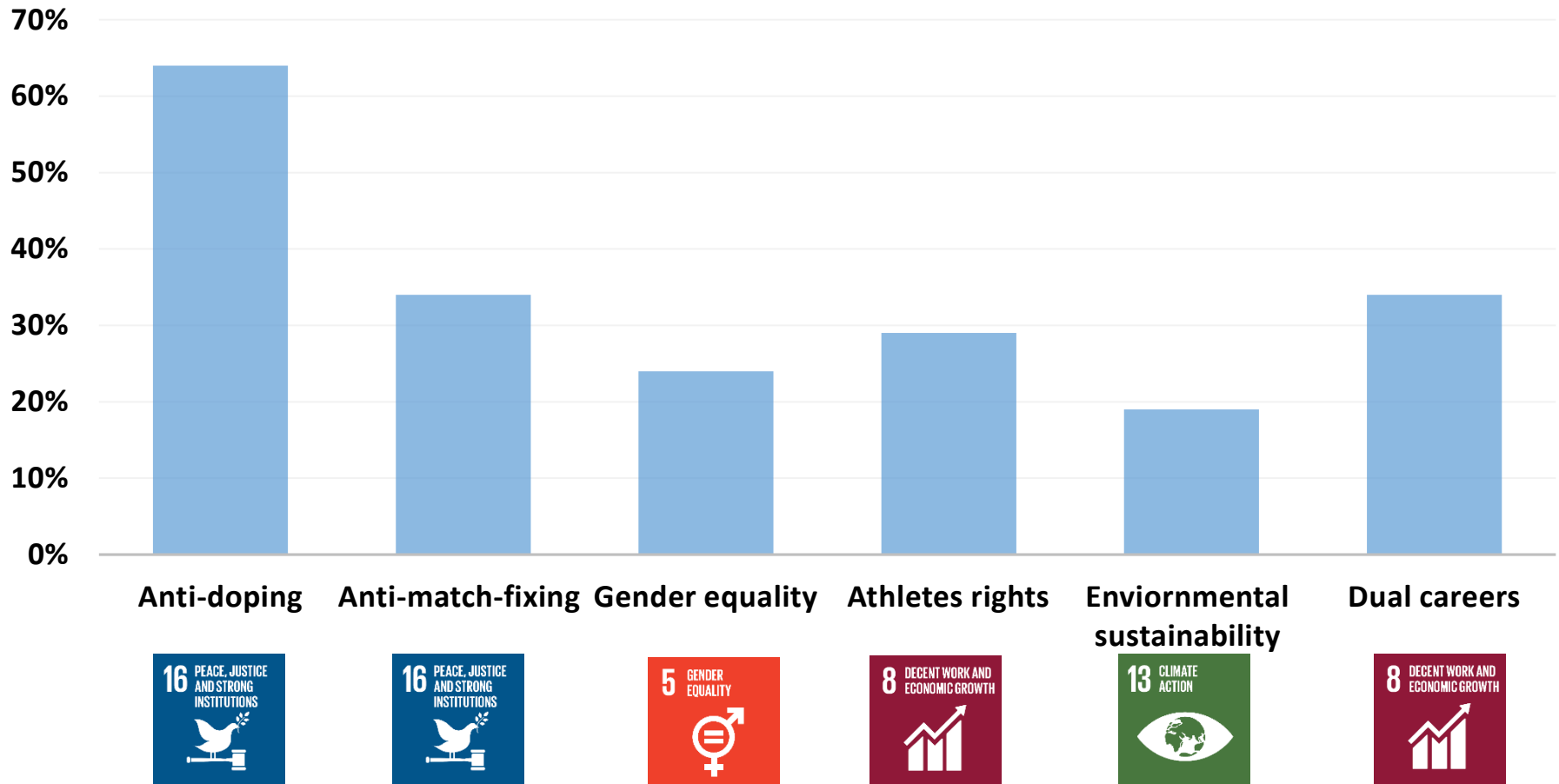
Safeguarding is about ensuring that everyone feels safe in their environment, and is protected from harm, bullying, from people who could abuse, and from discrimination or harassment.



Key Learning: Monitoring & evaluating changes in policy, governance and integrity and the flow on effects

Ind. 14: % funded national sport bodies that have adopted formal policies to protect the integrity of sport and safeguard participants

% National Sport Organisations with sport integrity policies (countries= 10)



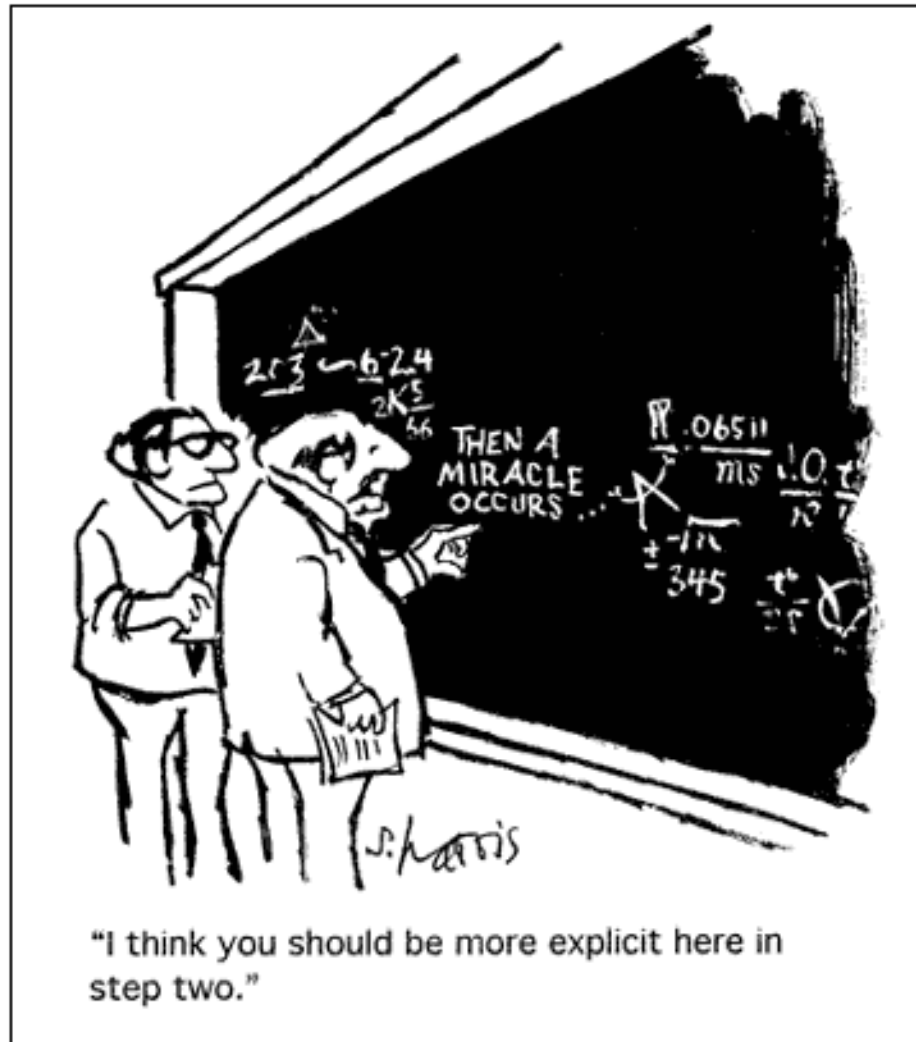
Source: National Sports Governance Observer - Final Report

Key Learning: Monitoring & evaluating changes in policy & governance and the flow on effects

Category 2 indicators relating to ensuring inclusive and equitable quality education and promoting lifelong learning:

Code	Specific indicator	Linked SDG indicator	Need to be reviewed against QPE	Type	Unit of analysis
S4.1	% of schools where physical education is offered as a stand-alone subject	3.4.1	UNESCO World-wide Survey of School Physical Education	Outcome	Organisation/school
S4.2	% of schools where sport is offered after school time	3.4.1	UNESCO World-wide Survey of School Physical Education	Outcome	Organisation/school
S4.3	% of schools that report offering adolescents opportunities for non-competitive physical activity and recreation clubs	3.4.1 4.7	Global School-based Student Health Survey (GSHS), Q152 UNESCO World-wide Survey of Physical Education	Activity (Outcome)	Schools - national level (sample) Disaggregate where possible to type of non-competitive physical activity across sport offerings, active leisure and community access to facilities and infrastructure
S4.4	% of national education budget invested in physical education	4.7	UNESCO World-wide Survey of School Physical Education National accounts/education budget QPE Indicator 10	Input	National government expenditure
S4.5	% of schools reporting adequate facilities and equipment to support quality and inclusive PE	3.4.1 16.7.1	UNESCO World-wide Survey of School Physical Education; or national equivalent QPE Indicator 6	Input	School facilities

Key Learning: Further Research to Test Results Chains and Drive Strategic Policy Development

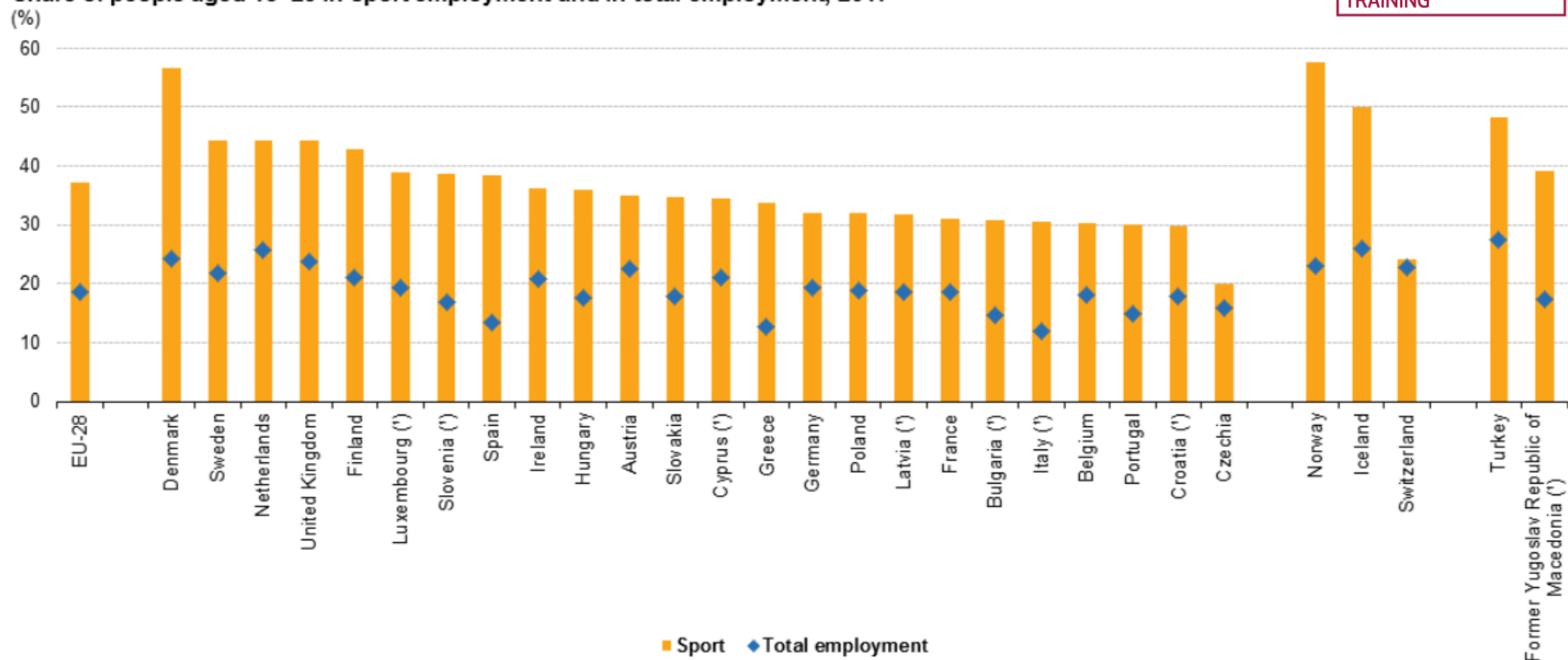


1.p - % persons employed in sport as wage and salaried workers [under the age of 30]

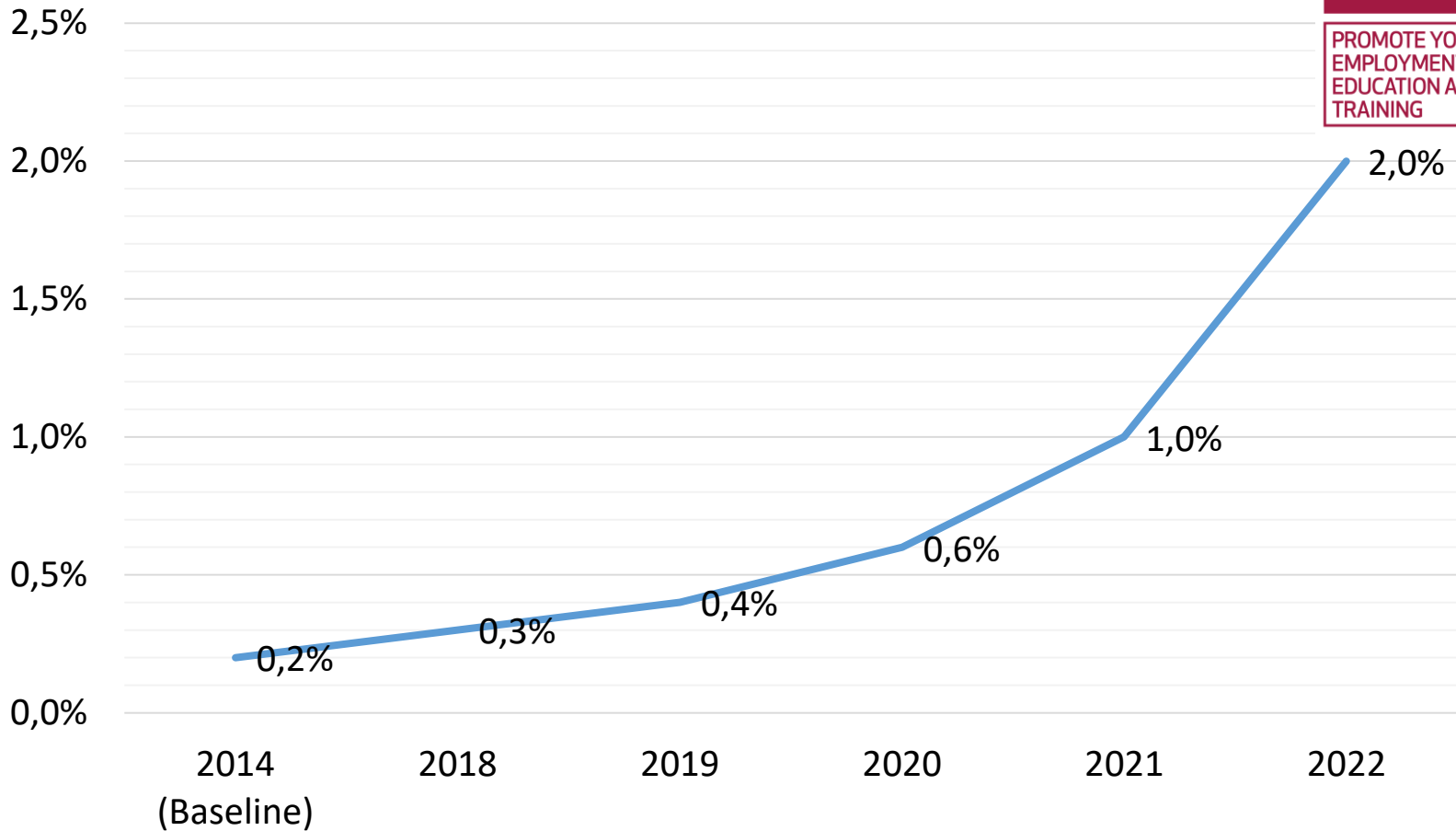


PROMOTE YOUTH
EMPLOYMENT,
EDUCATION AND
TRAINING

Share of people aged 15–29 in sport employment and in total employment, 2017

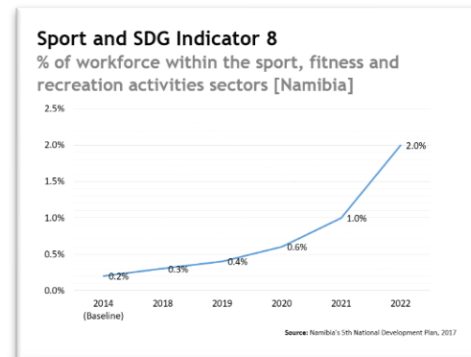
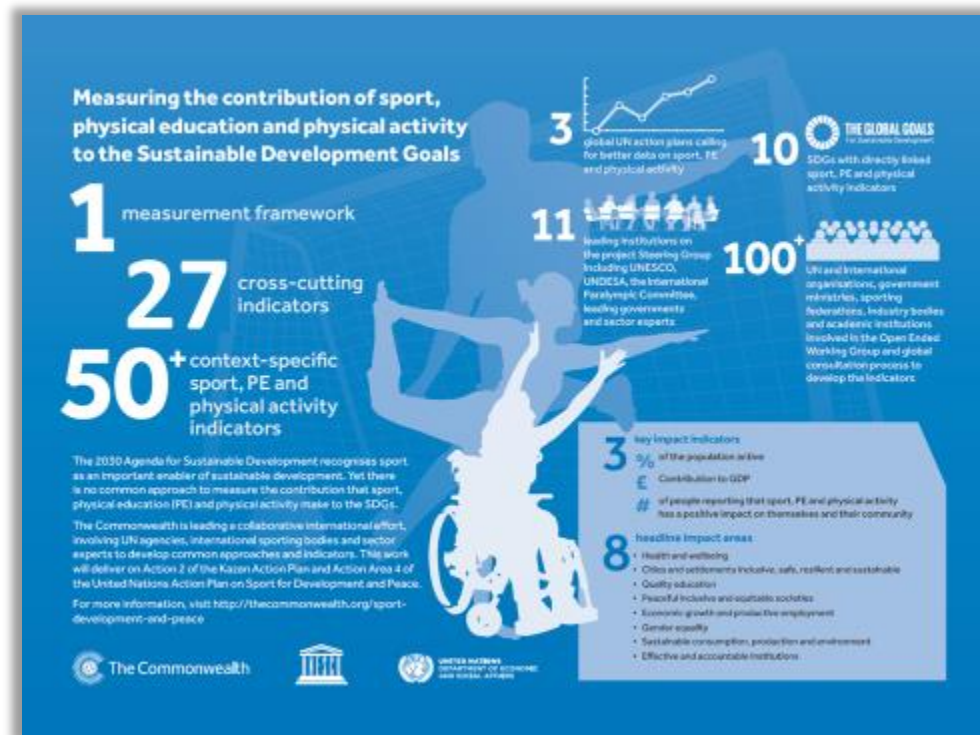


1.p - % of workforce within the sport, fitness and recreation activities sectors [Namibia]



Source: Namibia's 5th National Development Plan, 2017

Measuring and maximising the contribution of sport to the SDGs



Virtual meeting:

2nd and 3rd December 2020

3rd Open Ended Working Group on Model Indicators on Sport, PE, Physical Activity and the SDGs



**Global agencies join up to measure
sports' contribution to the SDGs**

Theme: “*From Development to Implementation*”



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