

# Donna Windard

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My teaching responsibilities as a senior lecturer at the School of Sport and Exercise Science primarily cover aspects of Physical Education, Sport Development and Research Methods. I am the programme leader for the BSc (Hons) Physical Education and Sport programme.



I currently lead the following modules:

- Sport Development Environment
- Advanced Research Methods
- Contemporary Issues in Physical Education

With the exception of Research Methods, the underlying aim of the modules I deliver is to develop our students' understanding of the current issues facing sport development and physical education in the UK context. For example, how changes in government funding and focus impacts on sport provision at both grassroots and elite level. The Contemporary Issues in Physical Education module also provides our students with opportunity to develop an aspect of PE provision in schools in the local area; providing them with an invaluable real-world experience and enabling them to apply their theoretical knowledge to practical contexts. Examples of these projects include: developing dance provision across local schools; designing and running festival events to develop children's fundamental movement skills; and to provide nursery and kindergarten children with sessions to develop their cycling ability.

### Research Interests

Primarily, as part of our Youth Sport Research Group, I am interested in research which develops our understanding of the impact of recent Sport and Educational policies Physical Education and School Sport practice and provision in the UK context. Including the working relationships between teachers, the structure and organisation of physical education provision, teacher ideologies and pedagogy. I have also been very fortunate to be involved in some of our health research as part of the Health Advancement Research Team (HART). Most recently, I have led a research project which evaluated a physical activity programme designed for individuals with or recovering from cancer.

## **Topics for the 12<sup>th</sup> International Teaching Week**

### **1) Exploring a UK wellbeing, physical activity and cancer programme**

Data from Office of National Statistics shows that around 1.8 million individuals in England are currently living with cancer. This number is increasing by over 3% a year and the total figure is projected to rise to over 3 million by 2030. It is recognised that there needs to be a cultural shift towards empowering patients and carers to be able to self-manage their care with a greater focus on recovery, health and wellbeing following cancer treatment. In relation to wellbeing, research shows that physical activity can benefit individuals living with and beyond cancer. These benefits include a reduction in stress and fatigue, weight loss, improvements in survivorship and reduction in relapse. This evidence has led to the development of programmes that are designed to promote and develop physical activity provision for those with or recovering from cancer. This session will introduce one physical activity programme developed in the UK which aimed to engage individuals with (or recovering from cancer) in physical activity. It will summarize data gathered through the evaluation of the programme from stakeholders and clients, including the client's narrative experiences of physical activity and cancer.

### **2) Physical education and sport policy and provision: Insight from the English context.**

Like many Western nations, UK governments have continuously sought to improve physical education (PE) provision. Solutions to the perceived 'problems' with PE have varied depending on the political party in power. During 2004-2010, 2.4 billion pounds (approx. 68.6 billion CZK) was invested in physical education and school sport in England to improve the quantity and quality of provision. This large investment was primarily spent on: a highly structured programme; staffing; working relationships between schools; and ensuring all children, of all ages, received 2 hours of PE per week. A change of government in 2013 resulted in a shift in focus to primary school provision only (aged 4-11). Every school head teacher receives on average £18,000 per year (approx. 514,000 CZK) to spend only on PE and sport. The school head can decide how to spend this and there are no prescribed targets to meet. This session will provide an introduction to PE policy in England and critically explore data that suggests how this has shaped and changed PE provision in England.