

Service Name	Physical Education	Version	P2.1
Document	Service Specification	Sign-off Completed	NEMC 21-02-11



Service Specification

for

Physical Education

Service Specification Document

This document defines the service, including the required outcome(s) and outputs. As part of an SLA or Contract, the national minimum outputs in this document are mandatory for all providers. The document can also contain optional outputs that are available for Commissioners to commission.

1. Service Specification Document	2. Operating Model	3. Direct Service Costs & Assumptions Document	4. Cost Spreadsheet

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Version Control Table		
Version No.	Reason for Issue / Changes	Date Issued
P1.0	Preview publication	20/05/2011
P2.0	Go-live publication. References updated in line with new Prison Service Instruction.	01/10/2011
P2.1	Supporting documents: reference to operating model, cost spreadsheet and direct service costs and assumptions removed, as these are now outdated.	15/01/2014

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Introduction to Physical Education Specification

1.	Service Name	Physical Education
2.	Key Outcome(s) for Service	<input type="checkbox"/> The physical health and wellbeing needs of prisoners are met, in part, through Physical Education (PE) <input type="checkbox"/> PE contributes to the safety, order and control within prisons <input type="checkbox"/> <u>The life skills of prisoners are developed, in part, through PE</u>
3.	Definition of Service	<p>An establishment's PE programme contributes towards prisoners achieving physical, mental and social wellbeing. Access to PE increases social interaction and helps ensure that prisoners are physically fit to <u>engage with the prison regime and maintain physical health and mental fitness whilst in custody and also on release.</u></p> <p>PE also gives prisoners the experience of working with others to develop life skills and allows prisoners the opportunity to release stress in a positive way.</p>
4.	Service Elements In Scope	<input type="checkbox"/> Core Physical Education Delivery (including remedial PE activity) <input type="checkbox"/> PE Programme <input type="checkbox"/> Health, Safety & Risk Management
5.	Out of Scope Service Elements	<input type="checkbox"/> Primary Care Trust (PCT) Health Services <input type="checkbox"/> Prisoner Employment, Training & Skills (PETS) specification will cover the provision of vocational qualifications through Physical Education <input type="checkbox"/> Access to showers (the PE specification and operating model are silent on prisoners' access to showers, as this is a matter for local providers) <input type="checkbox"/> Staff training <input type="checkbox"/> Staff fitness testing <input type="checkbox"/> Supervision of staff fitness activities <input type="checkbox"/> Young people - separate specifications are currently being developed.

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6.	Dependent Service Elements	<ul style="list-style-type: none"> <input type="checkbox"/> Activity Allocation specification <input type="checkbox"/> Offending Behaviour Programmes <input type="checkbox"/> Manage the Custodial Sentence Pre & Post Release from Custody specification <input type="checkbox"/> Internal Prisoner Movement (main prisoner movement as defined in the Provision of Secure Operating Environment - Internal Prisoner Movement Specification) - the cost of any escorts outside of main prisoner movement is included in the overall cost of this service <input type="checkbox"/> Residential Services specification
7.	Strategic Context	<p>Prison Rule 29 - Physical Education: defines the minimum statutory requirement for PE delivery</p> <p><i>(1) If circumstances reasonably permit, a prisoner aged 21 years or over shall be given the opportunity to participate in physical education for at least one hour a week.</i></p> <p><i>(2) The following provisions shall apply to the extent circumstances reasonably permit to a prisoner who is under 21 years of age -</i></p> <p><i>(a) provision shall be made for the physical education of such a prisoner within the normal working week, as well as evening and weekend physical recreation; the physical education activities will be such as to foster personal responsibility and the prisoner's interests and skills and encourage him to make good use of his leisure on release; and</i></p> <p><i>(b) arrangements shall be made for each such prisoner who is a convicted prisoner to participate in physical education for two hours a week on average.</i></p> <p><i>(3) In the case of a prisoner with a need for remedial physical activity, appropriate facilities will be provided.</i></p> <p>The Chief Medical Officer, to the then Government in <i>Choosing Health: Making Health Choices Easier</i> (Department of Health, 2004), recommended that 2.5 hours of moderate intensity activity per week was required to maintain general health.</p> <p>PE provision should offer equality of access to PE and adapted activities should be tailored for all levels of ability. An effective PE Programme will support and play a pivotal role in an establishment's healthy living strategy.</p> <p>National Audit Office and Parliamentary interest</p> <p>The 2006 NAO report, 'Serving Time: Prisoner Diet and Exercise', examined improvements made to prisoners' diet and exercise since 1997. The report's main findings regarding PE were:</p>

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		<ul style="list-style-type: none"> <input type="checkbox"/> Most prisoners had the opportunity to exercise regularly, but participation in organised PE at some prisons was low - nationally only around 40% of prisoners took part in exercise <input type="checkbox"/> The cost of physical education instructors varied disproportionately between prisons - by over 175% between the cheapest and the most expensive prisons visited by the NAO <p>The Public Accounts Committee 2006 report 'Serving Time: Prisoner Diet and Exercise', based on the above NAO report, made two key recommendations about PE. The first was that the Prison Service should investigate large variations in the cost and provision of physical education, and disseminate good practice. The second was that the Prison Service take steps to improve the take-up of exercise, in particular by the groups who could most benefit from physical activity.</p> <p>The NOMS Offender Employment Skills & Services Group, through its network of Regional PE advisors, has been undertaking benchmarking exercises since 2008. This involves reviewing current provision, PE facilities, staffing and prisoner engagement with the PE programme; considering this against benchmark provision elsewhere (based on establishment type); and making improvement recommendations.</p> <p>As a result, Prisoner Participation Levels (PPLs) have been driven up from 40% to 60% nationally, and up to 80% in the case of some young offender establishments. This effort continues through benchmarking exercises. PPL has also been driven up as result of PE programmes being revised to take account of particular prisoner needs, for example over-50s and vulnerable prisoner groups.</p> <p>Her Majesty's Inspectorate of Prisons (HMIP)</p> <p>The current HMIP 'Expectations' document, which sets out the assessment criteria used during inspections, includes various references to PE (see HMIP Expectations Section 5):</p> <ul style="list-style-type: none"> <input type="checkbox"/> All prisoners have the opportunity to use the physical education facilities at least twice a week <input type="checkbox"/> Health promotion and personal fitness are explicit programme objectives for prisoners and are part of sentence planning <input type="checkbox"/> Every prisoner who wishes to is able to engage fully with all regime activities offered by the establishment, and nobody is excluded from participation, other than as a result of a disciplinary punishment.
8.	Flexibility	All the outputs in this specification are mandatory - referred to as the National Minimum . The operating model allows for provision to be built up in hourly increments dependent on commissioning decisions.
9.	Reference to Supporting Documents	None.
10.	Example Measurement/	The specification identifies examples of methods for Commissioners to measure/obtain assurance on the

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	Assurance Method for Commissioners	<p>delivery of the outputs/output features. Where an output/output feature does not have Performance Indicator(s) or Management Information associated with it, then it is proposed that it should be covered by Assurance Statements and Contract/SLA Management and/or more specific audits of the service.</p> <p>Assurance Statements will be one of the means by which Commissioners can get assurance that providers are delivering outcomes and outputs of the Service Specification. Contract/SLA Management refers to the Commissioner, under the terms of the Contract/SLA, exercising appropriate oversight and monitoring of Contract/SLA compliance against the service as a whole, including site visits, file inspections and review meetings. Audit may refer to individual reviews of compliance commissioned by Commissioners or to service wide reviews, by Internal Audit and Assurance, of a key process contributing to the delivery of an outcome in a Service Specification.</p> <p>Security Audit, Race Equality Prisoner Audit and Self Harm Audit all feature as separate elements within the Prison Rating System (PRS).</p>
11.	References for Detailed Mandatory Instructions	<p>PSI 58/2011 Physical Education for Prisoners Prison Rule 29 (Young Offender Institution Rule 41) Physical Education PSI 42/2010 Health and Safety Policy Statement PSI 52/2010 Early Days In Custody - Induction PSO 2800 Race Equality PSO 2855 Prisoners with Disabilities</p> <p>National Framework for Interventions (NFI) Policy Framework PSO 4800 Women Prisoners PSO 3200 Health Promotion The Health and Safety at Work Act 1974</p>
12.	References for Non-Mandatory Guidance	<p>Management of Health and Safety at work regulations 1999 & 2002</p> <p>Association for Physical Education, Sport England, Awarding Bodies Choosing Health: Making Health Choices Easier (Department of Health, 2004) Choosing Activity: a physical activity action plan (Department of Health, 2005) A pathway to care for older offenders: A toolkit for good practice (Department of Health, 2007)</p>

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		<p>General, HC 939 Session 2005-06)</p> <p>Safe Practice in Physical Education and School Sport (Association for Physical Education)</p> <p>Promoting healthier lifestyles for prisoners: A good practice guide (National Audit Office, March 2008)</p>
13.	Review	Review cycle to be determined

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National Minimum

Notes: in the table below, 'Monthly MIS to OESS' refers to regular data (Management Information System or MIS) which PE managers supply to Offender Employment Skills & Services (OESS) Group via the Regional PE Advisor network.

'Association for Physical Education, Sport England, Awarding Bodies' refers to material such as guidance and training manuals issued by sports governing bodies.

Row #	Service Element	Outputs / Output Features	Applicable Offender Types	Policy Theme	Example Measurement / Assurance Methods for Commissioners	References for Detailed Mandatory Instructions	References for Non-Mandatory Guidance
1.	Core Physical Education Delivery (Including Remedial PE activity)	Prisoners have access to an approved and published minimum number of PE hours per week as defined in the SLA/contract.	Adult Prisoners	Mental & Physical Health Pathway Decency, Order and Control	Self/Individual Assessment Monthly MIS to OESS	PSI 58/2011 Physical Education for Prisoners (PE) Prison Rule 29 YOI Rule 41	PSI 58/2011 PE Prison Rule 29 YOI Rule 41
2.	Core Physical Education Delivery (Including Remedial PE activity)	Prisoners have access to an approved and published minimum number of PE hours per week as defined in the SLA/contract.	Young Offenders	Mental & Physical Health Pathway Decency, Order and Control	Self/Individual Assessment Monthly MIS to OESS	PSI 58/2011 PE Prison Rule 29 YOI Rule 41	PSI 58/2011 PE Prison Rule 29 YOI Rule 41
3.	Core Physical Education Delivery (Including Remedial PE activity)	Prisoners have access to remedial PE activity, where identified.	All Prisoners	Mental & Physical Health Pathway <u>Decency, Order and Control</u>	Self/Individual Assessment Monthly MIS to OESS	PSI 58/2011 PE Prison Rule 29 YOI Rule 41	PSO 2800 Race Equality PSO 2855 Prisoners with <u>Disabilities</u>

Row #	Service Element	Outputs / Output Features	Applicable Offender Types	Policy Theme	Example Measurement / Assurance Methods for Commissioners	References for Detailed Mandatory Instructions	References for Non-Mandatory Guidance
4.	Physical Education Programme	The PE programme promotes participation and complements the prison regime and takes into account the diverse needs of the population.	All Prisoners	Mental & Physical Health Pathway Decency, Order and Control	Self/Individual Assessment Monthly MIS to OESS	The Equality Act 2010 PSO 4800 Women Prisoners Prison Rule 29 YOI Rule 41 PSI 58/2011 PE PSO 3200 Health Promotion	PSI 58/2011 PE AfPE Safe Practice in Physical Education and School Sport A pathway to care for older offenders: A toolkit for good practice NAO Promoting healthier lifestyles for prisoners Association for Physical Education, Sport England, Awarding Bodies

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5.	Health, Safety & Risk Management	Local Safe Systems of Work on PE Activities, Facilities and Equipment are enforced and good practice in sports safety is followed.	All Prisoners	Mental & Physical Health Pathway Decency, Order and Control	Self/Individual Assessment	Health & Safety at Work Act 1974 Management of Health and Safety at work regulations 1999 & 2002	PSI 58/2011 PE AfPE Safe Practice in Physical Education and School Sport NAO Promoting healthier lifestyles for prisoners Association for Physical Education, Sport England, Awarding Bodies
6.	Health, Safety & Risk Management	Prisoners complete an assessment prior to undertaking any PE activity.	All Prisoners	Mental & Physical Health Pathway Decency, Order and Control	Self/Individual Assessment Monthly MIS to OESS	The Prison Act 1952 PSI 58/2011 PE PSI 52/2010 Early Days In Custody - Induction Prison Rule 29 YOI Rule 41	

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7.	Health, Safety & Risk Management	PE Induction arrangements are in place.	All Prisoners	Mental & Physical Health Pathway Decency, Order and Control	Self/Individual Assessment Monthly MIS to OESS	The Prison Act 1952 PSI 58/2011 PE PSI 52/2010 Early Days In Custody - Induction Prison Rule 29 YOI Rule 41	