

I always had mixed views about PE at school. At times I loved it but other times I hated having to get changed into our rather grim sports kit and running around a cold field being whacked by a hockey stick. I grew up during an era when there wasn't much choice and although I was good at sport at no point did I think I would end up with a long term love for games.

All this has changed. Last September saw the start of the PE and sports Premium which allows young children more opportunities and choices in sport giving them the best experience possible.

Primary schools around England are already using the premium to invest in quality coaching and better equipment. And with the investment we are seeing more opportunities for pupils to take part in inter-school competitions such as the School Games, initiated here in Kent. The school games aims to facilitate every school and child to participate in competitive sport including providing meaningful chances for young children with disabilities, something I have become more passionate about since watching local disabled sports teams in action. It is good to see what the premium has already accomplished and I am thrilled with the prospect of what is still to be achieved.

Teachers are key to a successful delivery of PE in schools and I am pleased that there will be a new pilot program to fund specialist teachers. Gone are the days when the history teacher stands on a sideline pretending to teach netball. This is a new era; one which requires investment if it is to have the right outcomes. This money delivered direct to the school will help provide the right activities for local children and let's hope in ten years time it will have helped our next generation of Olympiads onto the podium.