

Top Tips For New PE Subject Leads

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School Games Organiser - All Saints SGO Hub

How are you feeling today?





- ▶ Learn Sheffield
- ▶ Move More
- ▶ Links School Sport Partnership
- ▶ Arches School Sport Partnership
- ▶ Forge School Sport Partnership
- ▶ Points Learning Network
- ▶ Sheffield City Council - PESSOL, Public Health and Parks & Countryside
- ▶ Primary PE Alliance - Headteachers from each locality, SFSS, Sheffield City Trust, Thornbridge Outdoors, School Games Organisers, YST, YSF
- ▶ Link to PESSPA Toolkit [here](#)

PESSPA Training Sessions

- ▶ Learn Sheffield Website Click [Here](#)
 - ▶ Inclusion and SEND PE – Recorded
 - ▶ Assessment in Physical Education – Recorded
 - ▶ Early Years PE and Physical Development – Recorded
 - ▶ High Quality Teaching of Physical Education – Recorded
 - ▶ School Swimming and Water Safety – Recorded
 - ▶ Planning Procedures and Progress when returning to Physical Education – Recorded
 - ▶ Top Tips for New PE Subject Leads – 20th Jan 2021
 - ▶ Intent, Implementation and Impact of your PESSPA Offer – 28th Jan 2021
 - ▶ Ensuring pupils get their 30 active minutes of physical activity through the school day – Recorded

Questions we ask New PE Leads ?

What has led you to the PE lead role?

What are your additional commitments within school?

What is your background? And does this support the role of PE lead?

What are your personal views on PE? And any past experiences +/-?

The Role of the PE Lead

- ▶ Enthuse, Motivate & Inspire **ALL** pupils to help them reach their full potential
- ▶ Give **EVERY** pupil the opportunity to access **High Quality** Physical Education, School Sport & Physical Activity opportunities
- ▶ Inspire the next generation to enjoy being Physically Active and know how to lead healthy lifestyles



60 active minutes

Inactivity

Only 19% of children met the Chief Medical Officer's recommended average 60 minutes of daily physical activity during lockdown

43% of children did less than 30 minutes

7% did none at all



Mental health

1 in 3 experienced an increase in mental health issues including stress, loneliness and worry

(Source: Barnado's)



Falling behind

Educational gaps have widened, with varying levels of school support and a lack of access to digital learning for some



New opportunities

37% of children and young people said that they now see sport and PE as more important to their lives than they did before lockdown

4 million children and young people plan to do more sport exercise in future

- ▶ PE Policy, Vision - Linked to outcomes of Whole School Improvement Plan
- ▶ PE Curriculum Delivery - High Quality Teaching , Broad and balanced curriculum Map (what to deliver & when)
- ▶ Inclusive and engages ALL pupils
- ▶ Development of Social, Personal and Physical Skills (Physical Literacy)
- ▶ Opportunities for leadership - learn to lead
- ▶ Access to resources, schemes of work & CPD for self and staff
- ▶ PE timetable (hall rota etc) - ensuring 2 hours FS-Y6
- ▶ Equipment audits - support the delivery of the curriculum, considering adapted equipment
- ▶ Risk assessments - creating a safe learning environment Afpe safe practice [book](#)
- ▶ Assessment, Monitoring, Pupil Progress - in line with other curriculum areas
- ▶ School Swimming - PESOL Team Emma Banks
- ▶ Home learning opportunities

Physical Education



School Sport

- ▶ Outcomes are linked to Whole School Improvement Plan - have clear Intent
- ▶ Extra Curricular Timetable - Range of activities and sports that extends the curriculum (Breakfast, Lunchtime, Afterschool)
- ▶ Continue to focus on the development of the Whole Child - Social, Personal and Physical Skills (Physical Literacy)
- ▶ Opportunities to develop leadership skills
- ▶ School staff & AOTTs supported to get involved (TA's, LTS, Parents)
- ▶ Competitions, Festivals & Events Calendar - Opportunities for ALL to represent their school (inclusive as well as a targeted approach) and to focus on their personal best
- ▶ Working towards a quality mark - School Games Mark KS2, KS1 Sports Mark
- ▶ Transport, RA's, T&V's
- ▶ Exit routes from School Sport into Community Club links

- ▶ Outcomes are linked to Whole School Improvement Plan - have clear Intent
- ▶ 30 Active Minutes to ALL pupils EVERY school day (moderate to vigorous intensity, in addition to PE)
- ▶ Pupil centred - Social, Personal and Physical Skills (Physical Literacy) Opportunities to lead
- ▶ Active Environments - Break & Lunch Times
- ▶ Active Lessons - Maths, Literacy, Outdoor learning
- ▶ Active Interventions - Daily Mile
- ▶ Target Groups - SEND, PP, Girls
- ▶ Active Travel - Modeshift Stars
- ▶ Advocate 30 Active minutes (minimum) outside of the school day
- ▶ Home Learning opportunities

Physical Activity

Top Tip #1 Engage with your local Partnership/Network

- ▶ If you're not in one then join!!! Can support all PESSPA needs
- ▶ Use their influences and contacts - years worth of experiences and skill sets between them
- ▶ Strong connections to your secondary schools - transition opportunities
- ▶ Vital links with key partners, local sports facilities and activity providers in the school community
- ▶ Keep in regular contact - SSP's, MATs, Family of schools, Locality - Share ideas & best practice, T&L, Assessment
- ▶ SFSS - Fixtures, Leagues
- ▶ School Games Organiser
- ▶ Getting your PESSPA offer right!!
- ▶ Whole School Development Plan, PE Subject Plans, Inclusive Health Checks, School Games Mark



PRINCIPLES OF COMPETITION

- 1** The young person's motivation, competence and confidence are at the centre of the competition.
- 2** The focus is on the process rather than the outcome (on the learning and values development of the young person rather than the result).
- 3** Volunteers, leaders and officials are appropriately trained and display behaviours reflective of the nature of the competition.
- 4** The environment is safe and creates opportunities to learn and maximise social development.
- 5** The facility and the environment that is created for the competition reflects the motivations, competence and confidence of the young people and format of the competition.

SMILES

If all the competition principles are followed, that should result in **SMILES**. Use the below as a check list:

SAFE participants feel physically and emotionally safe.

MAXIMUM PARTICIPATION participants are fully involved all of the time, i.e. not hanging around.

INCLUSIVE all participants can take part; activities are designed to suit and develop their abilities.

LEARNING participants develop personal, social, creative, thinking and/or physical skills.

ENJOYMENT activities recognise individuals' personal needs and interests.

SUCCESS participants feel they are making progress and getting satisfaction.

NB. While there isn't a specific letter for fair play, SMILES only happen for all participants if they feel a sense of fairness. Fairness underpins inclusion, enjoyment and success; it isn't just about 'rules'.

SCHOOL GAMES MISSION

Keeping competitive sport at the heart of schools and provide more young people with the opportunity to compete and achieve their personal best.

SCHOOL GAMES VISION

By 2020 the School Games will be continuing to make a clear and meaningful difference to the lives of even more children and young people.



Top Tip #2

Upskill Your Workforce - staff & pupils

- ▶ PE Staff Audit - knowledge, Confidence, Competence across all subject areas Games, Athletics, Dance, Gymnastics, OAA, Fitness etc
- ▶ What are their perceptions of PE & PA?
- ▶ Find out their strengths, if they have any areas of interest than can be transferred into PESSPA
- ▶ Can they help with extra curricular?
- ▶ CPD - Not just for PE lead, encourage all staff to attend something and shared and not just put on a shelf
- ▶ Observe you in your lessons & observe them in theirs, learning walks
- ▶ Curriculum support/team teaching model - coaches and specialists for content
- ▶ NGB sports specific - linked to competitions, events, school games
- ▶ Free taster sessions ask staff to observe
- ▶ Student council, School Sport Organising Committee, Sports Leaders, playground buddies

Top Tip #3

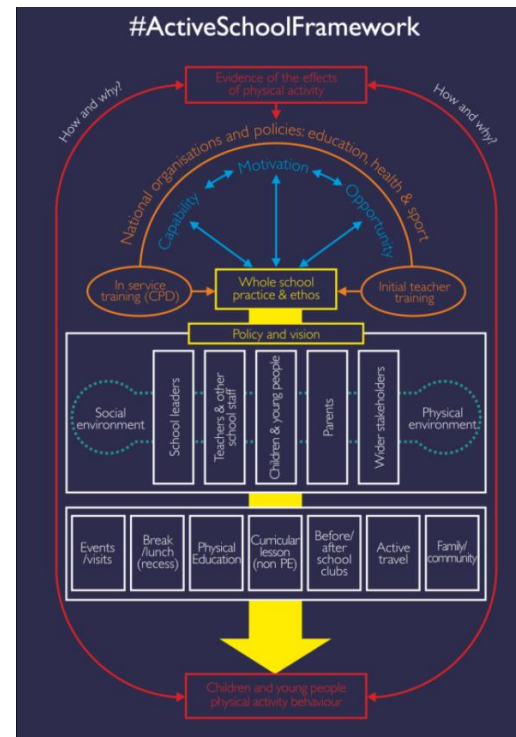
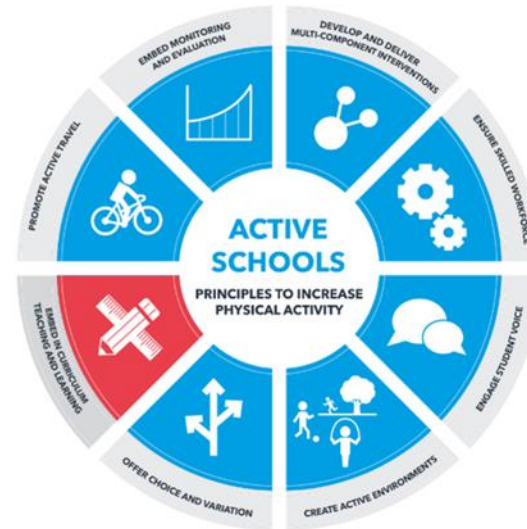
Make Physical Activity everyone's responsibility

- ▶ 30 Active Minutes to ALL pupils EVERY school day (moderate to vigorous intensity, in addition to PE) - Home learning, Active Timetable #ThisIsPE #SheffieldGetMoving
- ▶ Creating an Active School - framework, creating a culture of change
- ▶ Physically Active Learning - Teach Active - maths and literacy, Outdoor learning [CPD](#)
- ▶ Active interventions - Active Travel, Active Blasts, Daily Mile or other alternatives, Skipping, Move More PA Challenges
- ▶ Dances linked to topics
- ▶ Clear communication to all staff for events etc school diary, calendar
- ▶ Sharing key achievements, impact on pupils, success stories
- ▶ Sports day - create a buzz and keep it going. House Teams, Dojo
- ▶ Staff wellness - regular PA after school?? Zumba, Dance, 5 a side football, yoga, mindfulness, relaxation, running club
- ▶ Visual reminders of key messages in key areas - posters, info graphics photos [AfPE](#) [CMO](#)
- ▶ Covid response - Reactivate Learning AfPE



Physical Activity

- ▶ Creating an Active School Framework - 60 Active Minutes [YST](#) Active Schools Planner, Active Schools Wheel
- ▶ [YSF](#) Alex Ogden Top Tips for promoting physically active learning



Top Tip #4 Record, Reflect & Review your PESSPA offer Regularly

- ▶ Is there time given to your PE lead role? PPESP can be used for this
- ▶ Pupil questionnaire - how do they feel about PE? What do they enjoy? What would they change? What would they like to do in PE? Clubs? New sports? Etc
- ▶ PE learning journey or learning log linked to curriculum outcomes
- ▶ Curriculum - is there a clear progression path for pupils through school FS-Y6? Timetable? 2 hours?
- ▶ Is PESSPA offer linked to School Games, SFSS, local opportunities?
- ▶ Schemes of work - what is being used? Gathering dust? Consistent approach? Or multiple being used?
- ▶ Observations of School Sport opportunities (external deliverers)
- ▶ School Games Mark - School Games Website [Here](#)
- ▶ Inclusive Health Check
- ▶ Registers of clubs, events, competitions, collate each half term/term can help with a targeted approach
- ▶ Annual risk assessment based on calendar or previous calendar for local comps and events as to not have to do one for every event.
- ▶ Equipment - PE lessons, inclusive lessons adapted equipment, Extra- curricular clubs, Play? Is there is enough for all pupils? PPESP can be used for this
- ▶ Regular meetings with SLT - Short, medium and long term goals for PESSPA

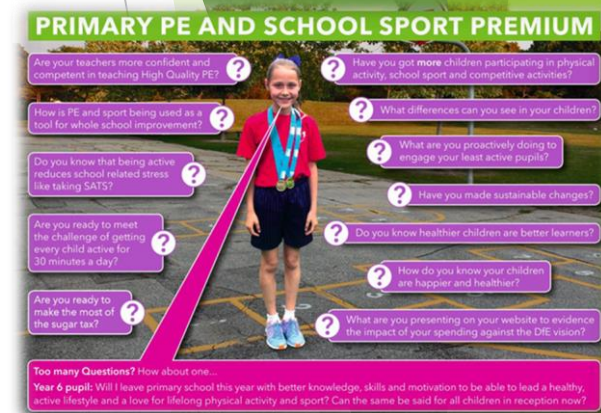
- ▶ Create a buzz and raise the profile of PESSPA
- ▶ Increase the value
- ▶ Acknowledging effort, participation and performance. Celebrating positive experiences in a supportive environment
- ▶ Rewards & Recognition
- ▶ School Website, Who updates the PE page? do you need any training?
- ▶ Newsletters, info to parents, community links
- ▶ Social media
- ▶ If school policy allows take lots of photos - promotional material for prospectus H&WB
- ▶ Y6 leaving video
- ▶ Progress from Rec-Y6 memories
- ▶ PESSPA notice board - good place for all to see - School Games resources - Values etc

Top Tip #5
Create a feel
good factor

Top Tip #6

Have your say PPESP and how it's spent

- ▶ Who looks after this? You? Head? Business manager? Look at previous spends
- ▶ <https://skillsfunding.service.gov.uk/view-latest-funding/find-an-organisation>
- ▶ Look at past years evidencing impact report - now in it's 7th year of funding HUGE investment, how has it been spent?
- ▶ Whole School Improvement Plan
- ▶ Report regularly to governors
- ▶ <https://www.youthsporttrust.org/system/files/Seven%20Tips%20for%20Spendi%20the%20Primary%20PE%20and%20Sport%20Premium%20-%2014th%20Oct.pdf>
- ▶ Attend the PESSPA training next week!!



Primary PE and Sport Premium - Key Indicators

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport they offer.

There are 5 key indicators that schools should expect to see improvement across:

- 1.** The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
- 2.** The profile of PE and sport is raised across the school as a tool for whole-school improvement
- 3.** Increased confidence, knowledge and skills of all staff in teaching PE and sport
- 4.** Broader experience of a range of sports and activities offered to all pupils
- 5.** Increased participation in competitive sport



Download the full DfE guidance at www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools
Download afPE's exemplification guidance at www.afpe.org.uk/physical-education/advice-on-sport-premium/

Top Tip #7

Pupils at the heart of everything

- ▶ Intent should always be about the pupils
- ▶ Why are we doing it? How will they benefit? What the impact will be?
- ▶ Student voice - PE, Clubs etc
- ▶ Parent engagement - home learning resources Active At Home Timetable #SheffieldGetMoving challenge
- ▶ Get to know all pupils - Simple questionnaire about PESSPA
- ▶ Pupil data - personalised learning plan, SEND, Pupil premium, look after children, vulnerable
- ▶ A memorable and positive experience
- ▶ Happy, Healthy Pupils Learn Better!!!

Useful links, PE Resources & CPD

- ▶ [TopSportability](#)
- ▶ <https://www.youthsporttrust.org/>
- ▶ <https://www.afpe.org.uk/physical-education/>
- ▶ <https://www.yourschoolgames.com/how-it-works/who-we-are/> if you are not sure on your login details, add yourself as a user and set a password.
- ▶ <https://www.yorkshiresport.org/> <https://www.movemoresheffield.com/>
- ▶ Link to google drive lockdown home learning [here](#)
- ▶ [#SheffieldGetMoving](#)
- ▶ <https://www.sheffield.gov.uk/home/schools-childcare/pe-swimming-outdoor-learning>
- ▶ <https://www.thornbridgeoutdoors.co.uk/facilities/indoor-accommodation/woodlands/>
- ▶ Staff PE subject audit [here](#)

School Swimming

If you have any questions relating to School Swimming

www.sheffieldschoolswimming.co.uk

- ▶ Rachel Jones - rachel.jones@sheffield.gov.uk
- ▶ Emma Banks - emma@sheffield.gov.uk

We have pulled together some fun swimming activities for you do in school or to send out to your families. They include water safety worksheets, wordsearch and other puzzles created by our swimming teachers, videos of some swimming skills that pupils can practice in their own home, and Swim England's home-school activity sheets. These activities are suitable for children in Year 1 to Year 6. They can colour, spot dangers or even practice their swimming skills in their living room!

The information can be found on our website or you can click the links below;

- [Home-schooling](#) activities and videos
- [Water Safety](#) resources
- Swim England [home-schooling](#) resources

MATP - Motor Activities Training Programme - SEND

- ▶ Thursday 28th January 2021 12:00- 3:00pm: <https://bit.ly/2M5rANW>
- ▶ Thursday 11th February 2021 9:30- 12:30: <https://bit.ly/38XxdXJ>
- ▶ Thursday 18th March 2021 9:30-12:30: <https://bit.ly/39Kvh3Y>
- ▶ Thursday 25th March 2021 9:30- 12:30: <https://bit.ly/3bTmY8w>

The workshops are also being trialled across 2 twilight sessions. **Please note you have to attend both sessions to gain access to the MATP resources:**

- ▶ Tuesday 2nd February & Thursday 4th February 2021 3:00- 4:30: <https://bit.ly/39L1ZSL>
- ▶ Tuesday 2nd March & Thursday 4th March 2021 3:00- 4:30: <https://bit.ly/2KxjiOG>

Key Contacts & Thank you!!

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THANK
YOU!