IMPROVING THE HEALTH AND WELLBEING OF OUR PRIMARY AGE CHILDREN

Delivering a high quality physical education, school sport and physical activity offer across Leicestershire, Leicester and Rutland
We have a vision for every young person across Leicestershire, Leicester and Rutland to receive a consistent and sustainable high quality Physical Education, School Sport and Physical Activity offer, for the benefit of their health and wellbeing.

We feel we can collectively achieve this by all schools committing to a series of pledges.

This advocacy document highlights some of the fantastic best practice currently taking place in our schools, through a series of local case studies. All schools within this document are happy to be contacted by colleagues to discuss their best practice in more detail or even arrange visits to their schools.

For national and local information and support on the use of Primary PE & Sport Premium funding, along with further local case studies of best practice across Leicestershire, Leicester and Rutland, please visit:

www.lrsport.org/primarysportpremium

Useful Contacts

Leicester-Shire & Rutland Sport
www.lrsport.org/schoolsport

Your School Sport & Physical Activity Network
www.lrsport.org/sspans

Leicestershire, Leicester & Rutland Schools pledge to...

Ensure that every pupil is able to safely ride a bike before leaving our school.

Aspire to ensure that every pupil has the opportunity to be physically active for at least 60 minutes every day.

Ensure that our pupils are appropriately trained in delivering PE, school sport and physical activity opportunities to all young people.

Ensure that every pupil has the opportunity to participate in at least 1 hour of extra-curricular sport or physical activity every week – e.g. competitions / tournaments.

Ensure that PE, school sport, physical activity and the health and wellbeing of our pupils is a priority for our schools and part of our culture and school improvement plan.

Ensure that every pupil receives 2 hours of high quality PE every week.

Ensure that PE, school sport, physical and the health and wellbeing of our pupils is a priority for our school and part of our culture and school improvement plan.

Visit our Peeventure learning using PE Leaders.

Leadership programmes – e.g. competitions / tournaments.

Ensure that our school signs up to the new healthy rating scheme to support the prevention of childhood obesity by helping children to eat better and move more.

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No Life Without Sport

Avenue Primary School

Children at Avenue school talk about what sport means to them. It is central to their lives and a passion for sport drives a passion for life. The benefit for the school is evident in their testimony. Kye, Grace and Ajay from Year 6 speak about what sport means to them. They talk about how they use their ‘learning muscles’ every day.

Kye, Grace and Ajay take part in gymnastics, hockey, cricket, football, running, rounders, table tennis, tag rugby, swimming, cross country and more. It has had a deep impact on them. As they say:

“I wouldn’t be able to live without sport”
Ajay

“A boy I know has got involved in football and now he comes out of school happy and not in trouble”
Grace

“With sport, if I’m down or angry, it makes me happy”
Ajay

“Without sport all I would do is sit at home”
Kyle

“We work with people that we would never talk to otherwise. In the team I’ve made more friends”
Grace

The school has developed a growth mindset in the children and changed the learning culture. Daily exercise for the ‘learning muscles’ has captivated the children.

How has this been achieved?

Avenue Primary School has:
✓ A strong commitment to staff’s continuous professional development
✓ Developed its facilities without direct access to a field
✓ Employed a team of staff to move things forward [Head, Deputy, PE co-ordinator, coaches, apprentices and Lunchtime staff]
✓ Used social media to promote the activities and the school
✓ Used a family support worker to encourage participation
✓ Driven forward competitions
✓ Hugely increased the number of after school clubs (30-40 per week)

Wellbeing Matters

Brocks Hill Primary School

Brocks Hill pushes sport and physical activity opportunities to another level to make sure that children’s overall well-being is a top priority. The ethic of team work permeates all the efforts to drive everything that this outstanding school achieves. This includes:

The school mission is based on The 8 Rs: Respect; Responsibility; Resilience; Reciprocity; Reflection; Resourcefulness

Children are trained to be mindful to meditate; to use stretching, yoga, breathing and movement

Mastery in PE links to mastery across the curriculum. Academic achievement is outstanding in the school

The culture promotes positive mental health. It tackles problems in some children such as: inability to cope with rough and tumble; muscle wastage; over-reliance on technology; emotionally and socially unskilled; poor communication and language acquisition

Specialist external provision, including high quality coaches from professional clubs, complements a commitment to high quality CPD in PE for school staff

Year 5 & Sports Ambassadors helping with KS1 lunch activities, organising events, officiating, assemblies, fund-raising and administration

The enthusiasm of the children has increased the rate of school improvement rapidly. It can be seen in many ways: better attendance, very few behaviour referrals; improved academic achievement and hugely praised by Ofsted! It’s great for our reputation as it continually creates a positive twitter storm!”
Nicky Kandola – Head Teacher

The funding has allowed us to develop our PE and sporting provision in ways that we have wanted to do for some time, in particular our desire to add more competitive sports and to respond more fully to individual wellbeing needs. This is paying dividends in terms of the children’s enthusiasm, engagement and readiness to learn.”
Michelle Walton – Head Teacher
How To Beat Obesity

Broom Leys Primary School

Using National Child Measurement data the school is having an impact on children. Taking in cohorts above the national average for obesity and sending out year groups below! Amongst the stand out features are:

- Active Lunchtimes - Planned activities delivered by children trained as play coaches
- A vast range of sports offered in and out of lessons that enthuse children
- Trained lunchtime supervisors - able to offer and lead activities for all children
- A skills-based curriculum that develops core strength and flexibility in children right from the start
- Targeted 100% of pupil premium children to be engaged in extra activities
- Club links to encourage out-of-hours activity and continuity beyond year 6
- A 3% increase in attendance has been achieved and sustained
- Specific (targeted) children completely changed their attitude and behaviour through sport

A complete turnaround in the attitude of many staff to teaching PE through a planned CPD programme with coach and specialist support – resulting in high quality PE lessons

How has this been achieved?

Broom Leys School has:

- Used the apprentice programme to support activity
- Pupil leadership
- 100% Inclusion
- Standards in other subjects
- Quality
- Participation
- Developed highly planned provision with qualified coaches supporting
- Planned for sustainability in case of changes in funding levels
- Used coaches alongside teachers to train them
- Targeted specific groups that find sport hard to access
- Tapped into and built sports networks with other schools
- Used the School Games and the Sports Partnership to support
- Constantly reviewed effectiveness to increase the impact across the school
- Resilience
- Extended the range of sports offered including non-traditional sports
- Progression
- Spread the leadership of sport so that it does not rely on one person

"In the past much of my time was absorbed dealing with poor behaviour at lunchtime, duties at lunchtime and meetings with parents following incidents. This is a thing of the past. Our children thrive at lunchtimes and love coming to school."

Robert Prior – Head Teacher

"I enjoy sport because it’s active and fun. There’s no wrong or right way, everyone can be good at it. You get to play with your mates and it keeps you fit."

Joe – Y6 Pupil

Using External Coaches – Quality Counts

Elizabeth Woodville Primary School

External coaching companies may promise you the earth, but can they deliver? Here are some questions that have been answered at Elizabeth Woodville School in Groby.

Is there...

- High quality teaching by the coaches and teachers?
- Team teaching that improves our teachers?
- Detailed and coherent joint planning of lessons?
- A discussion of next steps for every child?
- Joint assessment of every child?
- Provision tightly monitored for quality?
- Provision sustainable if the sport premium is lost?
- Children ENJOYING and ACHIEVING?

The impact has been...

- Progression and mastery
- Participation in lessons, lunchtime activities, after school clubs, competitions (for all abilities) at exceptional levels
- Quality of teaching has risen to outstanding for almost all teachers
- Pupil leadership
- 100% Inclusion
- Resilience in all children highly developed
- Standards in other subjects rising rapidly – maths top 10% nationally

The excellent provision at Elizabeth Woodville is highly planned alongside external partners. Coaches and teachers team teach in a way that rapidly develops the skills of teachers. Planning, delivery and assessment is carried out jointly. Every child is discussed as an individual. This leads to highly personalised and differentiated lessons. The standards in PE in the school are excellent.

Team teaching has now been adopted as the most effective way to develop teachers across the school – not just in PE. It creates a dialogue about all aspects of teaching. Planning and pedagogy in particular have benefited.

How has this been achieved?

Elizabeth Woodville School has:

- Sought a coaching company through a careful commissioning process
- Developed highly planned provision with qualified coaches supporting
- Teacher improvement through team teaching
- Constantly reviewed effectiveness to increase the impact across the school
- Tapped into and built sports networks with other schools
- Planned for sustainability in case of changes in funding levels

"Our improvement to 70% outstanding teaching is down to the spread of team teaching from PE across the school. It is the most effective and non-threatening way to improve the quality of teaching and use of TAs."

Tom Coleman – Deputy Head Teacher

“By linking activities to learning objectives in PE, with the help of our coach, I have built much better progression for the children. I have used these skills in my planning for all subjects now.”

Danni Jarman – Year 3 Teacher

"Opportunities have improved pupils’ wellbeing and are influencing pupils’ academic achievement as seen by their attainment."

Ofsted Report

"I enjoy sport because it's active and fun. There’s no wrong or right way, everyone can be good at it. You get to play with your mates and it keeps you fit."

Joe – Y6 Pupil

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St Mary & St John C.E.V.A. Primary School

The school has overhauled its approach to PE. It has gone from being a marginal activity to being central to the ethos of our school. Our children were too passive… they’re not now!”

“PE and sport is awesome! You are with your friends and it’s fun. We get the chance to take part in lots of different activities and competitions, inter-house and as a school against other schools.”

School Pupil

“*We have put the teachers in charge! We have developed a team approach to training, planning, delivery and assessment. It has transformed the ethos of our school. Our children were too passive… they’re not now!*”

Fiona Wilce – Head Teacher

- Reviewed all facilities and been creative in developing PE spaces
- Measured a decrease in behaviour referrals and meetings with parents over behaviour
- Worked with the Sports Partnership
- Linked sport to healthy lifestyles and wellbeing
- Got involved in competitions in and out of school
- Increased after school clubs hugely
- Planned the use of funding, now and for the future
- Inducted children as sports leaders and ambassadors
- Used the School Games
- Committed to significant CPD through team teaching
- Employed a PE teacher
- Offered a wide range of sports and activities
- Introduced a wide range of activities that inspire children
- Linked the work to healthy schools
- Worked through the Sports Partnership and with Uppingham Community College
- Trained all teachers as teachers of PE
- Measured an increase in attendance and achievement
- Used specialist coaches

Stokes Wood Primary School

The School Motto is “What you do today, matters tomorrow”

The school motto drives the approach to everything at Stokes Wood and uses sport in particular to support this. It has driven the huge increase in participation and in competitions. The motto was created by the staff and children and adorns the front of the school. Amongst the features that stand out are:

- Competition for every child in or out of school and requiring School Games Awards for the school’s efforts
- Running a huge range of clubs catering for as many interests as possible – over 250 regularly attending
- Energising every child through the Mile a Day & Bikeability and celebrating achievements with parents and other schools
- Inclusive of children with special needs and disabilities – children that were marginalised now integrated and confident through outstanding achievement at swimming

Stokes Wood School has:

- Planned the use of funding, now and for the future
- Employed a PE teacher
- Used the School Games
- Worked with the Sports Partnership
- Measured an increase in attendance and achievement
- Measured a decrease in behaviour referrals and meetings with parents over behaviour
- Inducted children as sports leaders and ambassadors
- Linked sport to healthy lifestyles and wellbeing
- Increased after school clubs hugely
- Offered a wide range of sports and activities
- Trained all teachers as teachers of PE
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At Willowbrook School the children run to get through the gates to begin the school day. ‘Morning Motivation’ is the start to every day and typifies the way in which this school has generated vitality in its children (and staff!). An outstanding start to the day in an outstanding school! Willowbrook has evolved an approach to PE and sport that now includes:

**Running to School – An Enthusiastic Start to Every Day!**

- ‘Morning Motivation’ – 35 miles of vigorous activity first thing for every child and teacher, every day! hugely improving attendance & punctuality, especially for children in Y5 & Y6 that get themselves to school. Children run to get into school on time and get going.
- Making links to ‘Keeping Healthy’ to ensure a strong commitment to well-being
- Amazing examples of children leading initiatives – Judo and Dance clubs run by Y5 boys
- Residential trips for all children, regardless of the challenge of 50% pupil premium
- A continual search for new and exciting activities – pole vault, street dance, bikeability, Zumba, dodgeball
- Retaining a commitment that all children will be swimmers by Year 4 (catch up is put on in Year 6)

**How has this been achieved?**

Willowbrook School has:

- Committed to children’s all-round well-being as a central mission
- Taken every opportunity to link to supporting networks
- Targeted use of sports and pupil premium
- Energised staff as well as children

“I really like Morning Motivation. It hypes us up so we can get on with our work better. It makes me want to get to school as soon as possible.”

Tia – Age 10

“We are committed at Willowbrook to spotting every child’s talent and interest. As someone who loves sport and recognises the physical, emotional and social benefits, we strive to give as many sporting opportunities and experiences as we can. This may be participating, watching or coaching. We nurture the idea of positive role models, growth mind-set thinking and relentlessly striving for goals. The resilience, determination and sense of achievement developed through sport at Willowbrook are seen in all aspects of learning.”

Mrs Collins – Principal

**Physical activity for children and young people (5–18 Years)**

- **Builds Confidence & Social Skills**
- **Develops Co-ordination**
- **Strengthens Muscles & Bones**
- **Improves Concentration & Learning**
- **Improves Health & Fitness**
- **Improves Sleep**
- **Makes you feel good**

Be physically active

Aim for at least 60 minutes everyday

All activities should make you breathe faster & feel warmer

Include muscle and bone strengthening activities

3 TIMES PER WEEK

**Sit less**

**Move more**

Find ways to help all children and young people accumulate at least 60 minutes of physical activity everyday

UK Chief Medical Officers’ Guidelines 2011 Start Active, Stay Active: www.brit.jy/startactive
IMPROVING THE HEALTH AND WELLBEING OF OUR PRIMARY AGE CHILDREN

Thanks and Acknowledgements

Avenue Primary School
Brocks Hill Primary School
Broom Leys Primary School
Elizabeth Woodville Primary School and Metcalf Multisports Ltd
St Mary & St John C.E.V.A. Primary School
Stokes Wood Primary School
Willowbrook Primary School
Leicester-Shire & Rutland Primary PE & School Sport Champion Group
Noel Melvin, Education Consultant, SALKA Ltd