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

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Leicestershire, Leicester City and Rutland Schools pledge to...

- Ensure that PE, school sport, physical activity and the health and wellbeing of our pupils is a priority for our school and part of our culture and school improvement plan.
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- 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.
- Ensure that every pupil has the opportunity to be physically active for at least 60 minutes every day.
- Ensure that every pupil receives 2 hours of high quality PE every week.
- Ensure that we have a ‘whole school approach’ to guaranteeing all children are physically active – e.g. the delivery of ‘active lessons’ in other subject areas.
- Ensure that our staff 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 / clubs.
- Aspire to ensure that every pupil is able to swim 25m before leaving our school.
- Aspire to ensure that every pupil is able to safely ride a bike before leaving our school.
- Ensure that we have a school active travel plan and encourage all pupils and parents to walk, cycle, scoot or skate to school.
Leicestershire, Leicester & Rutland’s Whole School Approach to Physical Education, School Sport, Physical Activity and Health & Wellbeing

1. Develop & deliver multi-component interventions
   - Fundamental Movement Skills Programme
   - Change 4 Life Clubs
   - This Girl Can
   - Inactive Boys Programme
   - Links to Mental Health / Nutrition
   - Premier League Primary Stars

2. Ensure skilled workforce
   - Level 5 PE Specialism training
   - Incorporating physical activity training into teachers leading on PSHE
   - Apprentices
   - Training Non sport / PE staff
   - Comprehensive CPD Programme
   - Sharing best practice
   - School Physical Activity Champions

3. Engage student voice
   - Playground Leaders / Playmakers
   - Sports Leaders / Ambassador’s
   - Pupil Survey through school nurses
   - New Primary Pupil Survey
   - CYCLE Council
   - Informal & formal opportunities for consultation
   - Peer mentoring
   - School Games Organising Committees in Schools
   - School Council’s

4. Create active environments
   - Active Travel Plan – Mode Shift Stars
   - Bikeability
   - Kiss and Stride
   - Crossing patrol roles
   - Walking/cycling/scooting to school– campaign weeks
   - Links with Road Safety Officers

5. Offer choice and variety
   - Active Lessons
   - Active classrooms – standing not sitting
   - Forest schools
   - Enrichment lesson offer for all
   - Wake & Shake / Brain Gym
   - Links between sport & physical activity and attendance, attainment, behaviour

6. Embed in curriculum, teaching and learning
   - Daily Mile
   - Enrichment lessons
   - Physical activity guidelines
   - Marketing / promotion of the offer inside/outside of school
   - Workplace Challenge
   - Design of outdoor space
   - Active lunchtimes
   - Use of technology

7. Promote active travel
   - Pre and post questionnaire – prescriptive template for targeted interventions
   - School Impact report
   - Registers
   - School nurses survey
   - School Games Mark
   - Healthy Schools Award
   - PE Premium statements / Impact

8. Embed monitoring and evaluation
   - Active Travel Plan – Mode Shift Stars
   - Bikeability
   - Kiss and Stride
   - Crossing patrol roles
   - Walking/cycling/scooting to school– campaign weeks
   - Links with Road Safety Officers

   - Active Lessons
   - Active classrooms – standing not sitting
   - Forest schools
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   - Wake & Shake / Brain Gym
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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)

*“If your Head doesn’t support it ... nothing will happen. You just need your Head to say yes!”*  
**John Button – PE Co-ordinator**

*“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**

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No Life Without Sport  
Avenue Primary school
Wellbeing Matters

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:

How has this been achieved?

Brocks Hill Primary School has:

- Made well-being a central focus
- Built inclusive activities into the curriculum
- Introduced leadership opportunities for children
- Worked through the Sports Partnership and the School Games
- Planned spending carefully [see website]
- Had striking individual successes
- Linked to clubs and brought in coaches from professional clubs
- Driven CPD through the school and measured the impact

“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 enthuses 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

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

- **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**

How has this been achieved?

Broom Leys School has:

✓ Used the apprentice programme to support activity
✓ Used coaches alongside teachers to train them
✓ Trained children to lead activities
✓ Trained lunchtime staff to lead activities
✓ Extended the range of sports offered including non-traditional sports
✓ Targeted specific groups that find sport hard to access
✓ Used the School Games and the Sports Partnership to support
✓ 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

“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
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
The school has overhauled its approach to PE. It has gone from being a marginal activity to being central to the enthusiasm that this successful school has generated. Amongst the stand out features are:

- A passion to use the environment inside and outside the school in the most creative way to engage children (cross country, forest schools, residential and even sailing trips!)
- Continuous vigorous activity for over 45 minutes to avoid the stop-start approach to PE lessons
- Use of a practical assessment system based on 'I can' statements to show children’s progress with skills
- Sensory circuits every day to support children with special needs
- High profile celebrations of sporting achievements at the school
- Improved attendance, behaviour and academic achievement have all followed the improvements in PE and school sport
- Improved team work has been created with a super positive attitude fostered through cooperation in Forest Schools and outdoor learning activities
- Resilient learners have been created. Children are stronger, they try harder, keep eye contact and understand the need for activity
- Children that were disaffected in year 5, now transformed into sports leaders in the school

Creative use of funding has allowed team teaching that has in turn revolutionised differentiation. Classes are combined and practice is shared. This has led to much stronger progression for children.

How has this been achieved?

St Mary & St John C.E.V.A. School has:

- Reviewed all facilities and been creative in developing PE spaces
- Committed to significant CPD through team teaching
- 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
- Invested in play boxes for play times
- Got involved in competitions in and out of school

“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
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 receiving 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
- Inclusive of children with special needs and disabilities – children that were marginalised now integrated and confident through outstanding achievement at swimming
- Energising every child through the ‘Mile a Day’ & Bikeability and celebrating achievements with parents in assemblies
- The discipline of sport has changed attitudes of hard to reach children

How has this been achieved?

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
✓ Used specialist coaches

“There’s so much team work. Everyone helps each other and we work together. It helps in class because it builds team work and trust.”
Phoebe – Y6 Pupil

“Sport has driven our school improvement. Our attainment and progress is better, attendance is stronger (up 2%), behaviour is so positive now [evidence from learning walks]. Our inspection grade is up. Most of all – our children are thriving. The contribution of sport has been immense.”
Jane Gadsby – Head Teacher
Running to School – An Enthusiastic Start to Every Day!

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:

- Teachers working alongside coaches to improve the quality of teaching hugely
- “Tapping Your Talent” – children given individual invites to attend clubs and activities, creating a pathway to elite sport for some children
- Creating pathways to local clubs for children to keep going out of school
- A continual search for new and exciting activities – pole vault, street dance, bikeability, Zumba, dodgeball
- 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 skills-based curriculum that prepares the very youngest children for the physical demands of school life, so no child is left behind

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

“Morning Motivation wakes me up when I’m feeling a bit sleepy. It gets my body and my brain working for the day”
Kyle – Age 9

“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
- Improves concentration & learning
- Maintains healthy weight
- Strengthens muscles & bones
- Improves health & fitness
- Improves sleep
- Makes you feel good

Be physically active

- Spread activity throughout the day
- Aim for at least 60 minutes every day
- All activities should make you breathe faster & feel warmer

- Play
- Run/Walk
- Bike
- Active travel
- Swim
- Skate
- Sport
- PE
- Skip
- Climb
- Workout
- Dance

Sit less
Move more

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

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Thanks and Acknowledgements

Avenue Primary School
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