

The PE, School Sport and Physical Activity Webinars

Role of the school Governor linked to PE, school sport and physical activity

Delivered by Rebecca D'Arcy

Hosted by the One Network

This webinar is being recorded



Housekeeping

- Please add your name, role and school in the chat box upon entering the webinar.
- All microphones will be muted.
- There will opportunities to ask questions throughout. Please add your question in the 'chat box' as there will be time at the end of the webinar where your question can be asked.
- The webinar is being recorded. If you have any questions about this please contact schools@activelincolnshire.com



One Network

A collaboration of not-for-profit organisations seeking to increase the quality and quantity of physical activity, PE, play, community & school sport

We:

- Support and give advice on PE & School Sport Premium good practice
- Help translate the new PE & School Sport Action Plan and new Ofsted Framework into good practice
- Support with county CPD (targeted)
- Signpost to appropriate local and national organisations & deliverers
- Advocate the integration of and importance of PE, school sport and physical activity in wider agendas and plans



Role of the school Governor linked to PE, school sport and physical activity

Rebecca D'Arcy
Development Manager

Agenda

- The importance of PE, school sport and physical activity
- The leading role of PE
- Primary PE and School Sport Premium

**Governor
Toolkit**
for PE and
School
Sport

PLAY

Activity that involves enjoyment.

It can be structured or unstructured and involves being creative and using your imagination.

PHYSICAL ACTIVITY

Bodily movement that uses energy.

This could be within a lesson, active travel, active breaks and extra-curricular.

PHYSICAL EDUCATION

The National Curriculum subject.

Learning to move and moving to learn. Teaching and learning is planned and progressive, and makes explicit reference to physical development, whilst contributing to social, mental and emotional skills.

SPORT

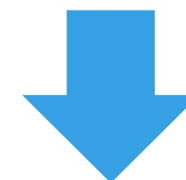
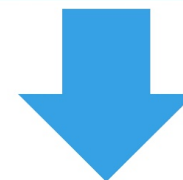
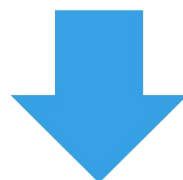
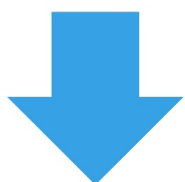
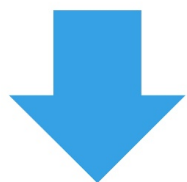
A game, competition, or activity needing physical effort and skill that is played or done according to rules in which an individual or team competes against others.

In schools sport forms part of an enrichment offer.

ACTIVE LEARNING

Learning through movement.

This helps stimulate the learner to; develop recall, deepen understanding and apply knowledge in imaginative ways.



Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life

The International Physical Literacy Association

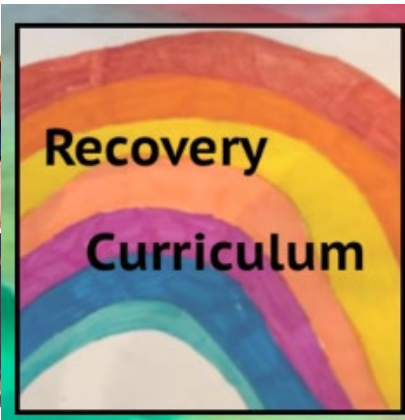


Physical literacy journey





Department
for Education



Supporting pupil and student mental wellbeing

for school and college staff on how to support the mental wellbeing of returning pupils and students

In collaboration with Public Health England and NHS England



Department
for Education

Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers



Department
for Education



Evidencing the Impact of the Primary PE and Sport Premium

Website Reporting Tool
Revised November 2019

Commissioned by

Department
for Education

Created by



School Sport and Activity Action Plan

July 2019

[Home](#) > [Health and social care](#) > [Public health](#) > [Health improvement](#) > [Healthy eating](#) > [Tackling obesity: government strategy](#)



Department
of Health &
Social Care

Policy paper

Tackling obesity: empowering adults and children to live healthier lives

July 2020

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 an
average of at least
60
minutes per day
across week

All activities
should make you
breathe faster
& feel warmer

PLAY

RUN/WALK

BIKE

ACTIVE TRAVEL

SWIM

SKATE

SPORT

PE

SKIP

CLIMB

WORKOUT

DANCE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**

Get strong

INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

CANCER

cardiovascular
disease

Anxiety
&
Depression

INFLAMMATION



Obesity

DIABETES

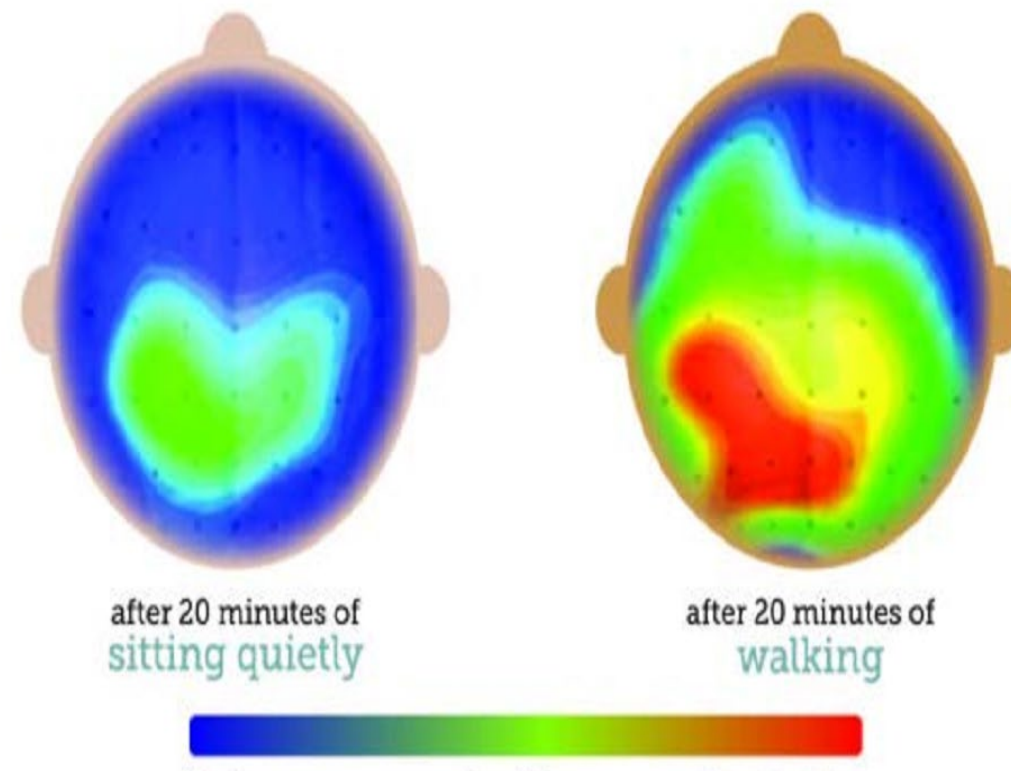
de^{Mentia}

ARTHRITIS

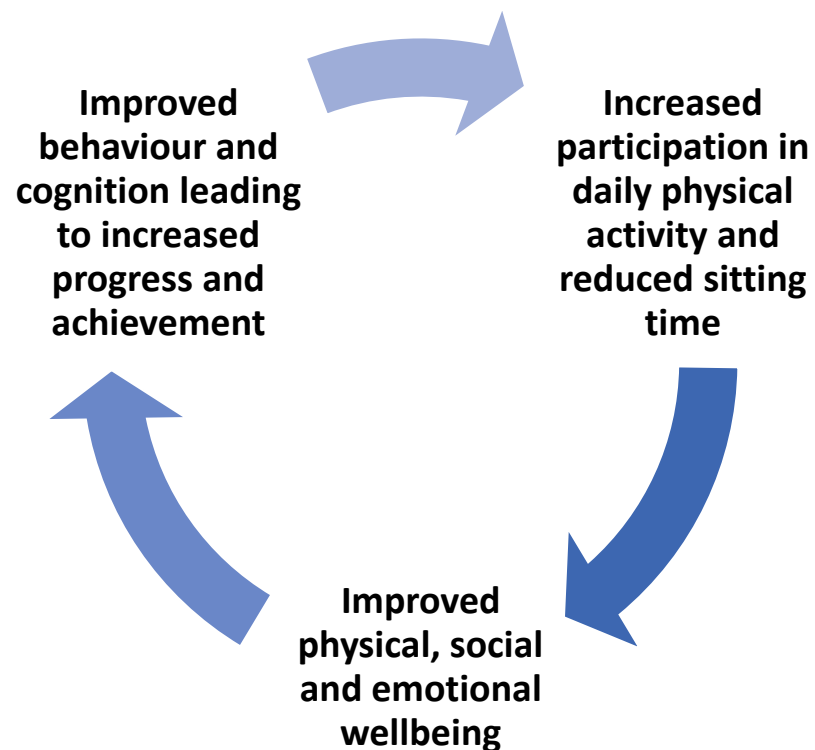


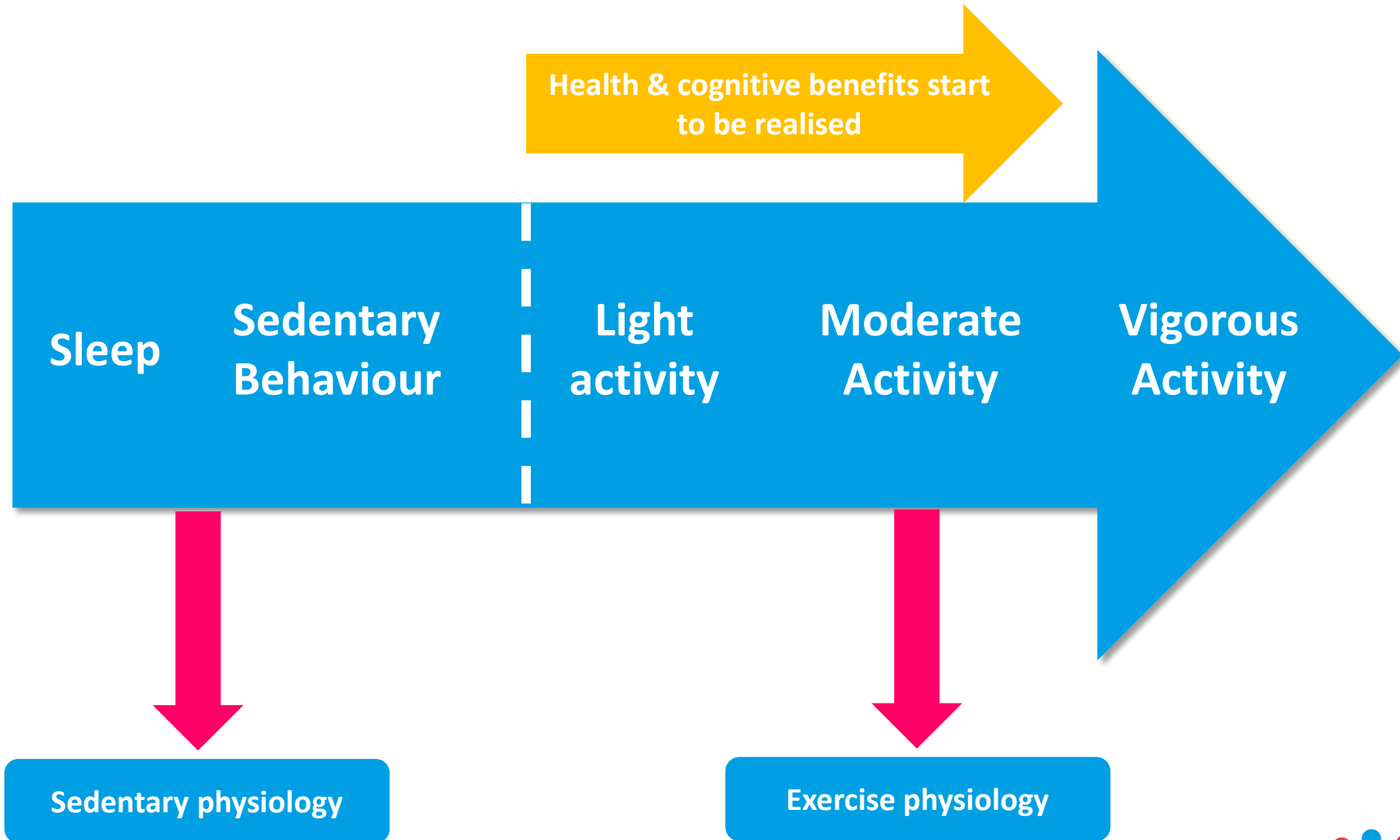
physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



A whole school approach









QUALITY

physical education lessons



Logistical issues relating to implementation of COVID guidance are the key barriers and issues to delivering curriculum PE in schools

	Found/KS1	KS2	KS3	KS4
Being able to follow delivery guidance e.g. social distancing, changing rooms, cleaning	43%	44%	69%	59%
Wet weather	51%	54%	60%	56%
Cautiousness about interpreting the guidelines correctly	40%	38%	53%	44%
Lack of access to facilities and space	52%	45%	47%	43%
Unclear guidance/rules for delivery	27%	29%	48%	42%
Reduced access to resources and equipment	40%	42%	44%	38%
De-prioritisation of PE in favour of other subjects	14%	15%	13%	24%
Children's fitness levels	14%	15%	20%	17%
Lack of school's focus on PE's contribution to wider school outcomes e.g. character and wellbeing	12%	10%	17%	16%
PE staff concerns	8%	11%	15%	12%
Children's lack of engagement/motivation	1%	4%	6%	11%
Wellbeing concerns e.g. children's confidence, anxiety etc.	6%	6%	14%	11%
None	3%	4%	3%	3%

- Nearly all schools reported some barrier/issue to delivering PE
- Adherence/caution around the guidance is a key concern, particularly in Secondary schools
- Wet weather makes compliance more difficult.

Delivery principles and ideas



Primary Physical Education Teaching Tips

Using Physical Education and Physical Activity as a tool to support pupils' wellbeing



Pupils should **remain** in their own bubble during PE lessons



Equipment can be shared providing it is **cleaned** before and after use



Government approved **team games can be played** under the guidance of each NGB*



Make lessons **safe** but put **FUN** at the forefront of any learning delivered



PE should include physical, cognitive, social and emotional **outcomes**



Celebrate success and pupils' personal achievements



Pupils should **wash their hands** before and after each PE lesson



Use PE and PA to support the **wellbeing** of your pupils



Lessons should be **active, but learning focused** with a clear purpose

- In addition to the guidance above refer to **aPE COVID-19: Interpreting the Government Guidance in a PESSPA Context**.
- It is at the discretion of the school on how this guidance is implemented in line with their own risk assessments and policies.
- All activities should follow Government Guidance in response to COVID-19. For more information visit [gov.uk](https://www.gov.uk)
- *Schools must only provide team sports on the list available at the return to recreational team sport framework.



#ReturntoPE

@youthsporttrust

Physical Education COVID Response

Delivery principles



To be considered alongside Government published guidance on Covid-19



Using PE to help your students recover from the impact of Covid-19 and the lockdown

Remember - this is not PE as we know it, it will look very different. Consider how you can respond to the levels of physical activity your young people may/may not have experienced during lockdown.

Use physical activity to improve wellbeing.



PE clothing on PE days

Allowing students to wear PE clothing as their school uniform will remove the issues associated with changing rooms. It will also encourage more young people to maintain activity habits, and will counter some of the time constraints you will be faced with.



Procedures

You will need to consider:

- How will students arrive (and register) in the PE space?
- Where will students leave their belongings?
- How and when will students wash their hands?
- How will equipment be kept sanitised?
- How will students move to different teaching areas?
- What will happen at the end of the lesson?



Activities

What physical activity can be included as part of your PE curriculum?

- Fitness, yoga, Tai Chi or personal challenges
- Orienteering
- Outdoor activities where students choose how they move
- Target games using individual equipment
- Government approved team games can be taught under the guidance of each National Governing Body
- Use the STEP framework to support your planning www.youthsporttrust.org/send



The E in PE

This provides us with the opportunity to explore and develop young people's life skills through the physical activity and challenges they undertake. For example:

- Personal and healthy skills
- Social skills
- Thinking skills



Personal reflection and wellbeing check in

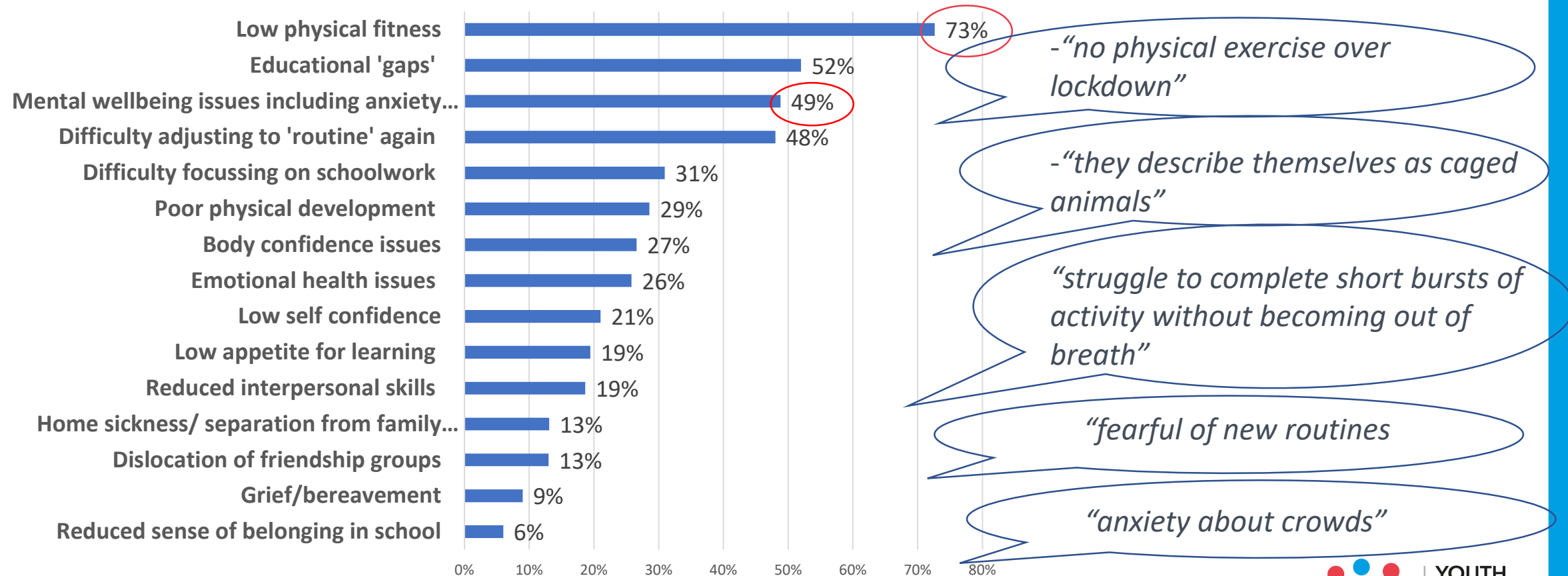
Young people need PE now more than ever. Consider:

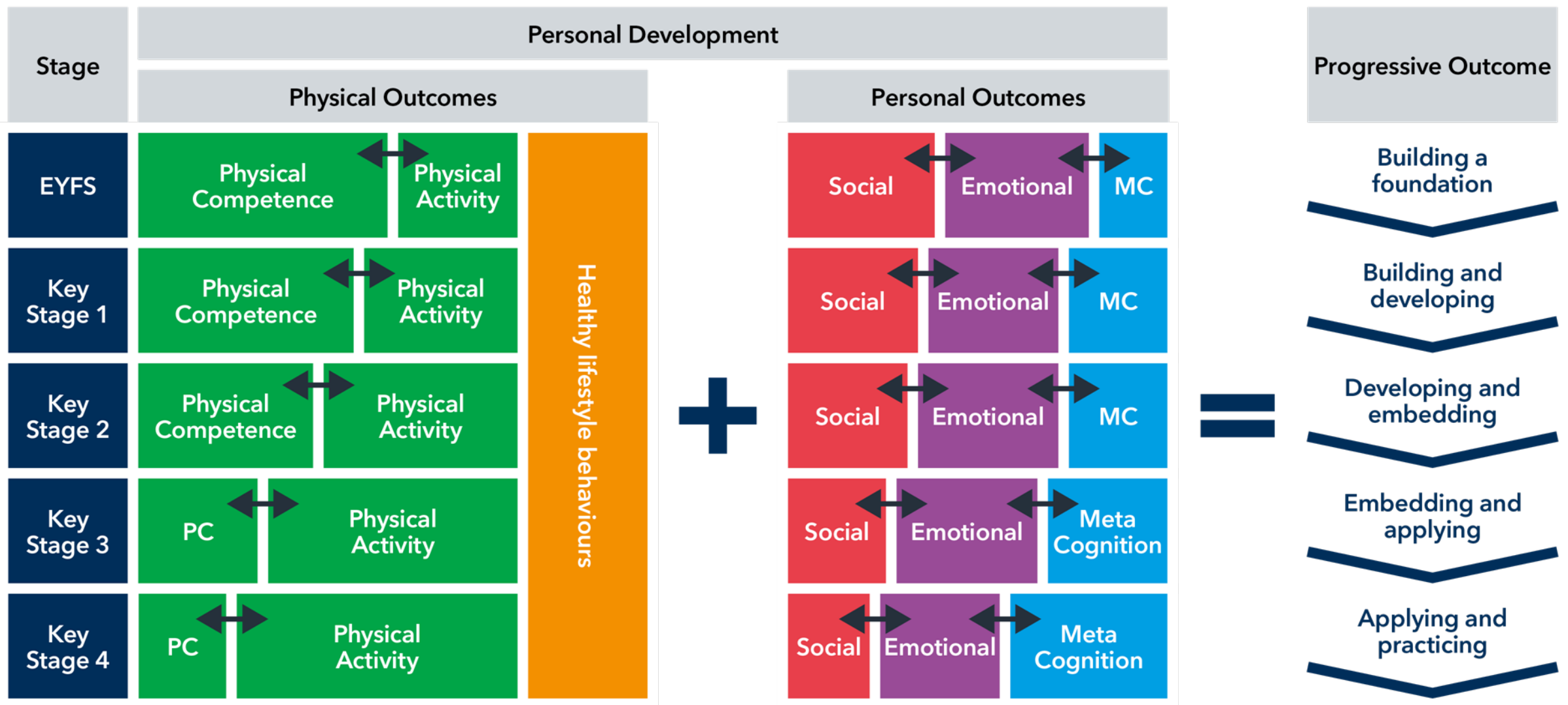
- How can you use your expertise to encourage students to maintain physical activity?
- How can you reconnect your students socially while maintaining distancing measures?
- How can you effectively check in with students to ensure they are okay?

Published 04/09/2020

Further information: [youthsporttrust.org](https://www.youthsporttrust.org)

PE leads are identifying issues as children return to school, which PE could help to address







Primary Physical Education Response to COVID-19

Helping children recover from the consequences of lockdown and COVID-19 delivery ideas



Loss of functional capacity

- Athletics (KS1 and KS2 running, throwing and jumping)
- Fitness Circuits (KS2 Health Related Exercise)
- Fundamental Movements Skills (KS1 locomotion)

- To build stamina, strength & flexibility



Lacking movement competence

- Skills based activities (KS2 games and KS1 ball skills)
- Movement and agility activities (KS1 locomotion)
- Create movement patterns (KS1 and KS2 dance)

- Increase in basic movements (agility and coordination) stability (balance) and object control



Suffering loneliness, social isolation and lack of belonging

- Activities which focus on communication and collective performance (Outdoor Adventurous Activities including, team building* and problem solving)

- Social interaction, connection, collaboration, and teamwork



Anxiety, bereavement, trauma or stress

- Play (maximise Physical Activity opportunities)
- Walking including the daily mile
- Yoga, Tai Chi or Dance

- Controlling breathing, controlling emotions and mindfulness
- Self expression, how they are feeling



Inactivity (too much time indoors)

- Outdoor adventurous challenges (Scavenger hunts)
- Athletics (KS1 and KS2 Running, Throwing and Jumping)
- Personal Challenges

- Connection with the environment and regaining perspective



Lack of motivation and confidence

- Personal Challenges to achieve their personal best (KS1 and KS2 athletics, KS1 locomotion and KS2 games)

- Engaged, confident and showing a willingness to try new things



NB: All activities should follow Government Guidance in response to COVID-19 and afPE safe practice guidelines.



YOUTH
SPORT
TRUST

Link Governors



Quality of education

Intent:

- How is a clear vision and purpose of PE understood, relevant and meaningful to students?
- How are our students prepared for their future lives? (Health, happiness and employability)
- How is PE inclusive of difference, including other cultures, ethnicity, disability, faith, age, gender, sexual orientation and gender identity?
- How is social disadvantage addressed?
- How do we know if our offer is rich, varied and flexible?

Implementation:

- How are our individual student needs serviced?
- In what ways is feedback given to help students progress?
- When and how is assessment used to inform teaching?
- How is our teaching engaging, exciting and innovative?

Impact:

- How do you capture holistic learning and progress?
- What have students learned? (Think beyond national assessments and exams)!
- What is in place to support most disadvantaged and SEND?
- Are students ready for their next stage?

PE and School Sport Premium

The DfE has sanctioned any Primary PE and Sport Premium funding from the current academic year (2019-20), that schools were **unable to use**, as a result of the coronavirus pandemic, to be **carried forward** to utilise in the next academic year (**deadline March 31st 2021**)

The Premium is designed to help children get an active start in life, supporting primary schools to improve the quality of their PE and sport provision so that pupils experience the benefits of regular exercise – from becoming healthier both mentally and physically to improved behaviour and better academic achievement. The funding is a ring-fenced grant for English primary schools to provide additional and sustainable improvements to the quality of PE, sport and physical activity. Allocations to schools are determined by a formula based on pupil numbers. The average one form entry primary school will receive roughly £18,000 per year.

PE and Sport Premium

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

This means that you should use the premium to:

- **develop** or **add** to the PE, physical activity and sport activities that your school provides
- build **capacity** and **capability** within the school to ensure that improvements made now will benefit pupils joining the school in future years.

And not to :

- employ coaches or specialist teachers to cover planning preparation and assessment (PPA) arrangements - these should come out of schools' core staffing budgets
- teach the minimum requirements of your existing PE curriculum
- fund capital expenditure

PE Premium Key Indicators

1. Engagement of all pupils in regular physical activity 30-30
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

Reporting (20-21)

Schools must publish:

- the amount of premium received
- a full breakdown of how it has been spent (or will be spent)
- what impact the school has seen on pupils' PE and sport participation and attainment
- how the improvements will be sustainable in the future
- what percentage of pupils within their year 6 cohort for academic year 2019 to 2020 can do each of the following:
 - swim competently, confidently and proficiently over a distance of at least 25 metres
 - use a range of strokes effectively
 - perform safe self-rescue in different water-based situations

NEW GUIDANCE DUE 30TH OCTOBER



Academic Year: 2020 - 2021

Total fund allocated:

Date Updated: September 2020

Key indicator 1: The engagement of all pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school pupils undertake at least 30 minutes of physical activity a day in school

Intent	Implementation	Impact
<p>To rebuild physical and mental stamina through an active and creative PE curriculum and active playtimes. (x2 hours of curriculum PE a week)</p> <p>To reignite our children's love of being active and learning through an active and fun PE curriculum.</p>	<p>We have ensured that the planned PE curriculum is physically active in short high intensity bursts in the first half term. This will be broken up with creative thinking in between bursts.</p> <p>The context of this will be a unit of work called Games For Understanding; this unit puts the children in active games (not the usual invasion game style) eliminating the need to be fully competent in football for example.</p> <p>During these sessions, opportunities are given to engage creative thinking around tactics and teamwork strategies.</p> <p>https://twitter.com/VjbullPE/status/1303208331083997184?s=20</p> <p>External dance teacher to lead "street dance club" at lunchtime once a week. This will be aimed at some of the least active children.</p> <p>The need to engage our children's love of learning again is of high importance in this first half term. Through the games for understanding unit of work, successes are given and creative thinking is promoted. This will then feed into each class' second lesson of a more traditional style topic (basketball for example).</p> <p>Through the second unit of work we will ensure the opportunity for individual success (with a ball each) is created and gradually fed into more team based activities where progress is needed.</p> <p>https://twitter.com/VjbullPE/status/1303818465158062085?s=20</p>	<p>So far, stamina levels of children seem to be very low in PE lessons</p> <p>Due to fitness levels not being officially measured in primary PE, baseline levels will be monitored by the PE teacher in relation to how long they can keep active in set activities.</p> <p>Post lockdown, 91% of KS2 children say that the school encourages them to look after their physical health (including being active & eating well). <i>Pupil Survey, December 2019.</i></p> <p>We would look to reach this number or improve on it in the same survey in December 2020.</p> <p>Pupil Voice Survey to be taken in December 2020 to measure opinions on PE after the first half term is complete.</p>

"The support the YST provides is invaluable in developing the whole child through PE, SS and PA. The YST membership will provide you with a learning journey rather than a one off opportunity - come and join the network and make a difference."

Mrs Ali Arber, Aylesbury High School

MEMBERSHIP



<https://www.youthsporttrust.org/membership>

- planning and delivering an appropriate and ambitious high-quality PE curriculum
- using PE, sport and physical activity to improve personal development and wellbeing outcomes
- using PE, sport and physical activity to contribute to whole school wellbeing and achievement
- responding to and recovering from the Covid-19 pandemic and its implications for your young people and education in general

EVENTS AND CPD



Remote learning short courses (typically two hours)

My Personal Best Primary	My Personal Best primary promotes a whole school approach to teaching and learning in PE, where life skills and values such as co-operation, responsibility and resilience are taught explicitly through PE.
Creating the best PE Curriculum for our learners	This course will reflect the challenging and changing environment and the additional barriers and constraints faces by young people. It will provide primary teachers with a framework to consider how and what to consider when reviewing their curriculum. This will be delivered in 3 parts: <ul style="list-style-type: none"> • Clear PE Vision • Knowing your learners • Expectations from Ofsted
Leading Achievement through PE	Highlights the impact PE and school sport can have on the achievement of pupils and whole school outcomes, using examples from the network of YST Innovation Schools. It will enable schools to devise their own action research-based projects, highlighting how projects can be structured for maximum impact.
Leading High-Quality Teaching and Learning in PE Across the School	Helps experienced practitioners to effectively lead and manage the development of high-quality PE or teaching and learning across the school.
Power of an Active School	This course will support schools to increase physical activity throughout the school day to boost health and academic achievement.
Power of a	This workshop will take delegates through how the Power of a Well School can

WELL SCHOOL

Putting wellbeing at the heart of every school.
Join the conversation today.

WELL
LED

WELL
PREPARED

WELL
EQUIPPED





Believing in every child's future

<https://www.youthsporttrust.org/>

membership@youthsporttrust.org



Any Questions?



One Network

Email

schools@activelincs.gov.uk

Resources and Information

www.activelincs.gov.uk/sport/children-young-people/primary-school-support/

www.activelincs.gov.uk/keeping-children-active-home/

