

SPORT AND PE OFFER 2020-21



AIMS



This booklet details all the events and aims for this year's work.

INTENT:

- Allow all pupils access to high quality PE and Sport
- Motive and inspire pupils to be active and healthy and to improve their performances in a range of activities.
- Provide all pupils with the opportunity to be involved in sports competitions at a variety of levels.
- Inspire and support teaching staff to deliver high quality PE.
- Raise the aspirations and performance of the more able
- Get the less active to be more active
- Develop transferable leadership skills through sport.

IMPLEMENTATION:

- Provide a comprehensive calendar of inter school competitions in a range of sports and activities, some of which provide access to level 3 school games competitions.
- Provide opportunities to be involved in extra-curricular sports and activities.
- Provide leadership opportunities and training for pupils.
- Launch a range of initiatives and activities to further improve activity levels of pupils.
- Provide PE CPD based on needs and demands.
- Provide bespoke support and training for schools and staff.
- Provide PE subject leaders with a support network and access to training.
- Work with key external agencies which include the School Games programme, School Games Organisers, the Youth Sport Trust and the Association for PE
- Provide clear schemes of work
- Provide clear attainment targets for pupils to drive up performance levels from year 1 to 6

Return to school focus

INTENT

Use PE to build stamina, strength and flexibility

Improve basic movements, agility, balance, coordination, object control

Support with developing positive mental health, deal with anxiety

Develop confidence to try new things

Develop social interaction, collaboration and teamwork

Support staff and schools with how best to deliver PE, School Sport and Activity in a safe environment.

IMPLEMENTATION

Make lessons safe, fun & active with a clear purpose

Celebrate success and personal achievement

Provide a range of virtual competitions

Regular updates to PE leaders with regard to new advice and recommendations from afPE, Youth Sport Trust, and NGBs

COMPETITIONS



INTER SCHOOL SPORT

A large focus of the Trust PE and Sports offer is inter school competitions designed specifically to engage a range of abilities and ages in sporting competition.



At this moment in time competitions will be done Virtually as AfPE do not recommend inter school fixtures at this present time.



There will be a schedule of challenges and competitions per half term with supporting instructions / videos of how to do the challenges – these challenges / competitions can be done within PE lessons.

INTRA SCHOOL SPORT

A big part of competition this year will be intra school sport (competing within your own school)

A range of resources and recommendations for appropriate intra school sport will be sent out to schools at different points in the year.

The recommendations will be based upon guidance from AfPE and NGB with regard to which activities are safe to do.

School Games Personal Challenge



In line with School Games requirements and in a drive to increase activity levels pupils can compete against themselves and others in a personal challenge over a small time limit, this could be skipping, running, throwing, step ups, speed bounces, catches and many more.



THE BIG SPORTS DAY

At the moment in time we are unsure of how our summer sports day will look. We hope we will be able to run something.

If an actual sports day is not possible we will look at adapt what we do be it socially distanced or virtual sports day competitions.



Dance in a Day!



This event may have to be adapted to be done virtually and / or socially distanced dependent upon guidance, but there will be a dance event in some guise!

The Dance in a day project allows pupils from across Key stage two the opportunity to be part of a large dance show and spend an immersive day developing and refining their dance skills as well as choreographing their dance for the show.

It is a fantastic opportunity to showcase their skills, work with others, and develop their confidence.





School Games

www.yourschoolgames.com

As registered schools you can apply for the school games mark, this allows you to gain recognition for the work that you have done to develop PE & Sport. The school then get a kitemark & certificate that can be used on letterheads etc. It is also a Key performance indicator that is recognised by OFSTED



Currently schools retain their 2019 awarded status. Information regarding 2020/21 and school games marks has not yet been published.



West Yorkshire Sport will shortly share their plans for the School Games for the Autumn Term. We will access where appropriate for each individual school. You will be kept up to date of the school games plans and events.

School game resources:

- Download resources such as guides and manuals on a range of sporting competitions you can run within your own school
- Apply for s School Games mark
- Chance to win prizes and equipment through online blogging.

The following sports competitions are also linked into the school game pathway and provide an opportunity to progress to further rounds and a chance to make it to the West Yorkshire School Games. Sports hall athletics, High 5 netball, Kwik Cricket, Cross country

If you do not have a log on you can go to www.yourschoolgames.com scroll down and click on register now.

High quality PE

The Brigshaw Learning Partnership PE & Sport offer provides schools with access to a range of support, resources, guidance, training courses and individual consultancy to raise the quality of physical education in schools. As a partnership we are arranging our own PE CPD calendar using outside agencies.

To maintain our professional standards all schools will receive membership AFPE and the Youth Sport Trust to keep up to date with developments in PE, and the ability to access online support training modules and CPD.



- afPE's Termly Journal – Physical Education Matters – Two copies per edition
- Full Health & Safety advice and support (including advice on Safeguarding, Incident Support, Employment Law Issues and Pre/Post Ofsted inspections)
- Access to the members' area of the afPE website which includes useful downloads and a wide range of Health & Safety updates
- Full access to the new 'afPE Channel' where members can view video blogs, news updates and films exemplifying outstanding practice



- **Online PE CPD access:** with a choice of e-learning modules, 'Start to Move' for primary and 'My Personal Best' for secondary schools.
- **Primary activation pack:** supporting schools to meet government guidelines of 30 active minutes in school per day.
- **YST networks:** opportunity to join Headteacher Ambassador, Lead School and PE CatalYST networks.
- **YST updates:** be part of an influential network receiving the latest policy and news updates via monthly member e-newsletters and termly YST magazine.
- **Programme access:** enjoy access to YST and national funded programmes that bring free resources and experiences.
- **Keep ahead:** with topical news, updates and online resource library to access best practice and learn from leading experts to enhance health, wellbeing and achievement.







Youth Sport Trust Online Workshops / Webinars

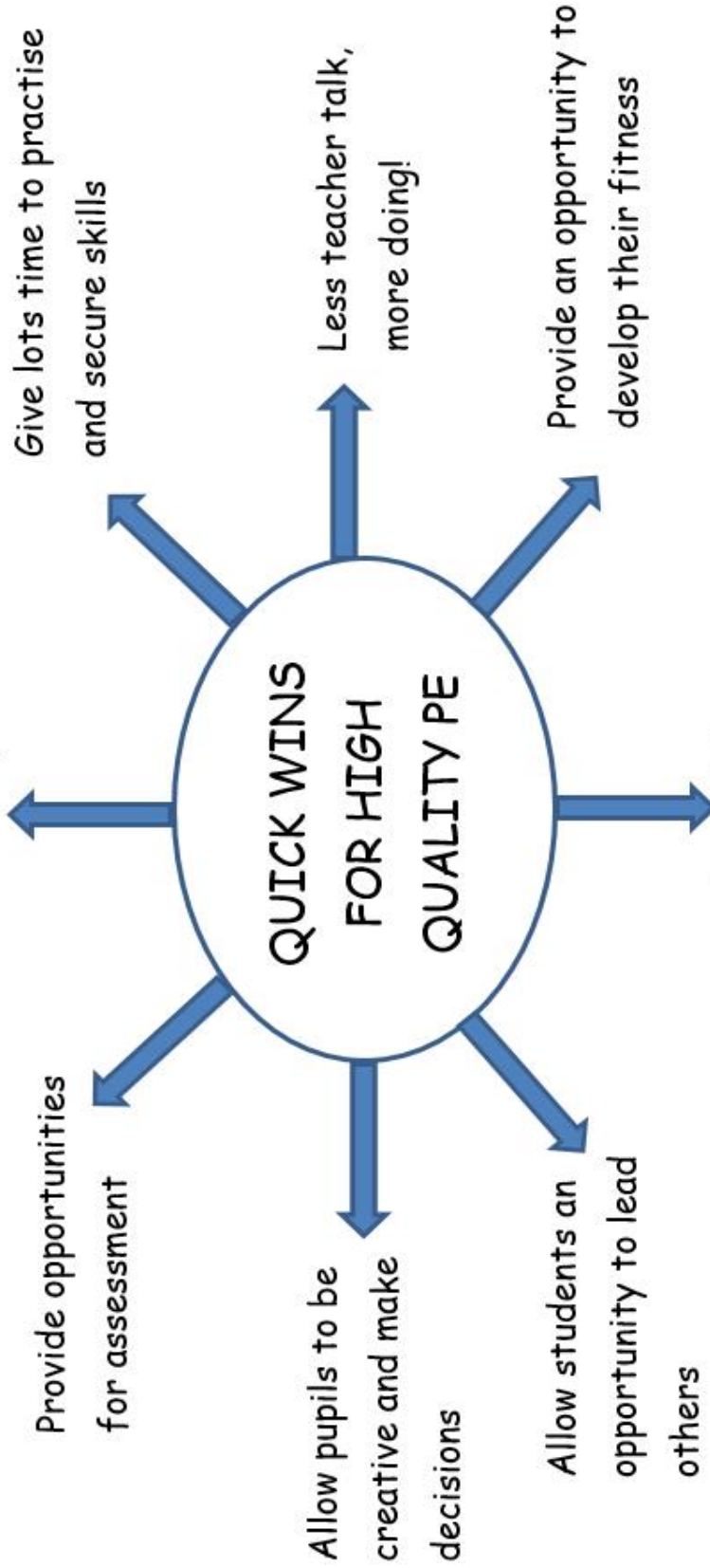
As a registered cluster of schools we get access to a range of online workshops. You will be kept up to date with how to register for these sessions.

Virtual Opportunity	Date
Response to COVID-19 Membership Live Workshop	24 th September 2020 3.30pm – 4.30pm
Cluster Coordinator Networking	1 st October 2020 10.00am – 12.00pm
Quality Mark Membership Live Workshop	22 nd October 2020 3.30pm – 4.30pm
Enrichment and Competition Membership Live Workshop	26 th November 2020 3.30pm – 4.30pm
Inclusion Live Membership Workshop	28 th January 2021 3.30pm – 4.30pm
Wellbeing Live Membership Workshop	25 th February 2021 3.30pm – 4.30pm
Curriculum Mapping Membership Webinar	25 th March 2021 3.30pm – 4.30pm
Personal Development Membership Webinar	29 th April 2021 3.30pm – 4.30pm
My PB Curriculum Mapping Webinar	27 th May 2021 3.30pm – 4.30pm
Cluster Coordinator Networking	10 th June 2021 10.00am – 12.00pm

Support for the development and maintenance of high quality PE

High quality PE	AFPE	Use of AFPE resources, online and termly Journal to stay up to date with new initiatives and thinking.
	YST	Use of YST online resources, online training courses and termly Journal to stay up to date with new initiatives and thinking.
	 Regular updates reg covid 19 and PE / Sport / Physical activity	Regular updates and guidance regarding safe and effective PE in the current 'return to school' situation.
	High Quality PE – 10 quick wins for High quality PE	Updated ten quick wins The principles behind this still apply in the current 'return to school' situation.
	Joint observations	School PE coordinator and Trust Coordinator to observe together to raise performance levels through supportive observations.
	PE essentials	Use of PE essentials posters / info to drive attainment
Consultancy / bespoke support	Schools are able to access bespoke training and individual support where needed such as schemes of work, planning, specific sports or classes needs.	Contact Gavin Parkinson directly to discuss requirements and arrange dates and times,  These can be done online where relevant / needed.
Trust online Hubs	Use of shared resources space on google drive (Trust hubs – PE BLP)	4 videos on Trust Hubs Questioning, student led lessons, gymnastics, and an athletics lessons are on google drive  New folder 'PE and Sport Post lockdown' with resources / guidance
Risk assessments	Brigshaw learning partnership risk assessments in a shared folder (Trust hubs – PE BLP)	Updated generic risk assessments for all schools. These will be linked to most up to date Safe practice in PE book. Linked to AFPE.  Guidance from afPe on interpreting the government guidance with regard to Covid 19 (this will change over time and be updated)

Make sure pupils know what they are learning and why



Staff CPD

PE Subject leader meeting dates 2019-20

Dates and arrangements of how we will meet this academic year will be arranged at our first virtual online meeting on Tuesday 22nd 3:45-4:45

Frequent email contact this year to keep everyone updated.

HEALTH AND ACTIVITY



School Games Personal Challenge	Use of personal challenges for students, can be done within lessons, can they beat their best.
Bike to school week	https://www.sustrans.org.uk/our-blog/projects/2019/uk-wide/bike-to-school-week/ 28 th September – 2 nd October 2020
Cycling	Promote cycling within schools via onsite cycle training session and intra school competition using external providers. (working with Pro Ride)
Sustrans Big Pedal,	Use of the ' Big Pedal ' week to promote cycling in schools
After school clubs for the less active	Variable dependent upon each school's needs and preferences. Led by student voice and staff feedback.
Change 4 life /Disney change 4 life resources classroom activity BBC Super movers	10 minute shake up with Disney shake up Go Noodle The Body coach school work outs BBC Super Movers
Active 30:30 (Youth Sport Trust)	Use of quick wins to increase activity levels in the day
Play leaders training	Training available for each school again to build on the momentum of last year and the use of playmaker award to raise value and profile.
Playleader conference	In a primary school setting to work with other schools
Skipping support	Skipping workshops for a year group of each schools choice and a set of skipping ropes for the class. (working with skipping school)
Skipping year 4	Skipping workshops for each school for year 4 followed by a virtual festival (working with skipping school)
Targeted after school clubs	Targeting less active children

Personal Best

60s per challenge

Equipment - mat, tennis ball, racket, bean bag, skipping rope – one works, one counts

	Bronze	Silver	Gold
Throw catch clap (ball must go over your head)	15	25	35
Figure of 8 (ball around both legs)	15	25	35
Mountain climbers	20	30	40
Tap up challenge (ball up and down on a racket)	30	45	60
Burpees	10	20	30
Left hand to right hand catch (ball must go over your head)	20	30	50
Speed bounce (use a line or throw down line) 2 foot to 2 foot	40	60	80
Throw ball, Head, Shoulder, Knee catch.	10	20	30
Tuck in tuck out (sit down, knees into chest and back out to straight)	5	10	15
Star Jumps	30	45	60
Bounce and catch (alternate hands – throw to ground with right, catch with left)	20	30	50
Skipping	30	50	70
Plank hold	20	30	60
Throw clap catch laid on your back	10	20	30
Flip bean bag up from foot to hand	5	20	30
Press Ups (knees or full)	10	30	40



CYCLING ON SCHOOL CAMPUS


Each school to receive cycling full day workshop at their own school for year 5 & 6 (Sept or Oct)

Each school to receive a half day intra school cycling competition at their own school (Dates TBC)

Sessions run by pro-ride cycling level 2 qualified cycling coach.



SKIPPING PROJECT

 Each school to receive a skipping workshop for year 4 and access to a virtual/ online inter school competition.

Sessions run by Skipping School

Each school to access an workshop and a class set of skipping ropes for a year group of their choice.



TARGETED ACTIVITY



Plans for this additional support yet to be fully made after conversation with individual schools to make sure it works for them in the current situation.

Each school accesses 6 weeks of after school activity in the summer term to engage pupils identified as less active or not fully involved in sport and PE at school.

Activities provided are alternative activities and include martial arts, archery, tchoukball, fencing, external coaching companies provide the sessions.



We hope to be able to do work to promote girls sport as we have in previous years



Paralympics project



This can be delivered by individual teachers during their PE lessons.

Lesson resources for classroom session will be sent over.

Resources / plans / videos for practical session can be sent over

If appropriate / guidance dependent I can deliver (school decision)

Aims:

To raise awareness of inclusion, equal opportunities, the values of the Paralympic movement and experience Paralympic sports with an opportunity to take part in an inter-school Paralympic competition.

Workshop Activities

Half day in each school for a year 4 class.

A classroom session and a practical session during the half day.

Experience Boccia, goalball, seated volley ball, Indoor Kurling.

These will be on a Tuesday, either morning or afternoon.

Schools can choose a Tuesday in January, February or March.

Equipment and resources for each school

Each school will be left with equipment and resources that they can use for lessons, clubs or competitions.



Sports awards



This may need to be done virtually / planning will be in accordance with current guidance at the time.

To recognise achievement and commitment to sport and PE all schools are able to nominate students to receive a sports award for their hard work and commitment over the year as performers or leaders.

It raises the profile and value placed upon sport and PE across all schools and is an opportunity to celebrate success and engage parents with school PE and Sport



PE CONTACTS

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Swillington	Kim Hilton	
Brigshaw High	Gavin Parkinson	
School Game Organiser for Leeds East	Shaun Mulhern	