

PE and Sport Matters:

The Primary School PE and Sport Funding Newsletter



Contents

This newsletter is designed with quicklinks to skip to the information relevant to you.

- **Teacher Training Opportunities**
- **Increasing Participation in Sports**
- **Competitive Opportunities**
- **Healthy and Active Lifestyles**
- **Inclusive PE**
- **Partnership and Cluster Working**
- **The Wider Impact of Sport**
- **Memberships**
- **How to make your PE outstanding**

The intention of this newsletter is to present all of the opportunities open to a school to utilise the primary sport premium funding, gather them into one place and impartially signpost you to them depending on your priorities. This newsletter will be updated half termly which will provide you with the most recent and up to date opportunities. It will be available through ecourier and sent directly to known subject leaders. This newsletter is structured to reflect the Ofsted Inspector Guidance on what they should consider when assessing a school's use of the premium.

When planning your delivery it is worth considering:

Ofsted Requirements

The Department of Education outcomes for the funding and ensuring that you fulfil the Ofsted requirements. For guidance on the funding from DfE [click here](#) and Ofsted [click here](#).

Self Review

A good place to start when planning the use of your funding is a self review and needs assessment to help you assess your current provision and identify priorities for development. Norfolk Integrated Education Advisory Service (NIEAS) have produced a self review toolkit [available here](#) and the Youth Sport Trust also offer a 1 page self review tool which is [available here](#).

Accreditation

A helpful process to ensure your PE and sport provision is high quality is an accreditation or chartermark which sets out standards and criteria to be achieved by the school. The Youth Sport Trust (YST) and Association for Physical Education (AfPE) also offer accreditations and Kite Marks, AfPE is available from [here](#) and YST [here](#).

Consult with your pupils

The 'Me and My Lifestyle' tool is an online survey for schools to gather pupils views about the school. It enables schools to effectively and efficiently gain meaningful pupil insight that can help to identify areas of need and target resources. It is compatible with schools information management systems, for more information [click here](#)

Local Support

Norfolk Integrated Education Advisory Service (NIEAS) Norfolk County Council through NIEAS offer a range of advise, training and support for schools to impact on the quality of the experience and entitlement which pupils in Norfolk schools receive. For NIEAS guidance on effective use of your premium, support and advice on offer [click here](#)

School Sports Partnerships (SSPs) are able to provide a variety of local opportunities to help schools fulfil identified areas of need including staff CPD, competitive sports and help develop leadership skills. Some SSPs have also developed a membership model in order to enable them to offer an even wider range of opportunities to help provide more benefits for pupils. Visit www.norfolkssp.co.uk.

County Sports Partnership (CSP) Active Norfolk are the CSP within the county, they are the strategic lead for sport and physical activity in Norfolk. They have produced this newsletter in conjunction with Norfolk County Council and the School Sports Partnerships and can offer support from a former director of sport and head teacher to clusters of schools around maximising the benefits of the premium. If you would like support as a cluster then get in touch with Stephen Hulme stephen.hulme@activenorfolk.org.

Teacher Training

Training your existing workforce can empower staff and build school capacity which ensures a more sustainable legacy beyond the three years of funding.

Norfolk PE offers a fully progressive & developmental CPD programme for teachers from Levels 3 – 6, these are all accredited and quality assured courses that will support your staff to be confident and competent to deliver High Quality PE and sport. Courses include:

Norfolk High Quality PE Teaching Award is for teachers and aims to ensure that candidates are able to teach “Good” to “Outstanding” lessons in PE incorporating inclusion and differentiation, health and safety, assessment, planning and Ofsted

Primary PE Subject Leaders Award (nationally accredited at level 3)

Primary PE Subject Leaders Award. (nationally accredited at level 4) is unique to Norfolk at present. This course can be accessed in a number of ways, including delivered in a cluster(s).

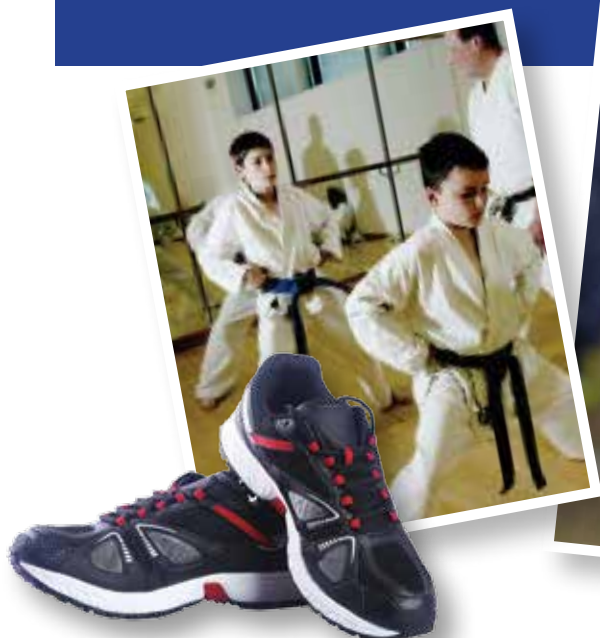
National Level 5/6 Primary PE Subject Leadership Award (afPE) - This is a more academic qualification, with the level 6 only available to QTS qualified staff.

In addition Norfolk PE offer a range of CPD to improve your Physical Education including dance and risk management. For a full programme of opportunities [click here](#)

The Youth Sport Trust offer teacher training through their Bupa and Matalan sponsored ‘Start to Move’ and ‘TOP Sport’ programmes.

- **‘Bupa Start to Move: developing physical literacy’ is an innovative approach to professional development in PE for teachers of 4-7 year olds, and provides children with the foundations for successful participation in PE and sport. [Click Here](#)**
- **‘The TOP Sport programme’ supports the delivery of PE and sport in primary schools, and also supports the new National Curriculum. It helps teachers unlock the potential of their pupils (aged 7-11 years) in KS2 PE. [Click Here](#)**

Some School Sports Partnerships are able to offer a range of sport specific courses, to find out what is available contact your **SSP**. Alternatively visit the ‘Increasing Sports Participation Section.



Increasing Participation in Sports

"The increase in participation rates in such activities as games, dance, gymnastics, swimming and athletics"

"The growth in the range of provisional and alternative sporting activities"

Ofsted Subsidiary Guidance

National Governing Bodies

Every recognised sport has a National Governing Body (NGB) who is responsible for developing and administering that sport within the country. Each NGB has a plan to develop their sport nationally and as part of that plan many will include offers to schools to introduce or develop curricular or extra curricular opportunities in their sport.

If you have an interest in a specific sport [click here](#) where you will find a list of sports with offers to primary schools. Offers range from training to equipment, resource packs and easily accessible versions of the sport.

Minimum standards of coaching

The Youth Sport Trust, AfPE and Ofsted have all reiterated that this funding is not to pay for coaches replacing your teachers delivering PE. However coaches, when utilised well, can play a role in improving provision. This could be by supplementing teaching, working with teachers to develop their skills or offering extra curricular activity linked to a community club. When employing coaches you do need to know who you are bringing into your school and be comfortable that they are delivering high quality sport:

Sports Coach UK have produced general guidance and a basic checklist around minimum standards and qualifications that coaches should adhere to, any coach leading a session should have a level 2 qualification in the sport they are delivering.

[Click here for this guidance.](#)

In addition ScUK have developed an interactive tool which gives sport by sport guidance for standards of coaching in schools, this can be accessed [here](#).

Facilities

Sport England are investing £18 million of National Lottery funding to improve primary school sports facilities through The Primary School Sport Facilities fund. Selected schools are expected to receive on average £30,000 to spend on a range of specially created packages which can be tailored to meet their needs.

Priority will be given to those primary schools which currently have little or no outside space which can be used for P.E. or sports sessions.

In February 2014 we will publish a simple set of selection criteria. The main points will be:

- The school must be able to show it has little or no outdoor space which can currently be used for P.E. and sports sessions, but that there is capacity for improvement. For example, a school may have a concrete playground that could be turned in to a multi-sport area.
- The school needs to demonstrate a commitment to P.E. and sport

Between February and March 2014 schools which think they meet the criteria will be invited to submit an expression of interest via a very simple application form.

If you are interested in receiving further details when they become available in February, please send an email including your school's postal and email addresses to primaryschoolfacilities@sportengland.org.



Competitive Opportunities

"The increase and success in competitive school sports"

Ofsted Subsidiary Guidance

Ofsted have stated that outstanding provision sees high quality physical education supplemented by competitive sporting opportunities to allow pupils to reach their potential as well as develop skills such as teamwork and leadership.

The School Games is the government's competitive school sport structure, it is the right of every school to have access to the Games in their county.



The Norfolk School Games is into its third year and is now well established. It is delivered through the School Sports Partnerships (SSP) and Active Norfolk and provides competitive opportunities at 4 levels:

- **Level 1 – Intra-school competition**
- **Level 2 – Inter school competition within your SSP**
- **Level 3 – The Norfolk School Games Finals**
- **Level 4 – Regional and national competition in those sports that offer a pathway.**



A calendar of level 2 competitions is delivered by the SSP and this year there are 13 sports in the primary school programme with competitions to allow small schools to compete against each other. The Games provide links with community sports clubs and actively supports young people to transition into community sport.



In addition competitive opportunities can be delivered within a cluster (see Partnership and Cluster Working) and some National Governing Bodies deliver competitive opportunities outside of the School Games (see Increasing Participation in Sports).

For more information visit www.norfolkschoolgames.co.uk

Healthy, Active Lifestyles and Targeting the Least Active

"The greater awareness amongst pupils about the dangers of obesity, smoking and other such activities that undermine pupils' health"

Ofsted Subsidiary Guidance

The Department of Health have provided a percentage of this premium. The funding should impact on all young people in school and support their health through physical activity and education. There are a number of interventions that can help you achieve this:

Healthy Schools

Healthy Schools support schools to become health promoting schools. They cover PSHE, Emotional Health and Wellbeing, and all aspects of school life that can have an influence on children's health and well-being. They do not work directly with pupils but support with training, advice, policy development and resources for all staff and governors.

[Click here](#) or phone Adele Godsmark 01603 221812

Change4Life Sports Clubs

This is a Youth Sport Trust programme, delivered via the SSPs that aims to harness the inspiration of the Olympic and Paralympic Games to engage less-active school children in physical activity and school sport. The clubs are a fun, vibrant and exciting activity club giving young people the confidence and competence to take part in lifelong physical activity. For more information [click here](#) or contact your SSP

Energy Clubs

Fun, free physical activity clubs for children aged 4-11, delivered by trained volunteers at Primary Schools across England outside of school hours. Energy Clubs recruit, train and support a community of volunteers (primarily parents and friends) to help run the 30 minute sessions at Primary Schools. For more information [click here](#)

Weight Management Services

Available in 4 tiers. Their aim is to help overweight children and their families achieve and maintain a healthy weight. Elements of Tiers 1 & 2 are most relevant to primary schools:

Tier 1

The initial, less targeted weight management interventions, opportunities, and health promotion advice and support aimed at helping children and young people towards achieving or maintaining a healthy weight. An example of a Tier 1 project:

HENRY - Health, Exercise, Nutrition for the Really Young. A lifestyle training programme for families with children under five years.

Aims to tackle childhood obesity by addressing parenting and relationship skills, nutrition, eating patterns, physical activity, and emotional wellbeing.

Tier 2

This targeted assessment and interventions are for children with more severe excess weight issues. An example of a Tier 2 project:

Fit4It - junior (7 – 16). A range of weight management programme/course for families with children or young people aged 7- 16 year olds

Interventions also include physical activity and motivational sessions to support weight maintenance and behaviour change. **Full details of available weight management services are available [here](#).**



Inclusive PE

"How much more inclusive the physical education curriculum has become"

Ofsted Subsidiary Guidance

The Winter School Games

This is a festival for SEND pupils within mainstream schools, allowing a taster of sports from goalball to tennis. SSPs will then select squads to take into the Norfolk Summer School Games to compete for their SSP. To get involved in this activity either book via your [SSP website](#) or contact Ellen Vanlint ellen.vanlint@activenorfolk.org.

Training is available for teachers to help build confidence in offering PE and sport to young people with support needs. Top Sportability provides free online resource for schools developed by the YST in partnership with NGBs. Aiming to:

- **Provide physical activity and sport options for young people with high support needs**
- **Create a vehicle for the inclusion of disabled and non-disabled young people together**
- **Provide a basic introduction to a wide range of sports and activities in support of the School Games programme**

Resources include video clips and downloadable content showing ideas and strategies around the inclusion of young disabled people in physical activity. [Click here](#) for more information.

In addition through the Sainsbury's Active Kids for All programme the English Federation of Disability Sport delivers inclusive PE training for teachers and school staff in providing high quality PE provision for all young people to find details and book on to a course [click here](#)

Gifted and Talented students in Physical Education need to be identified and catered for. [Click here](#) for useful information

Project Ability

Provided by the YST and delivered as part of the School Games aiming to increase the number of disabled pupils taking part in competitive sport. [Click here](#)

Sports Coach UK

A range of workshops and resources to support teachers, coaches and sports leaders to include disabled, SEN and students with specific difficulties such as deafness. [Click here](#)

English as an additional language (EAL)

Schools can increase involvement for this group of students by:

- Ensuring EAL students are aware of opportunities outside school
- Displays around school of sports stars from range of countries
- Buying in of EAL sports coaches as role models



Partnership and Cluster working

"The improvement in partnership work on physical education with other schools and other local partners"

Ofsted Subsidiary Guidance

Improving Partnership and Cluster working can be achieved in a number of ways utilising Sport Premium funding:

Hiring of qualified PE staff

Clusters could pool their resources and hire in qualified PE professionals from local high schools for a number of days per week across the Cluster to deliver high quality PE and Sport and advise on curriculum development

Transport sharing

Purchase of coaches for a number of schools to use to attend Cluster events

Transition programmes

Clusters negotiating with high schools for subsidised rates for Cluster students for sport based transition programmes. Pooled Sport Premium funding used to reduce costs for families

Change for Life Clubs (C4L)

Utilise Sport Premium funding to buy in coaches to deliver aspects of the programme e.g. Adventure to all Cluster schools

Mid-day supervisor training

Pool Sport Premium from Cluster schools to hire in School Games Organiser to train Mid-day supervisor in playground activities and Breakfast Clubs where such programmes as Wake and Shake could be offered

Marketing

Use of Sport Premium to support the production of a Cluster Newsletter promoting the sporting activities of Cluster schools.



Wider impact of sport

“Links with other subjects that contribute to pupils’ overall achievement and their greater social, spiritual, moral and cultural skills”

Ofsted Subsidiary Guidance

The development of **leadership skills** through PE and School Sport offers pupils the opportunity to improve their communication skills and organisational abilities while gaining confidence, an understanding of teamwork and having fun. There are a number of schemes on offer including:

The Playmaker Award is offered by Sports Leaders UK and introduces leadership to students aged 9+. For details of this 6 hour tutored course [click here](#).

The Young Leader Award leads on from the Playmaker Award reinforcing the required skills and also helps learners take on the responsibility of leading their peers and younger children. For details of this 6-10 hour tutored course [click here](#).

School Sport Organising Crews is a Youth Sport Trust initiative which encourages the development of groups of primary age young people to lead the planning and delivery of school sport clubs and intra-school competition programmes. For resources to set up your group [click here](#).

NGB Primary School Support Package

A range of packages offering training for teachers and young leaders in the area of leadership. [Click here](#).

Golf Foundation Skills for Life is a programme focusing on social and cognitive development through golf participation. For details of pre-prepared resources [click here](#)

Links between PE/Sport and other subjects are many and varied. The influence of Science (forces, rotation etc) in sporting performance, the importance of nutrition to top sports performers, the use of global sports venues to increase geographical awareness etc. Sport Premium funding could be used to fund a member of staff to identify links and encourage work in a range of subjects to make use of their sporting links. For resource packages [click here](#) and [here](#)



Memberships

A legitimate use of Sport Premium would be to fund the membership of a professional association which specialises in the promotion of PE and Sport which can give you access to much of the offers detailed in this newsletter.

School Sports Partnerships

Some SSPs have developed a membership model in order to enable them to offer a wider range of opportunities to help provide more benefits for pupils including offers such as multi-skills festivals, CPD and transport support. contact your SSP

Youth Sport Trust (YST)

Memberships come in two categories:

Associate Primary Membership

Currently being offered free by the YST, Associate membership offers the following:

- Sporting Start Magazine and termly emails
- Paid for attendance at Youth Sport Trust events.

Full Primary Membership (£300)

Full membership entitles schools to:

- Receive an extended range of free and discounted support including the Quality Mark, professional development opportunities, discounted athlete mentor visits and places at Youth Sport Trust events.
- Access to the new Quality Mark for primary schools - an online tool helps schools audit their PE provision and identify priorities. Schools achieving the 'excellent' rating will receive a Youth Sport Trust primary Quality Mark to signify outstanding practice
- Exclusive access to the Members' Area of the Youth Sport Trust website.

For further details [click here](#)

Association for Physical Education (AfPE)

AfPE offers a range of membership services which will make your professional life easier and more effective.

The key benefits of AfPE membership for Primary schools are:

- Save Time - Keep up-to-date with key issues, resources and ideas
- Save Money - Discounts on a range of lifestyle and work related opportunities, publications/resources and professional learning
- Get the expert help, support and advice you need, when you need it!
- Increase awareness of the subject, its direction and the opportunities available to you
- Access to high quality termly professional member journals
- Networking - Meet like minded professionals to share and develop ideas
- Take responsibility for your own professional development

To join AfPE [click here](#)



Association for Physical Education

(AfPE) As the national subject association for physical education AfPE provide quality assured membership services and resources, and professional support for members and the teaching profession through a range of professional development opportunities. Visit <http://www.afpe.org.uk/>

Youth Sports Trust (YST) An independent charity who offer a range of services and support to schools to get more young people involved in PE and sport. They offer CPD, membership benefits and other support to help improve PE, sport and physical activity. www.youthsporttrust.org

What can you do to make your PE and sport outstanding?

Norfolk Integrated Education Advisory Service offer this advice on making your PE and sport outstanding:

What could I do as headteacher to make PE and sport outstanding?

- Monitor the quality of teaching and leadership of PE, and take action when outcomes for pupils are less than consistently good.
- Provide weekly opportunities for all pupils to participate and compete in school sport.
- Enable the most able to excel.
- Make sure all pupils can swim by the end of KS2.
- Increase the time given to PE (min 2hrs).
- Get involved and inspire others, teach PE and lead sport.

What could I do as a teacher, assistant or coach to make PE outstanding?

- Enthuse about PE and sport – spark interest and inspiration.
- Improve pupils' fitness by engaging them in regular, high-intensity vigorous activity for sustained periods of time within and beyond the curriculum. [Our new Power of Five concept can massively support schools with this]
- Raise expectations of what more-able pupils are capable of achieving and provide them with challenging, competitive activities that lead to high standards.
- Apply agreed schemes of work and assessment procedures consistently so that all of your teaching is at least good.

What could I do as subject leader to make PE and sport outstanding?

- Articulate your vision and ensure that plans for improvement are shared with, and owned by all staff. [Covered in our Subject Leaders Award]
- Set the highest of expectations and model best practice. [Covered in our Subject Leaders Award]
- Provide colleagues with schemes of work for all activities including the step by step stages of teaching skills. [Covered in our Subject Leaders Award]
- Tackle obesity and promote healthy lifestyles.
- Check teaching and take action when it is not good. [Covered in our Subject Leaders Award]
- Track achievement in PE from entry to exit. [Covered in our Subject Leaders Award]
- Foster strong links with community sports clubs.

