



# Spring Term 2019 Report

Bishop Lonsdale CofE Primary School & Nursery





## Derby County Community Trust are the Official Charity of Derby County Football Club.

Registered Charity Number 1123520

As a charity working at the heart of the community, our mission is to use the power of Derby County Football Club to improve lives through sport, physical activity and education.

Across 2017 alone we invested £1.7 million into the community, allowing us to work regularly with 17000 participants ranging from the age of 3 to 98 at over 200 weekly sessions.

Our purpose across the community is to:

- Encourage participation and achievement in sport.
- Improve health and wellbeing by promoting positive lifestyle changes.
- Provide, enhance and influence education.
- Promote equality and diversity.
- Produce more leaders, coaches and volunteers.
- Govern the operations of DCCT efficiently and effectively.

Our work has recently seen Derby County named Community Club of the Year by the EFL.



# Your affiliation

Welcome to our network – by affiliating to us we are working together to:

- Use the power of Derby County Football Club to inspire and motivate pupils to be active, healthy learners
- Ensure ALL young people benefit from PE, Sport & Physical Activity
- Celebrate and advocate PE, Sport & Physical Activity
- Develop teachers knowledge, skills and confidence
- Improve PE, Sport & Physical Activity delivery
- Create an inclusive environment and provide opportunities for all pupils
- Use PE, Sport & Physical Activity as a tool for whole school improvement
- Discover how other schools successfully deliver PE, Sport & Physical Activity
- Offer a wider range of opportunities to encourage 30 daily active minutes
- Signpost young people to community sport and physical activity

# Primary PE & Sport Premium Funding

Our affiliation package is recognised as an ideal use of some of your Primary PE & Sport Premium funding and is designed to fulfil all the Key Indicators of the funding:

- The engagement of all pupils in regular physical activity
- The profile of PE and sport is raised across the school as a tool for whole school improvement
- Increased confidence, knowledge and skills of all staff in teaching PE and sport
- Broader experience of a range of sports and activities offered to all pupils
- Increased participation in competitive sport

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# Contact us



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# Events Uptake

Event	Date	Girls	Boys	Total
Primary Individual Table Tennis	10/01/2019			
Winter Seasonal Walk	15/01/2019	16	13	29
Boccia Plus	16/01/2019			
Primary Boccia	16/01/2019			
Football Plus	22/01/2019	1	8	9
Girls Football Festival	22/01/2019			
Sportshall Athletics Plus	23/01/2019			
New Age Kurling Plus	29/01/2019			
Primary New Age Kurling	29/01/2019			
KS1 Fitness is Fun	30/01/2019	17	12	29
Y3/4 Gymnastics	31/01/2019			
Gymnastics Plus	01/02/2019			
F/KS1 Fundamentals	06/02/2019			
Additional Boccia & New Age Kurling	08/02/2019	9	9	18
Y5/6 Sportshall Athletics	12/02/2019	12	11	23
Cheerleading Festival	13/02/2019	14	0	14
Y5/6 Mini Basketball	14/02/2019			
Additional Fundamentals & Multi Sport	15/02/2019			
KS1 Sportshall Athletics	27/02/2019			
Y3/4 Sportshall Athletics	27/02/2019			
Multi Sport Festival	28/02/2019			
Primary Duathlon	05/03/2019			
Celebration of Dance	07/03/2019			34
Celebration of Dance	08/03/2019			
Rugby Plus	14/03/2019			
Y5/6 Tag Rugby MegaFest	14/03/2019			
Basketball Plus	19/03/2019			
F/KS1 Fundamentals	20/03/2019	13	15	28
Y5/6 Girls Football Festival	21/03/2019			
Fun Run Festival	22/03/2019	26	31	57
#ThisGirlCan Festival	26/03/2019			
Hooping and Skipping Festival	27/03/2019	11	0	11

# Events Uptake

<u>Event</u>	<u>Date</u>	<u>Girls</u>	<u>Boys</u>	<u>Total</u>
Orienteering Plus	28/03/2019			
Primary Orienteering	28/03/2019			
Dodgeball Festival	04/04/2019			
F/KS1 Fundamentals	10/04/2019			
KS1 Egg Hunt	11/04/2019	15	10	25
Y1/2 Allstar Cricket	12/04/2019	18	11	29

# Workshops Uptake

<u>Workshops</u>	<u>Date</u>	<u>Attended</u>
Conference: 'Creating a Culture of Active, Healthy Learners'	24/01/2019	2
Level 3/5 Day 3	01/02/2019	2
Mental Health First Aid Course	04/02/2019 & 11/02/2019	
Physical Literacy Workshop	15/02/2019	
Active Storytelling Workshop	01/03/2019	
Games Workshop	15/03/2019	
Assessing PE Workshop	22/03/2019	
Level 3/5 Day 4	29/03/2019	2
NQT Intro to PE Day 2	05/04/2019	
Level 6 Day 2	12/04/2019	



# Working with schools...

Supporting your school to develop an environment that enables all pupils to be active, healthy learners.

## Core Affiliation Package

- PE & Sport Premium funding guidance and support
- Head Teacher updates
- Termly reports
- Governor training
- Health & Safety guidance
- Weekly e-bulletin
- Affiliation plan and logo

## Enhanced Affiliation Package

- Audit and needs analysis
- PE & Sport Premium funding action plan writing support
- PE & Physical Activity Policy writing support
- Pupil fitness measurements
- Pupil mental well-being measures
- PTA support with fundraising

## Affiliation Bolt-On Programmes

- Pupil fitness measurements
- PE & Sport Premium funding action plan writing support
- Kitemark application support
- School based holiday club



# How we've helped your school...

Conference

January 2019

Summary:

Our annual conference provided Primary and Special Schools with updates and training in PE, school sport and physical activity. The conference included:

Inspirational Keynote Speakers  
Sharing good practice  
Networking  
Exhibition and market place  
Practical workshops based on PE, School Sport & Physical Activity

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Increased confidence, knowledge and skills of all staff in teaching PE and sport (KI 3)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)
- Increased participation in competitive sport (KI 5)

ACTIVE SCHOOLS SUMMARY

Spring 2019

This term:

- You've accessed one progress and support meeting
- Targeted pupils have accessed Rammie's Healthy Heroes lunchtime club and moved onto 'Live IT' our community child weight management programme
- Targeted pupils have accessed the physical literacy intervention
- Second fitness measures have been completed for all pupils
- Physical literacy measures have been completed for the intervention group
- Completed teacher questionnaires to look at the impact of the programme on pupils and staff confidence
- Completed Daily Physical activity records to monitor how many additional minutes of physical activity have been built in
- Reception class has accessed 6 weeks of Rammie's Little Movers

Next steps:

- Continue to implement the Daily Mile across school
- Continue to build in short activity bursts/brain breaks during the school day

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)



**Summary:**

The aim of the day was to encourage as many children and staff from the school as possible to travel actively to and from school. A variety of activities were ran by Derby City SSP, Derby Community Trust and Cycle Derby throughout the day, including before and after school.

**Impact:**

- Increased number of children actively travelling to and from school
- Inspired children to choose to travel actively on their journeys to and from school in the future
- Help children understand the importance of being active
- Decreased pollution around the school

**Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:**

- The engagement of all pupils in regular physical activity (KI 1)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)
- Increased participation in competitive sport (KI 5)



# Working with staff...

Equipping staff with the knowledge, confidence and skills to ensure all pupils can thrive as active, healthy learners.

## Core Affiliation Package

- Training workshops
- Annual conference
- Networking opportunities
- PE Coordinator support
- NQT training
- Premier League Primary Stars/ national initiatives

## Enhanced Affiliation Package

- Active school day training
- Whole school INSET
- Mental health first aid training
- Active lunchtime training
- Teacher support
- Rammie's Daily Mile
- Winning Minds package
- Premier League Primary Stars

## Affiliation Bolt-On Programmes

- Mentoring
- Teacher support
- Whole school INSETs
- Curriculum resources
- Level 5/6 Qualification
- Level 3 Qualification
- Physical Literacy programme
- Mental health first aid training



# How we've helped your staff...

## Level 3 Certificate in Supporting the Delivery of PE & School Sport

October 2018- July 2019

### Summary:

- Gail Moore is completing the Level 3 Qualification in Supporting the Delivery of PE & School Sport, delivered by Derby City SSP

### Modules covered:

- Communication and professional relationships with children, young people and adults
- Schools as organisations
- Supporting assessment for learning
- Planning PE and School Sport programmes
- Delivering PE and School Sport programmes
- Reviewing the delivery of a PE and School Sport programme

### Impact:

- Upon completion of the qualification delegates will be qualified and equipped to support the delivery of PE & School Sport

### Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Increased confidence, knowledge and skills of all staff in teaching PE and sport (KI 3)

## Level 5 Specialism in Physical Education

2018-2019

### Summary:

- Sarah Brownhall is undertaking the Level 5 Professional Qualification in Primary School PE (afPE/ Sports Leaders UK) delivered by Derby City SSP

### Units covered to date:

- Understanding primary school PE
- Principles of pedagogy in primary school PE
- Using assessment to impact on learning and progress in primary school PE
- Teaching primary school PE

### Impact:

- Upon completion of the qualification delegates will be upskilled to improve the overall quality of the PE curriculum

### Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Increased confidence, knowledge and skills of all staff in teaching PE and sport (KI 3)

**Summary:**

An information and training session targeted at 7 x Early years and KS1 staff. The session included:

- How Rammie's Little movers can support children's physical development and to develop understanding of the importance of physical activity and healthy eating for happy brains and healthy bodies
- To understand what physical literacy is and how it affects children's ability to learn and their health and wellbeing
- To give staff a range of practical ideas to use in the classroom to support physical development and healthy eating messages

Feedback: The best bit was....'all the general ideas you gave us to engage the children in physical exercises without them being aware of what they are doing' 'The training was delivered well and enjoyed designing a game and extending it', 'Found the milestones really good – they will be useful in observations, great just having some time to reflect and think of children this is applicable to', 'I thought it was very motivating, fast paced and quite a lot to take in but good to have the session notes to reflect on'

**Impact:**

Through attending the workshop you :

- Increased understanding of the importance of PE. School Sport and Physical Activity
- Increased understanding of what physical literacy is and how it supports good attainment in school
- Developed a broad understanding of what 'normal' physical development looks like for children of different ages
- Gave staff practical ideas and resources to use across the school day to support physical activity

Next steps: Monitor how staff have incorporated ideas into the curriculum and across the school day

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

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- Increased confidence, knowledge and skills of all staff in teaching PE and sport (KI 3)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)

**Summary:**

A six week programme based around the story 'Oliver's vegetables' which includes a range of games, songs and activities to develop good physical development and knowledge and understanding of healthy eating

The programme included 6x hourly sessions with a DCCT member of staff.

**Impact:**

Through being involved in the programme you:

- Increased the range of activities to support young pupils to move more and eat well
- Gave staff practical ideas and resources to use across the school day to support physical activity
- Inspired young people and their families to make healthier choices

The programme supported **EYFS outcomes**, in particular:

- 1) *Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping*
- 2) *Shows some understanding that good practices with regard to exercise, eating sleeping and hygiene can contribute to good health.*

The programme also supported **physical literacy milestones** for children aged 3 to 4

**Next steps:**

- Continue to use activities across the school day (Ollie Orange, Bubble machine, Parachute etc)

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# Working with pupils...

Inspiring and motivating all pupils to be active, healthy learners, through high quality events and programmes.

## Core Affiliation Package

- Events calendar
- Primary Leadership conference
- Rammie's Daily Mile resource
- Child Weight Management pathway
- Choose 1:**
- +Sport Move and Learn
- Resilient Rammie
- Rammie's Daily Mile resource
- Themed activity day

## Enhanced Affiliation Package

- Lunchtime & after school club
- SEN lunchtime club and curriculum coaching
- Rammie's Healthy Heroes
- Winning Minds package
- +Sport Move and Learn
- Resilient Rammie
- Anti-bullying/ anti-racism workshop
- School sport festival
- Choose 2:**
- FUNdamentals football
- FUNtastics
- Interschool challenge
- Choose 1:**
- School Sport Council training
- Mini Leaders award
- Intra-competition challenges

## Affiliation Bolt-On Programmes

- Lunchtime & after school club
- PPA coaching
- Premier League Reading Stars
- Matchday Maths
- Mini Sports Leaders Award
- Intra-competition challenges
- School Sport Council training
- Cluster level competitions
- School sport festival
- Winning Minds package
- Stadium tours
- Anti-bullying/ anti-racism workshop

# How we've helped your pupils...

## Derby City SSP Events

Spring Term 2019

### Summary:

Pupils at Bishop Lonsdale Primary School have taken part in events ran by Derby City School Sport Partnership during Spring Term.

### Impact:

Broader experience of a range of sports and activities offered to pupils

Increased participation in inter school competitions

Pupils are motivated to be active and enjoy taking part in competitions and festivals

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)
- Increased participation in competitive sport (KI 5)

## ACTIVE SCHOOLS SUMMARY

Spring 2019

### Summary:

- 41 Children who are overweight and/ or inactive accessed Rammie's Healthy Hero lunch club
- 32 children joined Live IT our community child weight management club and received a free swim pass for a year

### Impact: Pupils will have:

- Increased understanding of the importance of Physical Activity to keep them healthy
- Increased understanding of the importance of healthy eating including portion size and sugar intake
- Access to a range of free opportunities outside of the school day to be active

### Next steps:

- Monitor attendance at Live IT to ensure targeted children are attending

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)

# How we've helped your pupils...

## Celebration of Dance

Spring Term 2019

### Impact:

- Pupils have learnt a routine and worked in a group to prepare their performance
- Pupils have had the opportunity to perform at our biggest event in front of an audience
- Increased confidence and self esteem through performing a dance
- Broader experience of activities offered to pupils
- Pupils are motivated to be active and enjoy taking part in festivals

### Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
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- Increased participation in competitive sport (KI 5)

## Anti-Racism Assembly/Workshop

Spring Term 2019

### Summary:

An assembly to help pupils understand the seriousness of racism and the impact it can have on peers.

### Impact:

- Understand the effects of racism.
- Know what is meant by the term racism.
- Give children the confidence to talk to an adult if they feel they are being racially abused.



# How we've helped your families...

Family Fitness

Spring 2019

## Summary:

Family Fitness session for parents and their children

The session included:

- Parents and children learn about how to improve their fitness and gain more confidence exercising.
- Parents signposted to free physical activity and adult healthy lifestyle programmes through DCCT

Feedback: 'We enjoyed tonight's workout, it was fun, Thank you', 'Lots of fun for both parents and children, very friendly session' 'Wow, wow, wow!!!', 'Enjoyed muchly, thank you', 'I would like to join Everybody Active'

## Impact:

**20** parents and children attended

Through attending the workshop parents:

- Increased understanding of the importance of PE. School Sport and Physical Activity
- Improved knowledge and confidence to support their children to move more
- Increased their own well-being, promoting a healthy lifestyle for the family

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

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- Broader experience of a range of sports and activities offered to all pupils (KI 4)

# Photos



# Next term's events

Event	Date	Booked
Golf Plus	01/05/2019	
Primary Tri-Golf	01/05/2019	1
DCCT Y1/2 Football Festival	02/05/2019	1
Basketball Plus	07/05/2019	
Y5/6 High 5 Netball	07/05/2019	1
Y3/4 Fitness is Fun	08/05/2019	1
Multi Sport Festival (AM)	09/05/2019	
Multi Sport Festival (PM)	09/05/2019	
Y1/2 Gymnastics (AM)	14/05/2019	
Y1/2 Gymnastics (PM)	14/05/2019	
F/KS1 Fundamentals (AM)	15/05/2019	
F/KS1 Fundamentals (PM)	15/05/2019	
Post SATs Festival	21/05/2019	
Football Plus	23/05/2019	
Y3/4 Futsal	23/05/2019	
Primary Quicksticks Hockey (AM)	04/06/2019	
Primary Quicksticks Hockey (PM)	04/06/2019	
Y3/4 Girls Football Festival	05/06/2019	
Primary Quadkids Athletics	06/06/2019	
Primary Kwik Cricket (AM)	10/06/2019	
Primary Kwik Cricket (PM)	10/06/2019	
Primary Kwik Cricket (AM)	11/06/2019	
Primary Kwik Cricket (PM)	11/06/2019	
Primary Girls Kwik Cricket	12/06/2019	
Cricket Plus	14/06/2019	
Primary Kwik Cricket City Finals	14/06/2019	
KS1 Fitness is Fun (AM)	18/06/2019	1
KS1 Fitness is Fun (PM)	18/06/2019	
Tennis Plus	19/06/2019	
Y5/6 Mini Tennis	19/06/2019	1
Y3/4 Mini Tennis (AM)	20/06/2019	
Y3/4 Mini Tennis (PM)	20/06/2019	
Y5/6 Grass Track Cycling (AM)	25/06/2019	

# Next term's events

<u>Event</u>	<u>Date</u>	<u>Booked</u>
Y5/6 Grass Track Cycling (PM)	25/06/2019	
KS1 Mini Games Festival / Celebration of Sport (AM)	26/06/2019	
KS1 Mini Games Festival / Celebration of Sport (PM)	26/06/2019	
Primary Rounders (AM)	27/06/2019	
Primary Rounders (PM)	27/06/2019	
Primary Leadership Conference	28/06/2019	
Athletics Plus	02/07/2019	
#ThisGirlCan Festival	02/07/2019	1
Primary Track and Field Athletics	11/07/2019	
Yr3/4 Kwik Cricket	16/07/2019	
Fun Run Festival	18/07/2019	

<u>Workshops</u>	<u>Date</u>	<u>Booked</u>
Level 3/5 Day 5	03/05/2019	
OAA Workshop	17/05/2019	
Breakfast Briefing	22/05/2019	
Action Plan Writing Support	24/05/2019	
Active Learning Workshop	03/06/2019	
School Games Mark Application Support	07/06/2019	2
Level 3/5 Day 6	21/06/2019	
2019-2020 Planning Support	12/07/2019	

# Breakfast Briefing

Pride Park Stadium, Pride Park, Derby, DE24 8XL  
Wednesday 22<sup>nd</sup> May, 8:30am - 10:30am

Join us for breakfast and find out about a range of opportunities we are providing for schools in 2019/20.

The session is targeted at Head Teachers, Governors, PE Co-ordinators, Bursars and any other staff playing a role in PE, School Sport, Physical Activity and Health.

The briefing will include:

- Update on the Primary PE & Sport Premium Funding
- Overview of the SSP/ DCCT Affiliation Packages for 2019/20
- Networking with colleagues
- 'Clinic' sessions to support schools to shape their plans for 2019/20

To book your place visit [derbycityssp.co.uk](http://derbycityssp.co.uk)

