




DERBY CITYSSP
SCHOOL SPORT PARTNERSHIP


DERBY COUNTY
Community Trust

**Spring Term
2020 Report**

Bishop Lonsdale Primary School



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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Events Uptake

Event Name	Date	Attended
Winter Seasonal Walk	14/01/2020	✓
Boccia Plus	17/01/2020	
Primary Boccia	17/01/2020	✓
Football Plus	21/01/2020	
Girls Football Festival	21/01/2020	
Sportshall Athletics Plus	22/01/2020	
New Age Kurling Plus	28/01/2020	
Primary New Age Kurling	28/01/2020	✓
KS1 Fitness is Fun Festival	29/01/2020	
Y3/4 Gymnastics	30/01/2020	✓
Y5/6 Cyclo Cross	30/01/2020	✓
Gymnastics Plus	31/01/2020	
Girls/Boys Indoor Cricket	04/02/2020	
FUNDamentals Festival	05/02/2020	
Y5/6 Sportshall Athletics	11/02/2020	✓
Cheerleading Festival	12/02/2020	✓
T20 Girls Cricket	25/02/2020	
Multi-Sport Festival	25/02/2020	
KS1 Sportshall Athletics	26/02/2020	✓
Y3/4 Sportshall Athletics	26/02/2020	
Primary Duathlon	03/03/2020	
Celebration of Dance Day 1	05/03/2020	✓
Celebration of Dance Day 2	06/03/2020	
Y3/4 Racketfest	11/03/2020	
Rugby Plus	12/03/2020	
Rugby MegaFest	12/03/2020	
Generation Games	13/03/2020	✓

Workshops Uptake

Workshop Name	Date	Attended
Super Schools Conference	23/01/2020	✓
Active Story Telling	29/01/2020	
MHFA Course	05/02/2020	
Mental Health Champion Course	26/02/2020	



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...

PE. SCHOOL SPORT & PHYSICAL ACTIVITY

SSP Conference

Jan 2020

Summary:

'Putting play back into the school day'

Attended by primary and special schools we provided key 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

Delegate evaluations rated the conference as 'excellent' (84%) or 'good' (16%)

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)

Anti-Racism Assembly/Workshop

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.



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...

PREMIER LEAGUE PRIMARY STARS

Teacher Support

Spring Term

Summary:

A programme designed to enhance the knowledge, skills and confidence of primary school teachers delivering PE through 1-2-1 support. The sessions included:

- Pre support to gain an understanding of desired outcomes and ability
- Skills matrix to be shared with schools for impact reports
- 6 week action plan based on results from skills matrix
- 1-2-1 support with weekly feedback

Spring Term 1

Kerry Gardner – Gymnastics – *Awaiting feedback.*

Next steps:

- Further Teacher Support sessions with the same teachers or different teachers within the school
- Teachers to attend central venue workshops and/or courses
- Whole school twilight and/or INSET

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

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

October 2019- July 2020

Summary:

- Bev Rose 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
- Legislation, policies and procedures.

Impact:

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

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How we've helped your staff...

Level 6 Qualification, 'Primary School Subject Leader'.

December 2019- July 2020

Summary:

Following the successful completion of the Level 5 Qualification in Primary School PE, Sarah Brownhall is undertaking the Level 6 Professional Qualification in Primary School Subject Leadership (afPE/ Sports Leaders UK)

Unit content :

- Unit 7: Lead sustainable development within primary school PE
- Understand the role and importance of a primary school PE subject leader
- Be able to determine the quality of PE provision in a given primary school
- Be able to design a targeted strategy to develop primary school PE, school sport and physical activity provision
- Be able to lead the implementation of a targeted strategy to develop a specified aspect of the primary school PE provision
- Be able to review and revise a targeted activity strategy to increase sustainability of teaching and learning impact in primary school PE, school sport and physical activity teaching and learning

Impact:

- Upon completion of the qualification delegates will be qualified as a Subject Leader and equipped to improve the overall quality of the PE curriculum

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- 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)

How we've helped your staff...

Mental Health First Aid

Spring 2020

Summary:

Mental Health First Aid teaches the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, we can speed up a young person's recovery and stop a mental health issue from getting worse.

Feedback:

- 100% of the delegates increased their personal confidence of how best to support others with a mental health issue after attending the course.
- 100% of the delegates increased their knowledge and understanding of how best to support others with a mental health issue after attending the course.
- 100% of the delegates rated the course Very Good
- 100% of the delegates rated the tutor Very Good

"A really good course delivered in a friendly and non-judgemental way. I felt comfortable and supported so able to contribute."

"Really good trainer. She made a challenging topic interesting and engaging. She has made the two days enjoyable and I know my knowledge has improved drastically. She enabled me to feel safe during some difficult topics."

"Excellent course content – I feel more confident in my knowledge and understanding. Tasks were purposeful and brought context to the subject matter. Lauren was excellent – clear informative and light-hearted which made the two days even more enjoyable"

"Great delivery, engaging & informative." "Very enjoyable course despite dealing with sensitive subjects"

Impact:

The session enables staff as Youth Mental Health First Aiders to have:

- An in depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long-term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

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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...

FUNDAMENTALS COACHING

Summary:

Delivered as either FUNdamentals Through Football or FUNtastics (gymnastics themed) delivery aims to increase the basic agility, balance and coordination skills of FS2 or KS1 children. The sessions included:

- Delivery by a qualified and experienced member of the DCCT coaching team
- 6 x 1hour sessions
- Progressive sessions and scheme of work
- Opportunity for teachers to observe children without needing to lead the session

Spring 1 – Thursdays – one class

Impact:

Through hosting these sessions you :

- Provided opportunities for children to engage in being active during the school day and therefore contribute to their accumulative total of active minutes for the day
- Provided opportunities for children to improve their FUNdamental movement skills
- Encouraged children to experience an increased range of physical activity

Next steps:

- Further FUNdamentals Coaching delivery
- Highlighting children who would benefit from our Physical Literacy programme or other interventions

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)

Competitions & Festivals

Inter-School Competitions & Festivals

Spring Term 2020

Summary:

Your school has attended a range of competitions, festivals and competition plus events.

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- Broader experience of a range of sports and activities offered to all pupils (KI 4)
- Increased participation in competitive sport (KI 5)

How we've helped your pupils...

LUNCHTIME COACHING

Summary:

Lunchtime coaching delivery designed to engage children in being active during their lunch break. The sessions included:

- Delivery by a qualified and experience member of the DCCT coaching team
- A specific focus agreed in consultation with PE Coordinator
- Progressive sessions over the half term
- A range of sports/activities to choose from

Spring 1 – Thursdays x 6 sessions.

Impact:

Through hosting this club you :

- Provided opportunities for children to engage in being active during their lunch break and therefore contribute to their accumulative total of active minutes for the day
- Provided opportunities for children to improve their knowledge, skill and confidence in the topic/sport being delivered
- Encouraged children to experience an increased range of physical activities/sports

Next steps:

- Continuation of Lunchtime Coaching delivery
- Implementing Active Lunchtime training/Mini Leaders training
- Entering an SSP event in the sport/activity covered

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Celebration of Dance

'Around the World'

5th - 6th March 2020

Our annual dance festival was back again under the theme of 'Around the World'. Across the two days, we had four sessions and over 1200 children showing off the routines they have been working on.

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

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How we've helped your pupils...

AFTERSCHOOL CLUB

Summary:

Afterschool coaching designed to provide children with a safe and enjoyable opportunity to learn new skills and be active following the school day. The sessions included:

- Delivery by a qualified and experience member of the DCCT coaching team
- A specific focus agreed in consultation with PE Coordinator
- Progressive sessions over the half term
- A range of sports/activities to choose from

Spring 1 – Thursdays – Tag Rugby – 11 participants x5 sessions

Impact:

Through hosting this club you :

- Provided opportunities for children to engage in being active following the school day and therefore contribute to their accumulative total of active minutes for the day
- Provided opportunities for children to improve their knowledge, skill and confidence in the topic/sport being delivered
- Encouraged children to experience an increased range of physical activities/sports

Next steps:

- Continuation of Afterschool Club delivery
- Signposting children to out of school grass roots clubs
- Entering an SSP event in the sport/activity covered

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How we've helped your pupils...

Winning Minds

Spring 2

Summary:

The programme takes a holistic approach to address emotional health and wellbeing around two key milestones within Year 6 - SATs (6 weeks) and Transitioning to Year 7 (6 weeks) and for the Infant (Transitioning for Infants to Juniors)

There are 3 Key Strands that the programme consists of:

1. Resilient Mind – Stretch and Relax, Planning, Goal Setting, Identifying Stress and Coping Strategies
2. Healthy Mind – Diet, Lifestyle and Habit
3. Active Mind – Physical Activity Element and Benefits

The aim of the programme is to improve the young people's level of resilience and overall mental well-being.

MHFA Top Tip for Resilience	How we achieved this
Make connections	Sociometric testing – allow us to identify pupils who are already struggling socially. Rejected and Neglected 'Making new friends' lesson around communication
Accept that change is part of living	'Circles of change' lesson and 'Coping with worries' lesson which looks at change and the impact it may have
Move towards goals	'Goal Setting' lesson, the session teaches pupils how to set SMART goals along with the positive thoughts, support available and even the challenges that they may face.
Teach self-care and concrete skills	A number of lessons have a focus on self-care. Across all interventions there is an element on; sleep hygiene, diet, breakfast and personal hygiene.
Take a break	'Stretch and Relax' lesson and Coping Strategies lesson where pupils begin to understand and identifies ways to relax.
Nurture positive self-view, help them manage emotions, model resilience	'This is me' lesson pupils are asked to think positively about themselves and others. KS1 – Feelings, Feelings Thermometer and Making good choices KS2 – Stop Think Go
Avoid catastrophising, have perspective and a hopeful outlook	'The future me' is all about planning for the future, this is simplified to 'When I grow up' in the Infant Passport.

Our first intervention focussed on:

1. Recognise strengths and abilities | Being confident of who you are | Being able to give and accept a compliment from others
2. Recognising signs of stress | Being able to manage and cope with our stress and worries
3. Understanding the difference between fixed and growth mindset | To be able to effectively turn unhelpful thoughts into helpful thoughts | To be able to understand ways of staying calm | To understand how our choices can affect our feelings and those around us
4. Learn what goal setting is and how it is beneficial | To create a plan to help achieve set goals | To understand a range of different emotions | To be able to judge how we feel and how we may know
5. To understand the importance of sleep and a good bedtime routine | To understand the importance of breakfast and healthy eating in relation to learning and concentration.
6. What mindfulness is and why it's useful | Learn a range of ways to help relax

The power of an active school...

In 2018-19 we have supported schools through...



Creating a culture of active, healthy learners

26 minutes of additional physical activity were added to the school day in our Active Schools.



Boosting learning and achievement

75% of staff reported pupils were better engaged in lessons after physical activity.



Ensuring the inclusion of all young people

10 special schools supported and SEND specific opportunities provided in **15 mainstream schools**.



Building knowledge, skills and confidence

125 teachers mentored each year with all reporting improved confidence and/or competence.



Sharing good practice and high quality tools and resources

230 delegates at our Active Schools Conference inspired to create a culture of active, healthy learners.



Supporting staff with their health and wellbeing

100% of teachers increased their confidence in supporting mental health issues after attending our Mental Health First Aid course.



Developing life skills to improve health and wellbeing

54% of pupils increased their emotional health and wellbeing scores after being part of an Active School.



Tackling inactivity and improving physical literacy

11,000+ pupils were inspired to become active at **200+ events** and **580 children** enjoy taking part in weekly after school clubs.



Improving behaviour, concentration and readiness to learn

76% of pupils improved their physical development, supporting better handwriting and concentration in lessons.



Engaging families to advocate the importance of being active and healthy

180 parents engaged in our Healthy Lifestyle workshops to encourage an increase in physical activity and healthy eating.



Changing attitudes towards health and wellbeing

968 adults regularly engaged in our physical activity and health programmes to support a whole family approach.



Promoting opportunities to lead an active, healthy lifestyle

600+ children participating in weekend and holiday programmes beyond the school environment.