



THE PE AND SCHOOL
SPORTS NETWORK

THE PESSN

Inspiring a generation through sport

2020 - 2022
(Primary School Only)



WWW.LPESSN.ORG.UK



Hello!

Hello everyone,

The PE and School Sports Network was born out of the Southwark School Sports Partnership programme that was originally created in 2003 and then changed to the PESSN in 2012. The change allowed us to expand our PE programme to reflect a more holistic provision that supports our main aims that are;

- To offer a varied and inclusive competition programme for primary, secondary and special schools (including the School Games)
- To offer an extensive CPD programme to upskill primary teachers in PE. This includes team teaching and insets
- To offer young people the chance to join our leadership programme which includes training and opportunities to volunteer at future events
- To educate young people on the benefits of a healthy lifestyle through our health and wellbeing programme
- To improve SEND provision across schools and provide more opportunities to SEND pupils through our SEND PE Teaching Programme
- To ensure fun and engaging PE lessons

The PE & School Sports Network is based at Bacon's College in Southwark & is a progressive organisation which works with over 135 primary, secondary & special schools to development physical education & school sport. We strive to improve on everything we do and very much value the support and feedback from our schools and providers in order to keep pushing forwards and make PE, physical activity, health & sport an essential part in changing children's lives.

Happy reading,

*Wilson Frimpong & Glyn Davies
(Joint Network Managers)*

The PE & School Sports Network offer

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The PE & School Sports Network

Draft offer 2020 - 2022 (Primary School only)

Why we do what we do:

We believe that every child in every school that we work with has the entitlement to access high quality physical education & school sport leading to positive physical, emotional & mental health, giving them the best possible start in life!

This offer has been constructed from the following principles as a result of direct feedback from our member schools, years of delivery experience since September and through close working partnerships with the Local Authority, Government Departments, Sport England, The Youth Sport Trust, The Football Association, NHS, Create Development and London Sport.

The Primary PE & School Sport Premium Funding – we are here to help you achieve the sustainable investment for the future of your school. The Department of Education state the following parameters for schools:

Ideally, schools must use the funding to make additional and sustainable improvements to the quality of PE and sport you offer.

This means that you should use the premium to:

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

These are designed to be evidenced through the following 5 key indicators:

1. All pupils should be engaged in regular physical activity. The Chief Medical Officers recommendation is 60 minutes per day; at least 30 minutes of which should be provided within school.
2. Raising the profile of PE & Sport across whole school.
3. Increased confidence, knowledge & skills of all staff in teaching PE & School Sport.
4. Broader range of sports & activities offered to all pupils.
5. Increased participation in competitive sport.

<https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools#how-to-use-the-pe-and-sport-premium>

Strategic Review – utilising the PE, CPD, Sport, Health & Wellbeing, and resources available to you:

This comprises of:

- Action planning session & regular follow up sessions throughout the academic year to assess progress & impact
- Monitoring & evaluation session

Bespoke Support following review:

- Bespoke programmes – targeted to improve the areas important to individual schools including high quality Physical Education and School Sport, SEND PE support & provisions, Professional Development and Health & Wellbeing.
- Opportunity to access leadership training for your pupils both whole cohort & specific groups
- Specialist Courses for whole school.
- Competitions, Events & Leagues which are accessed through the PE Network website member's area. This is updated throughout the year and added to as and when we can access opportunities.
- Borough wide training – access to course across the Borough organised and supported by The PE Network.
- Virtual and remote PE, sport, and health & wellbeing support.
- A team of 11 award winning specialist staff dedicated to supporting the development of PE & School Sport for your school.
- PE Development Initiative of The Year – UK 2020
- Most Inclusive PE Programme of The Year – South London 2020

This support will cost schools a maximum of **£5,500 per year plus VAT ***. For this fee we commit to providing access to and delivering every aspect detailed on the following pages.

The final programme & fee will be negotiated with each school, as this is dependent on content and more importantly size of school. Schools that are full members receive all the support that is listed below.

**All prices listed in this document will be subject to VAT*

Schools can enquire about a **competition only package*

For non-Southwark Schools email Wilson Frimpong at **wilson@lpessn.org.uk to discuss fees.*

Strategic Review:

Empowering schools to plan monitor and evaluate high quality PE & School Sport

PE Premium Outcomes: Raising the profile of PE & School Sport across whole school.

Increased confidence, knowledge & skills of all staff in teaching PE & School Sport

Overview:

- **Action Planning** – Support to devise a mutually agreed action plan tailor made to suit each school that illustrates how you will use our support and the areas that will be prioritised.
- **Monitoring & Evaluation** – Recording, reporting & evaluating your data to evidence the impact PE is having on your school's development.

High Quality Physical Education & School Sport:

Supporting schools to develop deliver & embed an outstanding PE & School Sport Curriculum

PE Premium Outcomes: Increase confidence, knowledge & skills of all staff teaching PE & School Sport

Overview:

- **Competitions, Leagues and FA Girls' Programme** – Access to all our primary competitions, regular after school sports leagues, SEND festivals, intra schools, virtual competitions and non-competitive events that are delivered across the entire academic year. School based girls' only football workshops and free girls only wildcats sessions afterschool.
- **School Games/SEND Panathlon** – Access to the School Games sports programme with the winners of each event representing Southwark in the London Youth Games. This includes access to the SEND Panathlon programme.
- **Curriculum Planning** – Assistance with all aspects of strategic & practical planning: can include mapping; short to long term, access to PE Network developed products such as schemes of work, home/classroom based resources, curriculum maps & assessment materials.
- **Team Teaching (mainstream)** – One to one guidance, planning & practical support, lesson support, lesson modelling, team teaching & constructive feedback.
- **Mentoring** – Support & guidance to enhance an individual's skills, knowledge & performance. Ideal for new subject leaders, support staff, coaches as well as non -specialists and opportunities to gain additional qualifications..
- **School Accreditation Support/School Games Mark** – Additional support to improve the level of awards attained. Ensure that your school can apply for the annual School Games Mark.



SEND in school support.

- Modelling PE lessons (SEND students in mainstream and SEND schools) with students, one to ones and support staff.
- Showing different techniques in helping students to access as much as possible during lesson.
- Modelling different types of lessons depending on what outcomes required. Team teaching also, where the teachers are supported in the most appropriate way, team teaching, us assisting, observations, feedback (verbal and written), etc. Also includes assessment if needed.

Swimming support.

- Support for SEND students in swimming also.
- Support for students who are struggling.
- Support for swim teacher who does not know how to progress SEND students.
- Involves observations as well as lesson support and teaching in the water.



Professional Development: Developing & investing in our workforce

PE Premium Outcomes: Increase confidence, knowledge & skills of all staff teaching PE & School Sport.

Engagement of all pupils in regular physical activity.

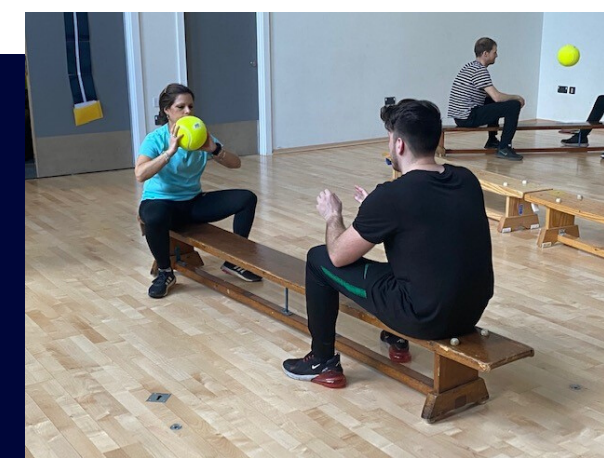
Raising the profile of PE & School Sport across whole school.

Broader range of sports & activities offered to all pupils.

Increased participation in competitive sport

Overview:

- **Bespoke INSET** – In-school training developed to support the whole school needs across selected PE topics ranging from games, dance, gymnastics, multi skills, OAA/problem solving and athletics. This can include whole school training & individual support.
- **Active 60-minute Support Staff Training** – Training to provide all colleagues with examples of best practice to encourage active participation during both play & learning time within school & in a home setting.
- **Lunchtime Supervisors Staff Training** - Training to provide ideas, resources and best practice around lunchtime provisions, games, and activities plus how best to utilize your school's young leaders. Access to the FA Shooting Stars programme and resources.
- **Assessment** – Support training to develop an assessment model, which is appropriate to your school, staff & ultimately all learners.
- **Active Learning Support** – Whole school & subject leader training to bring to life teaching strategies for an active classroom focusing specifically on numeracy & literacy.
- **Whole day insets** – CPD training in different areas to increase the number of staff that have received PE training and support in specific areas that are relative to their teaching programme in Physical Education.
- **Sport specific Training** – NGB led training to ensure that your teachers & coaches are fully aware of the basic teaching points for sport specific lessons / clubs. (bespoke to your needs as a school & support the effective delivery of the competition & events programme)
- **PE Co-ordinator Meetings** - At least four facilitated meetings per year to give colleagues the opportunity to come together, share ideas & give feedback on the development of the Network.
- **Access to the PESSN Website, YouTube channel & weekly network updates** - A variety of video challenges including our virtual programme. Online platform highlighting what the network delivers withing schools across London and with our various partners. Weekly updates with regards to upcoming events, press releases, weekly challenges, and news on previous week's events.



Health & Wellbeing

Adopting & developing appropriate interventions to provide opportunities to support the whole child

Overview

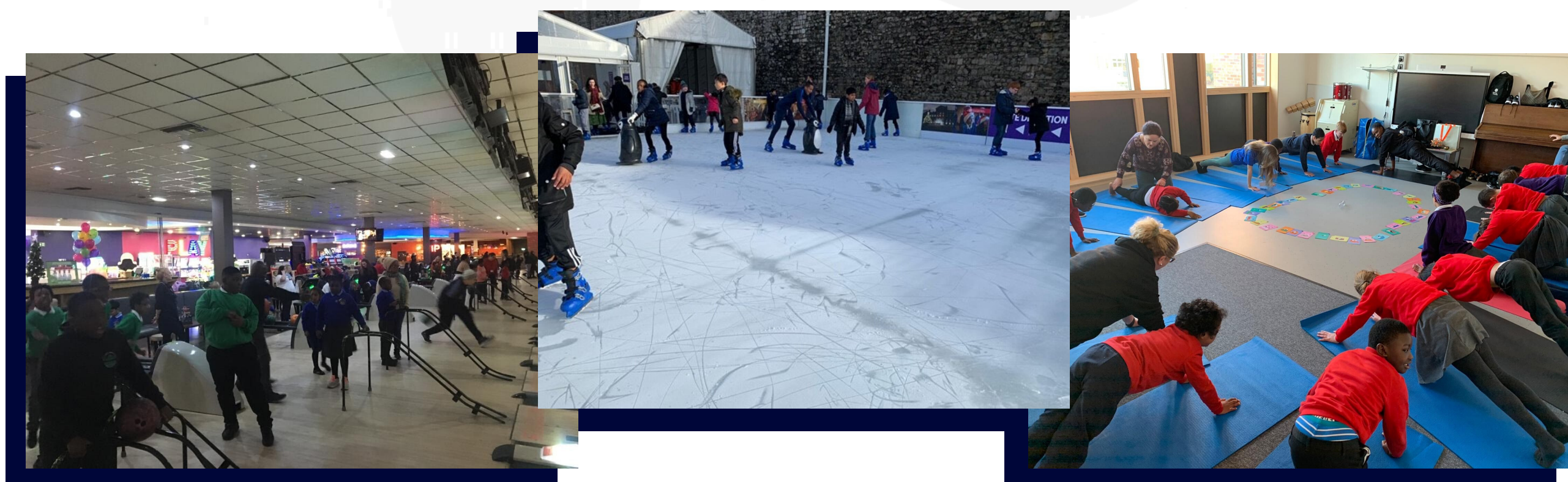
- **Leadership** – Utilising our team mascot through Brio's Leadership Academy offer both whole cohort & conference style training to year 5 & 6 pupils. This will include our leadership and playground activities supporting material.

Maximum time commitment: Either 5 children to attend conference or whole cohort training in school including staff session to ensure embedment in school – 1 day

- **Enabling talented pupils** – Using our specifically designed programme support those pupils who show ability to progress & link with sport specific organisations. This will include delivering a Gifted & Talented ID session in your school and offering sport specific Talent ID days and pathways into local sports clubs and organizations.
- **Health & Wellbeing Programme** – Targeted in school programme for KS1 & KS2 pupils to educate around leading a healthy life including cooking & eating. A family workshop is also offered as a part of this intervention including regular email follow up with parents on a weekly basis.
- **Yoga and Mindfulness** - After a successful pilot last year, we have now added a primary school specific yoga & mindfulness programme which includes special Yoga and Mindfulness days, in school and after school Yoga and Mindfulness sessions.

PE Premium Outcomes: Engagement of all pupils in regular physical activity Broader range of sports & activities offered to all pupils Raising the profile of PE & School Sport across whole school

- **Custom events & in school support** – Built around each individual school requests could include support with Sports Day, Health Week, or the implementation of events such as Sports Relief.
- **Mass participation for all** – Opportunity to participate in city wide events to raise participation levels i.e. ice skating, indoor bowling, sailing etc.



Our partners:



YOUTH
SPORT
TRUST



The PESSN is a progressive organisation which works with over 135 primary, secondary & special schools to develop Physical Education & School Sport.



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For further information on any of these programmes please contact Wilson Frimpong via email (wilson@lpessn.org.uk)

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