

2026 – 2028

THE PE & SCHOOL SPORTS NETWORK

(Primary School Only)

'Top **3%** in the UK for school engagement
and opportunities offered!'

Youth Sports Trust - 2025

The PE & School Sports Network offer (2026 – 2028)

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Hello everyone,

The PE and School Sports Network has its roots in the Southwark School Sports Partnership programme, originally established in 2003 and later evolving into the PESSN in 2012. This transition allowed us to broaden our PE provision and develop a more holistic approach that supports our core aims:

- To offer a varied and inclusive competition programme for primary, secondary, and special schools, including the School Games
- To deliver an extensive CPD programme that upskills primary teachers in PE, including team teaching and inset support
- To provide young people with opportunities to take part in our leadership programme, offering training and volunteering experiences 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 increase opportunities for SEND pupils through our SEND PE Teaching Programme
- To ensure PE lessons are fun, engaging, and of high quality
- To support schools with resources needed to run successful PE & Sport

Based at Bacon's College in Southwark, the PE & School Sports Network is a progressive organisation working with over **135** primary, secondary, and special schools to develop physical education and school sport. We are committed to continually improving our provision and greatly value the support and feedback of our schools and providers as we work together to make PE, physical activity, health, and sport an essential part of positively changing children's lives.

Happy reading,



Glyn Davies
(Network Manager)
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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 and through close working partnerships with the Local Authority, Government Departments, Sport England, The Youth Sport Trust, The Football Association, NHS, 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 capabilities within the school to ensure that improvements made 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, Sports Festivals and Leagues.
- Borough wide training – access to courses across the Borough organised and supported by The PE Network.
- Virtual and remote PE, sport, and health & wellbeing support.
- A team of 7 award winning specialist staff dedicated to supporting the development of PE & School Sport for your school. This is alongside outside agencies that we bring in to enhance our provisions.
- PE Development Initiative of The Year – UK 2020
- Most Inclusive PE Programme of The Year – South London 2020
- Top 3% in United Kingdom for opportunities offered and school engagement.

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What does this mean for your school?

This support will cost schools a maximum of **£5,500 per academic year**, there is no charge for VAT.

The final programme & fee will be negotiated with each school, as this is dependent on the form entry of each school. Schools that are full members receive all the support that is detailed in the following pages.

*Schools can enquire about a competition only package or a bespoke package to suit their needs.

*For non-Southwark Schools email Glyn Davies at glyn@lpesn.org.uk to discuss fees.

“To ensure that all pupils develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time, engage in competitive sports and activities, and lead healthy, active lives.”

(Department for Education – National Curriculum 2026)

PE Premium Outcomes:

Raising the profile of PE & School Sport across whole school. Increased confidence, knowledge & skills of all staff in teaching.

- 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** – Access to the School Games sports programme with the winners of each event representing Southwark in the London Youth Games.
- **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/Barclays Girls Equal Access Award** –Additional support to improve the level of awards attained. Ensure that your school can apply for the annual School Games Mark as well as ensuring equal access is achieved for all girls at your school.

“I encourage all PE leads to sign up to the variety of programmes offered, such as SEN support, team teaching, wellbeing and competitive events. The PE & School Sports Network is an invaluable part of our schools curriculum.”

(Headteacher – Grange Primary School)

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Professional Development: Developing and Investing in your Workforce

This professional development offer supports schools in meeting the requirements of the National Curriculum for Physical Education and aligns with Ofsted's focus on intent, implementation, and impact. Training is designed to support a clearly defined PE curriculum intent, ensuring coverage of all areas of activity and progressive skill development. Through high-quality implementation, staff develop the confidence, subject knowledge, and pedagogical skills required to deliver inclusive and engaging PE lessons. The intended impact is improved pupil outcomes, increased participation in physical activity and school sport, and the development of positive attitudes towards healthy, active lifestyles.

- Increased confidence, knowledge, and skills of all staff teaching PE and school sport
- Increased engagement of all pupils in regular physical activity
- Raised profile of PE and school sport across the whole school
- A broader range of sports and physical activities offered to all pupils
- Increased participation in competitive sport

Overview of Provision

Bespoke INSET Training

- In-school professional development tailored to meet whole-school priorities. Training can be delivered across a range of PE areas, including games, dance, gymnastics, multi-skills, OAA/problem solving, and athletics. This can include whole-school training and targeted individual support.

Lunchtime Supervisor Training

- Practical training designed to enhance lunchtime provision through engaging games, activities, and effective use of resources. Includes guidance on utilising young leaders and access to the FA Shooting Stars programme and resources.

Assessment Support

- Professional development to support the creation and implementation of an assessment model that is appropriate to your school context, staff, and pupils.

Active Learning Support

- Whole-school and subject leader training focused on embedding active learning strategies within the classroom, with a particular emphasis on numeracy and literacy.

Whole-Day/Half-Day INSET

- Full-day/Half-Day CPD opportunities delivered across a range of PE disciplines to increase staff confidence, subject knowledge, and consistency of delivery.

Sport-Specific Training

- NGB-led training to ensure teachers and coaches understand the key teaching points for sport-specific lessons and clubs. Training is bespoke to school needs and supports effective delivery of competitions and events.

PE Coordinator Meetings

- A minimum of two facilitated meetings per year (plus one virtual update), providing opportunities for collaboration, sharing best practice, and contributing to the ongoing development of the Network.

Digital Resources and Network Access

- Access to the PESSN website, YouTube channel, and weekly network updates. Resources include lesson plans covering all areas of the National PE Curriculum, alongside information on upcoming events, challenges, press releases, and highlights from recent activities.

"Good understanding of how to differentiate for PE. How to deliver a lesson effectively and make use of PE time. Thoroughly enjoyed the day and took away a lot that I can use in my own practice."

(Teacher - Albion Primary School)

The PE & School Sports Network offer (2026 – 2028)

SEND in school support

The PE Network take great pride in our SEND PE and sports provision. We have a highly skilled team working with children across the borough. We run many successful SEND sporting events and festivals across the academic year.

Our full member schools benefit from tailored SEND CPD support as well as various programmes run through the year delivered in schools.

SEND PE Lessons

Modelling PE lessons (SEND students in mainstream and SEND schools).

This involves just SEND students from the school having their own lessons using a different delivery model compared to mainstream PE lessons while also providing hands on CPD of all staff during the lessons.

The lessons last for 6 – 8 weeks depending on level of support required.

Lessons involve working closely with support staff showing different types of support and techniques, gradually handing over the leading of the lessons to school staff with continued support from Network.

- Includes assessment if required.
- Observations and team teaching with individuals if required.

Bespoke SEND CPD in school/whole day CPD

In-school training for all school staff to support and develop individuals understanding and confidence in SEND PE involvement.

Whole day CPD, twilight training, working with individual teachers over several weeks, as well as swimming support.

Support for specific students who may be struggling in PE and other activities.

Planning support is also offered to schools to help students access as much as possible during PE and other activities.

SEND festivals and competitions.

We run a wide range of festivals and competitions across the academic calendar. This includes at a larger venue or smaller mini SEND festivals on school sites across the borough.

We deliver multi sport activities, sailing, boxing training, as well as sport specific events. We try to deliver a wide range of activities that students might not usually get a chance to access.

SEND swimming support

Providing specialist support to ensure high-quality, inclusive aquatic provision that enables all pupils, including those with SEND, to make strong progress.

- Modelling consistently high-quality swimming lessons that demonstrate effective practice in pushing, pulling, gliding, and floating, supporting pupils to build competence and confidence in the water.
- Working alongside swimming teachers to strengthen inclusive teaching strategies and adapt provision to meet the needs of pupils with SEND, ensuring equitable access to learning.
- Undertaking purposeful observations of swimming lessons to evaluate the quality of education, pupil engagement, and progress over time.
- Producing clear, evaluative written reports on whole-class lessons that include pupils with SEND, identifying strengths, areas for development, and next steps.
- Providing timely, constructive written and verbal feedback to teachers and support staff, contributing to continuous improvement and effective professional development.

Health & Wellbeing Programme

This programme is delivered within the school environment (*morning or afternoon*) as well as festivals also.

The programme works with KS1 and KS2.

Knowledge is delivered through a wide range of games and activities. Subjects covered are healthy plate, sugar game, food labelling, energy balance, one ingredient foods, target setting, portion sizes, etc.

All students taking part work in the programme will work their way through a booklet provided on the day. This booklet can also be used within the school day for PSHE lessons.

There is also CPD available for teachers within schools so they can start delivering the programme across the whole school.

We are currently updating this programme and making certain alterations.

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Competitions & Festivals

We pride ourselves on getting as many young people as possible to take part in physical activity when they are at school.

During the 2024/25 academic year, over **21,000** children took part in our competitions and festivals across the London Borough of Southwark.

Since 2020, more than **85,000** children have been involved in competitive sporting opportunities, helping to build confidence, teamwork, and lifelong participation in physical activity.

This outstanding level of engagement places us in the top **3%** nationally for school participation.

School Games Competitions (Level 2)

We have proudly been part of the School Games community since **2010**, consistently providing opportunities for all schools and their pupils to represent their borough in a competitive, inclusive, and inspiring sporting environment.

The Network works closely with The Youth Sports Trust and The School Games to provide level 2 intra competitions (*School Games Competitions*). These competitions are school versus school and are held at local secondary schools and sports venues within a short distance from schools wishing to take part.

Winners from these competitions go on to represent not only their school but also the whole of Southwark at the London Youth Games.

The School Games programme currently offers the following: (***SEND Activities**)

- Seated Volleyball*
- Bee Netball
- 3v3 Basketball
- Mini Tennis
- Girls Football
- Cricket
- Rounders
- Tag Rugby
- Primary Golf
- Sportshall Athletics
- Adapted Inspire Festivals*
- Dance
- Boccia*
- Futsal

Membership to the PE & School Sports Network is the only way to access these competitions. Network Competitions.

To increase participation and offer opportunities for all we also provide a range of competitions which are separate but run alongside the School Games calendar.

To assist with providing schools with the best opportunities to attend we took the decision to make these events are for full classes.

We also offer smaller events within the borough which are focused on specific areas, this will make it easier for schools to travel.

These events will also include KS1 events, including a multi skills programme. (please see *girls football* section for an example)

Inter Schools (Level 1)

Level 1 competitions take place within your school. The Network team will come into your school to host an event between classes, houses or year groups.

We will provide a range of sports/activities depending on the space that is provided. These events can take place in the morning or afternoon and we will do our best to work around the schools timetable. These competitions saw over 18,000 students take part in academic year 24/25.

"Thank you so much for organising and hosting the event. I heard such positive feedback from the children and staff. We were glad to be part of the day."

(Headteacher - Beormund School)

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Sports Leagues

Leagues are offered to ALL member schools.

Leagues take place after school at central venues within the borough to allow all schools the opportunity to attend.

A fixture list and league tables are sent to participating schools.

Leagues that we currently offer:

- Football (Mixed league and separate girls league)
- Netball
- Athletics

Alongside our main leagues we also run mini leagues in schools around the borough. The host school would only need to provide their venue and the network team would take charge of the running and organising.

Football League Roll of Honor

	19/20	21/22	22/23	23/24	24/25
Boys	St Josephs RC Camberwell	Besemer Grange	Michael Faraday	Charles Dickens	Besemer Grange
Girls	St Josephs RC Camberwell	St Josephs RC Camberwell	Besemer Grange	Besemer Grange	Besemer Grange

20/21 Covid Year

School Games Mark

The School Games Mark is a government-led awards scheme, launched in 2012, designed to recognise and reward schools for their commitment to developing competition within their school and across the wider community. The programme provides an excellent framework for schools to evaluate the quality of their PE provision, celebrate successes, and identify areas for improvement, supporting the development of a structured action plan for future progress.

As part of our network, we are committed to supporting your school throughout the application process. Participation in both our School Games competitions and Network Competitions is a key part of providing the necessary evidence to demonstrate your school's commitment to competitive school sport. Engagement in these events not only enhances your students' experiences but also strengthens your School Games Mark application.

In the last academic year, **22 schools** from our network submitted applications for the School Games Mark. Of these, **7 schools** achieved **GOLD**, **14** achieved **SILVER**, and **1** achieved **BRONZE**, demonstrating the high level of commitment and achievement within our network. By working closely with schools and supporting their participation in competitions, we aim to increase both engagement and recognition, helping even more schools achieve the prestigious awards in the coming year.



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EmpowerHer

'Be Bold. Be Brilliant. Be You.'

The PE & School Sports Networks 'EmpowerHer' programme offers a unique opportunity that nurtures self confidence, leadership and the ability to feel comfortable while being physically active. The programme aims to inspire young girls to embrace their individuality, recognise their potential and foster positive self-esteem.

Our mission:

To inspire young girls to recognise their inner strength, cultivate self-belief and empower them to pursue their dreams with confidence.

We want all girls to be equipped with the mindset that anything is possible when they are inspired to 'Be Bold. Be Brilliant. Be You.'

Core values:

- Confidence: Helping girls build and sustain confidence through physically active workshops.
- Inclusivity: Celebrating diversity, ensuring that every girl, regardless of her background or appearance, feels seen and heard.
- Creativity & Expression: Encouraging all girls to embrace their individuality and express themselves freely.
- Community & Support: Creating a safe, supportive space where girls can connect with each other, share experiences and uplift one another.

Why is the EmpowerHer programme needed?

Back in 2023 we launched the 'Girls Sports Programme', this was following the success we had with our football programme but we knew some girls showed interest in sports that weren't football.

Although our 'Girls Sports Programme' has been a success and we are proud to say we worked with over 1,500 girls last year we know that the word 'sport' can often turn girls off, hence the name change and the focus towards being more skill/confidence related instead of it having a sport heavy focus



Target Audience:

The programme is open to all girls from 5-16 with different opportunities available depending on age/year group. This is explained in more detail on the next page.

Programme Breakdown:

Block of 6 weeks that focus on one particular skill that can be transferred across a number of different activities.

Each week this skill will be revisited to allow pupils to have a better understanding of what is being asked of them but also a better understanding of when and how to use that skill.

- Ball Mastery (Including passing & dribbling)
- Team Building
- Problem Solving
- Small Sided Games (Including opportunities to be competitive)

Rewards & Recognition – Each week certificates will be awarded for those that show positive attitude towards the core values of the EmpowerHer programme.

At the end of the 6 week programme 2 pupils will be recognised for their sustained confidence and enthusiasm throughout with a EmpowerHer tshirt.

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Extra Curricular Opportunities:

Pupils will be sign posted towards opportunities that we run alongside our other programmes. These include...

Female Football Player Pathway - We are now in a position where we can offer a female player pathway for all girls from 5 years old.

In-School Programme (EmpowerHer)

Wildcats Football (Age 5-11)

Weekly sessions (term time only) on 4G surface at Burgess Park. FREE to attend and open to all girls aged 5-14.

Over 100 girls currently registered, of which 30% have come from our in-school programme.

Squad Girls Football (Age 11-14)

Southwark Jaguars Girls Football Club

Girls Sunday league football team set up by the PE & School Sports Network.

Weekly training sessions at Burgess Park Astro Turf (this is also our home pitch for matches).

League matches played on a Sunday with teams ranging from U9 to U12.

Club founded in 2023 with 44 girls, which has now risen to over 100, of which 80% of girls are from BAME backgrounds.

Emerging Talent Centre

We now have clear established links to our local ETC's which is organised through joint network lead, Wilson Frimpong and local clubs.

Ambition to have at least two girls from each age group following this path each season.

Currently have 13 girls attending trials at local professional club.

Barclays Girls Football Partnership

Barclays Girls' Football School Partnerships by England Football (BGFSPs) is a nationwide scheme that aims to mainstream football in schools for girls. Supported by the Youth Sport Trust the initiative created a network of BGFSPs across England, of which we were one of the first 50.

The Barclays investment gives girls the best chance to experience football in the PE curriculum, as well as the opportunity to participate, lead and compete – giving them the equal access to our much-loved national game as most boys currently enjoy.

As a network and FA Girls' Partnership our ambition is to:

- Demonstrate the value of girl's football within whole school through delivery of bespoke interventions for schools through which schools can access FREE CPD and resources
- Advocate the impact of football on girls' wellbeing, leadership and achievement
- Develop and test specialist interventions and learning through the vehicle of football in schools
- Collaborate with partners to support transition of young people to sustain their involvement in girls' football.

Mini Girls Football Tournaments

Throughout 26/27 we will be running Mini Girls Football Tournaments around the borough. These were non-competitive tournaments with the idea of allowing girls the opportunity to represent their school against over schools.

In 2022 we ran two tournaments with over 80 girls taking part across both. This has grown in 25/26 academic year to eight tournaments.

These tournaments are hosted in schools on Friday mornings. Schools from the local area are then invited to take part. This then allows schools to not worry about travel tickets and lunch arrangements

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Mental Health Programme

This is a school based programme where we come in for a morning or an afternoon to work with a year group to start conversations and discussions around mental health.

Games and activities where we address what mental health is and the many things that effect it. This is an active programme that is not class based and touches on bullying, social media, family, friendship groups as well as other areas that can have an impact on peoples wellbeing.

We ran a pilot scheme (2025-26) and are currently making some adjustments to the programme. We also offer mental health festivals where we address mental health through activities such as mindfulness, capoeira, dance and team building activities.

Contacts

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"I enjoyed Girl's football because I enjoyed playing with other girls who also like football. I also liked being outside and playing matches and games. It's fun that girls can play the same things as boys because football is for everyone."

(Year 5 Pupil - Hollydale Primary School)

"Less focus on discussions and ensuring children are further engaged in all years across school. Very informative! Would love to explore the curriculum details and lesson plans/assessment in greater detail."

(Teacher - St Johns & St Clements Primary School)