

# DONCASTER

## PE & ACTIVE SCHOOLS RESOURCE



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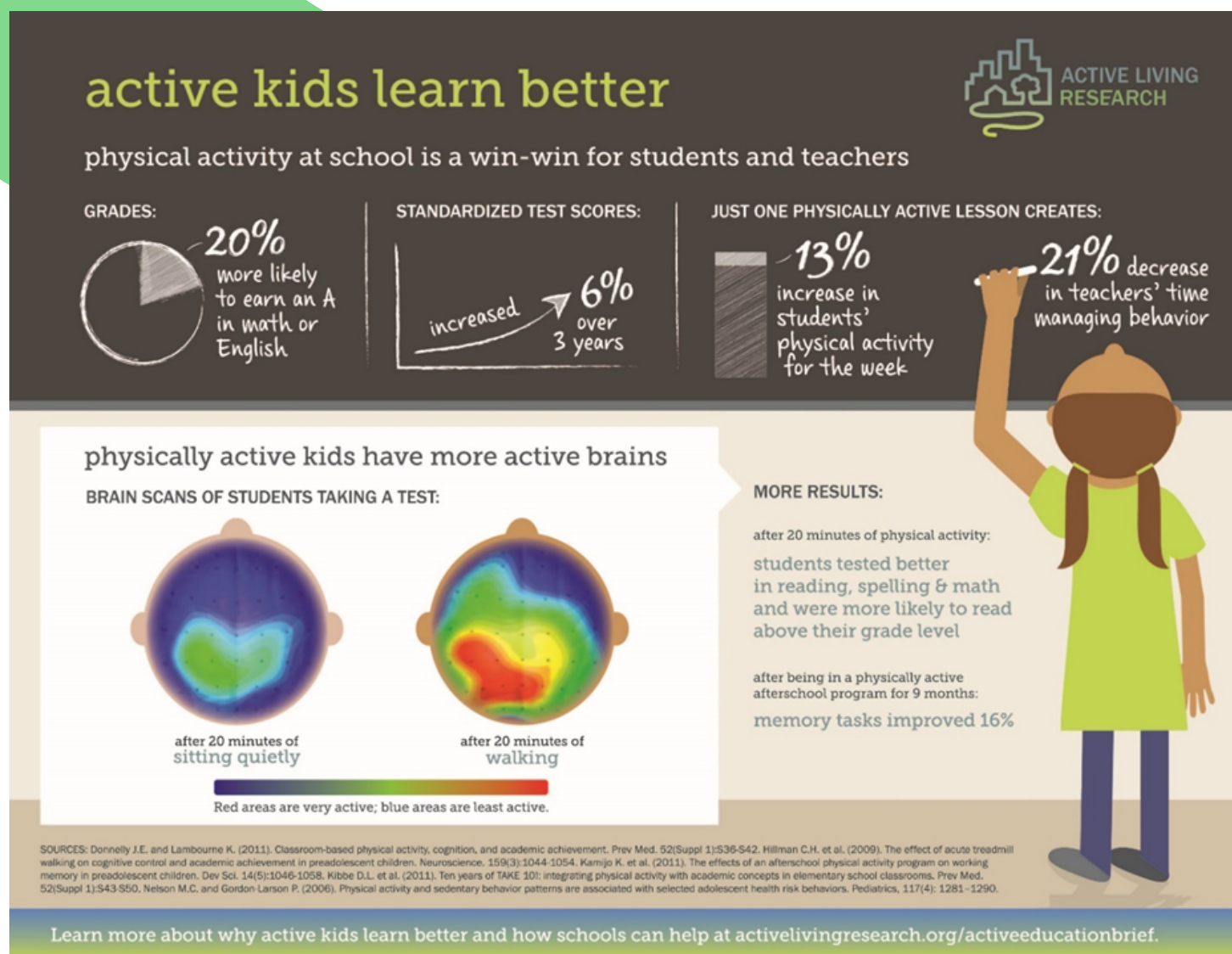
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# 1. Introduction

This toolkit will help Doncaster Primary School staff understand how they can support children and young people to meet daily physical activity guidelines (see page 3) and create an active school. The range of resources and providers in the toolkit is by no means exhaustive, and does not endorse a specific provider, but aims to show a range of options that are available to schools.

The benefits of an active school extend beyond health and into the classroom. Various research suggests that active children and young people are more likely to have better educational outcomes including:

- Improved academic achievement
- Better classroom behaviour
- Improved attention and concentration
- Improved physical fitness
- Improved resilience to stress and anxiety
- Improved confidence and resilience
- Improved social skills
- Improved fine motor development



SOURCE: ACTIVE LIVING RESEARCH, US SAN DIEGO. INFOGRAPHIC: ACTIVE KIDS LEARN BETTER | ACTIVE LIVING RESEARCH

# Chief Medical Officer

## Physical Activity Guidelines

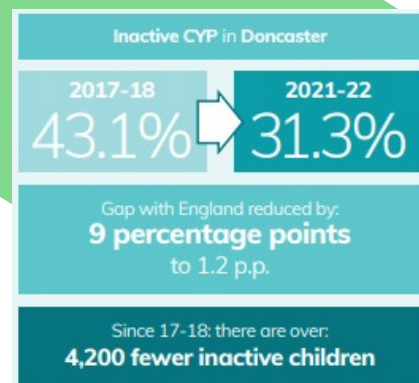
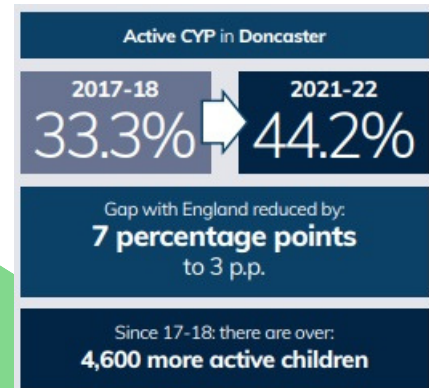
The Chief Medical Officer recommends children and young people should aim for an average of at least 60 active minutes per day across a week (30 minutes within school, 30 minutes outside school), yet only around 20% of children and young people across England meet these daily physical activity recommendations (Sport England, 2018). Schools play a pivotal role in enabling children and young people to meet the 60 active minutes guidelines.

The Youth Sport Trust and Intelligent Health have produced a short video that outlines the importance of children being active:

### The Power of an Active School



### Doncaster Data:



# Creating an Active School Framework

In June 2019, the Creating Active Schools Framework (CAS) was created by a group of 50 independent experts from public health, sport and local authorities. It can be used in all schools and is flexible to adapt to cohort or circumstances. All stakeholders, from local authorities to school leaders and pupils should play a role in embedding physical activity in the school's ethos. This framework aims to show there are roles for everyone.

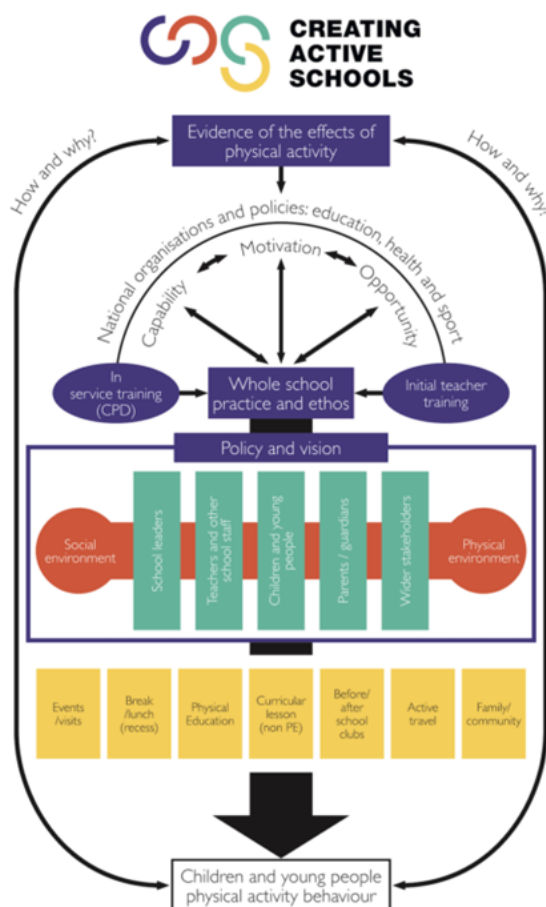
This whole school framework was created to embed activity at the heart of a school's ethos.

Making it work:

1. The framework has the whole school's ethos at the centre, this is the most important factor to drive change. If the ethos does not embrace activity it will not lead to true appreciation and delivery.
2. The most significant way to impact on the ethos of the school is effective teacher training, both at the start and in-service CPD.
3. For schools yet to embark on the journey (the upper half of the framework), ethos change must come from policy makers. Using the COM-B model of behaviour change, there must be standards set along with provision of support and guidance.
4. To impact change from within a school (the lower half of the framework), it needs to be seen in the school's policy and vision, backed up with internal resources including environmental and the support of stakeholders.
5. No part of the school day should be overlooked. Opportunities where physical activity can be introduced are highlighted in the bottom tier of the framework with examples of good practice.

## More information about the CAS Framework

## Creating an Active School website



# PE and School Sport Premium

The PE and School Sport Premium was launched in 2013 providing over £150 million a year to improve the quality of PE, school sport and physical activity provision in every state primary school in England. The funding goes directly to primary schools so that they can decide how best to use it to provide PE and sporting activities for pupils. Schools must use the funding to make additional and sustainable improvements to the quality of the PE, physical activity and sport they provide.

This means that you must use the PE and School Sport Premium to:

- Develop or add to the PE, physical activity and sport that your school provides
- Build capacity and capability within the school to ensure that improvements made now are sustainable and will benefit pupils joining the school in future years

You should use the PE and School Sport premium to secure improvements in the following five key indicators:

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

Maintained schools, including those that convert to academies, **MUST** publish on their website information about their effective and sustainable use of the PE and School Sport Premium funding. The reporting deadline is usually the 31st July (end of the academic year) but we strongly recommend that you update it regularly.

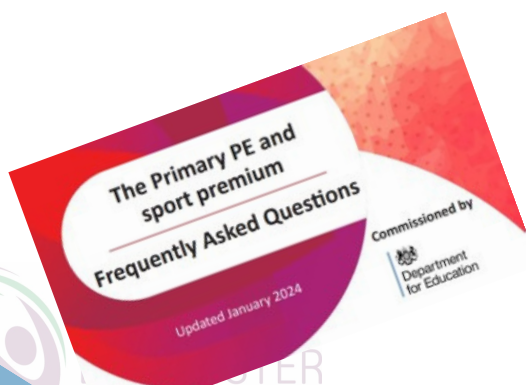
## Download recommended template

***It was announced in March 2023 that the PE and School Sport Premium will be extended for a further two years (2023-2025) at its current rate.***

## Newly Updated FAQs Resource - January 2024

To support the PESSPA sector, the Primary PE and sport premium FAQs, created by the Association for Physical Education and Youth Sport Trust and commissioned by the Department for Education, has been updated as of January 2024 and is now available to download for free.

**[https://cdn.ymaws.com/www.afpe.org.uk/resource/resmgr/images/premium/premium\\_faq\\_2024\\_final.pdf](https://cdn.ymaws.com/www.afpe.org.uk/resource/resmgr/images/premium/premium_faq_2024_final.pdf)**



# Doncaster School Games

The School Games is a National School Sports programme with the vision 'to continue to make a clear and meaningful difference to the lives of even more children and young people'. Within Doncaster we actively work to provide positive opportunities through physical activity and competitions for all schools in Doncaster.

Aimed at providing opportunities from KS2-KS4, however KS1 support is also provided through select competitions during the academic year.

School Games Organisers can:

- Support schools to become more active in line with the Government guidelines of 60 active minutes
- Promote positive experiences in competitions whether it is intra-sport, local or Doncaster wide inter-events or providing qualifications rounds for South Yorkshire finals
- Support sport events or programmes around transition from year 2/3 or 6/7
- Run and support leadership opportunities which could involve delivering bespoke active lunchtime leaders training, leadership opportunities at local or regional sports events or supporting existing leadership academies at your school

We work with many different partners to deliver the School Games and are always looking to support local community clubs, provide pathways opportunities to attendees of events and shout about the good work schools do to promote positive experiences through sport.

During the Summer term, your school can apply for the School Game Mark which is a national recognised award for schools which demonstrates your school's involvement and commitment to sport and physical activity.

The School Games is FREE to access for all schools in Doncaster\*

*\* Each school that takes part in an event will pay £50 primary/£200 secondary at the end of the academic year to the Doncaster School Sports Association (DSSA) which covers insurance, venue hire, equipment costs and first aid*

For more information about the School Games, please contact Hannah Lane and Craig Dallas (Doncaster School Games Organisers) - [doncasterschoolgames@gmail.com](mailto:doncasterschoolgames@gmail.com)



# PE, School Sport and Physical Activity (PESSPA)

## - Subject Leadership Key Considerations

### School vision and outcomes for PESSPA

Is there a vision statement in place for PESSPA across your school?

How does the school vision statement embed itself within PE lessons and wider opportunities, and is this explicit?

Is there a clear link between the outcomes you highlight for PE by the time pupils leave school, and what is delivered across your curriculum?

### Links to whole school improvement/wider school focus

How does PESSPA link to wider whole school improvement?

What projects could you deliver to target specific aspects of the whole school improvement plan?

Is there a culture in place at school where physical activity is an option to help overcome any issues/concerns across the wider school?

### Raising the profile of PESSPA

Where is PESSPA celebrated across the school with staff, pupils and the wider school community?

Is PESSPA used in a cross curricular capacity to support learning in other lessons?

Where and how are messages shared to all around the importance of being active?

### Leadership and management of PESSPA

Do school have a designated subject lead for PE who is supported by senior leaders in school?

How is the Primary PE and Sport Premium funding managed within school and whose responsibility is this?

How is the subject monitored and evaluated including the measuring of impact? And how is this related to the spending of the Primary PE and Sport Premium?

### Links to wider partners/support

Who do school work with to support the wider development of PESSPA?

Do PE subject leads link with other staff across different schools to develop opportunities and practice within school? E.g. MAT, local schools, School Games Area etc.

What organisations locally and nationally does your school work with to develop PESSPA for your pupils? E.g. School Games Organisers, National Governing Bodies of Sport, Youth Sport Trust, AfPE, local providers etc. Does your school utilise these for certification of delivery E.g. School Games Mark, Quality Mark, Healthy Schools Rating?

### Student/pupil voice

How do you use pupil voice to steer provision for PESSPA at your school? Do you identify barriers in place that stop pupils being active?

How do you utilise pupils across your school to engage other children and young people? E.g. Sports Leaders, Playground Buddies, Sports Media Reporters etc...

Is PESSPA provision discussed as part of your school council? Or do you have a specific School Sports Crew to support this further?



# 2. Physical Education (PE)

The current national curriculum for PE aims to ensure that all pupils:

1. Develop competence to excel in a broad range of physical activities
2. Are physically active for sustained periods of time
3. Engage in competitive sports and activities
4. Lead healthy, active lives

## Things to consider:

- Deliver a minimum of two hours of curriculum PE per week
- Effectively map your school PE curriculum and ensure staff are fully aware of the progressions between each year group and key stage
- Develop schemes of work and lesson plans that are suited to your school
- Introduce assessment in PE to monitor and track progress of pupils
- Make your PE offer inclusive and consider SEN pupils
- Undertake annual staff CPD audits with teachers and support staff to ensure your workforce is upskilled and high quality. This will help identify training needs and could form part of your school CPD calendar including twilight sessions or inset training. If you would like to utilise the Doncaster PE and Active Schools CPD Audit, and/or require guidance on CPD deliverers, please contact Dean Wiffen at [Dean.Wiffen@doncaster.gov.uk](mailto:Dean.Wiffen@doncaster.gov.uk)
- Ensure external providers adhere to minimum operating standards. **Follow the UK Coaching Guidelines**
- Ensure PE and School Sport Premium is not used to fund PPA cover
- Ensure you have the correct equipment available to allow staff to deliver high quality PE lessons. Visit the 'Equipment and Environment' section for a list of equipment suppliers
- Consider health and safety in PE. The new edition of 'Safe Practice: in Physical Education, School Sport and Physical Activity' can be purchased on the **AfPE Website**



# PE Curriculum Resources

Provider and introductory video link	Website link
	<a href="https://www.completepe.com/">https://www.completepe.com/</a>
	<a href="https://www.getset4pe.co.uk/">https://www.getset4pe.co.uk/</a>
	<a href="https://www.primarypepassport.co.uk/">https://www.primarypepassport.co.uk/</a>
	<a href="https://imoves.com/">https://imoves.com/</a>
	<a href="https://creativesteps.co/">https://creativesteps.co/</a>
	<a href="https://thepehub.co.uk/">https://thepehub.co.uk/</a>
	<a href="https://www.twinkl.co.uk/resources/twinkl-move">https://www.twinkl.co.uk/resources/twinkl-move</a>
	<a href="https://beyondthephysical.co.uk/">https://beyondthephysical.co.uk/</a>
	<a href="http://www.your-pe.co.uk">www.your-pe.co.uk</a>
	<a href="https://realpe.co.uk/">https://realpe.co.uk/</a>

# 3. Break and Lunchtimes

Break and lunchtimes are two of the key parts of the day where schools can encourage children to be active. You could introduce a range of opportunities by utilising the below ideas.

## Sports Leaders

Sports leaders can be a massive asset to schools and contribute towards delivering the active 60 minutes. The development of a sports leadership programme in schools can also contribute towards wider whole school priorities and improve life skills for pupils. Your local School Games Organiser (SGO) might be able to offer you some support to get sports leadership up and running in your school. Alternatively, you could purchase a nationally recognised award from Sports Leaders UK (SLUK) such as the **Playmakers Award** which provides you with a ready-made guide and resources to deliver the training.

You could even design your own training programme tailored towards your school needs.



## School Sport Organising Crew (SSOC)/Sport Council

We encourage all schools to start a SSOC to help with their intra-school sport provision. A SSOC is a diverse group of young people who join together to lead the planning and delivery of these competitions, thus playing a fundamental role in helping develop the School Games. Your school sport opportunities should be for all pupils in the school and therefore the crew or committee should be fully inclusive – so everyone can take part in an activity they enjoy! Speak to your School Games Organiser or visit the [School Games website](#) for more information.



## The FA Girls' Football School Partnerships - supported by Barclays

It is hoped that the FA Girls' Football School Partnerships – supported by Barclays, will grow the women's and girls' football workforce in schools to sustain the growth of participation levels. The partnerships will aim to generate greater collaboration with local football and education providers to create a clear, coherent pathway for girls at a local level to grow and develop in and through football with the overall aim being to provide every girl with equal access to football in school by 2024. The partnership is free to access and has various programmes attached to it including curriculum support through free CPD and the Shooting Stars Programme. The FA Shooting Stars programme inspired by Disney is made up of two initiatives: Active Play Through Story Telling and Girls' Football Clubs. These initiatives have been developed to engage 5-11 year old girls in sport both at school and home. Using the inspiration of Disney stories, sessions are facilitated via a storybook where girls get lost in play. As they engage with the storyline, children become physically active through thoughtfully designed activities which support the development of their social skills, creativity, teamwork, communication and confidence as well as increasing their emotional awareness.

Visit the [Girls' Football Schools Partnership](#) website or contact Hannah Lane [hannah@activefusion.org.uk](mailto:hannah@activefusion.org.uk) to find out how to get involved in Doncaster.

### Lunchtime supervisor training

Provide training, support and resources for lunchtime supervisors who might be delivering activities at lunchtimes. This training could be provided in the school day, as a twilight or as part of an inset day. You can also use your PE and School Sport Premium to pay staff to attend. If you need support in being pointed in the right direction to access training, contact Dean Wiffen at [Dean.Wiffen@doncaster.gov.uk](mailto:Dean.Wiffen@doncaster.gov.uk)

### External coaches

Utilise external coaches to deliver activities for children at break and lunchtimes. When deploying coaches in schools, refer to the [AfPE Guidance](#) to ensure quality provision.



### Daily Mile

The Daily Mile is a social physical activity, with children running, jogging or wheeling– at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run, jog or wheel for 15 minutes. Schools can set up a route on their school grounds and designate 15 minutes of the day for children to take part. It could be incorporated into before school activity, breaks, lunchtimes, after school or in between lessons. Ideally schools will designate 15 minutes each day, but if this proves difficult, it could be done two or three times per week instead.

For more information and to register to take part visit the [Daily Mile website](#).

### Active 30:30

A resource designed by the Youth Sport Trust to help schools reduce sedentary behaviour and increase physical activity in young people outside of timetabled curriculum PE. The resource can be purchased from the [Youth Sport Trust website](#).



### Cosmic Kids

An online resource using stories and role play to make yoga and mindfulness fun for children. Various resources are available to purchase on the [Cosmic Kids website](#). You can also access a number of free videos on the [Cosmic Kids YouTube channel](#).



### Equipment and environment

Ensure your playgrounds are mapped effectively and that you have the correct/sufficient equipment for use in breaks and lunchtimes. Consider the [Outdoor Play and Learning \(OPAL\)](#), [10 Tips for Improving Active Play at Your School Guide](#) and visit the 'Equipment and Environment' section for more information.

## Active wet play boxes

Wet playtimes can sometimes impact on schools' ability to deliver the 60 active minutes. Why not consider creating some active wet play boxes of equipment to encourage physical activity during wet playtimes? You could create a box of equipment for each class in the school that contains a variety of resources and equipment relevant to the age of the children. Equipment could include activity cards, target throw, table top curling, pop up table tennis nets, foam skittles, Jenga and speed stacking cups.



# 4. Events and Visits

Schools can utilise events and visits to engage and inspire pupils, including:

## School Games events and local competitions

Engage in the \*free to access Doncaster School Games Programme and/or local competition programmes. You could even link up with other local schools to create opportunities for less active pupils and work towards offering broader experiences for all pupils.

Contact details for your local School Games Organiser can be found in the 'Contact Details' section.

More information about the School Games Programme can be found [here](#).



## Sports day/School Games day

A key and important event that schools should deliver annually. Schools should consider carefully how to best engage pupils through sports day. Schools could opt for the more traditional event including races such as the egg and spoon, skipping, running and obstacle, or alternatively, deliver a more modern concept which might involve a rotation around various multi-sport/skill activities. The sports day could be linked into the whole school reward system and could even be designed by pupils from the School Sport Organising Crew/Sports Council. Schools can focus on the wider benefits of pupils engaging in a sports day including teamwork, leadership and communication skills. Why not hold your sports day during National School Sports Week (NSSW), usually in the last week of June?

## Healthy School Week

Some schools hold Healthy School Weeks which could incorporate many aspects around being healthy, looking after your emotional and mental health as well as physical health and eating healthily. Health weeks could include a variety of activities and workshops delivered by school staff or external providers designed to encourage pupils to be physically active and promote well-being.

### Athlete visits

You could organise an athlete to visit your school and deliver inspirational assemblies, class talks and activity sessions in schools. A number of organisations specialise in these visits. There are three examples below:

**Youth Sport Trust**

**Athletes in Schools**

**Sports for Schools**

### Local club taster sessions and assemblies

Distribute information on behalf of local clubs and organisations to promote local opportunities. Ask local clubs and groups to deliver assemblies focussing on localised opportunities. Explore the possibility of these local clubs delivering taster sessions in school. Building relationships with local clubs in this way makes it easier to promote local club links in the future.

## Reward trips

Pupils could be rewarded for outstanding effort or achievement in sport and physical activity by arranging reward trips to local venues. This could be linked to a whole school reward system, house system or a reward scheme specific to PE, sport and physical activity. If linked to effort and attitude towards learning, it could be a great way to engage your less active and sporty children and could lead to improved behaviour in school.

## Local trip ideas

Why not visit a DCLT site?



Across Doncaster and the surrounding areas, there is a large number of places schools could access as school trips. Use the two websites below for ideas:

<https://doncaster.mumbler.co.uk/days-out-in-and-around-doncaster/>

<https://www.visitdoncaster.com/things-to-do/family-friendly/>

## Major events and campaigns

Why not link your school delivery into upcoming major events and campaigns to inspire pupils? You could hold an intra-world cup football competition, a paralympic festival introduce paralympic based sports into the school or deliver a mini-commonwealth games day as your school sports day. If any major events are taking place locally, why not purchase some tickets to take some of your pupils?

A range of examples can be seen below.

### Major events examples

- FIFA World Cup (Men and Women)
- UEFA Euros (Men and Women)
- Olympics
- Paralympics
- Special Olympics
- Winter Olympics
- Commonwealth Games
- Wimbledon
- Invictus Games
- Tour de France
- Super Bowl
- Open Golf Championships and Ryder Cup
- The Ashes
- Rugby Union and League World Cup

### National and local campaigns

- National School Sport Week
- Walk to School Week
- This Girl Can
- Show Racism the Red Card (FA)
- National Fitness Day
- Children's Mental Health Week

# 4. Wider Curriculum

You should consider how to make the wider curriculum more active. Research shows that more active children learn more.

## Break-up your lessons

A simple and easy way to help pupils become more active during the school day is to break up lessons and avoid sitting for long periods. Why not introduce short activity bursts throughout the day and get children up and moving? You can use your interactive whiteboard and utilise some of the free to access resources to help achieve this.

Provider	Link
	<a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
	<a href="https://www.youtube.com/c/TheBodyCoachTV/videos">https://www.youtube.com/c/TheBodyCoachTV/videos</a>
	<a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
	<a href="https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/">https://www.nhs.uk/healthier-families/activities/10-minute-shake-up/</a>
	<a href="https://www.youtube.com/justdance">https://www.youtube.com/justdance</a>



# Active Lessons

You should consider how your school can make wider lessons more active. There is a wide range of resources that can be purchased with your PE and School Sport Premium that can help achieve this. Some examples include:

Provider	Link
	<p>Teach Active is a multi-award-winning resource that provides schools and teachers with lesson plans and resources designed to deliver the Maths and English curriculum through physically active learning.</p> <p><a href="https://www.teachactive.org">https://www.teachactive.org</a></p>
	<p>Physically Active Learning (PAL) approach to English, Maths and other subjects.</p> <p><a href="https://tagtiv8.com/">https://tagtiv8.com/</a></p>
	<p>Fun curriculum linked resources to get your class moving while they learn.</p> <p><a href="https://www.bbc.co.uk/teach/supermovers">https://www.bbc.co.uk/teach/supermovers</a></p>
	<p>Active Learning lessons and activities from brain breaks to whole lessons to confidently support your children with fun, cross-curricular activities, all in one place.</p> <p><a href="https://imoves.com/">https://imoves.com/</a></p>
	<p>A wide range of online resources linked to PE, PSHE, English and Maths</p> <p><a href="https://plprimarystars.com/">https://plprimarystars.com/</a></p>
	<p>Forest Schools are nature-based communities where trained practitioners nurture learner-led exploration and discovery, nurturing meaningful experiences for positive lifelong impact.</p> <p><a href="https://www.forestschools.com/">https://www.forestschools.com/</a></p>
	<p>Utilise the Active Schools Planner which is a free tool for primary schools to track and improve physical activity levels in school.</p> <p><a href="https://www.activeschoolplanner.org/index.php">https://www.activeschoolplanner.org/index.php</a></p>

# 6. Before and After School

## Top tips:

### Introduce breakfast clubs

A great way to encourage pupils to arrive in school early and help combat late marks. A breakfast activity club will also provide more opportunities for pupils to be active and help concentration levels in the first lesson of the day. You could even include the Daily Mile and encourage parents to attend with their children before school starts.

### After school clubs

- Carefully plan your after-school programme.
- Link your opportunities to the School Games or local competition programme to provide your pupils with something to work towards.
- Effectively track participation rates encouraging the least active to get involved, and provide targeted opportunities.
- Use local external providers to help deliver your sessions but ensure these providers are suitably qualified, insured and DBS checked. Consider the [AfPE Guidance](#).
- Offer a wide range of appealing opportunities and consider introducing alternative sports to engage a wider audience. Examples include [Tchouckball](#), [Kinball](#), [QuadballUK](#), [Handball](#) and [Dodgeball](#).
- Ensure your offer is inclusive.
- Consider target groups of pupils e.g. less active pupils, girls.
- Consider utilising pupil voice to help shape your extra-curricular offer.

### Outside of school

- Promote local club and community opportunities, and strengthen school to club links.
- Ensure pupils and parents are aware of local holiday camp opportunities and activities linked to the Holiday Activities and Food Programme (HAF).

**Take a look at our local provider section for contact details of people that can help!**



### **Born to Move Programme**

Born to move is a Les Mills exercise program designed to inspire young people to fall in love with physical activity. It helps children experience the joy and vitality of moving to music. Each session feeds young people's natural appetite for action, movement and play – and lets them enjoy the energy, confidence, good health and increased ability that goes with it. The program is optimized for core developmental stages for children aged 2 through to 16 years of age. The early years programs are created exclusively for young children (ages 2-5 years) and focuses on supporting imaginative, exploratory movement that's fun and full of energy. The school years programs are designed for children and teenagers (ages 6-16 years) and are all about empowerment and inclusion. Children learn foundation movement skills, improve fitness and build their confidence and self-expression.

Vicky Reed  
07866702542  
[vrfitness123@gmail.com](mailto:vrfitness123@gmail.com)



# 7. Active Travel

## Top tips for Active Travel:

- Create an Active Travel Plan and link with the **Modeshift Stars Awards**
- Promote and share materials with parents on the benefits of active travel
- Promote local walking or cycling routes. Consider Walking Bubbles, create localised maps on the **Modeshift Stars** website and promote the **#StaySafeGetActive** Campaign
- Create a school based 'Park and Stride' campaign. Link with local businesses to allow their car parks to be used by parents during pick up and drop off. Ensure these businesses are half a mile to a mile from the school to encourage pupils to walk some of the distance to school
- Create an Active Travel Reward Scheme for your school. Award pupils during reward assemblies/sport assemblies based on how the travel to and from school. Link this to your whole school reward scheme/house system
- Ensure your school delivers **Bikeability** or **Scoutability** training
- Create a link with the local Active Travel Officer. Please contact **transportationunit@doncaster.gov.uk** for more information
- Designate a day of the week as walk to school day
- Purchase the Living Streets **WOW Walk to School Challenge** resources
- Purchase bike and/or scooter storage or designate an area on the school grounds for this purpose
- Consider national campaigns:

**Big Walk and Wheel**  
**Walk to School Week**  
**Road Safety Week**

## Doncaster School Streets

The project limits vehicle access at pick-up and drop-off times outside primary schools, giving pupils the opportunity to travel on foot, by scooter or bike, reduce harmful emissions and keep them safe from traffic.

The initiative is designed to bring about a change in travel behaviour and promote healthy and active lifestyles to the whole school community.

If you can demonstrate that there is a local need and support from volunteers to manage the scheme, the City of Doncaster Council will advise on the consultation process and wherever feasible, implement an Experimental Traffic Regulation Order (ETRO) outside the school.

The following link explains what is involved in stewarding a school street and also a bit about the concept:

**<https://www.youtube.com/watch?v=rcLVildm56U>**

***NB. We cannot restrict traffic on A roads and bus routes.***

Contact Jenny Olma, Public Health Improvement Officer, on 01302 736706 for further information.



# 8. Family, Communities and School Staff

## Parental engagement

- Consider parental engagement questionnaires to explore what opportunities parents would like to see on offer to their children
- If you deliver the Daily Mile, why not deliver this before or after school and ask parents to join in with their children?
- Organise led parent and child walks in the local community to encourage parents to talk to their children about various topics
- Set children physical activity/active homework
- Use social media to promote what parent and children have been doing during evenings, weekends or school holidays linked to physical activity. An example could be 'Healthy Selfie' photos that parents upload to social media and tag the school into during school holidays
- Explore the option of parent led extra-curricular provision. Perhaps there are parents who hold coaching qualifications already and could deliver extra-curricular opportunities, or maybe you could engage with the Parent Teacher Association (PTA) and fund a coaching award for parents who might want to commit to delivering extra-curricular clubs voluntarily. This could save money on paying external providers in the long term
- Introduce PE, School Sport and Physical Activity awards assemblies and invite parents into school to attend.

## Communities





- Create school to club links with local clubs and groups and signpost children to these local opportunities. Use the [Get Doncaster Moving Club Finder](#) to help signpost pupils
- Consider opening your school facilities during evenings and weekends for local clubs and groups. This would strengthen links with the local community and potentially generate income that could be used within school. Sport England have created a ['Use Our School'](#) guide to provide schools with support in opening their facilities
- Utilise local open spaces if your schools' grounds are limiting PE and School Sport delivery.

## Staff

- Consider paying support staff to deliver extra-curricular clubs
- Engage in the Doncaster [Be Well @ Work](#) Active Workplace Award Scheme
- Create a workplace challenge. E.g. most steps in a month
- Promote local club/group opportunities that your staff could engage in.

# 9. Physical Activity Trackers and Tools

The use of technology can be a great way to engage pupils in physical activity. Below you will find a range of ideas that you can purchase for use in your school.

Tool	What's it for?	Website link
	A smart wristband and software application that measures physical activity providing both on-screen and printable user-friendly reports.	<a href="https://moki.health/">https://moki.health/</a>
	Online fitness tracking tool.	<a href="https://www.primaryfitnesstracker.com/">https://www.primaryfitnesstracker.com/</a>
	An online tool to set measurable physical challenges for pupils.	<a href="https://www.myphizz.com/">https://www.myphizz.com/</a>
	Physical activity tracking app.	<a href="https://yourtrak.app/">https://yourtrak.app/</a>

# 10. Equipment and Environment

You should consider whether your school environment is doing everything it possibly can to increase activity levels. Things that you can consider are:

## Outdoor gym equipment

Some schools have gone down the route of purchasing outdoor gym equipment, installing trim trails or installing an all-weather Daily Mile track to engage pupils and improve playground provision. There are many providers that can supply and fit this type of equipment by searching online. Sovereign Play Equipment and Specialised Sports Products are two examples of these providers.

<https://sovereignplayequipment.co.uk/?s=gym>

<https://www.ssp-uk.co.uk/daily-mile-tracks>

## Active classrooms

Some schools have introduced standing desks to prevent sedentary behaviour in the classroom. You could introduce a couple of these desks in each classroom and introduce a system whereby each child takes it in turns to use the standing desks. Other ideas could include introducing wobble chairs, exercise balls, under desk cycles or an exercise corner in the classroom.

## Playground markings

Revamp your playgrounds and introduce new markings that can be used by pupils at playtimes and lunchtimes as well as by teachers during lessons. Also consider linking in cross curricular links to the markings.

There are many providers that offer this service. Some schools in Sheffield have recently used Sponsor Sport GB who offer a lower cost playground spraying service.

Matt Bartle - [trisportscl@gmail.com](mailto:trisportscl@gmail.com)

## Playground mapping and zones

Consider mapping your playground into activity areas. You could introduce a ball games area, quiet zone, reading corner, dance zone, board game zone or multi-sport zones. This could help add some calm to the playground during busy periods. Also consider introducing clear rules for each area so that pupils are aware of the clear expectations of their behaviour in each area. If this is new, why not hold a whole school assembly and staff meeting so that everyone has clear expectations.



## General equipment

Ensure you keep an inventory of equipment. Any equipment purchased should be suitable for the age of the user and for the environment it is being used E.g. correct size footballs, soft balls for indoor use. You should also ensure there is sufficient equipment available for staff to use in PE lessons and playtimes. Keep the equipment separate and consider introducing a signing in and out system that all staff engage with. This will help keep track of where equipment is, and when equipment needs to be replaced. It will also help keep the PE cupboard tidy. For playtime equipment, consider introducing playtime equipment monitors to give pupils responsibility over their own equipment.

### Equipment provider examples:

Provider	Website link
	Part of Findel Education. Currently offering 10% discount off all good purchased by Doncaster Schools. Complete the form <a href="#">HERE</a> to register for the discount.  <a href="https://www.daviessports.co.uk/">https://www.daviessports.co.uk/</a>
	<a href="https://bishopsport.co.uk/">https://bishopsport.co.uk/</a>
	<a href="https://www.ypo.co.uk/">https://www.ypo.co.uk/</a>
	<a href="https://www.decathlon.co.uk/">https://www.decathlon.co.uk/</a>
	<a href="https://www.tts-group.co.uk/">https://www.tts-group.co.uk/</a>
	<a href="https://maudesport.com/">https://maudesport.com/</a>

### Other useful links:

#### OUTDOOR PLAY AND LEARNING

A not-for-profit company supporting schools to plan for, and provide outstanding play every day.

#### PEEL LAND SURVEYS

Specialist map makers for orienteering.

#### LEARNING THROUGH LANDSCAPES

A leading UK-based charity dedicated to enhancing outdoor learning and play for children.



# 11. Promotion, Monitoring and Evaluation





Promotion, monitoring and evaluation is an important aspect of your active school offer. It is essential that you can demonstrate the intent, implementation and impact of your work towards creating an active school. The ideas below show different ways you can do this effectively.

- Thoroughly audit your current PE, school sport and physical activity offer and ensure you complete the recommended **PE and School Sport Premium action plan**.
- Design pre and post participation questionnaires for targeted provision to demonstrate impact.
- Maintain attendance registers, track participation and identify less active pupils.
- Track out of school participation rates by carrying out termly parent/pupil surveys to identify less active pupils and to also track transition from school to club-based delivery.
- Link your PE and School Sport Premium plan into the **School Games Mark** criteria and apply for the award at the end of the academic year.
- Create a **Modeshift Stars Active Travel Plan**.
- Create half-termly or termly PE, School Sport and Physical Activity school newsletters promoting upcoming opportunities and celebrating the success of pupils in previous opportunities.
- Promote PE and school sport on your school's social media profile on Facebook, Twitter or Instagram.
- Utilise the tools that are available to you to promote opportunities. For example, school website, Class Dojo, letters home, school text messaging system and SIMS.
- Create a School Games notice board in school and keep updated.



# 12. Local Provider Contact Details

Please note that the list of local providers is not exhaustive or endorsed. All local providers are welcome to submit their contact details. Schools are encouraged to carry out their due diligence and check for relevant qualifications, documents and policies. Use the [AfPE Guidance](#) and [UK Coaching Guidelines](#) for reference.

Provider name	Overview of offer	Website link	Contact details
<b>City of Doncaster Council</b>	<p>National standard Bikeability cycle training combined Level 1 and 2 courses are offered to children in year group 6 via Primary Schools. The training is delivered by a specialist contractor working on behalf of the Council and is supported by government grants. The training is free of charge to schools.</p>	<p><a href="https://www.doncaster.gov.uk/services/transport-streets-parking/road-safety-education">https://www.doncaster.gov.uk/services/transport-streets-parking/road-safety-education</a></p>	<p>Nigel Raven 01302 735169 nigel.raven@doncaster.gov.uk</p>
<b>Modeshift STARS</b> 	<p>Modeshift STARS is a national scheme that supports and rewards schools for promoting sustainable and active travel. The scheme is an accreditation-based system that is supported by the work of an Active Travel Officer. Active Travel Officers can provide free initiatives to support sustainable travel to school.</p>	<p><a href="#">Education - Modeshift STARS</a></p>	<p>Ella Newson (Active Travel Officer) ella@pwlprojects.com</p>
<b>Club Doncaster Foundation</b> 	<p>Doncaster Club Foundation have a long established 30-year relationship with schools across Doncaster. They offer quality school sports provision and educational interventions that engage pupils and enhance learning. They also offer additional benefits such as player visits, season tickets, signed merchandise, tournaments, PSHE lessons and sports day support as part of their sports packages. Not limited to any sport, they can work with nursery age groups to high school students.</p>	<p><a href="#">Club Doncaster Foundation</a></p>	<p>Nic Moran, (Sports Development Officer) Nic.moran@clubdoncasterfoundation.co.uk 01302 764663</p>
<b>Active Fusion</b> 	<p>Working in partnership with schools to support with embedding high quality PE and exploring physical activity across the curriculum.</p> <p>Active Fusion programmes are designed to support schools with evidencing effective spend of the Sports Premium funding.</p> <p>Working alongside one of their specialist coaches will support your teachers to improve their confidence and knowledge in delivering high quality PE. Alongside providing subject specific support for your PE co-ordinator.</p> <p>Their approach- 'I do, We do, You Do'- 1 to 1 in lesson support for teachers with regular support and feedback</p> <p>Additionally, increase the capacity or upskill your own through employing a sport and physical education apprentice.</p>	<p><a href="#">Active Fusion</a></p>	<p>Hannah Lane hannah@activefusion.org.uk 01302 637276</p>
<b>Activ8 Coaching</b> 	<p>Providing PE and school sport provision within schools and communities across Doncaster and surrounding areas.</p> <p>All children deserve equity and quality in opportunity to access high quality PESS. Activ8 coaching can offer support in PE delivery and support, community programmes, and swimming provision on your school site through their pools to schools programme.</p>	<p><a href="#">Activ8 Coaching</a></p>	<p>Owen Wedgewood 07792694894 activ8coaching@outlook.com</p>

# 13. Useful Information and Links

## National PE qualifications

Yorkshire Sport Foundation are your quality assured local course centre for AfPE and Sports Leaders Level 5 and 6 PE qualifications. All qualifications are considered an effective and sustainable use of the PE and School Sport Premium funding. These courses take place at the Carnegie School of Sport building at Leeds Beckett University.

More information can be found on the [Yorkshire Sport Foundation](#) website.

## Level 5 Certificate in Primary School Physical Education Specialism

This is a nationally recognised qualification that aims to upskill primary school teachers and higher-level teaching assistants to improve the overall delivery of the physical education curriculum within primary schools.

### Content includes:

- National Curriculum and expectations in PE
- Good to outstanding teaching in PE
- Assessment for learning and pupil progression
- Planning and programming units of work

## Level 6 Award in Primary School Physical Education Subject Leadership

This is a nationally recognised qualification that aims to upskill primary school teachers to enable them to lead on the delivery of the primary school physical education curriculum.

### Content includes:

- Making judgements about standards of pupils' achievement in PE
- Evaluating teaching and learning and setting targets for improvement
- Managing staff including those external to the organisation
- Leading sustainable improvement

*"Thanks Yorkshire Sport for everything. I have found the L5/6 course really interesting and it has enabled me to feel more confident with my delivery through school. Thanks for all your time and effort making us all feel at ease and being so supportive".*

**Natasha Brodaty, PE Lead, Burley and Woodhead Primary, Bradford**

Please contact Alex Ogden, Education Manager at [alex.ogden@yorkshiresport.org](mailto:alex.ogden@yorkshiresport.org) for more information.



## Yorkshire Sport Foundation Centre of Excellence Programme

As your local Active Partnership, Yorkshire Sport are here to help celebrate and raise the profile of schools who are demonstrating outstanding practice in helping their children to be active before, during and beyond the school day. This programme aims to do just that and also provide support to those schools to share their learning and good practice with schools across West Yorkshire and South Yorkshire.

Schools can apply via the [Yorkshire Sport Foundation](#) website for Centre of Excellence status within any of the following opportunities:

- Events/visits
- Break/lunch times
- Physical Education
- Curriculum lessons (non-PE)
- Before and after school clubs
- Active travel
- Family and community

These seven opportunities are aligned with the pioneering Creating Active School Framework, which was formulated and developed in June 2019 by an expert group of 50 specialists from public health, education, sport and local authorities. Please visit [Creating Active Schools | Yorkshire Sport](#) to find out more information on how the framework can support your school.

Centre of Excellence schools will be given the financial support and the platform to support other schools in the implementation of similar opportunities. As a result, we aim to create an expanding 'Community of Learning' network, where schools can learn from each other and enhance their PE, sport and physical activity provision.

Please contact Alex Ogden, Education Manager [alex.ogden@yorkshiresport.org](mailto:alex.ogden@yorkshiresport.org) for more information.



## Active Lives Survey

The Active Lives Children and Young People survey provides a world-leading approach to gathering data on how children engage with sport and physical activity. It gives anyone working with children aged 5-16 key data to help understand children's attitudes and behaviours around sport and activity.

Schools are randomly sampled to take part on an annual basis and those selected will be contacted by their local Active Partnership, who are the first point of call for schools.

One class, in up to three different year groups, is asked to fill out a simple questionnaire if your school is selected. It is extremely important to complete the survey as this information will help identify common trends across your school, local district and nationally.

Each school that takes part will receive a school report summarising their own results from the survey. This is subject to a certain threshold of valid responses being received. Each participating school also receives credits to the value of around £100, to spend on a range of sports, wellbeing and health eating equipment or materials, to thank them for their involvement in the study. As part of the school report, if the teacher survey is also completed, the school is assessed as part of the DfE's Healthy Schools Rating Scheme (HSRS), for a rating and certificate that can be displayed.

Please contact Alex Ogden, Education Manager [alex.ogden@yorkshiresport.org](mailto:alex.ogden@yorkshiresport.org) for more information.

## Doncaster PE & Active Schools Network

The Doncaster PE & Active Schools Network is a collaboration of Primary School PE leaders who come together with the ultimate aim of developing and supporting the delivery of high-quality PE, school sport, physical activity and health and wellbeing opportunities for our children and young people. The network aims to give PE leaders the opportunity to discuss, collaborate, share good practice and learn from one other through a peer to peer learning approach. Get Doncaster Moving facilitate the network and along with Yorkshire Sport Foundation, provide up to date guidance, information and opportunities that Doncaster Primary schools can get involved in.

Get Doncaster Moving are engaged in the national program, 'Creating an Active Schools Framework' (CAS). Doncaster is now moving into Phase 3 of the framework in Doncaster and to date have supported 19 schools through the CAS journey. This support has been provided by five local teachers who have been provided training and guidance to become CAS Champions, to help guide these schools through the CAS process. CAS was developed in June 2019 by an independent group of experts, researchers and practitioners to promote a whole systems approach to sustainably embed physical activity at the heart of a school's ethos, so that everyone understands its benefits and can easily implement it in their practice. CAS supports schools embed physical activity in policies, systems, behaviours and environments, so that it becomes everyone's responsibility; from pupils, to staff, parents and governors.

Contact Dean Wiffen at [Dean.wiffen@doncaster.gov.uk](mailto:Dean.wiffen@doncaster.gov.uk) for more information.

# PE Deep Dive Case Study: Sunnyfields Primary, Doncaster

(Information provided by David Richardson, Headteacher and Jamie MacConnachie, PE lead)

## Structure of the PE Deep Dive

### 1. Leadership meeting with the inspector

- Involved the PE lead and head teacher.
- Main focus of the discussion was the curriculum and its delivery.
- Focus on sequencing of the curriculum, how knowledge and skills are checked and assessed.
- Questions on how an Early Career Teacher (ECT) new to the school would know what to teach in PE.
- Identification of changes that needed to be made to the PE Sports Premium report i.e. DFE form and swimming was missing.

#### Questions asked

How do your teachers know what to teach?

If I was an ECT in this school what support would I get?

Talk to me about progression and sequencing of your curriculum? Is the National Curriculum covered?

What are the strengths in PE teaching and areas for development?

How do you know that the PE Sports Premium has impact?

Give me an example of where you have been successful as a Curriculum Lead?

### 2. Observation of teaching and learning

- Lead inspector and PE coordinator only at the observations. This was at the request of the lead inspector.
- Observation focused on the curriculum, how the curriculum was sequenced and how the teacher knew where the children were at. This aligned with the questions asked in the previous meeting.
- Inspector stayed in the session for 20 minutes and observed two staff members teach.
- The PE Lead used all available opportunities to share CPD, curriculum developments, assessments and extra-curricular activities information.

### 3. Pupil Voice Interviews

#### Questions asked:

Tell me what clubs and opportunities are on offer here at your school?

How do you know when you have been successful?

How does your teacher challenge you?

Describe a typical session to me.

### 4. Teacher Interviews (those who were observed)

#### Questions asked:

How do you ensure that everybody is on the same page?

How do you know what to teach?

How is the curriculum sequenced?

How do you know when a child has not met expectation?

What does the PE lead do to support CPD?

You will notice that all the questions were triangulated and joined up to make sure that the answers given by SLT, PE lead, teachers and pupils were consistent across the school. The lessons observed then needed to showcase the answers given to show the inspector that what we say is happening IS happening.

## Links

Get Doncaster Moving - <https://getdoncastermoving.org/>

*Get Doncaster Moving supports Doncaster's communities to be physically active, healthy and vibrant. It's a partnership of people, groups, organisations and businesses who work together on these shared goals. There is a small central team, based within Doncaster Council, who help to co-ordinate this work on behalf of the partnership.*

Yorkshire Sport Foundation - <https://www.yorkshiresport.org/>

School Games - <https://www.yourschoolgames.com/>

Association for PE (AfPE) - <https://www.afpe.org.uk/physical-education/>

Youth Sport Trust (YST) – <https://www.youthsporttrust.org/>

Sport England - <https://www.sportengland.org/>

Forest Schools - <https://www.forestschools.com/>

Learning Through Landscapes - <http://www.ltl.org.uk/>

Active Schools Planner - <https://www.activeschoolplanner.org/>

PE and School Sport Premium Guidance - <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>

Girls Football Schools Partnership - <https://www.girlsfootballinschools.org/>



# 14. Contact Details

Dean Wiffen – City of Doncaster Council, Community Sport and Physical Activity Development Officer - [Dean.Wiffen@doncaster.gov.uk](mailto:Dean.Wiffen@doncaster.gov.uk)

Alex Ogden – Yorkshire Sport Foundation, Education Manager PE, Sport and Physical Activity - [alex.ogden@yorkshiresport.org](mailto:alex.ogden@yorkshiresport.org)

Nathan Barthrop – Yorkshire Sport Foundation Development Manager for Barnsley & Doncaster - [Nathan.Barthrop@yorkshiresport.org](mailto:Nathan.Barthrop@yorkshiresport.org)

Doncaster School Games Organisers - [doncasterschoolgames@gmail.com](mailto:doncasterschoolgames@gmail.com)