



Alliance
for Learning

BRIGHT FUTURES EDUCATIONAL TRUST

PE & Sport Hub Impact Report February 2020



Bright Futures

EDUCATIONAL TRUST

The best *for* everyone, the best *from* everyone

Sport England’s ‘Active Lives Children and Young People Survey’ shows that around 3 million children (43.3%) lead active lives, however of that group, only 1.2 million (17.5%) are meeting the Chief Medical Officer’s guidelines of more than 60 minutes of activity a day, every day of the week.

The Alliance for Learning has been commissioned by Sport England as part of a £13.5m teacher training programme, to help foster a more positive attitude to physical education across the northwest. Working with over 30 Secondary Schools across the region, we are offering specialist training and events that will help educational providers improve physical health among young people, focussing on some of the least active demographics.

Intended outcomes of the project

1. Children and Young People will experience a greater breadth of PE, sport and physical activity which should lead to better preparation for a positive future relationship with sport and physical activity
2. Teachers will have more focus on helping children and young people feel capable and confident in their abilities
3. An improved confidence and attitude in teachers to encourage children and young people to be physically active
4. A reduction in the number of children and young people perceiving to have a poor experience of PE and sport in school
5. A sustained positive change in the status of physical activity throughout the school

The projects:

- **CPD courses led by governing bodies/external companies or experts in those areas across a variety of sports.** We felt that by giving staff the knowledge to deliver a higher quality curriculum or extra-curricular programme, it would engage higher numbers of younger people in sport.

CPD Opportunities:

• Karate	• Orienteering	• Cricket
• Trampolining	• Netball	• Zumba
• Hockey	• Dance	• Yoga
• Lacrosse	• Volleyball	• Table Tennis
• Badminton	• Athletics	• Boxercise
• Rugby	• Football	• Handball

To date over 100 PE teachers have attended our CPD courses and the feedback has been overwhelmingly positive. Staff feel more motivated and confident to teach the sports. Some of the courses have been delivered by ex-Olympic athletes or in high quality venues such as the Etihad Stadium, which has given staff involved an injection of enthusiasm.

Below are some comments made by teachers when asked “What do you think the impact of the training might be?”

“We hope to offer Lacrosse to key stage 4 PE to improve variety and also to offer it as an extra-curricular activity”

“On return to school I will run CPD with the rest of my department and I am hoping to set up a scheme of work to start Lacrosse with KS4 PE and also offer it as an extra-curricular programme”

“The Netball CPD has had great impact as it will allow me to apply drill practices into both core and GCSE PE and extra-curricular clubs. The course was fantastic and very informative”

“I now feel more confident to target the activities to student ability, which will lead to enhanced engagement”

“Boxing will also be used to develop fitness and confidence in health related fitness lessons. It will allow me to deliver a new area of the physical education curriculum and inspire pupils who may be disengaged with standard school sports”



Badminton CPD was delivered by former badminton world champion and silver Olympic medallist, Gail Emms MBE and was covered by the local media:

Sale & Altrincham Messenger

<https://www.messengernewspapers.co.uk/news/18158674.olympic-medallist-gail-emms-serves-tips-teachers-training-session/>

News for Trafford

<https://news4trafford.co.uk/2020/01/13/former-world-champion-helps-improve-badminton-skills-for-pe-teachers-in-altrincham/>

St Helens Star

<https://www.sthelensstar.co.uk/news/18158802.badminton-champion-gail-emms-hosts-session-sutton-academy/>

- **Theory based courses working in partnership with Youth Sports Trust** (<https://www.youthsporttrust.org>). This includes all 4 modules of the Youth Sports Trust's World Leading subject leadership for PE, as well as The Power of a Well School, Power of an Active School and the Power of Engaging Girls in PE.

The 'Power of' series intends to maximise the benefits of PE in schools to improve academic performance, enhance emotional health and physical wellbeing, improve attendance, improve behaviour and social relationships, develop character and employability skills. These theory based courses start in May 2020.

- **Get Exam Fit bespoke programme delivered by Youth Sports Trust.** In their research, 1 in 3 teachers cited exam pressures as a reason for reducing the amount of curriculum PE time.

The initiative supports progress and attainment across the whole school and tackles declining emotional wellbeing and resilience to enable young people to manage stress effectively. Using high profile athletes and supporting resources, Get Exam Fit aims to create a behaviour change in young people. It utilises the athletes' experience of managing high pressured situations and developing strategies to alleviate stress and anxiety.

From a recent national pilot, it was found there were reduced referrals to school based wellbeing services and most pupils improved on their predicted GCSE grades.

We will be running this as conferences in June 2020 for students from all our schools with 2 athlete mentors.

- **Individual Funding Requests** which allows each school the opportunity to bid for up to £400 (maximum amount of £200 can be allocated to equipment) of funding for their own mini project for engaging more students within sport. To date, 76% of our schools have bid for this funding and are delivering mini projects in their schools, such as Cheerleading, Boccia training, Forest School, Spikeball and Tchoukball.

Impact of the Project:

- Pupil and staff surveys were completed at the start of the project, to gain an understanding of attitudes towards PE currently. In July 2020, end of project surveys will be taken to see the impact this project has had on pupils and staff.
- Senior Leaders in schools completed a self-review tool with PE staff at the start of the project. In September 2020, end of survey self-review tools will be completed to see the impact the project has had on areas such as school curriculum improvements.

Evidence data will be added in September 2020