

# Black Country Primary PE & Sport Premium Conference

*In partnership with:*



# Active Travel – Community Transition

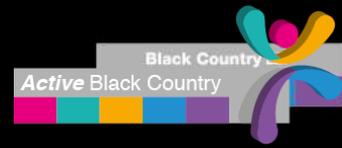
Deliverers: Daniel Allen (Active Black Country:  
Communities Lead)

Merridale Primary School (Dawn Jones)

Sustrans (Tim Egan)

Living Streets ( David Hackney)

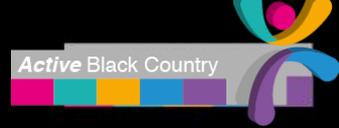
# Active/Sustainable Travel



## Why?

- Mode shift to increased Cycling and Walking & reduction of car/vehicle usage – Keep people moving/not vehicles
  - Vehicle congestion – Short commuter (2.5miles), education, shopping & leisure journeys
  - Reduce road traffic incidents, accidental injuries & fatalities
  - Air Pollution (Clean Air Zones)
  - Improving Health through Physical activity on Infrastructure improvements. (Recreation)
- CMO Guidelines – Contribution towards 60 mins of P.A per day - 30 mins in curriculum, 30 mins through active travel to and from School
- Streets safer & Communities healthier

# Active/Sustainable Travel



## How?

- Significant investment into the local cycling and walking infrastructure – Increased Connectivity
  - Investment Cycling Corridors, Canal Towpaths, Central Walking Zones – Town centres, Bike share schemes
- Cycling & Walking strategies
- Significant number of partners & initiatives to drive & encourage usage
  - **Merridale Primary School**
  - **Living Streets**
  - **Sustrans**
  - **How can schools contribute/what role can we play?**



## COMMUNITY SPORT & HEALTH OFFICER

Our aim is to improve Physical activity rates within Wolverhampton Students to progress towards the national recommendation of 1 hour of physical activity per day (30 minutes in school, 30 minutes outside of school).

# Where we started

## Year 7 AHS

**Physical Activity Within School**

1 in 3 Students said they would like to see new activities within school

50 random students within year 7 were selected for an anonymous survey.

- 36% Of Students Complete 50 mins of physical activity regularly.
- 44% Of Students Complete 30 mins of physical activity regularly.
- 16% Of Students do not Complete 30 mins of physical activity.

**Physical Activity Outside of School**

- 68% Of Students Complete 50 mins of physical activity regularly.
- 32% Of Students Complete 30 mins of physical activity regularly.
- 0% Of Students do not Complete 30 mins of physical activity.

**35%**

Of Boys walk or cycle to school.

## Year 8 AHS

**Physical Activity Within School**

1 in 5 Students said they would like to see new activities within school

50 random students within year 8 were selected for an anonymous survey.

- 11% Of Students Complete 50 mins of physical activity regularly.
- 33% Of Students Complete 30 mins of physical activity regularly.
- 56% Of Students do not Complete 30 mins of physical activity.

**Physical Activity Outside of School**

- 50% Of Students Complete 50 mins of physical activity regularly.
- 39% Of Students Complete 30 mins of physical activity regularly.
- 11% Of Students do not Complete 30 mins of physical activity.

**36%**

Of Girls walk or cycle to school.

**Activity Breakdown**

33.3% Of students said they did not agree that they enjoyed physical activity.

Walking 100%	Running 50%
Going to a gym 12.5%	Netball 12.5%
Football 29%	Cycling 45%
Athletics 33.3%	Rugby 12.5%

**Activity Breakdown**

40% Of students said they did not agree that they enjoyed physical activity.

Walking 100%	Running 44%
Going to a gym 0.5%	Netball 11%
Football 50%	Cycling 44%
Athletics 28%	Rugby 17%

# THE TWO YEAR PLAN

## Initial Data Collection

START  
1

Whole school survey handed out in order to collect physical activity data.

## In House Changes

2

Based on survey results, offer new and exciting activities within the school grounds. Examples of this would be new period 7 activities.

## Enrol Onto local/national initiatives

3

Attend training courses to be able to implement local/national initiatives into the school (girls active/sport England).

## Revised Data Collection

6

Whole school survey handed out to see any changes in data in addition to which schemes have been most effective.

## Implement physical activity within transitioning students

7

Maintain wide range of physical activity offers within school. Aim to intervene at target students early from the primary to secondary transition.

## Application of local/national initiatives

5

Begin to use provided funding through initiatives to begin to apply initiatives into school through student leaders.

## Upskill student leaders to run and maintain current initiatives

8

Upskill student leaders to be able to keep the ball rolling after the 2 year period.

## Build a base of student leaders

4

Using support of initiatives such as healthy lifestyle champions, begin to upskill student leaders to ensure sustainability of projects within school.

## Final data collection

9

Final survey is handed out to see comparison from the beginning of the two year period.

July 2020

# Northern House PRU/Secondary

## Football Results

### Match Day - 13th November 2018

On Tuesday 13<sup>th</sup> November Northern House won their first competitive game against Lawnswood 5-3 at The Way Youth Centre. Pupil ACB bagged a hat-trick while pupils MS and BJ got the other two. ACB won the Man Of The Match award as his performance in the game was excellent. Well done to the other lads who also played in that game.

## Secondary School Football Team

Me and Logan have started the schools first ever after school team. Training is after school every Thursday and we are trying to sort out more games.



## Skip to be fit

Skip to be fit takes part every morning after breakfast club and is something I run and monitor. The students will skip for 2 minutes while listening to music. I have recoded all participation since I started every week.

## PE Data Records

Since I have started I have recorded data on every students performance in all PE lessons. The data is recorded for each pupil in each class every week and gives a rating on their objectives that are met, behaviour rating and engagement in the lessons

record	26/11/18 - 30/11/18				
Monday	Tuesday	Wednesday	Thursday	Friday	
	X				X= did not participate/ Not here
	X				
	X	X		X	
		X	X		
			X		
		X			



## Assessment Record Sheet - PE

Date: 12/11/18

Subject: PE	Topic:	Base/Yr: Maroon
<b>Objectives/Assessment criteria</b>		
wk1	Obtain basic hockey skills	
wk2	Obtain basic basketball skills	
wk3	Obtain basic badminton skills	
wk4	Improving body coordination	
wk5	Engage and build up stamina	
wk6		
wk7		

Name (+ = -)	1	2	3	4	5	6	7	Comments
Objective met	100%	100%	100%	100%	100%	100%	100%	Student 2 didn't take part in this lesson because of an injury to the leg. This lesson went well as all students behaved well and the lesson objective was met as all students obtained basic hockey skills. Control drills were used and a small game at the end. Student 3 struggled a bit with technique but gave 100% effort.
Engagement (%)	100	100	100	100	100	100	100	
Behaviour (RAG)	100	100	100	100	100	100	100	
Objective met	100	100	100	100	100	100	100	All students behaved well except minor blips from student 4. The lesson objective was certainly met as all students did learn basic basketball skills by doing title drills including bouncing the ball around cones and having a small game at the end. Individually the students met their objectives, but students 3 and 4 did struggle with certain aspects, such as keeping control of the ball and understanding rules.
Engagement (%)	100	100	100	100	100	100	90	
Behaviour (RAG)	100	100	100	100	100	100	100	The lesson objective was met as basic badminton skills was introduced in the lesson and all kids met the objectives fully except student 3 who struggled in some areas but did develop new skills. Behaviour all round was great other than minor issues from student 3 but nothing to be concerned about.
Objective met	100	100	100	100	100	100	100	This was an excellent lesson as all students met their objectives and behaviour was perfect from everyone. The lesson objective was met as the students played crab football, forcing them to coordinate themselves across the floor and also kick the ball. Also every student participated for 100% of the lesson.
Engagement (%)	100	100	100	100	100	100	100	
Behaviour (RAG)	100	100	100	100	100	100	100	
Objective met	100	100	100	100	100	100	100	This was another good lesson from Maroon, all students behaved

# Merridale Primary School



43% of year 5 travel to school by car

- ❖ I went on a course called 'Ready set ride', widening my knowledge on cycling and the range of different fun activities for the children to follow using a balance bike.
- ❖ After Christmas we will have sessions in place to allow the children to have the chance to experience the bikes, motivating them to cycle to school.

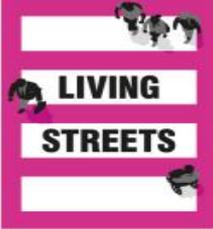
**“I want to do it but  
I’m embarrassed  
because of the boys.”**

Fun and fitness (girls only after school club)

- ❖ Open to years 5 & 6
- ❖ Keeping girls active
- ❖ 7 year 5 girls attended 'The way youth zone' to allow them to gain knowledge on motivating their female peers.







LET'S  
WALK TO  
SCHOOL



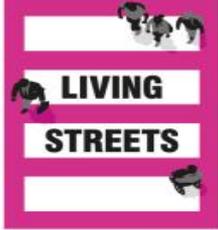
**WOW**

1 year,  
11 badges  
to  
collect



THE YEAR-ROUND  
WALK TO SCHOOL CHALLENGE





**LET'S  
WALK TO  
SCHOOL**



**WOW**

**1 year,  
11 badges  
to  
collect**

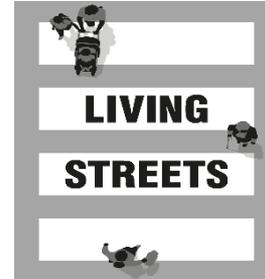


**WALK**

**David Hackney  
Project Coordinator  
West Midlands**

**GE**





## **LIVING STREETS AT 90**

### **A BEACON FOR WALKING SINCE 1929**

For 90 years Living Streets has been a beacon for walking.

In the early days our campaigning led to the UK's first zebra crossing and the introduction of speed limits.

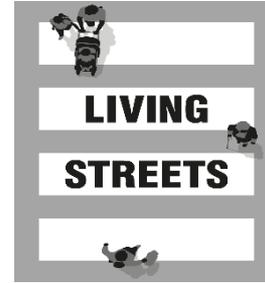
Today we face new challenges, but our work is as important as ever.



#### **OUR HISTORY**



# WALK TO school project



A horizontal timeline with arrows at both ends. It has tick marks for the years 1992, 1994, 1995, and 1996. The year 1996 is enclosed in a red box.

**1996**

Walk to School Week launched nationally by the Pedestrians' Association and Travelwise, with the particular support of Dorset and Hertfordshire councils. Originally the Walk to School week was held during Child Safety Week.



A horizontal timeline with arrows at both ends. It has tick marks for the years 1996, 1997, and 2001. The year 2001 is enclosed in a red box.

**2001**

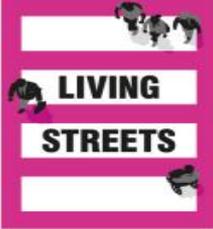
The Association relaunches as Living Streets under the banner of 'Revitalising Neighbourhoods, Reconnecting People'.



A horizontal timeline with arrows at both ends. It has tick marks for the years 2003 and 2006. The year 2003 is enclosed in a red box.

**2003**

Living Streets launches the Walk once a Week - or WoW - scheme which rewards pupils for walking all year round.



LET'S  
WALK TO  
SCHOOL



**WOW**

1 year,  
11 badges  
to  
collect



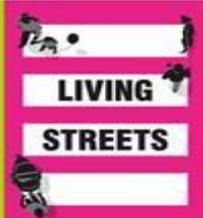
THE YEAR-ROUND  
WALK TO SCHOOL CHALLENGE



**IT'S NOT JUST**

**WALKING**





**LET'S  
WALK TO  
SCHOOL**

**We're taking part in**

**WOW**

**the year-round walk  
to school challenge**

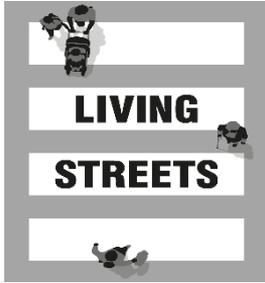
**2018-19**

**One year,  
11 badges**



**Collect as  
many as  
you can!**





**PLEASE SELECT YOUR CLASS FROM THE LIST BELOW:**

NURSERY/PRESCHOOL

RECEPTION/PRESCHOOL

YEAR 1

YEAR 2

YEAR 3

YEAR 4

YEAR 5

YEAR 6

YEAR 7

YEAR 11

DOLPHIN

ELM

OAK

PENGUIN

# RECORD

ALL THE DAYS  
YOU WALK



**CLASS: MRS SMITH**

<  **MONDAY**  
**3 SEP 2018** >



BALL



BALLOON



BANANA



BEE



BUTTERFLY



CASTLE



CAT



CRAB



CROCODILE



DOG



FLOWER



HORSE



ICECREAM



JIGSAW



OCTOPUS



PINEAPPLE



RAINBOW



RAINDROP



SNAIL



SNAKE



TIGER



TULIP



UMBRELLA

# RECORD

## ALL THE DAYS YOU WALK

The screenshot shows a mobile application interface for recording travel. At the top, a calendar icon is labeled "CALENDAR". Below it, the date "MONDAY 5TH SEPTEMBER 2016" is displayed. A large orange circle with a penguin icon is highlighted. Below the date, the text "HOW DID YOU TRAVEL?" is shown. A row of ten circular icons represents different travel modes: WALK (person walking), BIKE (bicycle), BUS (bus), SCOOTER (motor scooter), CAR (car), PARK AND STRIDE (car with person walking), RAIL (train), HOP OFF (bus with person walking), OTHER (question mark), and CLEAR (X). A signpost in the background says "Keep walking to collect". The interface is set against a dark city skyline background.

CALENDAR

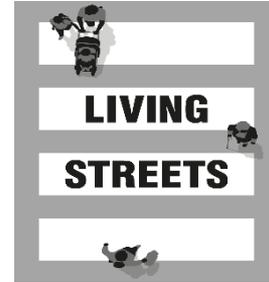
MONDAY  
5TH SEPTEMBER 2016

HOW DID YOU TRAVEL?

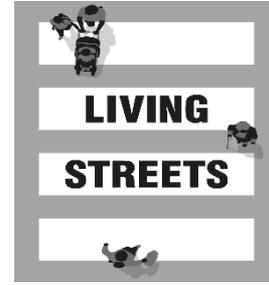
WALK BIKE BUS SCOOTER CAR PARK AND STRIDE RAIL HOP OFF OTHER CLEAR

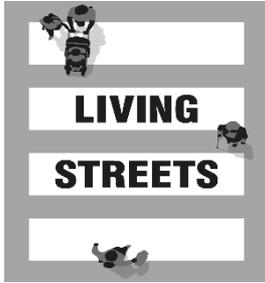
## WOW Local Impact

In 2017/18 Living Streets' Walk to School campaign supported approximately 970,000 children in 3,100 primary schools.

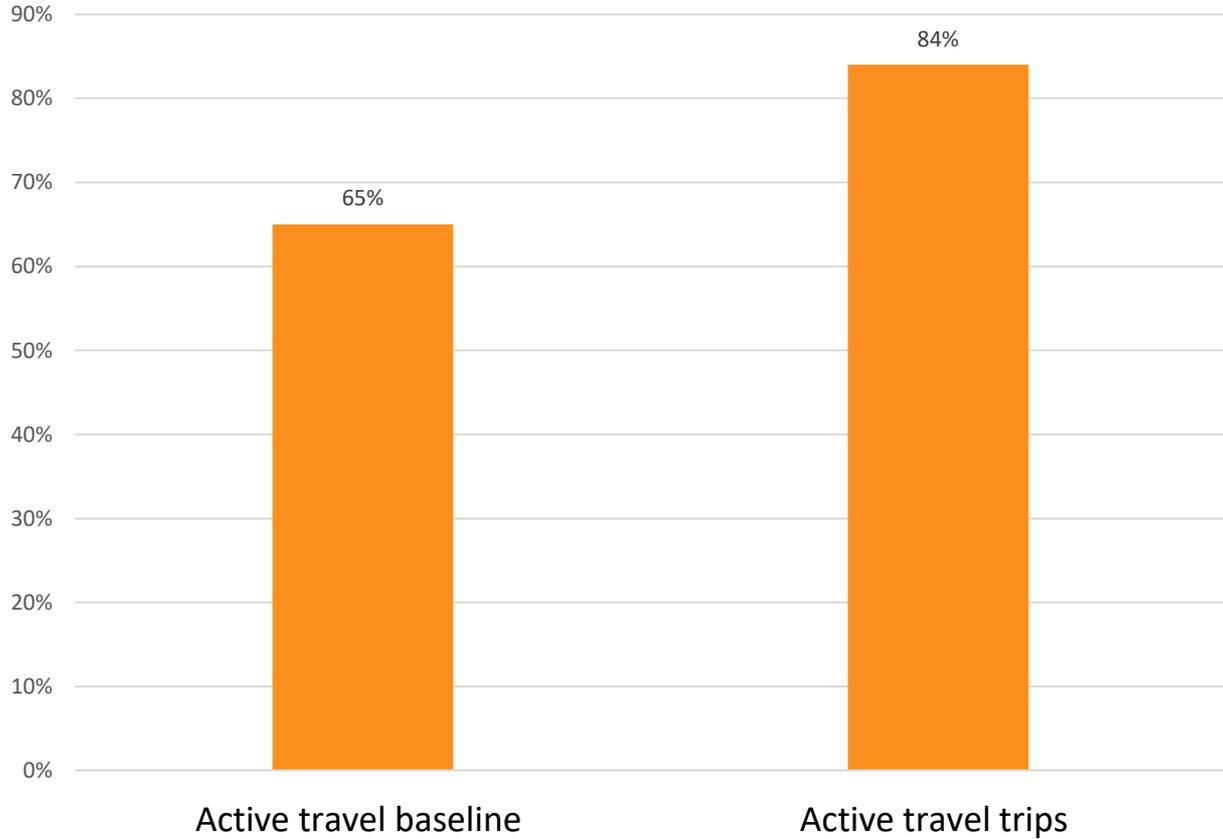


**WOW** gets **23%** more children walking some or all of the way to school after five weeks, and results in **30%** fewer all-the-way car journeys.





### Walk To Project data from Travel Tracker 2017/2020



Reasons  
to walk  
to  
school





**Reasons to walk to school**

**HEALTHIER BODIES  
HAPPIER MINDS**

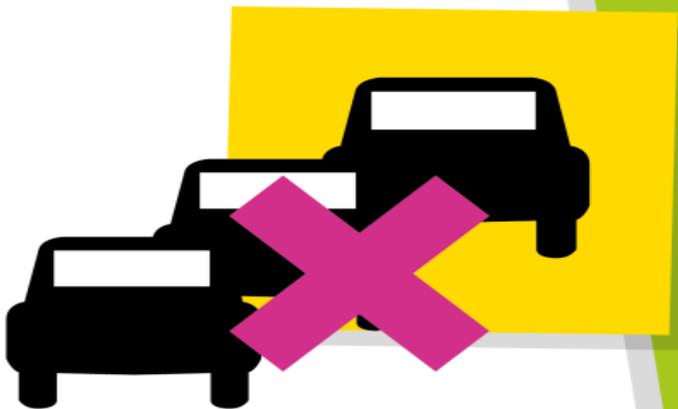


**Reasons to walk to school**

**FEWER CARS AT  
THE SCHOOL GATES**



**WALKING = LESS POLLUTION**



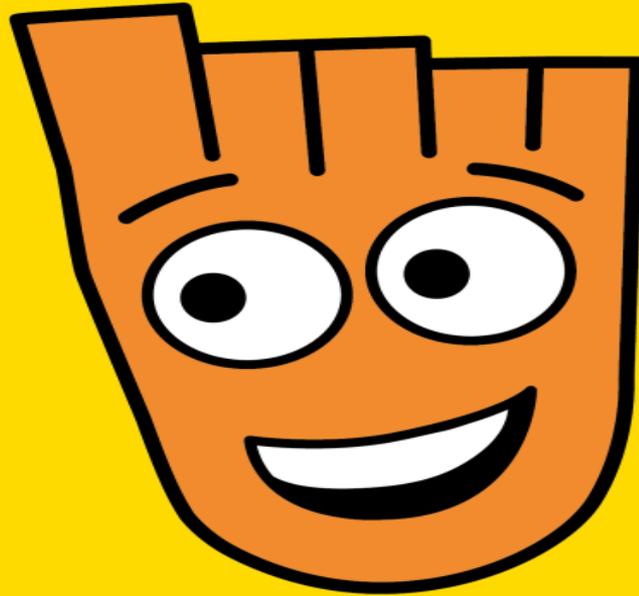


**WALKING=**

**FUN WITH FRIENDS  
AND FAMILY**



**LET'S  
WALK TO  
SCHOOL**





Travel around the body, learning,  
exploring and getting active for

# Sustrans Big Pedal!



## What is it?

Sustrans Big Pedal is the UK's largest inter-school cycling, walking and scooting challenge.



Schools compete to see who can record the greatest number of human powered journeys over two weeks.



## When is it?



The competition runs from 25 March – 5 April.



## How long is it?

You can take part for all ten days of the challenge but only the best five days will decide your final position.





# What do we do?

Cycle, walk or scoot to school every day and encourage your friends, staff and parents to do the same.

Record your journeys daily on the Sustrans Big Pedal website to try to increase your score each day.





## What do we do? One day challenge

Cycle / walk / scoot to school or for at least 30 minutes during the school day. Encourage your friends, staff and parents to do the same.

Record your journeys on the Sustrans Big Pedal website and try to increase your score each day.





25 March - 5 April

## Prizes

There will be fantastic prizes up for grabs throughout the challenge. Schools that get over 15% of their pupils cycling, walking or scooting to school will be entered into the prize draw.

Prizes include accessories and equipment to help your school travel actively.





# Superhero Day

In the Big Pedal 2018, thousands of children across the UK transformed into their favourite superhero to celebrate the final day of the challenge.

Schools can choose to fundraise for Sustrans if they want.

The superhero event will be running again on **Friday 5 April**.





## Who can take part?



Teachers and other school staff, parents and pupils are all able to take part in the challenge.



Register online at  
[www.bigpedal.org.uk](http://www.bigpedal.org.uk)

[www.blackcountryschoolshub.co.uk](http://www.blackcountryschoolshub.co.uk)

## Designed to

- Share best practice and impact from local schools
- Access free key national resources
- Links to other supporting organisations including local authorities, public health and club and leisure finders



Black Country Schools Hub | Register your club or activity

Search



About Us | Participate | Coach | Deliver | School | Insight | News | Events | Gallery | Contact Us

### Primary PE and Sport Premium - Best Practice and Initiatives across the 5 Key Indicators

Schools must use the Primary PE and Sport Premium funding to make additional and sustainable improvements to the quality of PE and sport they offer. There are 5 key indicators that schools should expect to see improvement across. A range of best practice examples and initiatives that Black Country Primary and special schools are adopting, including the approach and actions undertaken, cost implications, evidence and impact on the school and young people as well as the future steps, plans and sustainability can be found by clicking on the indicators below or using the search facility to view a wide range of initiatives.

<p><b>1</b></p>	<p><b>KEY INDICATOR 1</b></p> <p>The engagement of all pupils in regular physical activity - Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school</p> <p>View</p>	<p><b>2</b></p>	<p><b>KEY INDICATOR 2</b></p> <p>The profile of PE and sport being raised across the school as a tool for whole school improvement</p> <p>View</p>
<p><b>3</b></p>	<p><b>KEY INDICATOR 3</b></p> <p>Increased confidence, knowledge and skills of all staff in teaching PE and sport</p> <p>View</p>	<p><b>4</b></p>	<p><b>KEY INDICATOR 4</b></p> <p>Broader experience of a range of sports and activities offered to all pupils</p> <p>View</p>
<p><b>5</b></p>	<p><b>KEY INDICATOR 5</b></p> <p>Increased participation in competitive sport</p> <p>View</p>	<p><b>6</b></p>	<p><b>KEY INDICATOR 6</b></p> <p>This area contains approaches of how schools are meeting the national curriculum swimming requirements (NC)</p> <p>Further examples are also provided for additional provision for swimming and water safety funded through the Primary PE and Sport Premium</p> <p>View</p>

Key Links

## You can search.....

**SEARCH BY**

Search initiative name/title

--Any--

Search for keyword on initiative details

This page has been designed to showcase and share practice and initiatives from schools across the Black Country. The initiatives and case studies have been developed as part of commissioned research into use of the Primary PE and Sport Premium funding between February 2018 and September 2018. The responsibility for quality assurance of products, services and programmes detailed rests with the schools.

**Submit an Initiative**

If you would like to submit an initiative of best practice for inclusion in this database, you can download a copy of the template here. Please notify submissions will be subject to quality assurance and approval before being uploaded.

Download

If you have any questions regarding this database, or would like to submit an initiative, or would like to check the stability of your project for inclusion please email Tim Aldred (tim\_aldred@blackcountryconsortium.co.uk)

Key Links

## You can view.....

- Specialist Sports Coach
- Teaching staff evaluation a
- Timetabled PE CPD day
- Relax Kids
- Happy lunchtime training a
- Active Literacy CPD
- Increased confidence, kno  
(case study)

**Happy lunchtime training and resources**

Woodlands School

Implementation of Happy Lunchtime training to encourage zoned play.

ACTIONS TO ACHIEVE

Purchase a range of new equipment for staff to use and plan for.

Play leaders to plan variety of activities for the children to get involved within at lunchtime.

Arrange a pupil survey of what the children would like.

COST

£500

EVIDENCE AND IMPACT/EXPECTED IMPACT

Play leaders now plan on a weekly basis and this is displayed on the playground for children to see what activities are available that week.

Staff have purchased new equipment and are now using this in a variety of activities for both KS1 and KS2.

WIDER IMPACT AS A RESULT OF THE ABOVE? Planning from staff is now evident for children of Woodlands and also aids communication of other lunchtime supervisors.

? A variety of equipment is now being used for both Key Stages.

## You can compare.....

Timetabled PE CPD day	Survey / observations to decide CPD
Relax Kids	PE specialist training
Happy lunchtime training and resources	PE training course for 2 NUTs
Active Literacy CPD	Staff CPD focus
Increased confidence, knowledge and skills of all staff in teaching PE <small>(case study)</small>	Upskilling staff (PPSP) (case study)

Compare Selected Activities (1)
Close

**Resources**

- Must Should Could
- Waibete Reporting Template
- iPSP: Exemplification

# Faith centre - Touchpoints

202-204 Cannock Road, Wolverhampton

Wrestling

Gym

Badminton

Football

Annual Sporting Events

School Deployment



