Physical Education, Sport and Physical Activity

Do you know what high Quality PE looks like?
Our team of teachers will ensure the delivery of high quality PE through curriculum delivery or staff professional development.

PE or Sport?
Our team will deliver a Curriculum that maximises the power of Physical Education to impact upon whole school improvement, through progressive lessons that focus on social and emotional skills and competencies, physical literacy, healthy active lifestyles, cognitive skills and teamwork.

What we can do?
Our team have experience of changing whole school approaches towards PE, Sport and Physical Activity, leading to exceptional provision. Our support does not start and finish at the beginning and end of the lesson, but includes regular guidance and advice for school staff, pupil voice data and measurable impact.

“Pupils with better health and wellbeing are likely to achieve better academically. A positive association exists between academic attainment and physical activity levels of pupils”
Jennie McCombs, PE Subject Leader,
Well Lane Primary

“The teaching support was excellent... The modelling of the games was invaluable as I now feel confident to go on and teach them myself“
Jennie McCombs, PE Subject Leader,
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Family Engagement – After school physical activity sessions: dance, beach activities, footgolf and tennis. All activities delivered at a local venue. We will engage your youngest children in physical activity and sport. Activities include karate, F2 and KS1 Festivals:

Alternative and traditional activities as part of out of school hours learning.

Pupil and Parental Engagement

PE, Sport and Physical Activity? Do you know where to focus the additional PE and Sports Premium? We PE and Sport Audit/Health Check:

Staff, school leaders and Governors.

Training and Professional Development:

Online based CPD solutions. Learn what a high quality PE lesson looks like, how to teach a forward role and how to link dance to school thematic focuses. Includes weekly live forum and blog.

Online Professional Development Opportunities: Save on the costs of supply cover with a series of online based CPD solutions. Learn what a high quality PE lesson looks like, how to teach a forward role and how to link dance to school thematic focuses. Includes weekly live forum and blog.

Premium after school coaching – Elite GB Athlete:

If you wish to purchase individual services, the prices are below:

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Duration</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>High Quality PE Curriculum Support and Professional Development</td>
<td>6 weeks (basic)</td>
<td>£700</td>
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<td></td>
<td>12 weeks (standard &amp; premium)</td>
<td>£1400</td>
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<td>Primary PE Subject Leader Support Programme: Support for Primary PE Subject Leaders in their role. Including; audits, action plans, learning walks and observations, curriculum planning, PE and Sport premium guidance, PE policy writing and healthy schools status.</td>
<td>1 half day per term in school</td>
<td>£400</td>
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<td>Staff Training Inset: Bespoke whole school staff training delivered by our team of specialists. This includes curriculum development, creating a healthy school ethos, subject action specific practice’s (Dance, Gymnastics, etc.), assessment in primary PE and teaching high quality physical education.</td>
<td>Twilight</td>
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PUPIL AND PARENTAL ENGAGEMENT

Breakfast and After school clubs: Our specialist coaches/teachers provide expert delivery in alternative and traditional activities as part of out of school hours learning.

F2 and KS1 Festivals: By making use of a combination of traditional and alternative activities, we will engage your youngest children in physical activity and sport. Activities include karate, dance, beach activities, footgolf and tennis. All activities delivered at a local venue.

Personal Best - Physical Education and Physical Activity Interventions: Targeted support for groups of young people using the focus of achieving their own personal best to engage, motivate and inspire them to fully participate in Physical Education and Sport and become more physically literate. Groups can include those who struggle to engage in the PE curriculum due to a lack of physical fitness, confidence or self-esteem, a negative attitude towards PE or behaviour in PE.

Family Engagement – After school physical activity sessions: This programme of physical activity sessions in Zumba, child friendly circuits or Soccercise are aimed at children and their parents with a view to increase the enjoyment of physical activity, leading to sustained participation.

Family Engagement – Cooking and Nutrition Sessions: These after school cooking and nutrition sessions enable pupils and their parents to discover how to adjust a healthy and balanced diet and how they can cook and prepare meals together.

Premium after school coaching – Elite GB Athlete: These after school cooking and nutrition sessions enable pupils and their parents to discover how to adjust a healthy and balanced diet and how they can cook and prepare meals together.

Family Activity Programme: This programme focuses on developing relationships that will impact on the whole family. By engaging families in regular, positive, active play in school and home environments, they will play and learn together while supporting children to develop the physical literacy, emotional and thinking skills to achieve in PE, school and life.

Costs

- Services included in the Premium Service (£5500)
- Services included in the Standard Service (£3850)
- Services included in the Basic Service (£1750)

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How to book

To book any of the services listed:
Visit www.edsential.com
Tel: 084556576315
E-mail: carl.sutton@edsential.co.uk

www.edsential.com @EdsentialH_WB

In the space of 4 years our school has been transformed from a school where the pupils didn’t enjoy PE and Sport to 100% of pupils regularly taking part in physical activity, improved attendance and attitudes to learning.

Martin McGovern, PE Subject Leader, St Joseph’s, Wallasey (Merseyside PE and Sport School of The Year Nominee 2015 and 2016)
**PE** - “Planned Progressive Learning for ALL. ‘Learning to move and moving to learn’.

**Sport** - “Structured Learning Outside the curriculum, building upon learning in PE”.

**Physical Activity** - “Any form of movement using energy. Play, travel, PE, Sport, daily active routines”.

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**PE and Sport Premium**

Schools must use the funding to make **additional** and **sustainable** improvements to the quality of PE and sport they offer. Funding should be used to develop or add to the current provision of PE, Sport and Physical Activity, ensuring lasting improvements that will benefit pupils in future years.

Suggested use of funding includes:

- PE curriculum teaching support
- Training for existing staff including subject leaders
- New activities that encourage participation from a wider range of pupils
- Targeted after school and breakfast clubs for the least active pupils
- Increased competitive opportunities
- Engage the least active (including their parents)
- Enhance the school swimming programme through additional swimming services
- Use PE and Physical Activity to enhance the delivery of other curriculum areas

You should not use your funding to cover planning preparation and assessment (PPA) or to teach the minimum requirement of the PE National Curriculum (this includes school swimming).

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1. Engagement of all pupils in regular physical activity, kick-starting healthy active lifestyles
2. The profile of PE and sport being 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. A broader range of sports and activities offered to all pupils
5. Increased participation in competitive sport

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**PUPILS**

- **motivated**
- **inspired**
- **successful**
- **resilient**
- **positive**
- **inclusive**
- **collaboration**
- **team work**
- **competing**

**TEACHERS**

- **enthuse**
- **motivate**
- **adapt**
- **promote**
- **relate**
- **promote**
- **reflective**
- **challenging**

**LESSONS**

- **progressive**
- **accessible**
- **healthy**
- **lifestyles**
- **encourage**
- **creativity**

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