

PESOL Physical Education, Swimming & Outdoor Learning

2015 Report



Our work at a glance

8,125 primary age pupils undertook **residential visits**.

94.4% of Sheffield **primary** Schools attended the 2015 **Sheffield PE and School Sport Conference**.

Provided **9,016 days** of **outdoor education** experiences for **Sheffield school pupils**.

6,353 Sheffield children from across the city accessed the **swimming service**.

346,971 pupil participant **educational visit days** were approved to take place during the year.

31 schools have taken part in training to implement a new and exciting PE Scheme – Real PE – This has led to **over 300 teachers** in the city receiving **training on high quality PE**.

Enabled **staff from 66 Sheffield schools** to facilitate **outdoor learning experiences** for **their children** - a key aspect of '**Brilliant Residentials**'.

Using **Olympic athletes** to **inspire children** to **achieve** their **potential**.

Foreword

We have a big ambition, that 'Every child and young person in Sheffield achieves their full potential by raising expectations, attainment and enabling enriching experiences', so I'm really delighted to endorse the range of work undertaken, and the services provided across the PE, Swimming, Sport and Outdoor Learning Team.

I firmly believe that schools and involvement in the services offered by the team can and do play a vital role in helping us achieve our vision and I have no doubt how important physical activity is in improving the health, wellbeing, confidence, motivation and the life chances of our children and young people.

The services and advice provided by the team are extremely cost effective and creative ensuring best value for schools and young people. I would encourage you to incorporate a progressive programme of physical activity and outdoor learning in your school – across all ages.

Finally 'a big thank you' to all the members of the team, all school staff and those involved in the many sporting organisations across the city for their hard work and commitment in helping to keep our children and young people fit, active, happy, involved and engaged.

All good wishes



**Councillor Jackie Drayton
Cabinet Member for Children, Young People and Families,
Lifelong and Community Learning
and Councillor for Burngreave Ward**



Introduction

This is the first annual review of the Sheffield Inclusion and Learning Service (ILS) Physical Education, Swimming and Outdoor Learning (PESOL) team. We are focussed on the health, safety and wellbeing of young people through a broad range of activities.

There is well-established research evidence proving the positive link between healthy engagement in physical activity and improved life chances. We believe that young people involved in our activities are more likely to engage positively with other aspects of their education and learning, and hence the PESOL services contribute to improved attainment and achievement.

This document contains highlights from the PESOL services during 2014/2015, and indicates aims and aspirations for the future.

Our shared vision

PESOL shares the Sheffield City Council ambition for all young people to lead healthy and fulfilling lives.

- Our mission is to ensure equality of opportunity across Sheffield schools in relation to the health, safety and wellbeing of young people. *We monitor the engagement of schools with our services, provide CPD opportunities and target and challenge those that do not engage.*
- We are passionate about the provision of high quality and affordable PESOL services. *We strive to make services affordable through efficiencies, partnership working and cross-subsidy from commercial activity.*
- Our objective is to ensure that every Sheffield child has the opportunity, skill and knowledge to lead a healthy lifestyle. *We are involved in networks to influence provision and opportunities across the city for young people.*



"The biking was a nice ride until people kept riding into me so I fell off. The see-saw was hard; everyone was moving to one side, until I took the lead! YAY!"

Serena, Loxley Primary

Using outdoor experiences, special places and adventures to inspire real learning, discovery and development.

The PESOL offer – Contents

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404 residential visits scrutinised and approved

Physical Education & Sport

We believe every child in Sheffield deserves equal access to high quality PE & Sport that is inclusive, safe, challenging, progressive and enjoyable. These opportunities should be embedded in the school curriculum and be available as out of school hour's provision and in the community.

The Sheffield network of School Sport Partnerships (SSP's) and School Games Organisers (SGO) coupled with the Sheffield Federation of School Sport (SFSS) ensures that all children in the city have access to high quality and meaningful competition. This offer is available across the city for every child.

One of the strengths of the PESOL team is the network in which it operates with no operational budget:

- Secondary Heads of PE.
- PE and School Sport Alliance – Linked with Sheffield Hallam ITT department.
- Move More Board.
- Sheffield Sport Leadership Group / South Yorkshire Sport.
- Youth Sport Trust.
- Sheffield School Games Organiser Meetings.
- School Games Local Organising Committee.
- Sheffield Outdoor City Consultation group.
- Local Authority working group with Leisure and the Arts.
- Primary head teacher cluster and Locality meetings.
- Sheffield Hallam University volunteer programmes and engagement with the student workforce.

27 industry partners were represented at the Primary PE Conference market place including key notes from the Association for Physical Education (AfPE) and the Youth Sport Trust.



"I thought the conference was good last Wed. Inspirational..... I thought it provided an opportunity to refocus on what we all went into teaching for! So easy to get caught up in all the paper work. Proper fired me up to get our kids moving, fit & enjoying exercise".

Catherine Timbers, Headteacher at Broomhill Nursery Infant School.

Swimming Service

Swimming and water safety is part of the national curriculum where all schools must provide swimming instruction either in key stage 1 or 2 to ensure that children leave primary school able to swim at least 25 metres unaided and are knowledgeable and safe around water.

Swimming lessons are delivered over an 18-week course of 40-minute lessons and is provided for mainly Year 4 classes, although schools are free to choose which year group they send. Schools are encouraged to offer early intervention and top up lessons and if possible to send their children across both blocks for 36 weeks in total during the year.

A snapshot of what the swimming service offers schools

- A programme covering the National Curriculum requirements taught by three ASA level 2 qualified swimming teachers.
- CPD for school staff to assist with lessons and help children progress.
- A standard 18 week course of 40-minute lessons.
- A bespoke package to suit individual school needs.
- A familiarisation session for school staff at the beginning of the academic year.
- Early intervention and top up lessons.
- Royal Life Saving Society (RLSS) Drowning Prevention Water Safety Week.
- Continuous assessment is used and schools are given summative assessments for each child after week 9, 18, 27 and 36.
- 'Star of the Week' medals, certificates and achievement awards.
- Gifted and Talented programme in partnership with the City of Sheffield Swim Squad.
- A partnership with the City of Sheffield Swim Squad's Great Britain athletes (two Olympians and one World Championship swimmer) where they attend lessons to inspire children.

“Dear Rachel

Just wanted to pass on some comments from the children and staff who attended lessons today at Ponds Forge with Becky Turner [an elite athlete]. The children were gobsmacked and understandably in awe of her, no doubt this will impact on their focus to achieve their 25m. Staff commented on how humble and understated Becky was... please pass on my thanks and that of staff to her”



In 2014/2015

- 219 blocks of 18 swimming lessons delivered.
- 6,353 children from across the city accessed the service.
- 113 schools signed up to the service including Primary, Infant, Junior, Special schools and 2 non-Sheffield schools.
- 20 blocks of swimming (14 schools) choose to have a bespoke service.
- Entry level ability (25m+) was lower (16.74%) than in 2013/2014 (17.20%).
- At the end of the academic year:
 - 13.45% of pupils were still non-swimmers (from 50.45% at the start).
 - 52.24% of pupils were able to swim 25m+ (from 16.74% at the start).

Stories

The Sheffield PE and School Sport Conference

This event is organised and developed by the School Games Organisers, the School Sports Partnerships, Sheffield City Council, and South Yorkshire Sport, which demonstrates the strength and effectiveness of working in partnership across the city. The platform allows increased dialogue across the sector and to facilitate the communication of a consistent message for PE and School Sport in Sheffield. The conference aims to help Headteachers and teachers to develop:

“A measurable and sustained improvement in school PE and sport, underpinned by high-quality teaching that increases participation levels in physical activity, and leads to healthier pupils who are more engaged across the whole curriculum”.

Key Achievements

- The Conference attracted 141 teachers and 15 senior leaders from 118 Sheffield primary schools.
- 27 industry partners were represented at the market place including key notes from AfPE and the Youth Sport Trust.
- 30 Sheffield schools showed an interest in revamping their PE curriculum and training teachers through investing in Real PE.
- 61 schools were presented with their School Games Mark certificate, with 31 achieving Bronze, 24 achieving Silver and 6 schools achieving Gold.

Owler Brook Primary School Swimming

During 2013/2014 Owler Brook Primary School purchased 2 x 18 blocks of lessons for their Year 3 classes. The 25 metre results were as follows:

- Class 1 achieved 0.00%
- Class 2 achieved 3.23%

The school decided to change the way they use their allocated sessions and in 2014/2015 they used their 2 blocks for 2 x Year 2 classes (9 weeks each) and then 18 weeks for Year 4. The 25 metre results were as follows:

- Class 1 (Year 2) achieved 0.00%
- Class 2 (Year 2) achieved 15.63%
- Class 3 (Year 4) achieved 21.88%

We are now working with the school who are taking more ownership of their swimming provision; to give their pupils a higher chance to achieve age related expectations. Therefore, during 2015/2016 the school have purchased 7 x 18 weeks blocks of lessons to target Year 2 to Year 5 pupils.

Residential and Courses at Thornbridge Outdoors

"We all had a fabulous time! Children and adults at school came back absolutely buzzing with the experience and the chance to self cater gave us a dimension that we all valued. We could really see the impact on the children's independence and growing confidence. We will definitely be booking again!"

Rachel, Primary Headteacher

"I attended the Lowland Leader Course and I was very impressed with the way it was run and would definitely recommend your Centre to anyone who was thinking of doing any of your courses or activities in the future.

Our instructor turned out to be a very dedicated and enthusiastic trainer; his knowledge of the subject and areas where we walked, left me - and I'm sure the others, in awe! I really appreciate the effort he put into making the course so interesting."

P.Marriott, Duke of Edinburgh Centre Coordinator

'We are lucky that a variety of our staff from teaching assistants, teachers and members of the senior leadership group come and join us at some point throughout the week. Not only do the children see the skills (or lack of skill!) the staff bring but can see how even adults need encouragement and support in facing their fears for example climbing the tree to the zip wire! This relationship is continued where we as the staff are privileged to be part of their successes and achievements and another kind of trust is formed.

On return to school, we have found that the children's bond between their peers as well as with us has changed. They tend to gel more, be more patient and aware of each other's characteristics, skills, abilities etc that they probably weren't aware of before the residential. This is invaluable as they continue into their final year of primary school.'

Cath, Assistant Headteacher

Outdoor Learning

Using outdoor experiences, special places and adventures to inspire real learning, discovery and development

Thornbridge Outdoors

As Sheffield City Council's outdoor education centre Thornbridge Outdoors provides high quality outdoor education experiences to young people. Visits can be for 1, 2, 3 or 4 nights as well as single days.

At any one time Thornbridge can accommodate 38 people in the Lodge, 31 in the Farm House and up to 45 in the teepees, and schools can book 1, 2 or all of the above depending on their requirements.

Thornbridge is located in the heart of beautiful Peak District countryside, but just 45 minutes from the centre of Sheffield:

- Relatively short travel times giving more time for outdoor learning opportunities.
- Day visits are viable, both for pupils unable stay overnight who are able to join their peers during the day and for schools that just require a day visit.
- Staff can be swapped between school and Thornbridge Outdoors during the residential.
- Schools are able to base staff INSET and CPD days at Thornbridge.

Outreach

Thornbridge Outdoors has a pool of experienced staff to provide outdoor learning experiences at school sites and out and elsewhere.

Recent examples of outreach include:

- A Stoneage themed day of fire lighting and survival activities linked directly into a school topic.
- Staff training at Dore and Reignhead primary schools tailored to helping them to make the most of their school grounds for outdoor learning.
- Supporting Silverdale School with their Duke of Edinburgh Gold award.
- Supporting King Ecgbert school's adventure days in the Burbage valley.

1182 pupil nights under canvas
at Thornbridge Outdoors



*Using outdoor experiences, special places and adventures
to inspire real learning, discovery and development*

Educational Visits

The Educational Visits Service provides support, guidance, training and monitoring for schools undertaking off-site educational visits.

This service fulfils the statutory duty on the employer to ensure the health and safety of its employees, and those that might be affected by the actions its employees. Of equal importance, we seek to **enable** a wide and diverse range of off-site educational visits for young people in Sheffield schools.

The service is provided as an entitlement for all maintained schools in Sheffield, and is available as a traded service for academies and other non-maintained establishments.

An online planning tool is provided for schools, which enables them to risk-manage their visits and provide evidence of compliance with nationally established good practice.

During the 2014/2015 academic year a large and diverse range of activities took place:

- 8,125 primary age children undertook residential experiences.
- 346,971 participant-days of off-site activity were managed and approved.
- 398 residential visits by Sheffield schools were approved (both UK, and overseas).
- 129 visits related to the Duke of Edinburgh Award.
- 629 visits focussed on environmental education.
- 213 visits focussed on music.

The value of outdoor learning is undisputed, but in order for it to be of high quality, the competence and commitment of staff is critical.

Staff training includes Educational Visit Coordinator (EVC) and Outdoor Learning Cards (OLC) courses, both of which support the expansion of high quality opportunities delivered by school staff at low cost.

“the place where activities happened often added to their value”, Ofsted



“memorable activities led to memorable learning”

Key Performance Data & Achievement

PE and Sport

- 39 lead teachers and over 300 class teachers in 31 schools trained to deliver the Real PE scheme of work.
- 7 Specialist lead PE teachers have embarked on the Sports Leaders UK and AfPE specialist PE teacher training course.
- 27 Industry partners represented at the Sheffield Primary PE and School Sport Conference connecting schools with high quality providers of PE, School Sport and physical activity.

Swimming Service

- 52.24% of children achieved their age related expectation of being able to swim competently, confidently and proficiently over a distance of at least 25m and perform self-rescue in different water-based situations.
- 113 schools (Infant, Primary and Special) accessed the School Swimming Service.
- 20 school teachers attended an accredited CPD training course to assist swimming teachers with lessons and help children progress.

Outdoor Learning

- 3095 Sheffield young people having experiences at/with Thornbridge Outdoors.
- 113 Sheffield school staff trained.

Educational Visits

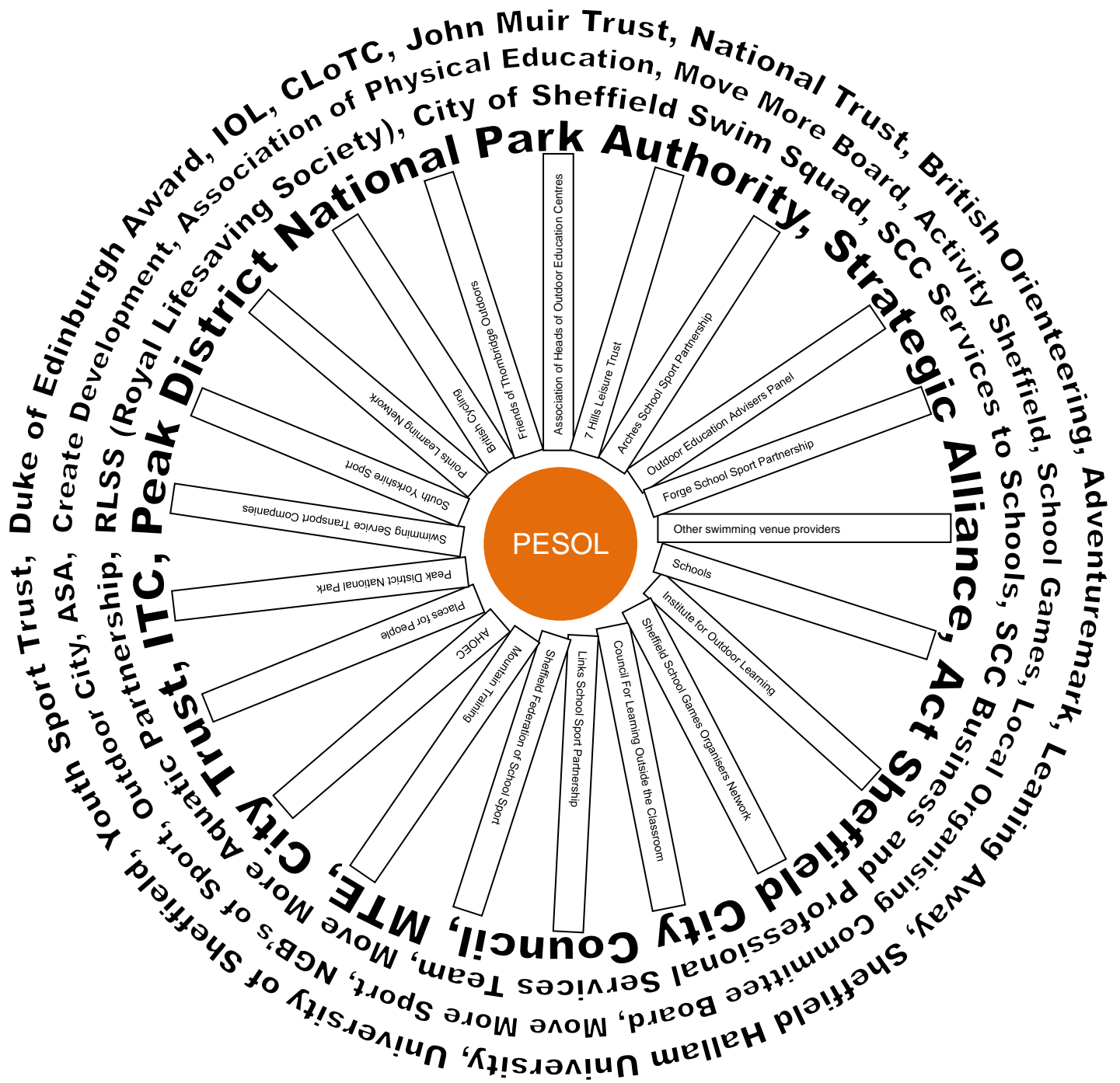
Numbers of Educational Visits approved using EVOLVE (01/01/15 – 31/12/15)

Total Visits entered onto the EVOLVE system: 10,980					
	Overseas	Residential	Adventure Activity (external provider)	Adventure Activity (School staff)	“Normal” visits
Total number of visits	92	404	367	362	10,063
Total number of different schools / services	22	112	90	37	99
Total number of “participant-days”	2,663	60,821	10,799	6,394	299,048
Total number of “participant-days”				368,452	

EVC Training

Type of training	Number of events	Number of participants
EVC full day training	4	30
EVC refresher training	3	11

Networking, Support & Partners



Staff Training

PESOL believes that physical education experiences should be planned and progressive and should act as the foundation stones for lifelong engagement in physical activity and healthy lifestyles. For some young people physical education in school and on school trips is their engagement with physical activity; therefore the workforce should be given support in order to develop all the necessary skills to deliver the subject. In order to achieve high quality physical education outcomes for all young people PESOL works with partners to develop and deliver good professional learning opportunities. This is achieved by working closely with partners as well as facilitating in house training.

Physical Education & Sport

The PE and Sport Premium provides ring fenced money to primary school Headteachers to improve the quality of the PE and sport activities they offer their pupils. We advise that schools build on the skills of classroom staff to develop physical literacy and to understand the breadth of learning that comprises physical education by investing in their staff.

We advise that school work closely with their school sport partnerships / learning network to access training for teachers as well as consider the following high quality training opportunities:

- Real PE, New and energetic PE scheme
- Level 5 and 6 PE Subject Leader training
- Become a member of the Youth Sport Trust:
<http://www.youthsporttrust.org/how-we-can-help/become-a-member.aspx>
- The Association of Physical Education (AfPE) works on developing physical education related policy and related statements, responding to consultations, meeting with representatives from partner organisations and political representatives, and promoting the subject in a variety of forums. AfPE provide advice on safe practice for PE and School Sport as well as provide a school teachers members service: <http://www.afpe.org.uk>

Swimming

The service offered free training to school staff to give them the skills to assist the swimming teachers in lessons by being in the water with their children. The aim is to engage school staff in the lessons to help the children progress faster as they will have an additional familiar adult in the water helping them.

Thornbridge Outdoors

- Nationally accredited Mountain Training courses for walking and climbing.
- A venue for nationally accredited mountain biking training.
- ITC Outdoor First Aid courses.
- Bespoke first aid training courses for groups of up to 36 school staff as part of INSET days/twilights.
- OEAP Outdoor Learning Card courses giving schools access to an excellent resource for outdoor learning.

The PESOL team can advise Sheffield schools on the appropriate training to help improve the skills and knowledge of school staff.



Aims and Aspirations

PESOL has the ambition to deliver more and improved staff training to help schools maintain and improve their offer for young people. Specifically, we aim to:

- Improve swimming outcomes through the delivery of school-staff training courses.
- Provide more Outdoor and Environmental Learning Card courses in schools.
- Continue to provide 1st aid courses tailored for schools.
- Use data collection to target and support schools providing the fewest opportunities for their young people.
- Network with and support other providers and initiatives across our outdoor city to optimise opportunities.
- Deliver one-off projects that exemplify good practice.
- Seek examples of good practice and share it with schools.
- Work towards the ambition for every Sheffield child should have a Peak experience during their school years.

Sheffield schools can contact the PESOL team to seek advice and discuss how the team can provide support.

We are:

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PESOL Bouldering Competition