



<https://www.youtube.com/watch?v=BdRJHkdf-T0>

BORN TO MOVE, BORN TO PLAY, BORN TO EXPLORE

Life is short, live it well

Our mission is to support people to be Happy, Healthy, and Active, helping them to succeed in education, employment, and life

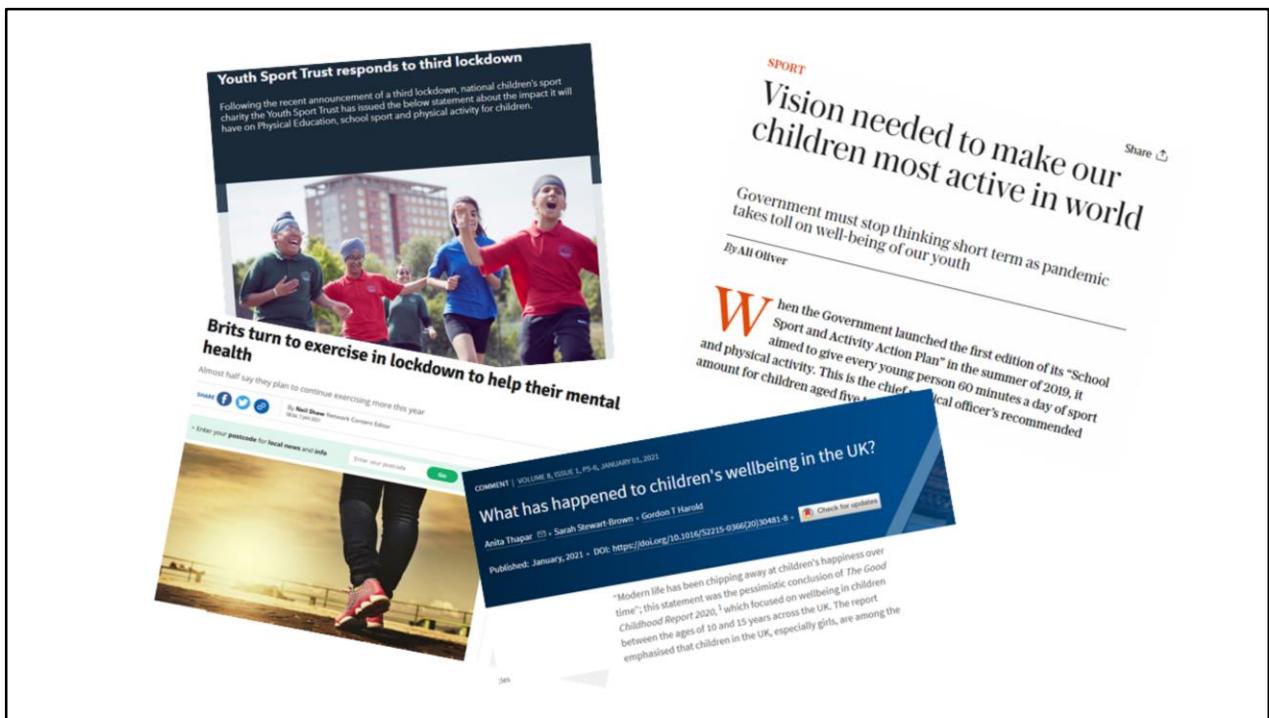
It's easy to get lost in 'doing' especially when you love your vocation. Remember to take care of you and your friends and family. Being Happy, Healthy, and Active, helps you to be the best you can be for others as well.

We're here to support you in any way possible, please do utilise the resources and services available to you. www.broxtoweactiveschools.co.uk, info@broxtoweactiveschools.co.uk, 07476 762732



We really appreciate the numerous challenges that everyone is facing at the moment, and thank you all for your hard work and dedication to ensuring that all young people and their families are well supported at this time.

We will continue to do all that we can to provide resources, services, and advice, to support you in keeping everyone well and active.



It was great to see 15 schools attend through the session on 12th Jan, with others also contacting us for conversations in the past week.

General consensus was that although we are working in an ever evolving year of challenges and demands, we are still managing to provide opportunities and encouragement for all young people and families to be active; as well as receiving support for school staff to remain active and well.

Discussions in the break-out groups, and whole call chat, included the items below, and other notes on the following pages of slides.

- PE and Activity still happening in schools (further details on next page), with a balance of home learning resources and catering for those in school. Request for BAS to continue to providing challenges, resources, in-school support, and acting as a ‘filter’ for activities and resources to access.
- Agreed that networking was useful – BAS will set up another drop-in session next half-term, please let us know if there’s anything you’d like to know / discuss, and if there’s anything you’d like to chat with other schools about.
- Feedback provided to BAS staff about required support, and direction for next 6-12

months.

- Ofsted deep dives in local schools: two schools inspected last year gave a brief overview of their experiences:
 - Be able to articulate and evidence Physical Education, School Sport, and Physical Activity looks like – what outcomes are you working towards?
 - Keep your website up to date with reporting and overviews of what PE looks like
 - May get a visit to a practical lesson – what is the purpose of the session?
 - Provide high quality and broad variety of meaningful experiences
 - Details of a ‘deep dive’ CPD session on the CPD page of this document

Article on young peoples wellbeing:

<https://digitaleditions.telegraph.co.uk/data/442/reader/reader.html?#!preferr ed/0/package/442/pub/442/page/151/article/121682>

Lockdown impact: <https://www.youthsporttrust.org/news/youth-sport-trust-responds-third-lockdown>

Children’s wellbeing:

[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(20\)30481-8/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(20)30481-8/fulltext)

DfE Guidance for physical activity – during lockdown

- Schools have the flexibility to decide how physical education, sport, and physical activity will be provided to pupils attending school, while following the measures in their system of controls (**PE, Sport & Activity can continue**).
- Pupils should be kept in consistent groups, with equipment cleaned between uses and groups
- Schools can hold PE lessons indoors (outdoors wherever possible, and/or ventilate)
- Schools free to chose activity, including sports skills – see national governing body guidance
- No (physical) competition between schools
- Activities such as active miles, making break times and lessons active, and encouraging active travel enable pupils (and staff) to be physically active, while encouraging physical distancing.
- Supply teachers, peripatetic teachers, and other temporary staff can move between schools.
- Active challenges and ideas via www.broxtoweactiveschools.co.uk/active60



https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/950510/School_national_restrictions_guidance.pdf

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Guidance remains that schools can and should continue to provide opportunities for pupils in school to be active (remember the guidance is to aim for at least 30 minutes of activity for all pupils in school every day, and to advocate a further 30 minutes out of school).

Feedback from schools present is that they are managing to ensure that physical PE takes place for those pupils currently in school, and that those at home are being signposted to videos, challenge cards, and being assigned tasks to do at home or outside with their families. Some schools are also setting whole school / group / bubble competitions.

Schools continue to use external providers in line with government guidance and their own school risk assessments.

Throughout the lockdown period BAS will be posting 3 x challenges per week on social media (emailed hard copy to schools each week), and continuing to advocate that everyone aims to be active for at least 60 minutes a day – www.broxtoweactiveschools/active60.



Physical Education, Physical Activity, Sport

Be Active in School



There is a wealth of ideas, resources, and services available online – BAS will attempt to select and highlight the best. Please do let us know if you find anything worth sharing with the network, or if there's anything in particular which you are looking for.

Please consider, as ever, if you're looking to provide/achieve physical education, physical activity, or sport – and if the opportunities are high quality and meaningful.

Some ideas:

Please promote the BAS 'Active60' challenge – simply log any form of active minutes (non prescriptive) – the aim is to encourage everyone to remain active, particularly as a family. Although the aim is personal best and wellness, we will also offer prizes for most active individual, family, and school...

<https://www.broxtoweactiveschools.co.uk/active60>

YST After school clubs: Live sessions delivered by athlete mentors, including Olympians <https://www.youthsporttrust.org/AfterSchoolSportClub>

YST resource database: Selection of task cards and resources <https://www.youthsporttrust.org/free-resources>

Teach Active: Active school ideas and lesson plans <https://www.teachactive.org/free-trial/>

Videos and ideas:

<https://offschool.org.uk/>

<https://www.bbc.co.uk/teach/supermovers>

More ideas can be found via www.broxtoweactiveschools/active, which we will update based on suggestions and feedback

PE & Sport Premium Guidance

- PE & Sport premium continues at £16,000 + £10 per KS1 & 2 pupil for 2020/21 academic year (payments Nov & March)
- No announcement made for continuation of funding beyond August 2021
- Underspends from 2019/20 must be used by March 31st 2021
- No announcement yet made as to ability to roll-over 2020/21 beyond July 2021
- Reporting to be on schools websites as usual (template via link below)
- Utilise funding sustainably, and to maximise impact:
 - [Association for PE Level 5 subject qualification and level 6 subject leadership](#)
 - [Personal and professional development for variety of school staff](#)
 - Professional memberships such as [Association for PE and Youth Sport Trust](#)
 - [Broxtowe Active Schools Membership & development support](#)
- Updates available at www.broxtoweactiveschools.co.uk/sportpremium including links to guidance, reporting template, and case studies



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As with many funding streams, due to the current landscape, continuation of the funding beyond the end of this academic year is unclear – we continue to work with local and national colleagues to advocate an announcement as soon as possible, to allow you to plan appropriately.

As ever, we hope that you will continue to use funding wisely, on areas which are as sustainable as possible, and in line with the criteria below. Answering the question's in the image on the slide above (also via our web link) are a good starting point to aid planning.

We have had requests from schools to pay for future years of BAS membership in advance, and we are willing to accommodate this, providing it fits into your schools development plans, and in line with the criteria below.

www.broxtoweactiveschools.co.uk/membership

How to use the PE and sport premium

You should use the PE and 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 will benefit pupils joining the school in future years

You should use the PE and sport premium to secure improvements in the following 5 key indicators.

Engagement of all pupils in regular physical activity: e.g. providing targeted activities or support to involve and encourage the least active children or encouraging active play during break times and lunchtimes.

Raise the profile of PE and sport across the school as a tool for whole-school improvement, for example by:

actively encourage pupils to take on leadership or volunteer roles that support the delivery of sport and physical activity within the school (such as ‘sport leader’ or peer-mentoring schemes)
embedding physical activity into the school day through encouraging active travel to and from school, active break times and holding active lessons and teaching.

Increased confidence, knowledge and skills of all staff in teaching PE and sport, for example by:

providing staff with professional development, mentoring, appropriate training and resources to help them teach PE and sport more effectively to all pupils, and embed physical activity across your school

hiring qualified sports coaches and PE specialists to work alongside teachers to enhance or extend current opportunities offered to pupils

Broader experience of a range of sports and activities offered to all pupils, for example by:

introducing a new range of sports and physical activities (such as dance, yoga or fitness sessions) to encourage more pupils to take up sport and physical activities
partnering with other schools to run sports and physical activities and clubs, providing more and broadening the variety of extra-curricular activities after school in the 3 to 6pm window, delivered by the school or other local sports organisations

Increased participation in competitive sport, for example by:

increasing and actively encouraging pupils’ participation in the [School Games](#),
organising, coordinating or entering more sport competitions or tournaments within the school or across the local area, including those run by sporting organisations.

www.broxtoweactiveschools.co.uk/sportpremium will direct you to relevant webpages or feel free to contact us for further information

Personal and Professional Development

With online learning now becoming increasingly popular, we are looking to provide varied opportunities to upskill your school workforce – including opportunities which will benefit schools not only for physical education and wellbeing, but also cross-curricular links. See below for some examples of courses currently available, and let us know if you have any requests.

Ofsted Deep dive: Overview of what to expect from an experienced professional. Courses can fill, so search the course finder for the next free date.
<https://www.activenotts.org.uk/events/2021/02/deep-dive-in-pe-training2>

Inclusive PE & Active Storytelling: Great ideas for active classes, and clubs. Literature links. Free resources including session plans, activity log books, and equipment packs.
<https://girlsfootballinschools.org/assets/files/dashboard/Virtual%20Shooting%20Stars%20Course%20Links.pdf> (more dates to be added soon)

AfPE Level 4: Improve the health and wellbeing of your young people and school community
<https://www.afpe.org.uk/physical-education/new-level-4-qualification-in-supporting-pupils-wellbeing-through-physical-education/>

AfPE Level 5/6: Subject specialisms and subject leadership options. We are aware of multiple local completions in the past few years, including BAS core staff – the course does entail a significant time commitment, but provides the knowledge to ensure high-quality PE within your school – contact us for testimonies and an overview of the course.

<https://www.afpe.org.uk/physical-education/level-56-professional-vocational-qualifications-primary-school-specialism-and-subject-leadership-in-pe-school-sport/>

Broxtowe Active Schools Options: Bespoke including in school delivery, insets, and online learning

www.broxtoweactiveschools.co.uk/membership,

www.broxtoweactiveschools.co.uk/cpd contact us with bespoke requests or for further information

What have we been doing strategically?

Ongoing

- **Workforce development** – supporting young people with employability skills, and developing a sustainable workforce
- **Board member recruitment** – sustainability, quality, direction, inclusion, diversity, and the associated benefits
- 3 x ‘kickstart’ applications – create jobs, support young people, improve services and engagement emotional and physical
- Advocacy & Influence – local, regional & national, including schools sport action plan, PESP, schools active movement, programmes and initiatives
- Finances - Secured small funded programmes, and begun other application processes

Other Plans

- Grow the apprenticeship programme - please express an interest if your school may be interested in a PE apprentice
- Support schools to access meaningful and high-quality programmes – working towards BAS vision outcomes
 - Happy, healthy, active
 - Motivation, confidence, competence
 - Physical Education, Physical Activity, School Sport, Wellbeing, Life Skills
- Increase community links – working with stakeholders to make services efficient, increasing transition and active lifestyles
- Funding diversity and sustainability – able to function and support local need, regardless of national landscape through insight.

Other updates

- SGO funding confirmed until October 2021
- **Sport England 10 year strategy** framework launch on 26th January
- **School Games Mark Framework**

We will achieve these goals by:

- Promoting the engagement of regular physical activity
- Increasing participation in competitive sport.



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Workforce Development: We have made good progress in developing relationships with Notts College, local universities, and other organisations; with plans in place to train groups of young people, developing employability & leadership skills, with the aim of enhancing a workforce of young people equipped and willing to support local schools in their extra-curricular sport and activity offer.

Apprenticeship programme: Subhaan our current apprentice has now been with us for 18 months, and despite an unusual past year, he has excelled, and provided good support to a number of local primary schools. We aim to extend the programme, with the aim of providing apprentices to achieve the outcomes listed below – placements are likely to be flexible to suit school needs, and in an ideal situation from a recruitment perspective, we would be looking for approximately 3 days (20-25 hours) per week in a school(s), with a cost in the range of ~£3-5k for an 18 month placement - if your school may be interested, please contact us for initial discussions.

- Outcomes include:

- Support of school staff, increasing capacity and quality of experiences (note apprentice will be 16-25, future coach, not an experienced deliverer)
- Increase the number of young people (+families, staff members, and wider school community) being active for at least 60 minutes a day
- Increase transition to community based activity and improve community

- links
- Bespoke to the school(s) involved

Board member recruitment: We are currently recruiting for board members to steer our work, please promote the opportunities to your own network. Previous experience of operating at this level is not essential, and we are seeking passionate individuals who are keen to make a difference (advert via the link in the slide above – www.broxtoweactiveschools.co.uk/vacancies).

Mid-long term planning: The Sport England Strategy framework and 10 year plan, set to be announced on 26th Jan, looks set to strongly align with our own local vision and objectives; we hope that this long-term vision will soon provide greater certainty, and allow us to plan longer term. We recently received the announcement that the School Games offer will continue until October 2021, and hope that a spending review and longer announcement will follow. Despite the national uncertainty, we continue to diversify BAS income streams, allowing us to work towards our vision and mission, and remain in a reasonable position to sustain the network beyond the current national funding cycles. Thank you as ever for your continued support – and please do keep feeding back and steering our work.

<https://www.sportengland.org/why-were-here/our-next-strategy>

School Games Mark Framework: Now open as a self-assessment tool on the yourschoolgames.com website – schools to complete in Spring and Summer terms as with Inclusive Health check – Usual School Games Mark award levels remain paused due to the situation, and the plan is to reinstate the same criteria from September 2021, with schools maintaining 2018/19 award level when the awards re-commence (i.e. if you're on 4 golds, you'll be able to apply for platinum in 21/21).

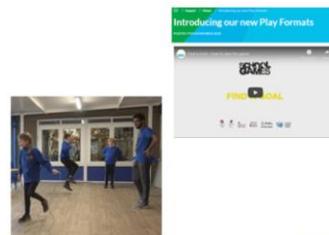
Log in to your www.yourschoolgames.com account –
<https://www.yourschoolgames.com/app/sgmf/school/2020/edit/>

Support available now

- Wellbeing & networking (staff and volunteers available to listen, support, and advise)
- [One to one meetings](#) (ideas, strategy, resources, funding)
- Online professional development (live or at own pace)
- [Resources and initiatives](#) (tasks cards, plans, videos, info)
- [Competitions and incentives](#) (encourage community & personal best)
- In-school delivery (and virtual delivery)
 - Apprentice
 - PE Specialist
 - Workforce & programmes
- Events & Activities and mid-term plans...

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We're here to support you in any way possible, please do utilise the resources and services available to you. Discussion at the meeting agreed that support for the next term is likely to remain as virtual and some in school delivery – please do continue to communicate as to the status of your school, and likely requirements.

www.broxtoweactiveschools.co.uk/active60 for links to resources and ideas (member schools also see google / teams resource folder)

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