


DERBY CITYSSP
SCHOOL SPORT PARTNERSHIP


DERBY COUNTY
Community Trust

Spring Term 2020 Report

St Chads Infant School



Your affiliation

Welcome to our network – by affiliating to us we are working together to:

- Use the power of Derby County Football Club to inspire and motivate pupils to be active, healthy learners
- Ensure ALL young people benefit from PE, Sport & Physical Activity
- Celebrate and advocate PE, Sport & Physical Activity
- Develop teachers knowledge, skills and confidence
- Improve PE, Sport & Physical Activity delivery
- Create an inclusive environment and provide opportunities for all pupils
- Use PE, Sport & Physical Activity as a tool for whole school improvement
- Discover how other schools successfully deliver PE, Sport & Physical Activity
- Offer a wider range of opportunities to encourage 30 daily active minutes
- Signpost young people to community sport and physical activity

Primary PE & Sport Premium Funding

Our affiliation package is recognised as an ideal use of some of your Primary PE & Sport Premium funding and is designed to fulfil all the Key Indicators of the funding:

- The engagement of all pupils in regular physical activity
- The profile of PE and sport is raised across the school as a tool for whole school improvement
- Increased confidence, knowledge and skills of all staff in teaching PE and sport
- Broader experience of a range of sports and activities offered to all pupils
- Increased participation in competitive sport

Contents

Affiliation poster

Events and workshops uptake

How we've helped your school...

How we've helped your staff...

How we've helped your pupils...

Family newsletter

Photos

Next term's events

Contact us



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Events Uptake

Event Name	Date	Attended
Winter Seasonal Walk	14/01/2020	
Boccia Plus	17/01/2020	
Primary Boccia	17/01/2020	
Football Plus	21/01/2020	
Girls Football Festival	21/01/2020	
Sportshall Athletics Plus	22/01/2020	
New Age Kurling Plus	28/01/2020	
Primary New Age Kurling	28/01/2020	
KS1 Fitness is Fun Festival	29/01/2020	
Y3/4 Gymnastics	30/01/2020	
Gymnastics Plus	31/01/2020	
Girls/Boys Indoor Cricket	04/02/2020	
FUNdamentals Festival	05/02/2020	
Y5/6 Sportshall Athletics	11/02/2020	
Cheerleading Festival	12/02/2020	
T20 Girls Cricket	25/02/2020	
Multi-Sport Festival	25/02/2020	
KS1 Sportshall Athletics	26/02/2020	
Y3/4 Sportshall Athletics	26/02/2020	
Primary Duathlon	03/03/2020	
Celebration of Dance Day 1	05/03/2020	
Celebration of Dance Day 2	06/03/2020	
Y3/4 Racketfest	11/03/2020	
Rugby Plus	12/03/2020	
Rugby MegaFest	12/03/2020	
Generation Games	13/03/2020	

Workshops Uptake

Workshop Name	Date	Attended
Super Schools Conference	23/01/2020	
Active Story Telling	29/01/2020	
MHFA Course	05/02/2020	
Mental Health Champion Course	26/02/2020	



Working with schools...

Supporting your school to develop an environment that enables all pupils to be active, healthy learners.

Core Affiliation Package

- PE & Sport Premium funding guidance and support
- Head Teacher updates
- Termly reports
- Governor training
- Health & Safety guidance
- Weekly e-bulletin
- Affiliation plan and logo

Enhanced Affiliation Package

- Audit and needs analysis
- PE & Sport Premium funding action plan writing support
- PE & Physical Activity Policy writing support
- Pupil fitness measurements
- Pupil mental well-being measures
- PTA support with fundraising

Affiliation Bolt-On Programmes

- Pupil fitness measurements
- PE & Sport Premium funding action plan writing support
- Kitemark application support
- School based holiday club





Working with staff...

Equipping staff with the knowledge, confidence and skills to ensure all pupils can thrive as active, healthy learners.

Core Affiliation Package

- Training workshops
- Annual conference
- Networking opportunities
- PE Coordinator support
- NQT training
- Premier League Primary Stars/ national initiatives

Enhanced Affiliation Package

- Active school day training
- Whole school INSET
- Mental health first aid training
- Active lunchtime training
- Teacher support
- Rammie's Daily Mile
- Winning Minds package
- Premier League Primary Stars

Affiliation Bolt-On Programmes

- Mentoring
- Teacher support
- Whole school INSETs
- Curriculum resources
- Level 5/6 Qualification
- Level 3 Qualification
- Physical Literacy programme
- Mental health first aid training



How we've helped your staff...

Rammie's Little Movers

Summary:

Rammie's Little Movers is a six-week programme based around the story 'Oliver's vegetables' which includes a range of games, songs and activities to develop good physical development and knowledge and understanding of healthy eating. Due to the Coronavirus pandemic, school received 3 out of 6 sessions of weekly support from a DCCT member of staff delivering the programme in school.

Impact:

- Increased understanding of the importance of PE, School Sport and Physical Activity
- Had a range of practical ideas that you could use to support children's physical literacy across the school day

After the programme was delivered in school:

- Increased staff confidence to deliver physical activity and health education to support good physical development and healthy lifestyles in the early years

Next steps:

- Share the resources and ideas delivered with the children across the early years' team
- Each session has an accompanying EYFS observation sheet which outlines the key areas covered in the session, that can be used by the teacher for assessment of groups or individual pupils
- Develop the theme further with another book from the series 'Oliver's fruit salad'
- Look at how your inside and outside space is organised to encourage physical development

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Increased confidence, knowledge and skills of all staff in teaching PE and sport (KI 3)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)



Working with pupils...

Inspiring and motivating all pupils to be active, healthy learners, through high quality events and programmes.

Core Affiliation Package

- Events calendar
- Primary Leadership conference
- Rammie's Daily Mile resource
- Child Weight Management pathway
- Choose 1:**
- +Sport Move and Learn
- Resilient Rammie
- Rammie's Daily Mile resource
- Themed activity day

Enhanced Affiliation Package

- Lunchtime & after school club
- SEN lunchtime club and curriculum coaching
- Rammie's Healthy Heroes
- Winning Minds package
- +Sport Move and Learn
- Resilient Rammie
- Anti-bullying/ anti-racism workshop
- School sport festival
- Choose 2:**
- FUNdamentals football
- FUNtastics
- Interschool challenge
- Choose 1:**
- School Sport Council training
- Mini Leaders award
- Intra-competition challenges

Affiliation Bolt-On Programmes

- Lunchtime & after school club
- PPA coaching
- Premier League Reading Stars
- Matchday Maths
- Mini Sports Leaders Award
- Intra-competition challenges
- School Sport Council training
- Cluster level competitions
- School sport festival
- Winning Minds package
- Stadium tours
- Anti-bullying/ anti-racism workshop

How we've helped your pupils...

AFTERSCHOOL CLUB

Summary:

Afterschool coaching designed to provide children with a safe and enjoyable opportunity to learn new skills and be active following the school day. The sessions included:

- Delivery by a qualified and experience member of the DCCT coaching team
- A specific focus agreed in consultation with PE Coordinator
- Progressive sessions over the half term
- A range of sports/activities to choose from

Spring 1 – Thursdays – Multisports – 12 participants x5 sessions

Spring 2 – Thursdays – Handball – 8 participants x3 sessions

Impact:

Through hosting this club you :

- Provided opportunities for children to engage in being active following the school day and therefore contribute to their accumulative total of active minutes for the day
- Provided opportunities for children to improve their knowledge, skill and confidence in the topic/sport being delivered
- Encouraged children to experience an increased range of physical activities/sports

Next steps:

- Continuation of Afterschool Club delivery
- Signposting children to out of school grass roots clubs
- Entering an SSP event in the sport/activity covered

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How we've helped your pupils...

Rammie's Little Movers

Summary: Rammie's Little Movers is a six-week programme based around the story 'Oliver's vegetables' which includes a range of games, songs and activities to develop good physical development and knowledge and understanding of healthy eating. Over the 6 weeks of the programme children access a range of activities to support them to move more and eat well

The sessions included: see next sheet for a breakdown of the 6 weeks. 3 weeks of sessions were delivered before the school was closed to outside visitors, due to the Coronavirus Pandemic.

Impact:

Rammie's Little Movers supports **EYFS outcomes**, in particular:

- 1) *Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping*
- 2) *Shows some understanding that good practices with regard to exercise, eating sleeping and hygiene can contribute to good health.*

The programme also supports **physical literacy milestones** for children aged 3 to 4

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How we've helped your pupils...

Rammie's Little Movers		
Week	Session objectives	Session outcomes
1	<ol style="list-style-type: none"> To raise awareness of the 5 a day message and the health benefits for pupils To encourage the children to move in a variety of different ways with confidence 	<ol style="list-style-type: none"> Children are aware of eat a rainbow and will try a new fruit or vegetable Children can identify a range of fruit and veg Children are moving freely with pleasure and confidence in a range of ways
2	<ol style="list-style-type: none"> To reinforce the 5 a day message and the health benefits for pupils To incorporate physical literacy milestones 1,2,5,7,8 and 9 	<ol style="list-style-type: none"> Children can listen to stories with increasing attention and recall Children can stand on one foot and negotiate space successfully adjusting speed and direction to avoid obstacles
3	<ol style="list-style-type: none"> To begin to understand the need for a variety of food for a healthy diet To explore how physical activity keeps us healthy and happy 	<ol style="list-style-type: none"> To show increasing control over an object in pushing, patting, throwing or catching it To show some understanding of the changes in their body before and after exercise To start to understand that physical activity can help keep us happy and healthy To be aware of healthy and unhealthy foods
4	<ol style="list-style-type: none"> To build on knowledge and understanding of a healthy balanced diet To begin to understand the concept of eating unhealthy foods in moderation 'Treats' To develop physical literacy skills – balance and experiment with different ways of moving 	<ol style="list-style-type: none"> Children should be able to show some understanding of the difference between healthy or unhealthy foods which contributes to good health. Children can stand on one leg for 3 to 5 seconds
5	<ol style="list-style-type: none"> To reinforce the messages about healthy bodies and happy brains To work in pairs taking turns to mirror movements, following simple instructions 	<ol style="list-style-type: none"> Children should be able to show some understanding of what a balanced diet is and the need for a variety of food Children can experiment with different ways of moving, gaining confidence and pleasure using fundamental movements.
6	<ol style="list-style-type: none"> To recap on the key messages about healthy eating and physical activity through the programme To assess children's understanding of the healthy eating and physical activity messages 	<ol style="list-style-type: none"> Children should be able to demonstrate the following EYFS outcomes: <ol style="list-style-type: none"> Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping Shows some understanding that good practices with regard to exercise, eating sleeping and hygiene can contribute to good health.

How we've helped your pupils...

Munch and Crunch KS1 - Rammie's Healthy Heroes

Summary:

The sessions link with the story Oliver's vegetables and includes the opportunity to grow vegetables and then harvest grown vegetables to eat at the second session. Informal learning takes place throughout the session covering key health messages around tasting a rainbow. The second session had to be cancelled due to the Coronavirus Pandemic.

Impact:

Pupils should understand what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity and healthy eating

Next steps:

- Share this report with your PSHE coordinator
- Think about a display themed around 'Taste the rainbow'



- Support children and families further with 'Rammie's Healthy Heroes parent workshop – top tips for keeping your family healthy and happy
- Look at developing the theme further with 'Oliver's fruit salad'

Supports the science national curriculum

Pupils should be taught to:

- observe and describe how seeds and bulbs grow into mature plants
- find out and describe how plants need water, light and a suitable temperature to grow and stay healthy.

Supports the new statutory framework for Relationship and Health education. Topic 4: Healthy eating.

The power of an active school...

In 2018-19 we have supported schools through...



Creating a culture of active, healthy learners

26 minutes of additional physical activity were added to the school day in our Active Schools.



Boosting learning and achievement

75% of staff reported pupils were better engaged in lessons after physical activity.



Ensuring the inclusion of all young people

10 special schools supported and SEND specific opportunities provided in **15 mainstream schools**.



Building knowledge, skills and confidence

125 teachers mentored each year with all reporting improved confidence and/or competence.



Sharing good practice and high quality tools and resources

230 delegates at our Active Schools Conference inspired to create a culture of active, healthy learners.



Supporting staff with their health and wellbeing

100% of teachers increased their confidence in supporting mental health issues after attending our Mental Health First Aid course.



Developing life skills to improve health and wellbeing

54% of pupils increased their emotional health and wellbeing scores after being part of an Active School.



Tackling inactivity and improving physical literacy

11,000+ pupils were inspired to become active at **200+ events** and **580 children** enjoy taking part in weekly after school clubs.



Improving behaviour, concentration and readiness to learn

76% of pupils improved their physical development, supporting better handwriting and concentration in lessons.



Engaging families to advocate the importance being active and healthy

180 parents engaged in our Healthy Lifestyle workshops to encourage an increase in physical activity and healthy eating.



Changing attitudes towards health and wellbeing

968 adults regularly engaged in our physical activity and health programmes to support a whole family approach.



Promoting opportunities to lead an active, healthy lifestyle

600+ children participating in weekend and holiday programmes beyond the school environment.