

POSITIVE EXPERIENCES FOR ALL



*Skills for
life* can start
on the pitch

Session Aims

- Share!
- Understand the term Physical Literacy
- Reflect on your wider PESSPA offer and personal outcomes, alongside physical outcomes
- Understand the relevance of a targeted School Games offer, including your targeted intra offer
- Discuss how this targeted offer supports School Games Mark
- Leave with an action plan – focusing on designing and developing positive experiences through targeted outcomes

Physical Literacy

The motivation, confidence, physical competence, knowledge and understanding to value and engage in physical activity for life- IPLA

POSITIVE EXPERIENCES FOR CHILDREN & YOUNG PEOPLE



Context : Uniting the Movement

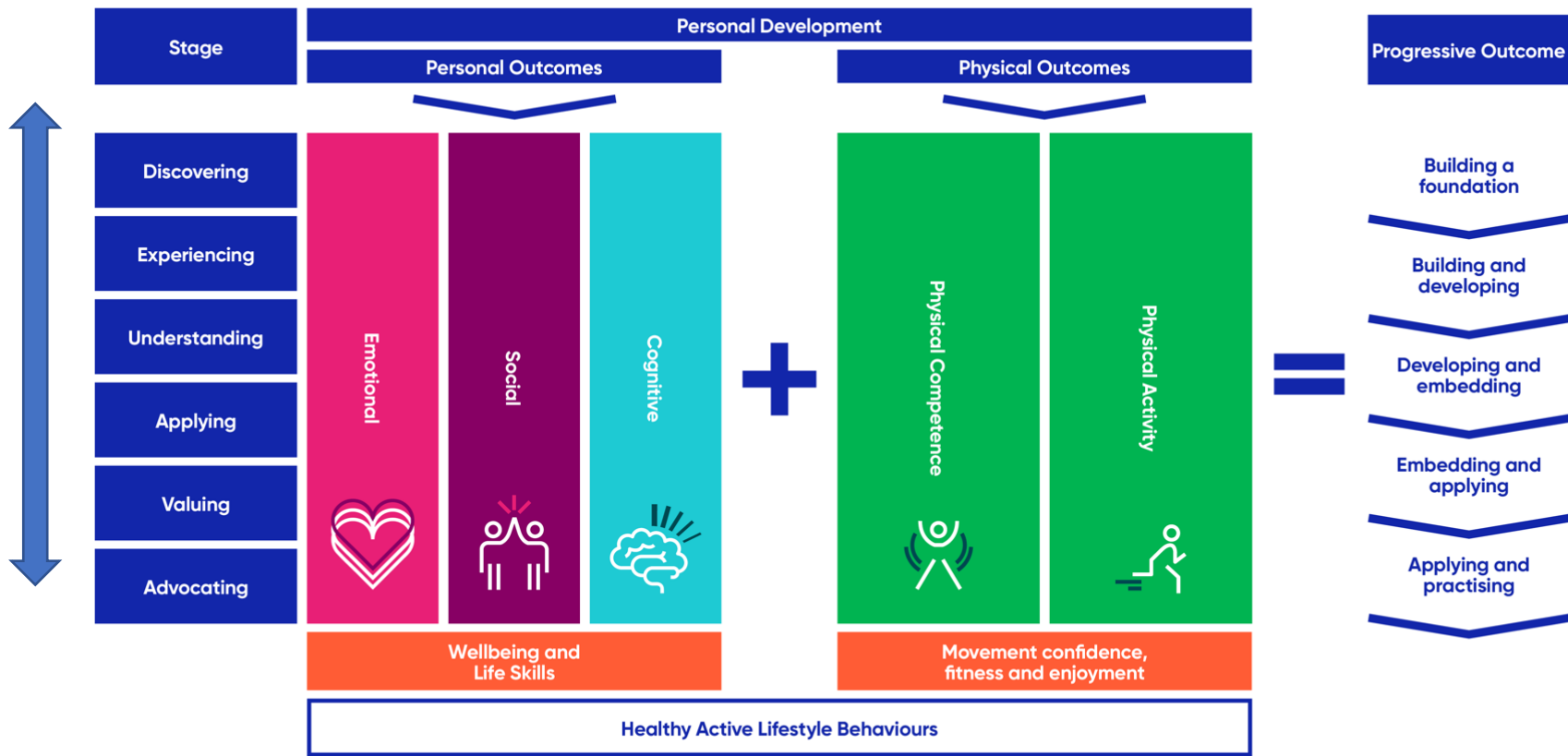
Our Ambition

We want every child and young person to experience the enjoyment and benefits that being active can bring. Their needs, expectations and safety should come first in the design and delivery of activity.


We'll Focus On

Improving physical literacy, so children and young people have a great experience which builds their understanding and knowledge of how to be active, their confidence and competence, but above all their enjoyment





My Personal Best Primary



A tree diagram with a green canopy and a brown trunk. The canopy contains three boxes: 'Self-motivation', 'Responsibility', and 'Self-discipline'. The trunk has three vertical labels: 'Resilience', 'Integrity', and 'Courage'. The roots are labeled 'Honesty' and 'Self-belief'.

Healthy Me
Managing myself

Supports learners to develop the personal traits that underpin good health and wellbeing and their personal achievement.



A tree diagram with a green canopy and a brown trunk. The canopy contains three boxes: 'Encouragement', 'Co-operation', and 'Communication'. The trunk has three vertical labels: 'Trust', 'Respect', and 'Fairness'. The roots are labeled 'Gratitude' and 'Empathy'.

Social Me
Understanding others

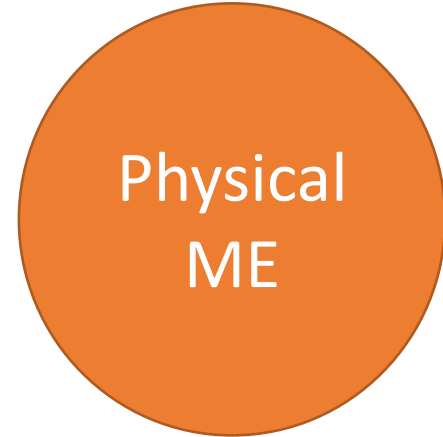
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Thinking Me
Being thoughtful and creative

Supports learners to develop the cognitive and creative traits that enable them to create opportunities, overcome challenges and make choices.



Share!

Schemes, resources or support	Showcasing
Complete PE (1)	Healthy living journals to showcase and self review
Get Set 4 PE (5)	Rising Stars and Commando Joe
PE Hub (1)	Happy to host networking and share practice
PE Passport (1)	Inclusion
Primary PE Planning (1)	Concept curriculum (adapted from secondary)
Champions (1)	Intra competitions for Y5/6
	Extra-curricular/Lunchtime clubs

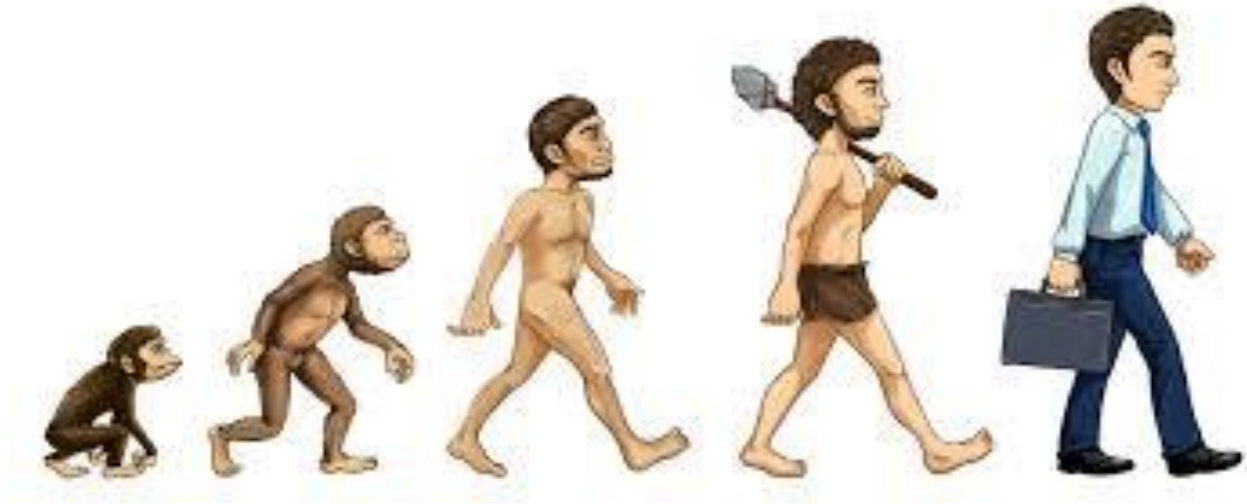
Follow up CPD required

11/30

Positive experiences?

Our wider toolkit

Evolution of the School Games



www.yourschoolgames.com



School Games Outcomes

Work with SGO's to achieve....

- 1** To maintain and grow school engagement¹ in the School Games and their delivery of 60 active minutes
- 2** To create positive experiences by ensuring physical activity and competition provision is designed to reflect the motivation, competence and confidence of young people and has clear intent
- 3** To have a clear focus on secondary schools and transition points (Yr.3 and Yr.7/8)
- 4** To create positive experiences that support the character development of young people, capitalising on Birmingham 2022 Commonwealth Games by empowering young people to design, deliver and promote Physical Activity and/or Competition
- 5** To advocate to key stakeholders³ how the School Games makes a meaningful difference to the lives of children and young people, including supporting schools to engage and educate parents



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ACTIVITY: Match the Mes Activity

ME

WHY

WHO



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Kent and Medway School Games

Physical ME – Developing physical literacy and movements of the body. Aimed at pupils who lack movement competence and who need to develop their physical skills

Social Me – Developing Teamwork, cooperation and leadership. Aimed at pupils who find it difficult to connect with group tasks and work with others

Thinking ME – Making effective decisions and evaluations. Aimed at pupils who need to develop their cognitive skills and the knowledge to identify what need to do to improve

Personal Me – Controlling emotions, behaviours and self-esteem. Aimed at pupils who lack the motivation and confidence to try new things and who show a lack of self-esteem and resilience

Healthy ME – Choosing healthy behaviours and attitudes. Aimed at pupils who have been negatively impacted by COVID. Those who are unable to sustain physical activity for a period of time

Competitive Me – Competing to achieve personal best. Aimed at pupils who are competent and have, or will have, the opportunity to develop, practise and challenge sport specific skills.



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Kent and Medway School Games

Social Me

- Boccia
- Sportshall Athletics

Thinking Me

- Golf
- Eco ambassadors
- Dragonball

Competitive Me

- Dodgeball
- Table Cricket
- Cheerleading

Physical Me

- Cricket
- Swimming
- Panathlon

Personal Me

- Cricket
- Activity Volunteer Award
- AP festivals and leadership

The Folkestone School Sports Partnership



Primary Schools
Targeted opportunities for under represented groups including...

- Wheelchair sports
- Girls opportunities
- Transition to next Key Stage
- Commonwealth Legacy programmes
- Small financial contribution



**THE
SPORTS
TRUST**

Primary and Secondary Schools

- Primary Competitions and Festivals
- In school delivery (brochures)
- Facilities (F51, THSP and Folkestone Sea Sports Centre)
- Pay to enter



Primary Schools and secondary schools

- CPD
 - Resources
 - Events
- All to work towards the goal of girls having equal access to football opportunities in school by 2024
- Free



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3 To have a clear focus on secondary schools and transition points (Yr.3 and Yr.7/8)



Folkestone School Games Event Specification

Yr6/7 Young Carer Transition Festival

Event Intent

This is a **SOCIAL ME** event which means it is aimed mix with the group they are in and experience bein other schools. |



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THANET SCHOOL GAMES - Understanding Competition Intent

	WHY	WHO	WHAT		INTENT
			Primary School Games	Intra School Ideas	
PHYSICAL ME	Develop physical literacy and movement of the body	CYP who lack movement competence	Athletics Taster (Yr2) Rapid Fire (Yr2)		To develop physical skills
DEVELOPING ME	Develop and acquire new knowledge and skill	CYP whos health has been negatively impacted by COVID	Badminton (Yr5/6) Mini Squash (Yr2)		To develop different sport specific skills
SOCIAL ME	Develop teamwork, cooperation and leadership	CYP who find it difficult working in groups	Transition Festivals (Yr 3 & 6) Tri Golf Festivals (Yr3/4) Climbing Festival (Yr3/4)		To foster social connections
THINKING ME	Make executive decisions and evaluations	CYP who need to identify what they need to do to improve	Quicksticks (Yr3-6) Mini Squash (Yr3-6) Mini Tennis (Yr3-6) Climbing Festival (Yr1/2)		To develop character and life skills
PERSONAL ME	Control emotions, behaviours and self esteem	CYP who lack the motivation and have low self-esteem and resilience	Netball Festival (Yr5/6) Orienteering (Yr3-6) Infant Games (Yr1/2) Tennis Masterclass (Yr3-6) #LetGirlsPlay Football (Yr3-6)		To engage new audiences
HEALTHY ME	Choose healthy behaviours and attitudes	CYP who find it difficult to sustain physical activity	Change 4 Life (Yr3/4)		To increase motivation
COMPETITIVE ME	Provide the appropriate competition format for a school team, and where required, identify a team to represent the school (or County)	CYP who have either practised in lessons or during an after school club and have the skills and confidence for competition	Basketball (Yr5/6) Sports Hall Athletics (Yr3-6) Infant Agility (Yr2) High 5 Netball (Yr5/6)		To support individual development in sport



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2 To create positive experiences by ensuring physical activity and competition provision is designed to reflect the motivation, competence and confidence of young people and has clear intent

Targeting young people locally who need the intervention most based on local insight to improve their physical literacy, social, emotional, and physical wellbeing (e.g., low socio-economic backgrounds, minority ethnic groups, SEND, girls)

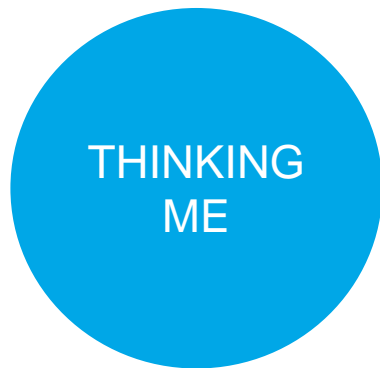
thanetschoolgames
Ramsgate Leisure Centre



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Ramsgate Leisure Centre



thanetschoolgames
Ramsgate Leisure Centre



4 To create positive experiences that support the character development of targeted young people

This includes opportunities across the full breadth of the School Games which incorporates the delivery of high quality, inclusive leadership and volunteering



thanetschoolgames
Clip 'n Climb Thanet



ACTIVITY: Develop your own Intra school Offer

- You will have a ME assigned to your table
- Discuss how you would adapt a Basketball Festival to meet the outcome of your given ME
- How different does the event look now?

Use STEP to help you...

Space

Task

Equipment

Participants



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School Games Mark 2022/23



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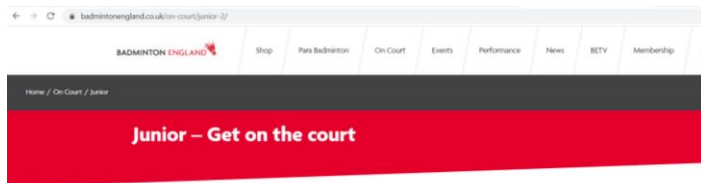
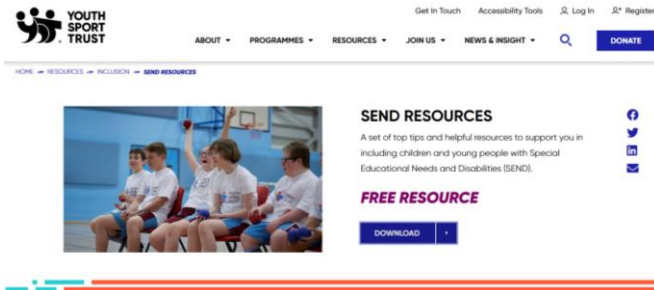
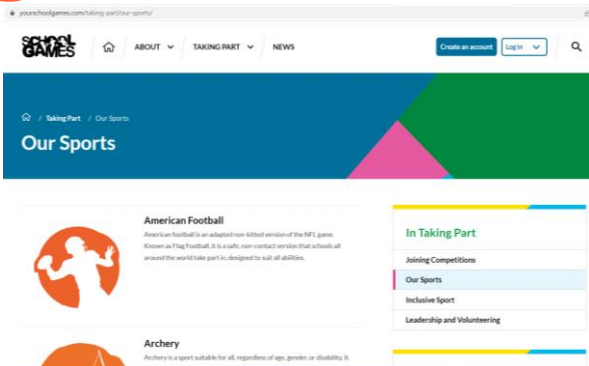
Kent School Games Organisers – Who is who?

<p>ASHFORD</p> <p>Tony Baptiste t.baptiste@thelenham.viat.org.uk</p>	<p>CANTERBURY</p> <p>Gemma Edwards gedwards@canterbury.kent.sch.uk</p>	<p>DARTFORD</p> <p>Post currently vacant</p>
<p>DOVER</p> <p>Ruth McDade R.mcdade@tsatrust.org.uk</p>	<p>EAST KENT COASTAL</p> <p>Hannah Small h.small@hernebayhigh.org</p>	<p>FOLKESTONE & HYTHE</p> <p>Sarah Green sgo@thesportstrust.org</p>
<p>GRAVESHAM</p> <p>Julia Youens sgocobhamhall@gmail.com</p>	<p>MAIDSTONE & MID KENT</p> <p>Laura Rookard Laura.Rookard@aylesford.kent.sch.uk</p>	<p>MALLING & SEVENOAKS</p> <p>Laura Rookard Laura.Rookard@aylesford.kent.sch.uk</p>
<p>MEDWAY (CHATHAM)</p> <p>Kim Hill / Russel Fairman hillk152@sflt.org.uk fairr066@sflt.org.uk</p>	<p>MEDWAY (GILLINGHAM)</p> <p>Claire Moore moorec@thehowardschool.co.uk</p>	<p>SHEPPEY & SITTINGBOURNE</p> <p>Claire Geeves SchoolGames.Organiserios@oasisisleofsheppey.org</p>
<p>THANET</p> <p>Stephanie Selsby Sgo@ursuline.kent.sch.uk</p>	<p>TONBRIDGE</p> <p>Alex Weston / Lauren Mersh alexandra.weston@hayesbrookacademy.org.uk</p>	<p>TUNBRIDGE WELLS</p> <p>Alex Weston / Lauren Mersh lauren.mersh@hayesbrookacademy.org.uk</p>

Signposting

SCHOOL GAMES

Approaches to Competition



Get On Court

The Racket Pack (5-11 year olds)


The Racket Pack is Badminton England's skill-based programme for younger children which focuses on developing the fundamentals whilst introducing the sport in a fun and engaging way.

With a wide range of adapted equipment suitable for different ages and abilities, characters to relate to and awards to progress through, The Racket Pack aims to provide a positive first experience and develop a lifelong love for the sport.

The programme is designed to teach children the correct badminton skills, regardless of whether they are in a school, club or leisure centre environment.

Find where you can get on court and start playing today.

My Personal Best Primary



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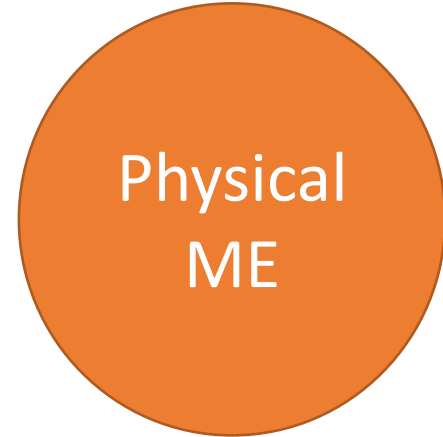
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Resources: PE Life Skills Award



The PE Life Skills Award Progress Tracker Wallchart

Class: _____ Stage: _____

	Physical				Social				Emotional				Cognitive										
Minimum requirements	Any 10 activities within swimming, water polo and aquatics				Any 5 from this 8				Any 4 from this 6				Any 3 from this 6										
Self-development area	PE Involvement	Physical Activity	Risk-Controlling	Community	Participation	Cooperation	Teamwork	Trust	Respect	Communication	Encouragement	Empathy	Self-acceptance	Self-respect	Responsibility	Curiosity	Imagination	Communication	Reasoned Judgement	Self-acceptance	Problem-solving	Evaluation	Decision-making
Peer name and progress	Tick a box once you have achieved it and your teacher has checked it off																						

Your Learning Journal
Stage 2 PE Life Skills Award

Recognising and rewarding the development of life skills in and through PE

Powered by **SLO**

Welcome to your Stage 3 PE Life Skills Award

We are excited that you are completing the Stage 3 PE Life Skills Award.

The PE Life Skills Award will help you be recognized and rewarded for the skills that you are developing in PE. These are the skills that will help you thrive not only in PE but in school and wider life.

The award will focus on recognizing your life skills in four areas:

- Physical skills
- Social skills
- Emotional skills
- Cognitive skills

The journal is the place to show how you develop and improve your life skills through these four areas. Life skills will be found in lots of different places, including:

- Physical education
- Physical activity
- Extra-curricular & sport
- Community
- Competitive sport

We hope you enjoy Stage 3 of The PE Life Skills Award.

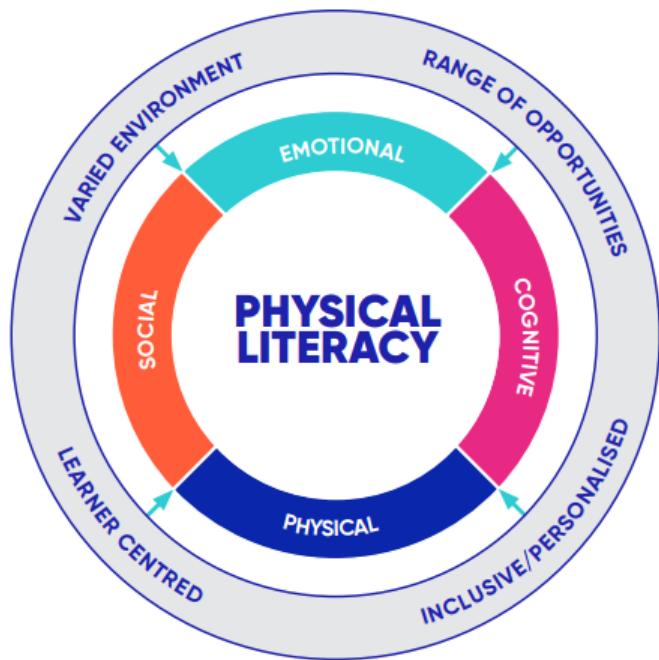
This is Your Learning Journal

This Learning Journal is a place to record it all help you record the things you have learnt through the award. You can record your own life skills, how you develop and improve your skills. Other people can also do it too - your teacher, parents and other people that you are using the life skills you learn through it.

Powered by **SLO**



Physical Literacy and PESSPA



EMOTIONAL

Looking inward and developing a sense of self to support positive mental health and wellbeing. Having the self-confidence to plan and effect a physically active lifestyle and having confidence when taking part in different types of activities. The ways feelings affect how you behave and perform in different environments in PE, other subjects, in the wider schools curriculum and in life.



COGNITIVE

Having awareness of the purpose and relevance of movement and skills within different physical activities and environments, and knowing how to improve and enhance in response to the situation. Knowing and understanding how physical activity can improve your physical, emotional and social wellbeing in wider aspects of your life both in and out of school.



PHYSICAL

Moving efficiently, effectively and imaginatively in different activities. Working independently and with others in different physical activities.



SOCIAL

Understanding the behaviours of yourself and others in order to interact, connect and work collaboratively with individuals and groups of people.



Together we are
empowering
change-
makers

