

7 Top Tips for Effective & Sustainable Use of the Primary PE and Sport Premium 2020-21

The Importance of Physical Activity and PE in schools.

Being physically active was one of the four reasons that people were allowed to leave their homes during the Covid-19 lockdown. With schools now re-opened and children settled back into learning, it's even more important than ever to instil good behaviours, to be active throughout the day and to ensure that the Primary PE and Sport Premium is spent in an effective and impactful way to ensure sustainability of this investment. VisionED supports schools to become self-sustaining through building capacity and upskilling staff to deliver high quality PE for ALL pupils.

Outlined below (*with acknowledgement to the Association for Physical Education – afPE*) are seven ways schools could spend this year's PE and Sport Premium grant effectively taking into account the opportunities and challenges presented by the Covid-19 pandemic.

 **VisionED** believes that a key line of enquiry (KLOE) for ALL schools must be **how will you build your capacity to deliver high quality PE for ALL your pupils and how will it be sustainable beyond the PE and sport premium? We are here to help schools achieve this through our vision (Intent) to empower YOU to do this.**

1. Sustainability

It may be difficult at this time to bring in external providers to support PE lessons and sports clubs, so it is of paramount importance that existing staff are qualified, competent and confident to deliver high quality PE and physical activity opportunities. If coaches continue to assist with staff training and enhancing the extra-curricular offer, this work should be comprehensively risk assessed and in line with locally agreed policies.

TOP TIP: *Look for CPD opportunities linked to Physical Education delivery, whole school physically active learning strategies or outdoor learning initiatives. Try to invest in CPD that aims to address staff motivations and relationships with physical activity rather than simply upskilling staff in technical aspects of traditional sporting activities.*

 **VisionED** offers nationally accredited professional development qualifications totally on-line (Covid-secure) in:

- **Teaching and Learning in Primary PE** – suitable for QTS, TA, HLTA, Instructors
- **Leadership & Management in Primary PE** – suitable for existing or aspiring PE subject leaders

We also offer on-line whole staff CPD, Twilights etc. through Zoom CPD – e.g. Gymnastics, OAA, Safety etc.

Check out our innovative and new Zoom based offer to support schools – click [Here](#)

2. Whole School Improvement

The impact of PE and physical activity on a wide range of school priorities is well researched and extends to improvements in concentration, memory retention and behaviour in general. In order to leave a legacy, the PE and Sport Premium grant should impact on far more than just pupils' physical health but also be used as a resource that can be a driver for whole school improvement.

TOP TIP: Look at your whole school improvement plan; identify any areas where PE, school sport or physical activity can positively impact on targeted pupils or outcomes such as academic attainment, behaviour or attendance. This can be achieved by embedding successful physically active learning approaches such as active maths or cross curricular orienteering.



VisionED ensures that this is embedded into all our national qualifications to ensure that PE contributes to and supports whole school improvement. It is our vision that PE should be at the very heart of school life – but only if it is high quality.

3. Outdoor Learning

Wellbeing and mental health are fast becoming a significant issue in primary schools and much research exists showing how exposure to the natural environment can have a positive effect. In addition to this, current DfE reopening guidance encourages schools to take pupils outside of the classroom as much as possible both within PE and wider lessons. This is a great opportunity to look at any improvements that can be made to your school's physical environment that could better support outdoor learning and the promotion of physical activity. Please note however that the PE and Sport Premium grant is not allowed to be used for capital expenditure.

TOP TIP: Audit your physical environment and try to create a playground that is stimulating and encourages children to move frequently outdoors. Introduce 'all weather' equipment that children can interact with in different ways to help build their physical literacy. Invest in CPD that builds confidence in your staff to deliver cross curricular outdoor lessons or forest school activities along with finding ways to make being outdoors this winter more practical e.g. investing in footwear storage, waterproof clothing and boiler suits etc.



VisionED provides Zoom based CPD for staff and can deliver a twilight CPD session for your staff on OAA – Outdoor and Adventurous Activities including free resources for staff to use to embed practice. Click [Here](#) for more details of our CPD offer (Covid-secure)

4. Active Travel

With more people working from home since lockdown there is an opportunity to advocate leaving cars at home and walking, scooting or cycling to school instead. We have also seen an increase in families walking together to school. There is a great opportunity now for schools to build on this trend by promoting active travel amongst pupils and their families.

TOP TIP: Use your PE and Sport Premium to invest in cycle training for pupils across the school. Consider purchasing storage facilities for bikes or scooters. Make active travel an easy option for families by ensuring the school grounds are accessible by bikes and scooters. Look to research and invest in proven schemes that reward children for travelling to and from school in an active way.



VisionED supports this and has embedded into its Leadership National Qualification that schools consider the bigger picture including Active Travel, Daily Physical Activity, Interventions and Community Engagement for example.

5. Ensuring high quality PE provision

This should always be a priority when schools are planning their PE and Sport Premium spend. Now is a perfect time to ensure the staff at your school have the confidence and skills to deliver high quality physical education as access to external coaches or sport specific specialists may be more limited due to Covid restrictions.

TOP TIP: Use the grant to invest in staff capacity to audit PE provision and staff competency through observation and interviews. Look for CPD opportunities for staff to be upskilled in PE delivery. As outdoor PE is now the 'new normal', this would also be a perfect opportunity for your staff to be upskilled in Outdoor Adventurous Activities (OAA, forest school initiatives).



VisionED offers so much here to help you. Our **National Qualification in Teaching and Learning in Primary PE** is totally on-line and designed to upskill staff, including QTS, TA's, HLTA's and Instructors whom you as a school can deploy to support high quality provision. Click [here](#) for further info.



VisionED also offers Zoom based CPD / Twilights for all staff on OAA, gymnastics etc. to ensure your existing staff are able to be upskilled creating shared efficacy on the importance of PE in your school. Click [here](#) for further info or visit our website www.visioned.org.uk

6. Innovation

Lockdown saw many PE practitioners from around the country, plan and deliver online PE activities for their children to take part in at home to continue their skill development and remain active. Use this unprecedented Covid-19 landscape as an opportunity to be innovative rather than a reason to restrict PESSPA provision.

TOP TIP: Involve children in shaping your PESSPA offer and use this opportunity to expose children to activities that historically have not been part of your PE curriculum but would still develop their fundamental movement skills. Some activities may also be more 'Covid safe' and naturally promote social distancing such as Yoga. Build on the PE at Home momentum by creating an online platform or page on the school website that provide ideas for parents and children to enjoy together outside of school – you may find our collaborative #ThisisPE online resource a useful starting point.

 **VisionED** continues to innovate in its field of empowering schools to develop and deliver high quality PE for all. Now all our CPD can be effectively provided to you on-line making it Covid-secure. We also pass on the savings to YOU!

7. Swimming

We know that for many children, particularly those living in more deprived areas, school may be the only opportunity they will have to learn how to swim and be safe in and around water. Despite being on the National Curriculum, around one in five children leave primary school unable to swim. This figure rises to almost half of children from the least affluent families. Covid-19 has had a significant impact on leisure centres and the national lockdown earlier this year will have resulted in large numbers of children missing out on school swimming. Swim England has worked with industry partners, including local authorities, leisure operators, DfE and afPE to release clear guidance on how schools are able to resume swimming lessons where they can do so in line with guidance.

TOP TIP: Use the Return to Swim guidance to support the return of National Curriculum School Swimming and Water Safety either on-site or via an external provider. Speak with your swimming provider to understand how and when they will be able to resume lessons again and consider using the PE and Sport Premium to provide top up lessons for those who missed out last year.

 **VisionED** embeds within its training for the National Qualification in Leadership & Management the need for schools to really consider their vision and intent for swimming in their curricular offer. Will schools review when and how they offer swimming? We discuss and apply the F.I.T. principle. What pedagogical approaches will they use to ensure all pupils can swim? How are they monitoring outcomes for all pupils including Pupil Premium and what interventions could they consider based on their socio-economic area to ensure swimming is accessible to all?

For more information on our portfolio of **Continued Professional Development** (CPD) and **National Qualifications** please visit our website:

www.visioned.org.uk



*Acknowledgement to afPE for the 7 Top Tips. VisionED supports afPE and recommends that all schools work with afPE and consider membership.