



The Plymouth School Sports Partnership

Summary

The Plymouth School Sports Partnership (PSSP) aims to create a sustainable physical education, school sport and physical activity system as part of the health and wellbeing provision for all children. We want every young person in Plymouth regardless of their age, background or level of ability to feel able to take part in sport and physical activity with the ambition to improve their long-term physical and mental health.

The PSSP has shown the benefits of collaborative working and contributed to the raising of standards providing opportunities, which enhance and enrich learning, up-skilling the school workforce and ensuring schools are kept up to date with regional and national developments. Our Steering Group provides strategic direction and ensures that the Partnership continues to give outstanding value for money through regular monitoring and evaluation of the impact of our work.

All young people should have the opportunity to live healthy and active lives. A positive experience of sport and physical activity at a young age can build a lifetime habit of participation and is central to meeting the government's ambitions for a world-class education system.

Physical activity has numerous benefits for children and young people's physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are physically active are happier, more resilient and more trusting of their peers. Ensuring that pupils have access to sufficient daily activity can also have wider benefits for pupils and schools, improving behaviour as well as enhancing academic achievement.

Background Information

The Plymouth School Sports Partnership was established in 2011 by blending the best elements from the city's two School Sports Co-ordinator Partnerships to create a citywide organisation to meet the needs of children and young people aged 5-18 years old in the Plymouth travel to learn area who attend Partnership subscribing schools.

The Plymouth School Sports Partnership is currently funded by an allocation from Plymouth Schools Forum, subscriptions from member schools, payments for School Games Organiser and Bikeability work on behalf of Sir John Hunt Community Sports College and Plymstock School (the Partnership Hub Sites) and additional project funding. In order to access the Core Offer schools must subscribe to the Partnership, this is currently £3,500 for schools with primary-age children and £4,000 for secondary schools; this cost has remained the same since September 2015.

There is a basic entitlement to all schools which includes the structure in place for events such as the Schools Challenge, the School Games events and Bikeability which all schools have access to and would either not exist or would not run with the quality of facilities/equipment and staffing that schools currently benefit from. The subscription to the Partnership provides access to additional activities, resources, training and equipment.

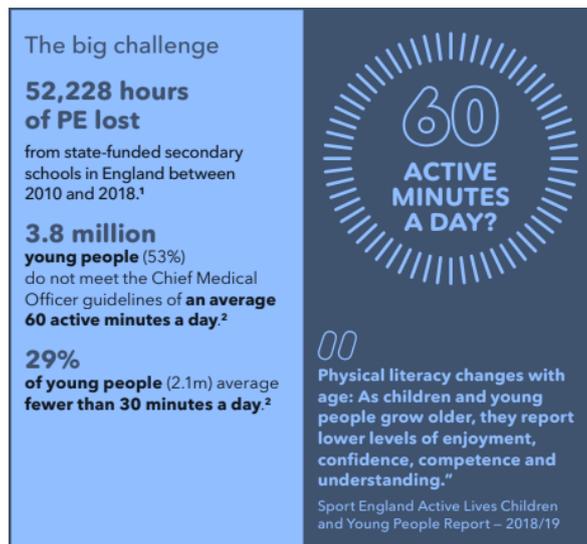


Physical Education (PE) is in decline at a time when it has never been needed more. Inactivity, obesity and mental health issues are increasing and there is a growing need to develop resilience and employability skills. Yet research shows timetabled PE is being cut. Like English and Maths, PE should be part of the bedrock of a good education which equips young people with vital skills to support their wellbeing, get them ready to learn and helps prepare them for success in life.

Young people are growing up in a digital age and a world where they are feeling isolated and disempowered. This comes at a time when we are all living increasingly sedentary lifestyles and PE and playtime have been cut in too many schools. It is increasingly clear that tackling these issues, and focusing on sport's power to build empathy, tolerance and human connection, are where we need to focus our efforts.

Did you know?

- 38% of English secondary schools have cut timetabled PE for 14-to-16-year-olds since 2012
- £1.24 billion invested in primary schools through government's Primary PE and Sport Premium up to 2019.



The sustainable impact of the Primary PE and Sport Premium will not only depend on investment in primary teachers, but ensuring young people continue receiving a good quality of physical education once they transition to secondary school.

The examples of our work in this report will, I hope, inspire us all to do more to give every young person the opportunity to enjoy the life-changing benefits we all know come from sport and play.

We are working to transform PE's place in the curriculum, putting it at the centre of wellbeing and achievement in education. We are doing this by working with teachers, young people, parents and the community to maximise PE's potential to improve children's wellbeing and achievement.

The impact we and our partners had on young people's lives in 2018/19 reaffirms what we have long



believed – that when delivered in the right way, sport can equip young people with the skills to succeed, make them happier, more confident and resilient, and empower them to become leaders.

PSSP Impact Summary September 2019 – August 2020

- 63 schools with primary age children and 16 secondary schools subscribe to the additional opportunities that the Partnership offer.
- PSSP Primary PE Conference attended by 114 Primary PE Coordinators, 5 Head Teachers, with 51 schools represented. Additional FA 'Active Play Through Storytelling' online course providing the opportunity for 15 schools to receive specific training.
- Programme of regular CPD delivered by PE Specialist Teachers in primary schools to support all staff to deliver high-quality PE lessons.
- Delivered PE Targeted Training providing 150 places on 7 workshops for secondary school staff across the year. Supported Heads of PE Meetings and examination workshops.
- 30 schools received training for Meal Time Assistants (MTA's) and Play Leaders, including 46 MTA's completing this virtually from 10 schools during the school closure period.
- Online training provided for all Teaching Assistants (TA's) in PSSP schools to offer guidance and support for supporting students in physical education. 11 TA's completed this virtually from 3 schools during the school closure period.
- Competitions held for primary age children; 38 events, with 5 Level 2 School Games Events in 13 different sports, providing opportunities for over 5000 children to take part in competitive sport and festivals.*
- 36 inclusion events delivered in 6 sports providing opportunities for over 1200 young people with SEND including the Level 2 PSSP Inclusion Games.
- Inclusive Sport Training delivered to 20 schools and specialist inclusive equipment loaned.
- Secondary competitions programme run; 63 competitions in 11 sports, involving 402 teams providing opportunities for over 4000 young people to take part in competitive sport.
- PSSP Leadership Programme trained 80 Bronze and 32 Silver Young Leaders to support PE and school sport. 29 Gold/Platinum Young Leaders received Advanced Leadership Training including development of employability skills. 430 Young Leaders deployed to deliver PSSP and School Games competitions between schools.
- PSSP Leadership Programme provided 60 Young Leaders with Start Coaching and Start Officiating Awards. 50 young people trained in NGB specific Young Leaders Awards (Netball and Dance).



- Delivered Bikeability training (financial year 2019-2020); 603 Level 1, 2059 Level 1&2, 326 Level 3, 1509 Bikeability Balance and 438 Learn to Ride. A total of 4935 children and young people trained.*
- Produced regular reporting documents with evidence of how Primary PE and Sport Premium is having an impact on PSSP schools in line with OFSTED expectations.
- Worked with external partners on projects including, FA Girls Football Hub Schools, Mayflower 400 Sports and School Swimming Programme. *
- Delivered the DELT Shared Services 'At Home' Schools Challenge 2020 event; completed by 2873 pupils. *

In response to the COVID-19 pandemic, we adapted our offer and provided a comprehensive level of support to PSSP schools during the school closure period:

- Created PE development plans, supported curriculum mapping, PE learning journey, PE policy writing, provided advice on schemes of learning and PE risk assessments.
- All students in all PSSP schools given the opportunity to take part in Level Zero Personal Challenge activities at home or school.
- Change4Life daily activities added to the PSSP Home Learning section of the website to support daily physical exercise. All children in PSSP schools able to access Change4Life activities from home or school.
- 'PSSP Virtual Sports Day' resources created for KS1, KS2 and secondary students. Opportunity for all children in PSSP schools to take part in a virtual sports day.
- All schools invited to take part in the Devon Virtual Games series; virtual competitions to replace the in person Level 3 Summer School Games event. The competitions were suitable to complete at home, in the garden or at school and provided the unique opportunity for all children to be involved in a county level School Games event.
- PSSP Leadership Programme developed online awards that were completed by 30 Young Leaders.
- All PSSP primary and secondary schools provided with examples of PE activities that can be undertaken whilst adhering to social distancing guidance.
- Shared 'COVID-19 Interpreting the Government Guidance in a PESSPA Context' to all PSSP schools.
- Indoor Athletics, Frisbee Golf, Tri-Golf, POP Lacrosse, Indoor New Age Kurling, Indoor Archery, Boccia Dodgeball and Tri-Golf kits loaned out to PSSP schools. All PSSP mountain bikes loaned out to secondary schools. Opportunities for children in PSSP schools to access physical activity as part of their school Educare programme.
- Developed PSSP guidance regarding PE teaching following COVID-19 guidelines 'Physical education teaching in schools and settings'; shared with all PSSP schools.
- Attended AfPE's Webinar 'COVID-19: Interpreting the Government Guidance in a PESSPA



Context'. All PSSP schools received a link to the recorded webinar, receiving the most up-to-date advice working with the PE Subject Association.

* denotes opportunity open to all schools in the city

