



Bromley Borough Primary Schools'

Physical Education Autumn Term Newsletter 2024



Further to the email circular posted on 4th November to Bromley regional infant; junior and primary schools, welcome to this academic year's first FREE termly newsletter for Physical Education Subject Leaders. The newsletter model provides a soupçon of CPD support typically provided via online Subject Leader Forums that are routinely supported with an extensive array of accompanying resource materials including main PowerPoint presentation. This academic year promises to be a period of change for Physical Education courtesy of the ongoing Curriculum Review coupled with subsequential new Government framework of delivery for PE; School Sport and Physical Activity (PESSPA)

All key developments will also be featured via: <https://www.londonseprimarypehwb.co.uk>.

Primary PE and Sport Premium

Please note that the 12th year of this 'ring fenced' grant has been reported as a 'BRIDGING' move with the expectation that it will be the final year in its current form thereby allowing the new Government administration to formulate their new policy framework for PE and School Sport.

- DfE Updated Criteria: <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>
- Conditions of the Grant: <https://www.gov.uk/government/publications/pe-and-sport-premium-conditions-of-grant-2024-to-2025/primary-pe-and-sport-premium-conditions-of-grant-for-the-academic-year-2024-to-2025>
- *School Allocation: <https://skillsfunding.service.gov.uk/view-latest-funding/national-funding-allocations/PSG/2024-to-2025> (Directory of new and historic Borough school-by-school allocations also listed on the homepage of <https://www.londonseprimarypehwb.co.uk>)

Please take note of the links to PSHE Curriculum Core Theme 1: Health and Wellbeing coupled with Compulsory Health Education

PESS Premium Purchase of the Term

Safe Practice in Physical Education, School Sport and Physical Activity

now updated and available only as an online resource. 'Updated termly, this essential reference offers the latest guidance to safeguard pupils and staff in both curricular and extra-curricular activities:

Best Practice Guidance: Implement effective safety measures with the latest advice

Risk Management: Identify, assess, and manage potential risks to prevent accidents and injuries

Legal Compliance: Ensure your school meets all legal and regulatory requirements

Professional Development: Stay updated with the latest standards and practices

Policy Development: Aid in creating and implementing safety policies' (afPE)

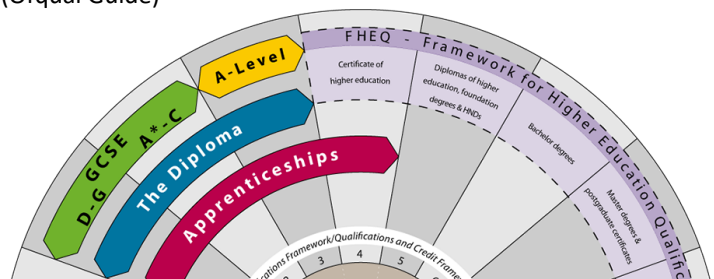
Link: https://www.afpe.org.uk/page/Safe_Practice_in_PESSPA

Impact of Children's Wellbeing Upon NC Physical Education

The Children's Wellbeing Bill is expected to become the first significant piece of education law in England for ten years. Applicable to both Academy Trusts and Local Maintained, the bill when passed as law will result in such key changes as all staff (irrespective of Academy Trust or Local Maintained background) needing to follow the requirement that 'all teachers to have or be working towards Qualified Teacher Status (QTS)'

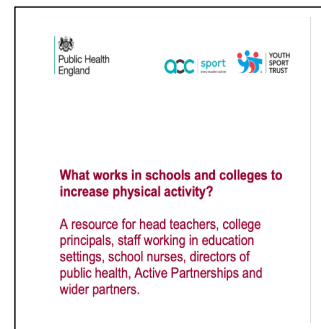
Link: <https://www.localgovernmentlawyer.co.uk/education-law/394-education-news/57962-government-to-introduce-legislation-requiring-all-schools-to-cooperate-with-local-authorities-on-school-admissions>

It is therefore strongly advisable that schools audit the qualification status and training needs of all teaching staff responsible for leading Curricular PE: (Ofqual Guide)



What Works Well in Schools to Increase Physical Activity

Arguably the most influential and supportive report to date that summarises evidence of what works in schools to promote levels of activity among children and young people - this document continues to evidence how the 8 principles of practice can be effectively implemented into school life to create a high quality sustainable model that places active healthy lifestyles at the heart of school life. Be sure to reference within both PE and PSHE policies



Link: https://assets.publishing.service.gov.uk/media/5e7cd4b486650c7440889ff2/Guidance_to_increase_physical_activity_among_children_and_young_people_in_schools_and_colleges.pdf

National Curriculum Swimming Update

A polite reminder that both Swim England and STA have clarified what constitutes as knowledge and skills to meet the target of 'safe self-rescue':

Link: <https://www.swimming.org/swimengland/national-curriculum-guidelines-clarified/>

The nine suggested outcomes, which should be completed by pupils in sequence in full reach depth water, are:

1. Fall-in entry and recover to surface
2. Float on the back with minimal movement for 60 seconds without floatation equipment
3. Rotate from floating on the back to a vertical position
4. Tread water for 30 seconds
5. Whilst treading water, signal for help once, by extending one arm above the head and simultaneously shouting for help then returning the arm to the water to continue to tread water
6. Swim (without floatation equipment) 15m to a floating object, using a recognised personal survival stroke (head up long arm front paddle or lifesaving backstroke)
7. Retaining the floating object take up the heat escape lessening position/posture for 30 seconds
8. Form a huddle position as a group for 30 seconds
9. Swim 15m to exit the water unaided

Swim:Ed – Bringing The Swimming Pool to the Playground

As schools continue to tackle the mounting core school budget costs of accommodating NC Swimming via escalating transport, pool hire and tutor costs (in addition to travel time that bites deep into other curriculum demands) one comparatively cost and time efficient solution could be through the following initiative:

Swim:Ed pop-up programme addresses this challenge head-on by 'delivering a proven, data-driven solution' that directly brings swimming instruction to schools. Imagine accessibility to such lessons that could be just steps away from your classroom door. Imagine 'a heated swim pool safely housed within a temporary modular structure, qualified instructors and lifeguards and a swim curriculum to your school's premises'. Risk assessment is scrupulously adhered to as one would expect

Website: <https://swim-ed.co.uk/programme>

You-Tube Links: https://www.youtube.com/playlist?list=PLOmF3y8wuiYLEyv80gMKvTXUp_hTf3xNz

N.B: You may be able to reduce and spread the costs further still by inviting neighbouring junior and primary schools to access the pool for their allocation of NC lessons

Activity Alliance addresses Disability and Inclusion within Sport

This national charitable organisation provides outstanding free resource support to all education settings:

Guidance and resources:

Link: <https://www.activityalliance.org.uk/how-we-help/resources/8772-activity-cards>

Inclusive PE Assessment and Registration to Inclusive Education Hub:

Link: <https://education.activityalliance.org.uk/register>

Mini Movers

MiniMovers is an app designed to bring families together through fun, bitesize 5-minute physical activities that can also be incorporated into PE FMS focused activity provision. Tasks can be differentiated according to pupil competence:

Link: <https://minimovers.org/shop/> Cost: £2.99



Studio You PE

Tailored to inspire girls to become more active, the suite of over 100 PE video lessons (advertised as being appropriate to teenagers yet serving value to junior aged pupils and with free borough primary schools' registration available) breaks the traditional PE mould for all - from yoga to dance, and boxing to combat. 'inspire even the least active girls to get up and take part away from the pressure of competition'.

Link: <https://www.thisgirlcan.co.uk/campaign-hub/studio-you>

Registration: <https://www.studio-you.co.uk/register>

Physical Activity Adventure Pack (PAAP) - awarded *Highly Commended* in the Early Years Happy and Healthy category of the Teach Awards 2024 (Cost: £349 – payable via PESS Premium)

This Scheme of Work provides a full year of developmentally appropriate lesson plans aimed at supporting pupils to enhance their core strength, stability, balance, spatial awareness, coordination, and agility along with underpinning many other fundamental areas of learning and development in early childhood. Ideal for EYFS+ KS1.

Link: <https://www.musicandmovement.org.uk/product/physical-activity-adventure-pack-paap-delivered-by-post/>

Cross - Curricular Orienteering

After twelve years of PESS Premium funding, the hope is that such cross-curricular PESSPA provision as Orienteering is firmly embedded into differentiated NC PE delivery. Teacher-time friendly support is available via recommended '**Cross-Curricular Orienteering**' with drop-in resource package and CPD assistance designed to fully facilitate school needs.

Link: <https://www.crosscurricularorienteering.co.uk/about-us/>

