

Physical Activity, Leisure & Sport – (Formerly Westminster Sports Unit) – Primary PE & School Sport (PESS) Membership Offer 2019/20

The Physical Activity, Leisure and Sport (PALS) team, formerly Westminster Sports Unit wants to support PE Coordinators in creating, developing and delivering a successful PE and School Sport programme within their school. We believe our PESS offer will provide schools with the tools, knowledge and confidence to deliver a comprehensive programme for their pupils.

About Us

PALS (formerly Westminster Sports Unit (WSU)) has existed for 29 years providing school and community programmes for young people and adults. We are based at Paddington Recreation Ground and are part of Westminster Council's City Management and Communities department. We have ten officers that work collaboratively across our three main work programmes.

Our Vision

An Active City for All. We aim to be the most active place in London. We want to see a measurable improvement in the health and wellbeing of people who live, work and study in Westminster by encouraging them to participate in sport and physical activity and to acquire new skills through high quality casual and competitive activities.

Our Programmes

Active City: Active Streets, The Daily Mile and maximizing the use of parks and open spaces
Active Neighbourhoods: Club support, coach development, volunteering and the PE & School Sport programmes
Active Lives: Champions of the Future, Gifted & Talented and Health & Wellbeing programmes

PESS Membership – What is it?

PESS Membership provides you invaluable support in planning, developing and delivering PE and School Sports programmes at your school. The membership gives you access to competitions, school networking opportunities, updates from local and national organisations, support from PE advisors, PE coordinator networking meetings, online PE safety support, leadership and gifted and talented programmes and support with applying for the School Games Mark award. Alongside these benefits our Relationship Officers/Managers for sport and leisure support PE coordinators on a day-to-day basis, answering questions and putting schools in contact with the relevant organisations, clubs or individuals. Our PESS Membership offer is shaped through consultation with Westminster Primary School PE coordinators, PE advisors, School Games Organisers, our ActiveWestminster partners (including London Sport), and it is also aligned with the priorities of The School Games, inspiring young people to take part in competitive school sport.

PESS Membership – Pricing & Sign-up

Through our ActiveWestminster partnerships, we are able to offer schools a substantial reduction on the PESS Membership. We are offering the PESS Membership at a subsidized rate of £590 meaning schools only need to allocate a small amount of their Primary PE and Sport premium to become a member. To become a member, schools need to complete and return the membership form found on page 5.

Primary PE and Sport Premium

In March 2016 George Osborne announced the Primary PE and Sport Premium would be doubled from £160m a year to £320m from September 2017. Guidance on how this funding should be used can be found [online here](#). Ofsted will assess how primary schools spend their Premium under the 'effectiveness of leadership and management' section of the inspection (Ofsted school inspection handbook, page 38). The PE coordinator and a nominated governor are expected to be able discuss the impact of the PE and School Sport Premium on your school. Maintained schools must publish the amount of premium received, and details of how it is spent, on their websites. Advice on reporting can be found [online here](#).

Westminster PE and School Sport Membership Offer £590

Your PESS membership gives you access to the following services:

1. Access to the PALS (formerly WSU) school sport competitions calendar

The competitions and festivals are for pupils in years 1-6; and they are delivered throughout the academic year by the PALS team (WSU) and our ActiveWestminster accredited partners.

"The children at Barrow Hill aspire to perform to their best at the Level 2 competitions that the WSU stage. The tournaments and participation events are well organised and they run smoothly on the day. It has become apparent in recent years that the WSU are working hard to incorporate local sports clubs and secondary schools in the refereeing and management of the events, which has, I feel, improved the experience significantly. For example, before the tag rugby competition commenced this year, a local rugby club based at Regent's Park led all of the children through morning drills and warm-ups. Later on in the day, we enjoyed seeing Owen Headley, one of our ex-pupils and now a student at Marylebone Boys' School; perform confidently as a line judge."

Ross Fox (teacher), Barrow hill Junior School

2. Support from the School Games Organiser (Angela Emanuel) and a dedicated Relationship Manager (Jon Hearn)

Our School Games Organiser can help answer your PE and School Sport enquiries and questions. Our strong relationships with local, regional and national partners mean that if we cannot answer your questions we will find the right person who can.

3. Support from an experienced PE Advisor (Jan Hickman) through the following services

A bespoke PE 'Health Check' which can be tailored to your needs and could consist of any of the following: up-skilling class teachers in gymnastics and dance, PE Premium accountability measures, safe practice and risk assessment, preparing your subject leaders for Ofsted and developing units of work and curriculum mapping. Jan can also deliver staff meetings on any matters relating to Physical Education and Health and Well-Being.

Your school will receive a report on the areas discussed which you can use as evidence of effective and appropriate use of the PE and Sport premium funding. Please note all reports are confidential and not shared with third parties.

Here is a quote from one school in Westminster that has worked with Jan.

"I have led PE in our school for 3 years and the Health Check with Jan Hickman has been crucial to the development of the PE curriculum in our school. Meeting at the beginning of the year was most helpful as we created a detailed action plan that worked alongside the SIP. Each year this action plan was reviewed with Jan and new objectives were set to ensure our school was moving forward in this area. As a subject leader, it helped me develop a plan to support class teachers in their practice and promote physical activity in the school. We also looked carefully at how physical activity is tracked in the school and how to support individual children. The new action plan was shared with the Head teacher during the visit, which was great as this support is crucial. Jan was able to provide resources such as examples of planning and assessment as well as SOW that have worked well in other schools. I highly recommend the Health check to other coordinators as it will help them evaluate the quality of provision in their school and help further develop the subject for the up and coming year."

Sonia Bell, STEM Leader, St Mary's Bryanston Square Primary School

If you are interested in having this bespoke support on a half-day basis or twilight session, please contact Jan@hickmanconsulting.co.uk

3a. PE Safety.com

PE Safety is a one stop shop, - a 'Virtual PE & Outdoor Education Adviser'.

PE Safety does not seek to replace the vital role of a local authority employed Physical or Outdoor Education Adviser, but offers a solution to schools that currently do not have access to such competent guidance.

This service is provided by acknowledged experts in the field, and provides advice and support to schools, within 24 hours, which is in line with national guidelines, and current good practice.

As a member to Active Westminster PE and Sport, you will be given an individual login for your school and can ask unlimited questions relating to H&S.

For further information, please see www.pesafety.com

3b. The Association for Physical Education Membership

If interested in your school becoming a member, (you can use your PE and Sport Premium Funding for this) call the afPE Membership Department on 01905 855 584.

The prices are as follows:

School with below 100 Pupils£61.00

•School with 100-300 Pupils£91.00

•School with 301-600 Pupils£111.00

•School with 601-850 Pupils£146.00

•School with 850+ Pupils£197.00

Alternatively contact Jan@hickmanconsulting.co.uk for further information on afpe membership

3c. An example of an article in the termly afPE journal is attached.

4. PE Network Meetings & Review Day (including CPD sessions)

Three half-day network meetings throughout the academic year which focus on reviewing School Games Programmes, discussing new updates and reports, sharing good practice and competitions reviews. The PE and School Sport review day takes place in June.

"The Schools Network Meetings are well organised and informative, providing resources and tools that will support you in developing your Physical Education curriculum. It is also a great opportunity to network with other schools and create links."

Danielle Duffy, Deputy Head teacher, St Vincent's Catholic Primary School

5. Support to gain the School Games Mark

The School Games Mark is a Government led awards scheme designed to recognise and reward schools for their commitment to the development of PE, School Sport and Competition. The School Games Organiser (Angela Emanuel) will spend time with your PE coordinator to understand which criteria your school currently meets (bronze, silver or gold) and help develop a plan to support schools in reaching the next level.

"The help we received to apply for the School Games Mark made it very clear as to what steps we needed to take in order to achieve an award. It was reassuring to know that we were reaching many of the targets, and for those we were not reaching, Holly was able to suggest possible solutions."

Ross Mackenzie (PE Coach), ARK Atwood Primary Academy

6. Access to the Sports Leaders UK (PlayMaker Award)

This program is designed to increase the confidence, communication and organization skills of pupils in years 5&6. Your school will be given a one-year license to the program, which will give you resources to develop your young leaders to become a helpful PE and School Sport workforce.

7. PE Safety Membership: www.PEsafety.com

Access to this invaluable website gives a 24-hour response to any question schools might have regarding safety in PE and School Sport. Two physical and outdoor education specialists manage the site.

8. Access to the Westminster PESS Website

Key information and updates including competitions (dates, timings, rules), events (local festivals), NGB courses, funding opportunities and updates from key partners including London sport. Other WSU programs and projects are also detailed; including a list of local clubs that have achieved the ActiveWestminster accreditation Mark for achieving a set of minimum standards.

"It is very helpful to have a website we can access which is dedicated to PE and School Sport as it contains lots of relevant and easily accessible information. We are able to quickly find the details of competitions as well as the rules and scoring system that will be used on the day. This helps us to avoid confusion for the children during the competitions. In addition, it is good being able to see a full calendar of events so the training schedules and curriculum in school can be adapted to fit with the competition schedule. Having access to the website is invaluable to us with the wealth of relevant information that is instantly at our fingertips!"

9. Access to the Gifted and Talented Programme (part of the Champions of the Future Programme)

Selected pupils in years 5 and 6 can be referred to the Gifted and Talented training sessions at Little Venice Sports Centre. The training is free of charge and is designed to improve technique and knowledge from an athletics foundation incorporating numerous aspects of motor skills development.

Additional Services

Beyond the membership package, schools are expected to use the remaining PE Premium funding to add value to PE and School Sport. Therefore, working in partnership with London Sport we would be happy to broker and coordinate the arrangements on your behalf with regards to buying in additional services. This may include:

- **Support with PPA cover and team teaching:** we only use accredited providers through the ActiveWestminster Mark which assesses providers against criteria for minimum operating standards
- **Any bespoke service** that you may require specific to school needs such as whole school INSET training

Added Value

The ActiveWestminster partnership alongside our relationship with other council departments often allows us to offer additional benefits to schools. This includes free school places for the annual Westminster Mile and free cricket provision with Middlesex Cricket Club. These opportunities are promoted at network meetings and via the Westminster PESS website. We also have a strong relationship with the Healthy Schools Partnership.

Continued Consultation

In order to ensure that the PESS membership offer remains relevant and appropriate, we will continue to consult and liaise with PE subject leaders during review days and network meetings. We also welcome feedback from Head teachers on an ongoing basis and will continue to communicate through the Head teacher's executive.

End of Key Stage One and Two Expectations in Physical Education

Developing well-balanced children ready for the 21st Century.

HEAD (thinking) - HANDS (doing) - HEART (behavioural change)

Physical Education is the perfect vehicle through which to develop the crucial skills and attributes required for the modern world. Effective delivery of the National Curriculum Expectations will ensure that children develop into thinking physical beings and doing physical beings which impact on the behavioural change to equip them for lifelong participation. Using the concept of Head (thinking) Hands (doing) and Heart (behavioural change) this poster is designed to support primary teachers to assess their children at the end of Key Stages One and Two. Most should be well **established** within the end of Key Stage Attainment Target, a few will still be **emerging** and a few will be **exceeding** it.

N.B. The font in italics is additional to the end of Key Stage One Attainment Target but some children will be able to achieve this.

THE DOING PHYSICAL BEING:

- Physically competent
- Grows and develops
- Physically active
- Competitive



THE THINKING PHYSICAL BEING:

- Decision maker
- Analytical-deep understanding
- Confident
- Creative

THE BEHAVIOURAL CHANGE PHYSICAL BEING:

- Involved and engaged
- Grows socially and emotionally
- Builds character and values
- Leads a healthy active lifestyle

Expectations at the National Curriculum End of Key Stage One

THE THINKING PHYSICAL BEING:

- Able to make simple decisions and be aware of what they need to do to improve
- Be creative when using and developing skills and tactics in simple sequences and activities



THE DOING PHYSICAL BEING:

- Develop fundamental movement skills
- Become increasingly competent & confident & access a broad range of opportunities
- Extend agility, balance & coordination, individually & with others
- Engage in competitive (against self & others) and cooperative physical activities in a range of increasingly challenging situations

THE BEHAVIOURAL CHANGE PHYSICAL BEING:

- Able to engage in competitive (against self & others) & cooperative physical activities in a range of increasingly challenging situations
- Keen to participate in activities and clubs both in school and in the wider community

Expectations at the National Curriculum End of Key Stage Two

THE THINKING PHYSICAL BEING:

- Learn how to use a broad range of skills in different ways and to link them to make actions and sequences of movement
- Should develop an understanding of how to improve in different physical activities and sports
- Learn how to evaluate and recognise their own success



THE BEHAVIOURAL CHANGE PHYSICAL BEING:

- Should enjoy communicating, collaborating and competing with each other
- Keen to continue participating in activities and clubs both in school and in the wider community

THE DOING PHYSICAL BEING:

- Should continue to apply and develop a broader range of skills
- Develop flexibility, strength, technique, control and balance

www.afpe.org.uk

association for
Physical Education

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Membership Application Form 2019 - 20

Please complete the below details and email or post to aemanuel@westminster.gov.uk Angela Emanuel, The Pavillion, Paddington Recreation Ground, Randolph Avenue, Maida Vale, London, W9 1PD

School Name	
PE Coordinator Name	
Email address	
Phone & mobile no.	Tel: Mob:
Membership selection (please tick)	<input checked="" type="checkbox"/> Westminster PE & School Sport Membership Package
School payment details (journal transfer)	Cost Centre: Account Code:
Head Teacher/approver signature
If you have any specific requirements please detail here or speak direct to the team	

DEADLINE: PLEASE RETURN THIS FORM BY Friday 20th September 2019

Physical Activity, Leisure and Sport (formerly Westminster Sports Unit) – key contacts for PE and School Sport

Please contact the team if you have any questions or would like to arrange a meeting to discuss more and consider your specific needs.

<p>Angela Emanuel Relationship Officer – Sport / School Games Organiser (Competitions, School Games level 2 & 3) 0207 641 5879 / aemanuel@westminster.gov.uk</p>
<p>Jonathan Hearn Relationship Manager – Sport 0207 641 4810 / jhearn@westminster.gov.uk</p>
<p>Eugene Minogue Head of Physical Activity, Leisure and Sport (Strategic lead for PE and School Sport) 0207 641 5891 / eminogue@westminster.gov.uk</p>

Further information on some of the organisations mentioned in this PESS offer document



ActiveWestminster is our partnerships brand that encompasses all PE, sport and physical activity programmes and partners in Westminster. The partnership brings together around 300 professional sports clubs and voluntary, private and community based stakeholders to improve the opportunities to everyone that lives, studies and works in Westminster. You will also notice this branding used on the guide and other promotional materials that are sent out to schools. www.westminster.gov.uk/sport



London Sport is our regional sport and physical activity body funded by Sport England. They have a dedicated PE and School Sport team responsible for working closely with local authorities and sport units to support schools to utilise the Primary PE premium funding. <https://londonsport.org/>



School Games

The School Games is supported by a range of partners including, the Department for Culture, Media and Sport, Sport England, Department for Education, Department of Health, Paralympics GB and the Youth Sport Trust. The School Games are made up of four levels of activity: competition in schools, between schools, and at a county or national level. School Games also promote Change4Life clubs and encourage schools to apply for the School Games Mark. <https://www.yourschoolgames.com/>



Established by a former Primary school head teacher, the Daily Mile removes barriers to physical activity for teachers and pupils. Pupils can run, jog or walk a set route around the school for 15 minutes every day.

Please note all information stated in this offer document was correct as of the date of creation (1/07/2019).