

Social Distancing in Primary School PE



About us.

Ben Kirk

- Former secondary PE teacher
- Outstanding assessment by Ofsted
- Key Stage Coaching founded in 2013
- 14 years of experience in the education sector

Marcus Holmes

- 20 years of experience of working within Education, Sporting Governing bodies and Community Inclusion Projects.
- As a Sports Project Manager for Somerset Rural Youth Project and Senior Development Coach for Somerset Activity & Sports Partnership, Marcus has always achieved success in developing innovative projects to engage and inspire difficult to reach groups and individuals.

Inspired Schools and Inspired Somerset

- Inspired Somerset is our coaching arm = 28 schools
- Inspired Schools, formerly Inspired Playgrounds = 61 schools across the country
- Aiming to raise physical activity levels in schools

Problems

- The CHILDREN!!
- EYFS and Y1 have posed more issues than Y6
- My daughters school aren't doing PE! The children need it more than ever!
 - Easy option not to
- Equipment
- Space
- Activities
- How have we made it fun?
- Confidence to deliver

Daunting?!

YES!! But it **can** be done.

But... We have to get the children moving, we have to get them active and we have to try, as much as we can to make it safe.

Our take on this:

- **It is possible to deliver PE**
- For some children, they are going to head into another 6 weeks over the summer of little exercise, we have to do all we can during this period.
- View it as an opportunity to inspire the children with some new games they might try at home or at the park

Solutions

- This should all be in place now, but in case it isn't:
- Sanitiser stations - in and out of PE
- Learning in PE is secondary, FUN is the priority.
You have enough on your plate!
- Groups of 30 when schools return in September.
- Rotation of equipment
- Types of activities?!

Have a PE Day

- Come to school in PE kit, especially beneficial for EYFS and Y1. No changing needed
- Weave physical activity throughout the day. Regular breaks with PA. Use YouTube, Joe Wicks!! Or [Inspired 5](#).

Logistics

- Hand sanitiser station in and out of the lesson and during water breaks
- If possible, wipe down and sanitise equipment at the end of each lesson, possibly even during
- Outdoor PE when and where possible
- Break group down in half and deliver in smaller numbers where possible.
- Especially useful for EYFS and Y1.

Equipment

Group kit - I would suggest this is going to be difficult from September. With additional numbers and a lack of kit

- Each group to be allocated a kit bag/box, crate. Can be used at lunch time as well. As a **minimum** this could include:
 - 3-5 Tennis balls, a football or rubber ball, tennis racket, cricket bat, rounders bat. 10 cones, bean bags, quotes, hoops. Older ones potentially wouldn't need the latter kit
- If you have more equipment than this then great. The point is, it is that **1 group's kit**

AND/OR

Rotation of Kit

- 2/3 week cycle of kit.
 - I.e. one group does a specific type of activity for that period. I.e. tennis, then the equipment rotates.
 - Deep clean before kit moves on.
- Possibility of wiping bat handles down after each child uses it. Not recommended, but this would be the same as sharing a colouring pencil.



What have we been doing?

Natasha Lovell - Primary School PE Lead at Inspired Schools

- With Inspired Schools for almost 6 years
- Qualified Primary School Teacher
- Outstanding deliverer of PE
- Tash is going to share what she and our staff have been doing thus far during the pandemic



1st Partner Introduction!

Gary Hawkins

Job roles -

- Director, Edufit Limited - Health and Fitness based school sport programmes
- School Sport co-ordinator, West Norfolk
- PE Subject Tutor, The Cambridge Partnership

Specialism -

- 12 years Secondary PE, 5 years Primary delivery and company director
- Have taught over 80 hours of 'lockdown PE' across 3 schools from Reception to Year 8

Based- North Norfolk, coverage across Norfolk and Cambridgeshire

Gary - what type of sessions have you been delivering to add to Natasha's comments?

Contacts - gary@edufitltd.co.uk
ghawkins@thecambridgepartnership.org

Our First Solution

Our Inspired Platform

- Inspired 5
- Inspired activity tracker - linked to Inspired 5
- Inspired Lesson Plans
 - Including new socially distanced lessons plans, created by Natasha.
 - Ready in September
- **Only £99** for pioneer schools to test out the platform before becoming **£395 per year.**
- Must sign up before next academic year.



Second Partner Introduction

Juliet Rayden - Fortius PE (Our first partner - 2 weeks before lockdown!!)

Juliet runs an amazing PE conference in the Cotswolds, where we actually played an Inspired 5 video last year! How was this received? Was there a particular reason you felt like the partnership would be beneficial to your schools?

Delivering High-Quality Teaching and Learning

Fortius PE works with schools to improve the quality and range of sporting opportunities for young people and to enhance delivery of the PE curriculum:

- Bespoke CPD programmes
- Early years physical development
- Audit of PE resources
- Action plans & impact analysis
- Intra-school competitive PE programme
- Targeting the disengaged.

Call: 01793 239789

Email: info@fortiuspe.co.uk



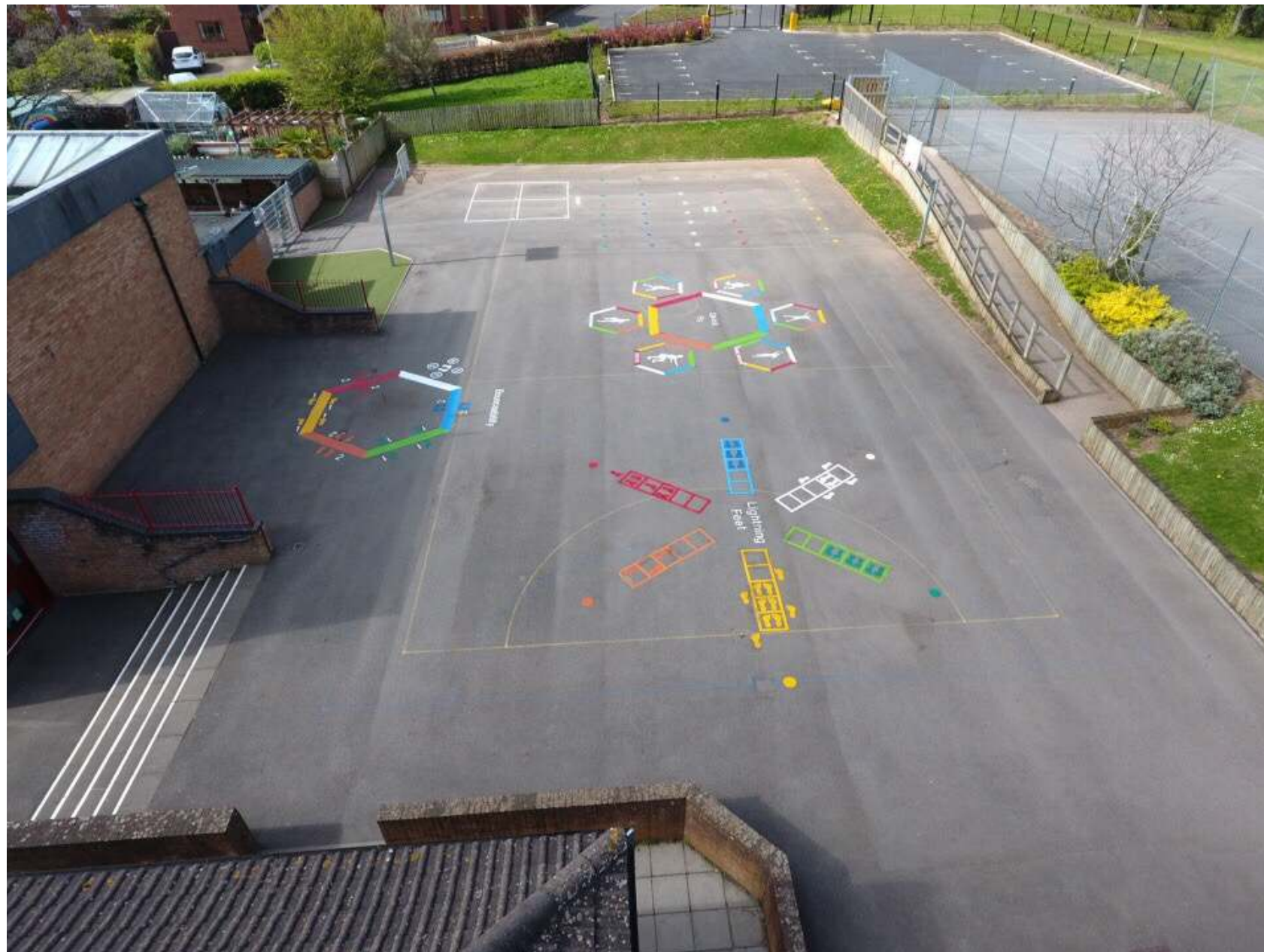
INSPIRED
SCHOOLS

A solution our coaches and schools are using daily...



Debbie Gould

Inspired Playgrounds





Inspired Playgrounds

WHAT YOU GET

- Fully installed playground = 5 activity stations
- 1 year licence to the Web app
- Whole day training and staff CPD.
 - Leadership training.
 - Staff CPD.
 - Web app training for leaders and staff.
- 16 x Young Leader bibs.
- Young Leader Incentive pack (16 x t-shirts, 16 x hoodies).
- 80 Inspired trophies (eg. 2 per week, 1 girl, 1 boy).
- App report from the data collected.
- 3 month training day and review.
 - A refresher day for leaders and staff, support staff to ensure the project is exceeding expectations. This will also include a review meeting with the PE Co-ordinator and head.
- Review of activity levels, behaviour at the school, giving teachers time back and the sports leaders. All key success criteria for our schools.
- 3 month data review and report.
 - On the training day, we will discuss the data obtained and review this and suggestions moving forwards.
- Half termly reporting of key information from the app.
- We will monitor usage of the app and provide support if we notice a drop in activity, but also to celebrate activity levels of our partner schools.
- 9 month review, one of our team will meet with the PE co-ordinator and headteacher to discuss the project, data and success criteria we have promised to deliver.
- Leader resources – cards with challenges to set the children during their sessions.
- Teacher resources – both physical and online. Focussing on simple and easy ways to use the markings in lessons or classroom break.



Introducing.....

Ben Cox - Devon

- Ben has been our Inspired Playgrounds Tutor for 18 months and has done a wonderful job, the feedback is always amazing
- Ben shares our vision for getting children active and is very passionate about his work in schools
- So much so that Ben is joining the team, rather than a partnership and is starting a branch of our coaching company in Devon
- We couldn't have asked for a better person to drive and lead this arm of the business

Background

- Ben holds a Master's degree in Sport and Health Science, specialising in endurance physiology.
- He has conducted physiological testing on a wide range of athletes at all levels, including England vested athletes and those that have represented GB at international competitions.
- In addition to his background in sports and health physiology, Ben's coaching experience spans over 25 years from when he started out as a junior gymnastics coach under Paul Hall, lead coach to Louis Smith.
- Ben, how do you see Inspired Playgrounds helping schools maintain social distancing from September?
- bencox@inspiredplaygrounds.com
- 07941477356



Last but not Least!!

Rachel Cocking - Atorro Sports Dorset

- Atorro Sports was founded in 2015 by Rachel Cocking who is our CEO.
- Atorro Sports supports schools with their PE delivery. Offering sports to all at participation level by excellent professional Coaches from 3 main sports, Tennis, Netball & Football and also through the delivery of Multi Sports.
- “Atorro Sports is my passion, my absolute belief, that children should be able to access sport at an affordable price and local to where they live and ideally at school, I don’t mind what sport kids play as long as they play”.
- Rachel works very closely with the SGO in her region and has an excellent reputation.
- Rachel - was there anything in particular that drew you towards Inspired Schools when the partnership opportunity arose? Sorry to put you on the spot!!



How can we help?

- **Our vision is to create more active schools**
- **Inspired 5** only £99 until the end of the academic year 2021 - must sign up before September.
- **Inspired Playgrounds** - We are back installing from next week!
 - Sports leaders fully trained to raise physical activity levels
 - We have capacity for summer installations if you still have sports premium funding left over!
- **SPORT** course - free e-learning guide to get sports leaders trained at your school
- Strategy call to advise on PE Provision
 - Please get in touch
 - Marcus Holmes - 07939061229
 - Ben Kirk - 07768100281
 - All our partner contact details are in the slides and a link will be sent out on Friday so can get access to this.



Thank you for joining us.

To find out more about us, please visit **inspiredschools.co.uk**, you can book a call through the website if you wanted to discuss anything from this evening.

The link to sign up will be on our website, or keep an eye on our Facebook page. We also have a private **Facebook Group**, supporting Primary PE, feel free to join us in there. Just search Inspired Schools, we will email out the link to join as well.