

Platinum School Games Mark 2021 – 2022: Holy Trinity Pewley Down School

Creating An Active School for All

At Holy Trinity we give our children opportunities to play and enjoy physical activity throughout the day. Our Head has fostered a culture of active learning in the classroom and outdoors as we use our School Values to help us to create an Active School for All. Whether it be short bursts throughout the day, break and lunch times, or our before and after-school clubs, we aim to make movement enjoyable and meaningful for children, so they will continue through life with an enthusiasm for physical activity and enjoy the benefits of leading an active life.

Our teachers use physical breaks during classroom lessons as part of the learning experience and school day. There are many opportunities for children to be active as we have multiple areas to explore and play in; our adventure trail, our woods with our Forest School attached, our playground including netball and basketball courts and our astro pitch, used for everything you can think of! You will often find every part of the outside space being used at some points in the morning and afternoon. Some teachers prefer Bulldog or Capture the Flag on the pitch, whilst others will head for the courts to play Chaos Tag. Y6 are running to Mordor, using Math, Geography, and English to inspire them, adding up their daily laps to see where they have reached.

Case Study: Fluffy Friday

We also use our wonderful local Area of Outstanding Natural Beauty to extend our classroom teaching to outdoor learning. For over 20 years we have run 'Fluffy Friday' once a term, where year groups are mixed, and children choose an activity for the day. We have taken children off-road cycling to Newlands Corner, trips to Stoke Park to play tennis and mini golf and swim in the Lido, hike the 3 peaks challenge; a 7-mile trek across the Surrey Hills, constructing a Den on the Downs including a 2km walk to the perfect den making local woodlands, Flying Frisbees on the pitch and Playground Games. These are just a few of the activities we offer which we believe fully encompass our school values.

A Seamless Approach

The staff and teachers at Holy Trinity work together seamlessly to ensure all children benefit from unlimited access to after-school clubs. Our clubs are inclusive and barrier free, ensuring all children enjoy the opportunity to be active, make friends and learn new skills before, during and after school.

Our Head encourages every class teacher to offer a free after-school club. Not every club is physical or sports related but teachers are encouraged, where possible, to offer something active and the PE & Sports coordinator works closely with them to ensure that every year-group has physically active opportunities throughout the week. At the beginning of each term a new clubs' list is sent to parents via email and published on the school website, but the options are also discussed widely in assembly and class time as children are encouraged to stay after school, with teachers going through the options with their class and year group.

Not only are they free but most of our clubs do not require parents to sign up beforehand, which ensures wide access and participation. Registers are taken at the start of a club so the school knows who is on site but numbers are rarely capped. Apart from specialist activities such as judo, kayaking and ballet the school does not use external providers to run our after-school clubs. The benefits of this policy are many; we get to know and understand what our children love doing, we pick the teams and ensure inclusion. We work with class teachers and parents to incentivize children or to encourage good behaviours. We take children to competitions and fixtures and we experience the highs and lows with them and celebrate their successes. We build good relationships with parents and families as we work towards a combined school / home education.

The Whole Picture

Our Head views PE, after-school sports clubs and competitive fixtures as being integral to the enriched curriculum we offer our children. 6 years ago, we created a new role; the PE & Sports coordinator. Working 25 hours a week, the role is split with 50% of time spent teaching or assisting in timetabled PE and 50% of time organizing fixtures and overseeing activity and participation across the school. The coordinator works closely with the SLT and the head of PE. The focus of the role is to ensure that all areas of PE, physical activity, sport and fixtures are combined and seen as one. By doing this, we can be confident that whilst the subject is being nurtured, the children are also being nurtured, no one is left behind and everyone is welcome.

With the coordinator teaching or assisting in PE lessons, they can see what motivates or demotivates children, who needs boosting, who is trying really hard? Seeing the whole picture allows for further conversations with children about what motivates them and to encourage and support more participation, either in school clubs or outside school.

Home/School Life

Early in the Autumn term every child completes a sports questionnaire in class time. With the guidance from class teachers, children are asked to write down what activities they do outside of

school. Their answers can be as detailed as 'swim training 3 times at a swimming club' to, 'cycling around Stoke Park with my dad!' We want to know what our children are doing outside of school, what they love, what they are good at and how much, or little physical activity and sport they are doing. This precious data gives us a clear picture about how active our school is and who would benefit from being more active at school.

Case Study – Post Covid Catch-up Swimming

As we have been collecting data for over 5 years, we were able to spot a sharp decrease in children's activities post covid. Not only were more children doing nothing outside of school but the percentage who were taking swimming lessons outside of school had dropped dramatically. Using the Swim England KS2 swimming stages as guidance, the coordinator sent a swimming questionnaire to all year groups. The data was collected at the end of the summer term 2021, then again in October 2021, with information also sent out about where to book local swimming lessons. By January 2022 we had a list of over 30 children in Y5 & Y6 who were currently not safe in the water and catch-up swimming lessons were booked for May, June and July. In previous years we may have only had 2 or 3 children in Y6 whose swimming was weak and we have never had to take so many children from two different year groups to the pool to learn how to swim.

A Gentle Push

The sports questionnaire combined with the data taken from our after-school registers allows us to identify children who are inactive both in and out of school. This information is available at the first Parents Evening, which is an ideal place for the class teacher to have a gentle chat with the child and parents about what club they could join in school, or if there is anything they would like to do outside of school. If a child is registered as Pupil Premium then we have an agreement with our external specialists to offer a minimum of two spaces for free.

Gifted & Talented

The sports questionnaire also identifies some of the amazing activities our children are doing outside of school, enabling us to learn more about them and celebrate their successes with them. We learn about the divers, ice skaters, ice hockey players, the street dance crew and Parkour diehards. Although we are enormously proud of what we offer as after-school activities for children, we are also aware there are many activities that children would like to try. This information can help us motivate children in PE lessons and amend our lesson plans to include new skills, or look to invite clubs and organizations into school for taster sessions.

Case Study – National Biathlon

By knowing who our runners and swimmers are we are able to give this group the opportunity to take part in a regional biathlon competition in October, run by Pentathlon GB. In previous years we have had children who have won individual regional competitions and we have also scored well in school team events, qualifying for the national finals. We are proud that our school is one of the few state primary schools to regularly take part in these competitions.

Wide Participation

Our aim is to ensure children are active within school and to also give them opportunities to compete for their school in inter-school competitions. We know how important it is to be selected to play for a school team and how this opportunity can often change a child's perceptions of their own abilities. It can also lead to further conversations about joining a club outside of school or continuing playing sport at secondary school. We want children to leave Holy Trinity with a positive identity about 'being sporty' and unafraid of trying something new. We know children can very quickly be put off physical activity if they have a negative experience or are never picked to help in PE or to play for their school team so we look to ensure this does not happen. We put on A, B and C team fixtures for netball, girls & boys' football, hockey, athletics, and cross country.

We also add depth to our offering by selecting a Y6 Sports Crew team. These children are not necessarily our gifted and talented children. They are chosen because they have a positive attitude to physical activity, they play fair and are good at coaching others. The Sports Crew have run Y3 activity days, helped at after school clubs, organized a Y6 House sportshall afternoon. They

have written lesson plans and run an after-school club for those Y4 children identified in the questionnaire as not taking part in any after school clubs or outside of school physical activity.

We ensure that we inspire and enthuse the whole school by celebrating all successes, from the sports crew to a child winning a competition outside of school, as well as all our school fixtures in our Friday 'Hats Off' assembly's.

Case Study: Schools Clubs, Guildford ParkRun, and the Cross Country Teams

Throughout the year we put on an early morning running club, a cross-country club, and an athletics club so children who love to run can do it with their friends on the Downs and in school. The registers for these clubs help us choose who to select for our XC fixtures and athletics events and we try to make sure that we pick children who go to a club, even if they are not our fastest runners. The coordinator also looks at who attends our Junior Park Run and this has produced some unexpected invitations. Many children cannot get to our early morning clubs but they still love running! We make sure that we know what they are doing outside of school and talk to them to find out more.

Supporting the Whole Community - Guildford Primary School Sports Association and local club links

The GPSSA is a vital tool for keeping sport and physical activity alive and well in Guildford primary schools. For over 4 years the HT PE & Sports coordinator has been voted in as Chair of the GPSSA, which is made up of 13 primary schools. The group meets at the beginning of every year, with the PE Lead from every school attending. The role of the Chair is to organize and plan all the district events. The Association use their knowledge and contacts with secondary schools and local clubs to create interesting and diverse opportunities. Schools are often bombarded with emails from external sports organizations and the Chair manages these requests, so when planned, they work for everyone, ensuring wide participation and inclusion.

Not only are fixtures and dates decided, but the PE leads also have the opportunity to discuss and compare the current levels of sport and physical activity in their schools. This is a vital forum and place of support. We find that the PE leads who have support from their SLT are the happiest, with their schools taking part in most events as well as hosting fixtures themselves. We believe that schools who invest in the right people, and who give those people the time and space to arrange fixtures and competitions with other schools will be richly rewarded with knowledgeable PE leads, who are passionate about their subject, and who enthuse others around them. By working closely with other local PE leads, the Chair can create opportunities to enrich all primary school children in Guildford. By ensuring physical activity is at the top of everyone's list, we keep participation high and foster a culture of active learning where children find physical activity fun, inclusive and memorable, which helps maintain Active Schools for All in Guildford.

Case Study: The Chair has arranged 19 district wide fixtures for the GPSSA in 2021-2022. New initiatives include ensuring most events have gold, silver, and bronze medals for teams. The 4

Y5&6 XC races have individual placings as well and a Girls, Boys and Overall trophies were all awarded at the end of the last race. A Y3&4 sportshall competition, Y5&6 Lions tag festival for Guildford & Waverley schools, a tennis festival and competition with Shalford Tennis Club. Y5&6 girls tag competition with Leanne Infante, England International Rugby player, Wey Valley SC gala, and two netball tournaments, one at George Abbott and one at Tormead.

Our numbers speak for themselves

% of children taking part in one or more after-school club

Y3 – 63% Y4 – 83%,

Y5 = 66% Y6 = 79%

% of children who have been invited to compete for their school

Y3 – 42% Y4 – 58%

Y5 – 61% Y6 – 72%

Number of fixtures available to Guildford Primary Schools, organized and planned by the

GPSSA = 19

Number of overall fixtures HT has taken part in = 45

After-school Clubs we have organized over the past 4 years:

Netball, Football, Girls Football, Cricket, Tag Rugby, Badminton, Circus Skills, Running Club, XC Club, Dodgeball, Handball, Tennis, Basketball, Athletics, Rounders, Foot-Tennis, Hockey, Table-Tennis