



DERBY CITYSSP
SCHOOL SPORT PARTNERSHIP

DERBY COUNTY
Community Trust

Summer Term
2019 Report

Gayton Junior School



The power of an active school...

In 2018-19 we have supported schools through...



Creating a culture of active, healthy learners

26 minutes of additional physical activity were added to the school day in our Active Schools.



Boosting learning and achievement

75% of staff reported pupils were better engaged in lessons after physical activity.



Ensuring the inclusion of all young people

10 special schools supported and SEND specific opportunities provided in **15 mainstream schools**.



Building knowledge, skills and confidence

125 teachers mentored each year with all reporting improved confidence and/or competence.



Sharing good practice and high quality tools and resources

230 delegates at our Active Schools Conference inspired to create a culture of active, healthy learners.



Supporting staff with their health and wellbeing

100% of teachers increased their confidence in supporting mental health issues after attending our Mental Health First Aid course.



Developing life skills to improve health and wellbeing

54% of pupils increased their emotional health and wellbeing scores after being part of an Active School.



Tackling inactivity and improving physical literacy

11,000+ pupils were inspired to become active at **200+ events** and **580 children** enjoy taking part in weekly after school clubs.



Improving behaviour, concentration and readiness to learn

76% of pupils improved their physical development, supporting better handwriting and concentration in lessons.



Engaging families to advocate the importance being active and healthy

180 parents engaged in our Healthy Lifestyle workshops to encourage an increase in physical activity and healthy eating.



Changing attitudes towards health and wellbeing

968 adults regularly engaged in our physical activity and health programmes to support a whole family approach.



Promoting opportunities to lead an active, healthy lifestyle

600+ children participating in weekend and holiday programmes beyond the school environment.



Derby County Community Trust are the Official Charity of Derby County Football Club.

Registered Charity Number 1123520

As a charity working at the heart of the community, our mission is to use the power of Derby County Football Club to improve lives through sport, physical activity and education.

Across 2017 alone we invested £1.7 million into the community, allowing us to work regularly with 17000 participants ranging from the age of 3 to 98 at over 200 weekly sessions.

Our purpose across the community is to:

- Encourage participation and achievement in sport.
- Improve health and wellbeing by promoting positive lifestyle changes.
- Provide, enhance and influence education.
- Promote equality and diversity.
- Produce more leaders, coaches and volunteers.
- Govern the operations of DCCT efficiently and effectively.

Our work has recently seen Derby County named Community Club of the Year by the EFL.



Your affiliation

Welcome to our network – by affiliating to us we are working together to:

- Use the power of Derby County Football Club to inspire and motivate pupils to be active, healthy learners
- Ensure ALL young people benefit from PE, Sport & Physical Activity
- Celebrate and advocate PE, Sport & Physical Activity
- Develop teachers knowledge, skills and confidence
- Improve PE, Sport & Physical Activity delivery
- Create an inclusive environment and provide opportunities for all pupils
- Use PE, Sport & Physical Activity as a tool for whole school improvement
- Discover how other schools successfully deliver PE, Sport & Physical Activity
- Offer a wider range of opportunities to encourage 30 daily active minutes
- Signpost young people to community sport and physical activity

Primary PE & Sport Premium Funding

Our affiliation package is recognised as an ideal use of some of your Primary PE & Sport Premium funding and is designed to fulfil all the Key Indicators of the funding:

- The engagement of all pupils in regular physical activity
- The profile of PE and sport is raised across the school as a tool for whole school improvement
- Increased confidence, knowledge and skills of all staff in teaching PE and sport
- Broader experience of a range of sports and activities offered to all pupils
- Increased participation in competitive sport

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Contact us



derbycountycommunitytrust.com



derbycityssp.co.uk



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Events Uptake

<u>Event</u>	<u>Date</u>	<u>Girls</u>	<u>Boys</u>	<u>Total</u>
Golf Plus	01/05/2019			
Primary Tri Golf	01/05/2019			
DCCT Y1/2 Football Festival	02/05/2019			
Y5/6 High 5 Netball	07/05/2019			
Y3/4 Fitness is Fun (AM)	08/05/2019			
Y3/4 Fitness is Fun (PM)	08/05/2019			
Multi Sport Festival (AM)	09/05/2019			
Multi Sport Festival (PM)	09/05/2019			
Y1/2 Gymnastics	14/05/2019			
F/KS1 Fundamentals (AM)	15/05/2019			
F/KS1 Fundamentals (PM)	15/05/2019			
Football Plus	23/05/2019			
Y3/4 Futsal	23/05/2019			
Primary Quicksticks Hockey (AM)	04/06/2019			
Primary Quicksticks Hockey (PM)	04/06/2019			
Y3/4 Girls Football Festival	05/06/2019			
Primary Quadkids Athletics	06/06/2019			
Year 5/6 Kwik Cricket (AM)	10/06/2019			
Year 5/6 Kwik Cricket (PM)	10/06/2019			
Year 5/6 Kwik Cricket (AM)	11/06/2019			
Year 5/6 Kwik Cricket (PM)	11/06/2019			
Primary Girls Kwik Cricket	12/06/2019			
Joy of Moving Festival (AM)	13/06/2019			
Joy of Moving Festival (PM)	13/06/2019			
Cricket Plus	14/06/2019			
Year 5/6 Kwik Cricket Finals	14/06/2019			
KS1 Fitness is Fun (AM)	18/06/2019			
KS1 Fitness is Fun (PM)	18/06/2019			
Tennis Plus	19/06/2019			
Year 5/6 Mini Tennis	19/06/2019			
Y3/4 Mini Tennis (AM)	20/06/2019			
Y3/4 Mini Tennis (PM)	20/06/2019			

Events Uptake

<u>Event</u>	<u>Date</u>	<u>Girls</u>	<u>Boys</u>	<u>Total</u>
Y5/6 Grass Track Cycling	25/06/2019			
KS1 Mini Games Festival (AM)	26/06/2019			
KS1 Mini Games Festival (PM)	26/06/2019			
Primary Rounders (AM)	27/06/2019			
Primary Rounders (PM)	27/06/2019			
Athletics Plus	02/07/2019			
#ThisGirlCan Festival	02/07/2019			
Primary Track and Field Athletics	11/07/2019			
Y3/4 Kwik Cricket	16/07/2019			

Workshops Uptake

<u>Workshops</u>	<u>Date</u>	<u>Attended</u>
Outdoor and Adventurous (OAA)	17/05/2019	
Breakfast Briefing	22/05/2019	1
Action Plan Writing Support	24/05/2019	
Active Learning Workshop	03/06/2019	
School Games Application Mark Support	07/06/2019	
2019-2020 Planning Support	12/07/2019	



Working with schools...

Supporting your school to develop an environment that enables all pupils to be active, healthy learners.

Core Affiliation Package

- PE & Sport Premium funding guidance and support
- Head Teacher updates
- Termly reports
- Governor training
- Health & Safety guidance
- Weekly e-bulletin
- Affiliation plan and logo

Enhanced Affiliation Package

- Audit and needs analysis
- PE & Sport Premium funding action plan writing support
- PE & Physical Activity Policy writing support
- Pupil fitness measurements
- Pupil mental well-being measures
- PTA support with fundraising

Affiliation Bolt-On Programmes

- Pupil fitness measurements
- PE & Sport Premium funding action plan writing support
- Kitemark application support
- School based holiday club



How we've helped your school...

Breakfast Briefing

May 2019

Summary:

Schools were provided with an update regarding the Primary PE & Sport Premium Funding. In addition, the SSP shared information about the opportunities for 2019-20 in PE, School Sport and Physical Activity for Derby City schools. Delegates were encouraged to network with schools and organisations throughout the session.

Impact:

- Schools provided with latest update regarding Primary PE & Sport Premium Funding from Sept 2019 and effective usage of the funding
- SSP Activity Wheel 2019/20 shared, enabling schools to shape their individual school plan for PE, School Sport and Physical Activity
- Calendar of events for 2019/20 shared to allow schools to identify range of opportunities to benefit pupils next year.

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Increased confidence, knowledge and skills of all staff in teaching PE and sport (KI 3)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)
- Increased participation in competitive sport (KI 5)



Working with staff...

Equipping staff with the knowledge, confidence and skills to ensure all pupils can thrive as active, healthy learners.

Core Affiliation Package

- Training workshops
- Annual conference
- Networking opportunities
- PE Coordinator support
- NQT training
- Premier League Primary Stars/ national initiatives

Enhanced Affiliation Package

- Active school day training
- Whole school INSET
- Mental health first aid training
- Active lunchtime training
- Teacher support
- Rammie's Daily Mile
- Winning Minds package
- Premier League Primary Stars

Affiliation Bolt-On Programmes

- Mentoring
- Teacher support
- Whole school INSETs
- Curriculum resources
- Level 5/6 Qualification
- Level 3 Qualification
- Physical Literacy programme
- Mental health first aid training



How we've helped your staff...

Level 6 Qualification, 'Primary School Subject Leader'.

December 2018- July 2019

Summary:

Following the successful completion of the Level 5 Qualification in Primary School PE, Karen Hallam has completed the Level 6 Professional Qualification in Primary School Subject Leadership (afPE/ Sports Leaders UK) delivered by Derby City SSP

Unit content :

- Unit 7: Lead sustainable development within primary school PE
- Understand the role and importance of a primary school PE subject leader
- Be able to determine the quality of PE provision in a given primary school
- Be able to design a targeted strategy to develop primary school PE, school sport and physical activity provision
- Be able to lead the implementation of a targeted strategy to develop a specified aspect of the primary school PE provision
- Be able to review and revise a targeted activity strategy to increase sustainability of teaching and learning impact in primary school PE, school sport and physical activity teaching and learning

Impact:

- Upon completion of the qualification delegates will be qualified as a Subject Leader and equipped to improve the overall quality of the PE curriculum

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)
- Increased participation in competitive sport (KI 5)

Let's Take School Swimming Seriously

June 2019

Summary:

A conference to highlight the importance of school swimming and help teachers understand how the delivery of swimming can be improved in their school.

Impact:

- Increased knowledge of National School Swimming Charter
- Increased understanding of effective use of Primary PE and Sport Premium funding for School Swimming
- Contribution to Derby City Council School Swimming review
- Understanding of teacher training available for School Swimming

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Increased confidence, knowledge and skills of all staff in teaching PE and sport (KI 3)



Working with pupils...

Inspiring and motivating all pupils to be active, healthy learners, through high quality events and programmes.

Core Affiliation Package

- Events calendar
- Primary Leadership conference
- Rammie's Daily Mile resource
- Child Weight Management pathway
- Choose 1:**
- +Sport Move and Learn
- Resilient Rammie
- Rammie's Daily Mile resource
- Themed activity day

Enhanced Affiliation Package

- Lunchtime & after school club
- SEN lunchtime club and curriculum coaching
- Rammie's Healthy Heroes
- Winning Minds package
- +Sport Move and Learn
- Resilient Rammie
- Anti-bullying/ anti-racism workshop
- School sport festival
- Choose 2:**
- FUNdamentals football
- FUNtastics
- Interschool challenge
- Choose 1:**
- School Sport Council training
- Mini Leaders award
- Intra-competition challenges

Affiliation Bolt-On Programmes

- Lunchtime & after school club
- PPA coaching
- Premier League Reading Stars
- Matchday Maths
- Mini Sports Leaders Award
- Intra-competition challenges
- School Sport Council training
- Cluster level competitions
- School sport festival
- Winning Minds package
- Stadium tours
- Anti-bullying/ anti-racism workshop

How we've helped your pupils...

AFTERSCHOOL CLUB

Summer 1 and 2

Summary:

Afterschool coaching designed to provide children with a safe and enjoyable opportunity to learn new skills and be active following the school day. The sessions included:

- Delivery by a qualified and experience member of the DCCT coaching team
- A specific focus agreed in consultation with PE Coordinator
- Progressive sessions over the half term
- A range of sports/activities to choose from

Summer 1 – Fridays – Football – 10 participants x4

Summer 2 – Fridays – Football – 12 participants x7

Impact:

Through hosting this club you :

- Provided opportunities for children to engage in being active following the school day and therefore contribute to their accumulative total of active minutes for the day
- Provided opportunities for children to improve their knowledge, skill and confidence in the topic/sport being delivered
- Encouraged children to experience an increased range of physical activities/sports

Next steps:

- Continuation of Afterschool Club delivery
- Signposting children to out of school grass roots clubs
- Entering an SSP event in the sport/activity covered

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)

How we've helped your pupils...

+SPORT MOVE AND LEARN

Summer Term 2

Summary:

A six week health education programme aimed at year 5 pupils .

The session included:

- Delivery by a qualified and experienced member of the DCCT coaching team
- Classroom based activities and learning
- A range of topics covered including the importance of physical activity, impact of physical activity on the body and mind as well as creating a balanced daily meal plan.
- Physical activity using football, dodgeball and handball to engage the children

Impact:

Through these sessions we :

- Engaged children in lessons using the power of sport and DCFC
- Provided opportunities for children to engage in being active during the school day and therefore contribute to their accumulative total of active minutes for the day
- Increased pupils awareness of which physical activity contributes towards their recommended 60 minutes per day.
- Increased understanding of the impact of physical activity on the body and mind.
- Explored with children what a balanced diet across a day looks like including portion sizes.

Next steps:

- Rammie's Healthy Heroes package
- Healthy Lifestyle workshops

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)

Family Newsletter

Weekend and Holiday Coaching

Your kids can join us for Weekend Club or Holiday Coaching to keep them busy while they're off school. Weekend Club runs every week at Powerleague Soccerdome for kids from pre-Reception to Year 6, with six different time slots, and our popular holiday coaching courses for primary ages kids run in five different areas across Derbyshire: Powerleague Soccerdome, Derby Arena (Multi-Sports), Ripley Leisure Centre, Ripley Leisure Centre and Springfield Junior School (Multi-Sports).



A 12 month **FREE** programme full of games, exercise sessions and activities for children aged **5 - 17 years** to learn about leading a more active lifestyle and maintaining a healthy weight.

Fitness Yoga

Come and join us on **Monday evening 6 - 7pm** at Derby Arena for a low intensity class designed to improve strength and wellbeing whilst enjoying a thorough stretch and relaxation. **£3 per person (16+)**.



Family Fitness

Fancy showing your kids how it's done? Come along to Derby Arena on **Wednesdays 5 - 6pm** to exercise with your child and get fit together. **£2 per person and free for families on Live IT.**

Zumba

Shake and shimmy yourself into your favourite outfit with Zumba on **Wednesdays at Littleover Community School**, available to children over the age of 11 with a paying adult. **£3 per person and £2 per under 18.**

EVERYBODY ACTIVE

An affordable timetable of exercise classes in Derby such as Zumba, Boxfit, Kettlebells and Legs Bums and Tums for **anyone over the age of 16**. **£50 per year, £25 if claiming JSA, ESA, DLA or pension.**

Active Minds

A friendly and welcoming way for women wishing to get more active! This class is designed for beginners and ideal for anyone suffering from mild anxiety or depression. **Mondays 10 - 11am at Whitecross House Community Room, DE1 3PL. FREE for first 8 weeks** followed by 50p per week thereafter.

For more information on our sessions please call **01332 416140** or visit **derbycountycommunitytrust.com**



DerbyCountyCommunityTrust



DCCTOfficial



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Breakfast Briefing

Pride Park Stadium, Pride Park, Derby, DE24 8XL
Tuesday 17th September, 8:30am - 10:30am

Join us for breakfast and to hear about all the exciting opportunities we've got planned for 2019-20. We'll share further information about our events calendar and support you to book in any programmes you'd like to access. We look forward to seeing you there.

To book your place visit derbycityssp.co.uk/calender

