



Top 10 tips for achieving impact in **Key Indicator 1**

Here are our **top 10 tips** to support primary school subject leaders to achieve impact in **Key Indicator 1** on their PE action plan.



Understand the % of all pupils who are **active for 60 minutes a day**, 7 days a week on average!

This data will tell you exactly who to target and support by creating additional opportunities for these pupils to be active.



Create opportunities for pupils to take ownership of their physical activity at breaks and lunchtimes!

Leadership programs, pupils' choice of equipment, zones dedicated to different activities and a varied timetable can really help!



Music creates positivity and encourages movement!

Have you ever considered playing music at lunchtime? Not only can pupils dance to it and move but it can create a **positive atmosphere** in your outside area.



Ask your pupils what clubs they would like!

Rather than organising an extra-curricular provision that is 'the same as always,' **ask your pupils** to name the activity areas they would like to be involved in!



Target your **least active** pupils!

Create clubs, sessions and opportunities that will engage the pupils who are least active. These could be opportunities at school or at home.



Find out how active your pupils are outside of school!

Conduct a parent survey to find out how active your pupils are in their own time! This information ensures you know who is active 60 mins a day, 7 days a week on average!



Being active is the key!

Challenge your pupils to record how active they are outside of school. Ensure they know that walking, riding a bike, playing in the garden or at the park all count!



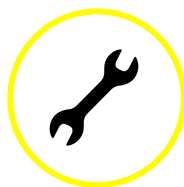
Involve your staff in physical activity, it will have a direct impact on the children they teach!

Staff activity clubs can help to ensure all staff value being active. If you can win staff over and get them to enjoy being active, it will have a direct impact on your pupils.



Why not try a **parent and child** focus approach...

Consider creating opportunities where parents and children can be active together. This supports wider school agendas and encourages higher levels of physical activity.



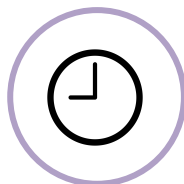
If it's **not broken ...**
... don't fix it!

If you have high levels of physical activity, be proud! We feel we need to keep tweaking things but if it's working, focus on sustaining your success!



Top 10 tips for achieving impact in **Key Indicator 2**

Here are our **top 10 tips** to support primary school subject leaders achieve impact under **Key Indicator 2**.



Use physical activity opportunities to **target punctuality!**

Providing a wide range of opportunities for pupils to be active before school. This will encourage pupils to come to school on time.



Highly active pupils will **attain better!**

How? Research* has proved that after 20 minutes of moving, pupils grow new brain cells. The more we can get our pupils to move, the higher they will attain!



Celebrate physical activity during assemblies!

Create a celebration book so that anything positive that happens throughout the week in PE lessons, clubs or at lunchtimes is recorded and celebrated!



Teach your parents about the importance of being physically active!

Parents might not value PE because they've never enjoyed it themselves. If you can change their minds it will have a significant impact on their children!



Use Physical Education to **improve behaviour!**

By developing life skills in PE we can celebrate the learning of the whole child. If pupils develop skills such as respect, it will help improve their behaviour.



Celebrate physical successes that happen outside of school!

Create a display for pupils to showcase their sports and Physical Activities outside of school. This will encourage others to be active and raise the status of PE!



Use physical activity opportunities to **improve concentration and attainment!**

Take 20 minutes in the middle of the afternoon to get your pupils moving. After 20 minutes they will be awake, alert, have new brain calls growing and be ready to learn!



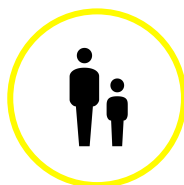
Align your PE actions with your school development plan to have a positive impact!

Know the targets on your school development plan, you can then align your actions as PE Leader with the overall aims and objectives of the school!



Celebrate the **whole child!**

Celebrate the physical alongside the personal skills too. This promotes mastery learning and will ensure life skills are deep rooted in the learning pupils are exposed to.



Introduce **Role Models...**

Role models are a very powerful tool to teach pupils values and inspire them to achieve their own targets and dreams.



Top 10 tips for achieving impact in Key Indicator 3

Here are our **top 10 tips** to support primary school subject leaders achieve impact under **Key Indicator 3**.



Observe PE lessons across your school!

To know exactly what PE looks like in your school and to understand if further support and development is necessary, you need to watch PE lessons taking place.



Adopt a '**mastery**' approach

Look for success physically, cognitively, socially and emotionally. With this approach **every child can be successful**, and every child can achieve.



Find out how your staff feel about PE and support their specific needs.

How confident are staff at teaching all areas of PE?

Understanding this enables you to provide valuable CPD, focused on the areas staff really need support in.



Assess and celebrate learning!

By assessing and celebrating the learning of all of your pupils, you can monitor pupil attainment and understand the impact of your PE provision.



Provide ongoing training and support!

Ongoing training ensures constant support and development for everyone. High quality training will only serve to continue to enhance the quality of PE.



Make sure **PE is always important** and a priority!

If a class needs to miss PE due to an assembly or wet weather, then ensure that an alternative slot is arranged. Pupils should have two hours of High Quality PE every week.



Implement **High Quality** sequences of learning!

Make sure the sequences of learning being implemented are progressive, challenge the whole child and meet the needs of staff and pupils in your setting.



Lead by example.

Be clear on your vision for PE. Advocate and champion the subject linked to whole school objectives and connect the subject to the wider curriculum priorities.



Use resources that allow for High Quality teaching and learning.

By conducting a regular audit of your PE resources this will ensure that you have the right quality and quantity of resources to support high quality practice.



All staff should be wearing kit for teaching PE.

By wearing kit, we can inspire and motivate our pupils! When staff change for PE, it sends a message that PE is important.



Top 10 tips for achieving impact in **Key Indicator 4** and **5**

Here are our **top 10 tips** to support primary school subject leaders achieve impact under **Key Indicator 4** and **5**.



What do your pupils need?

*Key Indicator 4

Ensure your Physical Education, Physical Activity and School Sport provision meets the needs of your pupils. What will inspire them to lead healthy active lifestyles?



Inspire everyone with a broad range of activities.

*Key Indicator 4

Broad shouldn't mean so much content that we miss out on a depth of learning but varied and inclusive for everyone.



Explore local opportunities.

*Key Indicator 4

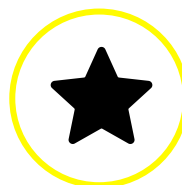
Who in the community provides active opportunities? If we find activities locally, there is more chance that pupils will engage in activities and sport outside of school.



Conduct a pupil survey.

*Key Indicator 4

What do your pupils want to see embedded into the PE, PA and SS provision? Are there new activities and/or elements of learning that we could include?



More doesn't always mean 'better'.

*Key Indicator 4

When reviewing impact, consider your current offer to pupils. If it's working and meeting the needs of your pupils, you don't have to change it!



Make competition a time to celebrate.

*Key Indicator 5

Make a big deal of all competitions by celebrating them in assemblies and displaying reports around the school. Get all staff involved and assign them to houses too!



Introduce house systems.

*Key Indicator 5

If you don't already have one, introduce a timetable of inter house competitions. This will ensure all pupils have the chance to participate in a competition.



Monitor participation.

*Key Indicator 5

How many pupils participate in Inter Competitions against other schools? Aim to ensure every pupil has this opportunity. Friendly competitions and festivals count too!



Overcome transport issues.

*Key Indicator 5

If transport to other schools or venues is an issue, host your own competition. This removes the need for transport.



Make competition a time to celebrate!

*Key Indicator 5

Celebrate learning at the end of a unit of work by bringing the class together through intra competition.

