

# Cambridgeshire County Council Physical Education Advisory Service

Cambridgeshire  
Physical Education  
Advisory Service

FAO: Headteachers, Governors, PE Subject leaders and Teachers of PE

Newsletter Winter 24

## Welcome to the PE & School Sport Newsletter

As we prepare for our 2024 PE conference, and the launch of the county PE and School Sport strategy, I have been reflecting on what we can learn from PE teachers;

- 1. Make learning fun** - Often, PE teachers make a conscious effort to get students excited about the subject, with games and contests to build excitement. Don't get me wrong, lots of teachers create a sense of fun and joy in their classrooms, but PE is the subject where fun is at the forefront. It's visibly noticeable.
- 2. Assess on the go** - AfL is embedded in PE. Teachers give immediate, specific, timely & frequent feedback. PE teachers know that shorter, in-the-moment, specific feedback would help students monitor and adjust on their own. Assessment informs interventions & differentiation.
- 3. Break tasks down** - Typically PE teachers break a task down to the most concrete level and have students practice it. Often, they include peer feedback. Next, they would add new skills, combining the new set with the previous set. In other words, direct instruction is never entirely teacher-directed. It was highly interactive. By teaching this way, we reduce the cognitive load.
- 4. Movement matters** - P.E. teachers remind us that learning happens with the whole body. It's easy to view it as a physical process but we must remind ourselves of the holistic nature of PE. We can all incorporate more movement into our lessons. A simple question is, "Are students using their whole body to learn in my class?"

Teachers and schools should be encouraged to be brave. We need to think differently about the place of PE in schools and the value it can provide to children. With the above in mind, we are pleased to share our Spring 2024 PE newsletter.

Make it active, Make it fun, Make it safe, Make it inclusive, Make it educational.

*Ian Roberts – Specialist PE & School Sport Adviser*

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## Key Contacts

### Cambridgeshire County Council PE Advisory Service

***For all questions related to curriculum PE, PE Premium funding, compliance, safe practice and swimming***

***Specialist PE & School Sport Adviser***

*Ian Roberts - 07979532847*

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***Course bookings and support***

*Justine Spencer – 01480 376257*

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## The PE Advisory Service What we can do for you...

The Cambridgeshire County Council PE Advisory service should be the first port of call for all things related to PE and school sport.

Our remit is to:-

- Provide reliable, professional and sustainable support services for all schools and settings
- Raise awareness of physical education's contribution to public health and wellbeing
- Lead the development of a workforce to deliver high quality physical education and sport in schools and in the wider community
- Establish physical education as central in the school landscape, contributing to whole-school outcomes
- Celebrate the impact of safe, inclusive & high quality physical education on all children and young people

## Physical Education MOT

The PE Advisory Service conducts in-depth PE audits in schools and academies regularly. Rather than being an intimidating, hard-hat and clip-board experience, these audits are always conducted with a 'critical-friend' remit providing schools with an opportunity to ask questions and seek reassurance.

Without exception schools have found the experience valuable, and have been able to pro-actively use the opportunity and embed good practice and ensure children experience safe PE and sport.



If you would like us to support you with an audit of your PE provision, please get in touch.

[PE.adviser@cambridgeshire.gov.uk](mailto:PE.adviser@cambridgeshire.gov.uk)

## The Shin-pads conundrum!

**“Do we have to use shin pads in curriculum football and Hockey lessons where we are teaching skills or only for competitive matches?”**

### Answer:

Shin pads offer protection to the lower leg, and must be worn for competitive matches and whenever there is a risk of injury. It is recommended that students wear shin pads during lessons that involve game or match play. Better protection is provided where the pad covers much of the length of the leg between the knee and the ankle.

Unlike mouth guards, shin pads can be “shared” so while schools can include shin pads on their PESSPA kit list, they might also keep additional sets for students who “forget” them or are unable to provide them.

**Schools should have a clear policy on the use of shin pads and keep additional sets for students who “forget” them or are unable to provide them.**

Please do not allow students to wear tiny shin-pads (as worn by Jack Grealish, and several other Premier league footballers). They are no more than a fashion item, are dangerous, and incidentally breach safety standard EN 13061.



# Cambridgeshire & Peterborough PE Conference

St Ives – February 14 2024

The focus for the 2024 Physical Education conference is about the legacy that Physical Education can create for young people.

High quality PE helps our children to acquire skills and behaviours they need to do the jobs that don't yet exist and solve the problems that face our world This conference will provide an opportunity to challenge teachers to consider how they can best embed "Education" into PE whilst encouraging pupils to re-focus on having a healthy body and a healthy mind.

**Cost?** £90 (inc Lunch & resources)

## Who should attend?

All people involved in delivery of PE & School Sport in Primary, Secondary and SEND schools and settings

## Keynote presentation - Bryn Llewellyn

Bryn worked in various UK schools for over 20 years as a teacher and school leader.

## Special Guest & Workshop Presenter – Max Whitlock, Multiple Olympic Gold Medal Gymnast

## Workshops (in no particular order)

- Exercise Behaviour
- Outdoor Education
- Bringing Water Safety to Life (in the pool)
- Speed stacking
- Physically Active Learning in Mathematics & English
- Drumba
- Healthy Schools
- BMX Academy
- Engaging reluctant dancers
- Korfbal
- Taking care of Mental Health for Teachers
- Kite Trust
- Inclusive activity
- Table Tennis
- Boxercise
- Gymnastics
- EYFS
- Games Making
- Skipping
- Cricket
- Yoga

## Market Place

We have a market place with a large number of innovative and exciting exhibitors already confirmed including; Equipment providers, Curriculum packages, playground and fixed play installers, venues and a variety of products that will enhance any school's PE & School Sport Offer

**Cambridgeshire and Peterborough Physical Education & School Sport Conference**  
**Making PE Future-Proof**  
Preparing children for a world that doesn't yet exist.  
14<sup>th</sup> February 2024 – 9.30am-4.30pm

**Event Overview**  
High quality PE helps our children to acquire skills and behaviours they need to do the jobs that don't yet exist and solve the problems that face our world.  
This conference will provide an opportunity to challenge teachers to consider how they can best embed "Education" into PE whilst encouraging pupils to re-focus on having a healthy body and a healthy mind.

**Aims of the day**  
The focus for the 2024 Physical Education conference is about the legacy that well taught Physical Education can create for young people. We will also launch the Cambridgeshire and Peterborough Strategy for PE & School Sport.  
Teachers will have a choice of practical and theoretical workshops to address focus areas that are relevant to their professional and school needs.  
These may include Water Safety, skipping, Safer Changing rooms, Yoga, Boxercise, Inclusive PE, Innovative approaches to teaching games, GAA and gymnastics, Rowing, Funletics, Water safety, Ultimate Frisbee, Skipping, Cricket, Picketball and much more.

**Important Information**  
**Venue:** Burgess Hall & One Leisure, Westwood Road, St Ives, PE27 6WU  
**How much does it cost?** Cambridgeshire & Peterborough Schools (including Academies & Independent Schools): £90 each, Out of County: £105 each  
**Who should attend?** All people involved in delivery of PE & School Sport in Primary, Secondary and SEND schools and settings.  
Delegates are advised that Refreshments, lunch and resources are included.

**Contact Details:**  
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Julaine Spender – Business Support Officer  
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**Early Bird Offer (Before 01 December 2023):**  
Cambs & PB - £75  
Out of county - £90

Please book via  
<https://cambridge.council.bookingbug.com/home/w2499204>

**[Information about the conference, workshops and presenters is available here](#)**

## THE BEST JOB IN THE WORLD

**REMEMBER WHY YOU ARE A PE TEACHER AND HOW IMPORTANT YOU ARE TO YOUR PUPILS**

**ITS NOT ALWAYS EASY, BUT ITS ALWAYS WORTH IT...**

WE HAVE MORE IMPACT ON HEALTH, WELL-BEING, AND HEALTHY LIFESTYLES THAN ANY OTHER SUBJECT

WE HELP CHILDREN WITH THEIR WELL-BEING, SENSE OF WORTH, RESILIENCE AND SELF-ESTEEM

WE TEACH CRITICAL LIFE SKILLS LIKE WATER SAFETY AND AWARENESS OF OUR SURROUNDINGS

WE DEVELOP RESPONSIBILITY, PATIENCE, COURAGE, AND MENTAL BALANCE

WE CREATE FUN, EXCITING OPPORTUNITIES FOR CHILDREN TO DO THINGS THEY WOULD NEVER OTHERWISE GET TO DO

WE BUILD CONFIDENCE AND BELIEF IN OUR PUPILS THAT THEY CAN ACHIEVE ANYTHING

WE PROVIDE AN OUTLET FOR STRESS AND ANXIETY

WE CREATE FUN AND PLEASURE AND HAPPINESS

WE ALLOW CHILDREN TO MOVE MORE THAN ANYONE ELSE

## Support Packages for Academies

PE is statistically the curriculum area with the highest level of risk, and in turn the area where colleagues are often in need of advice and support.

We have a package for academies and non-maintained schools to enable teachers to have access to a level of expertise and credibility, at a level that meets their needs.

**The Cambridgeshire PE Advisory Package** – provides support around all issues related to Physical Education and School Sport, Reduced fees for CCC PE courses & workshops and access to CCC online PE resource library Contact us for more details

[PE.Adviser@cambridgeshire.gov.uk](mailto:PE.Adviser@cambridgeshire.gov.uk)

The PE pages of the Cambs learn together Education portal, continue to have more hits than any section

Please add it to your favourites.

<https://www.cambslearntogether.co.uk/cambridgeshire-services-to-schools/cambridgeshire-physical-education>

## There must be an app for that ....

Ipads and tablets have the capacity to make a significant impact on the quality of teaching and learning in PE, and we are always keen to share any apps that have caught our imagination.

The Balance It mobile app - a proven Task Card Resource for PE Teachers that has been downloaded over a million times globally!



As a simple and powerful tool, Balance It provides students with visual prompts and cues designed to help them develop gymnastic skills in a self-directed learning environment.

<https://www.cambslearntogether.co.uk/cambridgeshire-services-to-schools/cambridgeshire-physical-education/technology-to-support-learning-in-pe>

## Specialist Primary PE Subject Leadership certificate?



*The Cambridgeshire PE Advisory Service has been a Professional Learning Centre for the delivery of the Primary School PE Subject Awards since 2014, and has been held up as an example of best practice.*

This is a recognised qualification to improve the overall leadership and management of physical education curriculum within primary schools. The aim of this qualification is to enable subject leaders to support and upskill other colleagues in teaching the physical education curriculum. On successful completion of this qualification, delegates will be able to advocate, articulate and lead physical education to achieve whole school improvement.

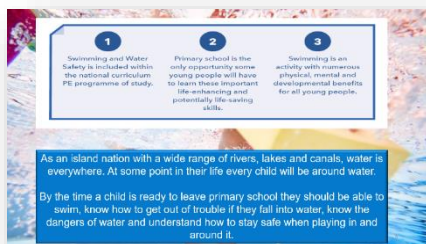
It would be regarded as best use of PE Premium funding.

Further information

<https://www.cambslearntogether.co.uk/cambridgeshire-services-to-schools/cambridgeshire-physical-education/afpeaward>

## Every Child a Swimmer

Following the covid angst of 2020 & 2021, it has been acknowledged that the number of children leaving primary school, who would perish if they fell into water is at an all-time high!



There is a compelling case that this is a safeguarding issue, and in collaboration with Public Health, we have been able to subsidise swimming lessons for targeted KS2 children from across Cambridgeshire, where it has been acknowledged that they would be in serious trouble if they fell into water.

So far we have provided lessons for over 400 children, and we have the capacity for more..

We can subsidise lessons for Y6 pupils who cannot swim, and Y7&Y8 secondary pupils who similarly would perish if they fell into water.

Further details are available [here](#)

Schools who are interested in this support should contact us.

## Active Lives Children and Young People Survey

The 'Active Lives Children and Young People Survey', recently unveiled by Sport England, has highlighted efforts being made in the world of youth sports and physical activities.

Around 3.5 million children or 47.0% are meeting the Chief Medical Officers' guidelines of an average of 60 minutes of a daily activity. Whilst this figure is good, there is room for improvement!

Nick Pontefract, Chief Strategy Officer, also highlighted how the overall number of active children has increased by 424,000 over the last five years. However, over the last 12 months, there has been no change in the number of active children (47%) and the number of less active children has remained stable (30%).

[Read the report here](#)

## Free Swimming Resources

Swim England has launched new visual resources to support swimming teachers in England and abroad. The national governing body's Learn to Swim team have developed flash cards for learners and to help support a variety of learning styles.

Having been created in English – the flash cards are now available in an additional 17 languages.

The translated resources are being provided in the hopes of supporting swimming teachers who may have a language barrier between themselves and their learners.



Sitting Dive  
الغوص من وضعية الجلوس



Kicking with a Noodle  
Робота ногами з аквапалкою

The flash cards are free and are available to [download here](#).

## The Wall Bars Conundrum Can R & KS1 use Wall Bars?

**Yes** - The use of equipment should be appropriate for the age, developmental needs and physical size of the pupils. Staff should have clear aims about how the apparatus is to be used and for what purpose.

Muscle-strengthening activities are important in daily life for safety and comfort; for example, lifting heavy objects, standing/balancing, jumping to reach something, and **exiting a swimming pool hands first**. Swinging, climbing, hanging are often avoided. We avoid them, but they are essential in developing upper and lower body strength.. Supporting own body weight is an important safety skill.



## PE stakeholders

In Cambridgeshire and Peterborough, we have a number of stakeholders working together to ensure that young people in all of our schools and settings get a safe, positive and fulfilling experience of PE and School Sport.

### Cambridge School Sports Partnership

Partnership Manager: **Ian Dixon**  
Website: [www.cambridgessp.com](http://www.cambridgessp.com)

### Hunts School Sport Partnership

Partnership Manager: **Doug Finlayson**  
Website: [www.huntsssp.org](http://www.huntsssp.org)

### Peterborough School Sport Partnership

Partnership Manager: **Max Brindley**

### South Cambridgeshire School Sport Partnership

Partnership Manager: **Claire McDonnell**  
Website: [www.scssp.co.uk](http://www.scssp.co.uk)

### Witchford School Sport Partnership

Partnership Manager: **Di Baker**  
Website: <http://www.improveit.education/>

### Living Sport

CYP Manager for Schools & Education: **David Welch**  
Website: <https://livingsport.co.uk/our-work-cyp/>

### Healthy Schools – Cambs & Peterborough

Healthy Schools Coordinator: **Joanne Howling**  
Website: <https://healthyschoolscp.org.uk/>

## Up-coming courses and activity

Date	Course	Venue
30/01/24	Trampoline Teachers Refresher Course	Duxford
13/02/24	Level 5 PE Specialism Course	Papworth
14/02/24	PE & Sport Conference	St Ives
27/02/24	Safe Practice in PE & Sport	online
28/03/23	Table Tennis Teachers Award	St Neots
29/03/23	Training for New PE Subject Leaders	Online
04/03/24	What Does Outstanding PE Look Like?	Online
05/03/24	Making Sense of Assessment in PE	Online
11/03/24	Supporting Physical Education for TAs	Online
14/03/24	Primary Physical Education Subject Leader Network	Online
18/03/24	Physical Activity in EYFS and KS1 Every Child a Mover	Papworth
20/03/24	Athletics Officiating for PE Teachers	Cambridge
21/03/24	What Ofsted expects of Physical Education?	Papworth
25/03/24	Swimming Pool Operators Course (Two Day)	Huntingdon
27/03/24	Swimming Pool Operators Course (refresher)	Huntingdon

<https://cambridge.council.bookingbug.com/home/w2499204>

## First Impressions Count Raising the Profile of PE & Sport

I am always impressed by the quality and innovation of PE display boards..

