

Sporting Promise TOP Sport and Skills2Play/Play Sport

Sue Smart



#sportingpromise



@youthsporttrust



@sportingpro

Outline for the day

9.00	Welcome/ Introductions/ Introductory activity
9.25	Key features/ principles of Matalan TOPs
10.15	Tutor led session higher order questioning (practical)
10.45	Questioning practice (practical) This session to include Break
12.00	STEP (practical)
12.45	Lunch
1.15	Whole School impact
1.45	Introduction to Skills2Play/Skills2Play Sport
2.00	Key features of resources
2.20	Using the resources
3.00	Summary – Q+A
3.30	Depart



Matalan – TOP Sport

- Describe Sporting Promise and related programmes.
- Identify with the key features and characteristics of the TOP Sport resources
- Understand plan and deliver TOP gymnastics to children and teachers in their school.
- Demonstrate the use of higher order questions to support children's learning in gymnastics.
- Adapt activities to include and develop all young people.
- Apply and utilise the resources to engage young people in their learning and improve their physical competency
- Demonstrate how to develop young peoples' cognitive, creative, social and personal skills through physical activities.



SKILLS **2** PLAY

SKILLS **2** PLAY SPORT

Outcomes

- Delegates understand the position of the resource in relation to sport premium funding
- Delegates understand how to use the cards
- Delegates understand the different sections of the cards and how they could be used
- Delegates understand how they can use the cards when planning sessions



National Charity : 20 Years



Mission Statement

“Building a brighter future for young people”



YST – What we do!

- Influence Govt. & National Strategy
- Campaign on behalf of PE & School Sport
- Develop Interventions & CPD/ JPD opportunities
- Deliver a School Engagement Strategy at a local level

How we work



SOLUTIONS

We develop and deliver innovative PE, school sport and physical activity programmes and interventions to support children and young people of all abilities and backgrounds.



LEARNING

We use best practice, our knowledge and evidence to support schools to use PE and sport to raise standards, achievement and attainment across all subject areas.



NETWORK

We work in partnership with all types of schools, corporate partners, government, sport and education stakeholders, as well as local community organisations and networks.

Solutions

GO TO www.youthsporttrust.org/solutions



working in partnership




in partnership with



Youth Sport Trust

SILVER
QUALITY
MARK
2015-17



www.skills2achieve.org

A simple, effective way to transform how to assess, monitor and measure progress in physical activity across your whole school!

- ASSESS MEASURE SUCCESS
- DRIVE IMPROVEMENT ACHIEVEMENT
- EVIDENCE IMPACT OF SPORT FREEMAN
- DEVELOP THE WHOLE CHILD IMPACT SCHOOLS



FREE online resources, sports equipment and Active Kids vouchers to inspire young people to take part in Paralympic Sport.

- Exclusive high profile rewards for taking part
- Free 2018 Paralympic Games trip for your school
- Inclusive school playground makeover
- Paralympic@B athlete visits and signed kit for your school

To register visit www.activekidsparalympicchallenge.co.uk



GET TO THE
START LINE
TOOLKIT



YOUNGMINDS



Sainsbury's
Inclusive PE
Training Programme



How we work



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Learning

GO TO www.youthsporttrust.org/learning

SCHOOL GAMES
ORGANISER NETWORK
NATIONAL SUMMIT



YOUTH SPORT TRUST 2016 CONFERENCE

Our School Sport Ambassador Kimberly Wyatt
will be attending our Awards Dinner

2 March – Ricoh Arena, Coventry

BOOK NOW



YOUTH SPORT TRUST:
Continuing Professional Learning
Courses for Primary Practitioners

Transform your school through
the power of PE and school sport



Girls Active is developing
Girls Active leaders in schools



How we work



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Network



Project Ability



Project Ability Lead Schools: making a real difference for young SEND people in school sport through the Sainsbury's School Games

Through a range of interventions and activities, Project Ability will support schools to improve and extend their provision for young SEND people to take part in competitive sport. This includes a network of 50 Project Ability Lead Schools from across England that has been established, each selected for their recognised expertise in engaging young disabled people.

In 2012/13 Project Ability Lead Schools are tasked with five key deliverables. These are to:

1. provide termly training, advice and guidance to School Games Organisers (SGO);
2. work proactively with four schools (minimum of two secondary schools) to develop and run innovation projects;
3. sustain young people's participation by continuing to support the development of multi-sport and sport specific club activities;
4. strengthen leadership pathways by delivering a one-day leadership training camp, mentoring 12 people to become inclusive coaches and by embedding inclusive practice within the school sport workforce; and
5. drive the establishment and implementation of more local meaningful competitive opportunities for young SEND people by:
 - supporting 10 schools across four SGO areas to develop intra and inter-school competitions in 4-6 sports;
 - supporting termly multi-sport activities with their SGO; and
 - championing inclusion on the Local Organising Committee (LOC) for the Sainsbury's School Games

For further information visit
www.youthsporttrust.org and
www.topsportsability.com



Department for
Education



YST MEMBERSHIP

Changing Lives
My Rio Journey 2016

Win your very own Team GB athlete:
'My Rio Journey' Athlete Mentor Package

GO TO
www.youthsporttrust.org/network



YOUTH SPORT TRUST
CONNECT



PE & Sport Premium

£150M
2012-2020

Approx £9,000

**1 Vision
1 Objective
5 Indicators**

PE & Sport Premium Vision

“All pupils leaving primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.”

Objective

“To achieve self-sustaining improvement in the quality of PE and sport in primary schools.”



PE & Sport Premium Indicators

1. Engagement of **all** pupils in regular physical activity – kick-starting healthy active lifestyles
2. Profile of PE and Sport being raised across the school as a tool for whole school improvement
3. Increased confidence, knowledge and skills of **all** staff in **teaching** PE and sport
4. Broader experience of a range of sports and activities offered to **all** pupils
5. Increased participation in competitive sport



What does Ofsted say?

- **Self-evaluate** what you need to improve, and target your funds
 - Make sure it **adds value**
 - Make it **sustainable** – ***invest in your staff***
 - **Measure the impact** - illustrate the difference it is making
 - **Demonstrate** its impact, **WEBSITE**
 - Involve your **Governors** - ensure an agenda item
 - Share this with inspectors
- John Mitcheson HMI 2014



What is Sporting Promise?

It is a partnership between Matalan, Sporting Pro and the Youth Sport Trust that is committed to getting more young people taking part in more sport.



#sportingpromise

@youthsporttrust

@sportingpro



Working with Sporting Pro Stores

Take the opportunity to develop a relationship with your local Sporting Pro store!

Sporting Pro stores will look to work with all of the Sporting Promise schools.

Sporting Pro staff could help out at any events you have, they could give out awards, help run activities, or help set up equipment.

Nearest stores:

Walsall North, Reedswoods Way, Walsall WS2 8XA

Walsall South Unit 9 Broadwalk Ret Pk Bescot Crescent WS1 4SB



Working with Sporting Pro Stores

- Work with your local Sporting Pro store to **deliver creative, fun and engaging competitions.**
- Why not approach them for some **raffle prizes?**
- Sporting Pro have will have **exclusive discounts for school, staff and parents** and the entire community – some of these are available on the website www.sportingpromise.co.uk .
- Your local store manager will also contact you directly with promotions following this training session
- Sporting Pro Store visits could also be arranged for young people to do a floor walk and career discussions around sports retail.



in partnership with

MATALAN | sportingpro



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@youthsporttrust

@sportingpro



Wellbeing.
Leadership.
Achievement.

Sporting Promise Programme

Comprises two strands of work.

- The first aims to support primary school teachers in improving the PE experience for all children through the TOP Creative Gymnastics, Creative Dance, Games, Athletics and Challenge.
- The second will re-engage young people at secondary level by giving them the opportunity to take part in non-traditional sporting activities through the 'yoUR Activity' strand.

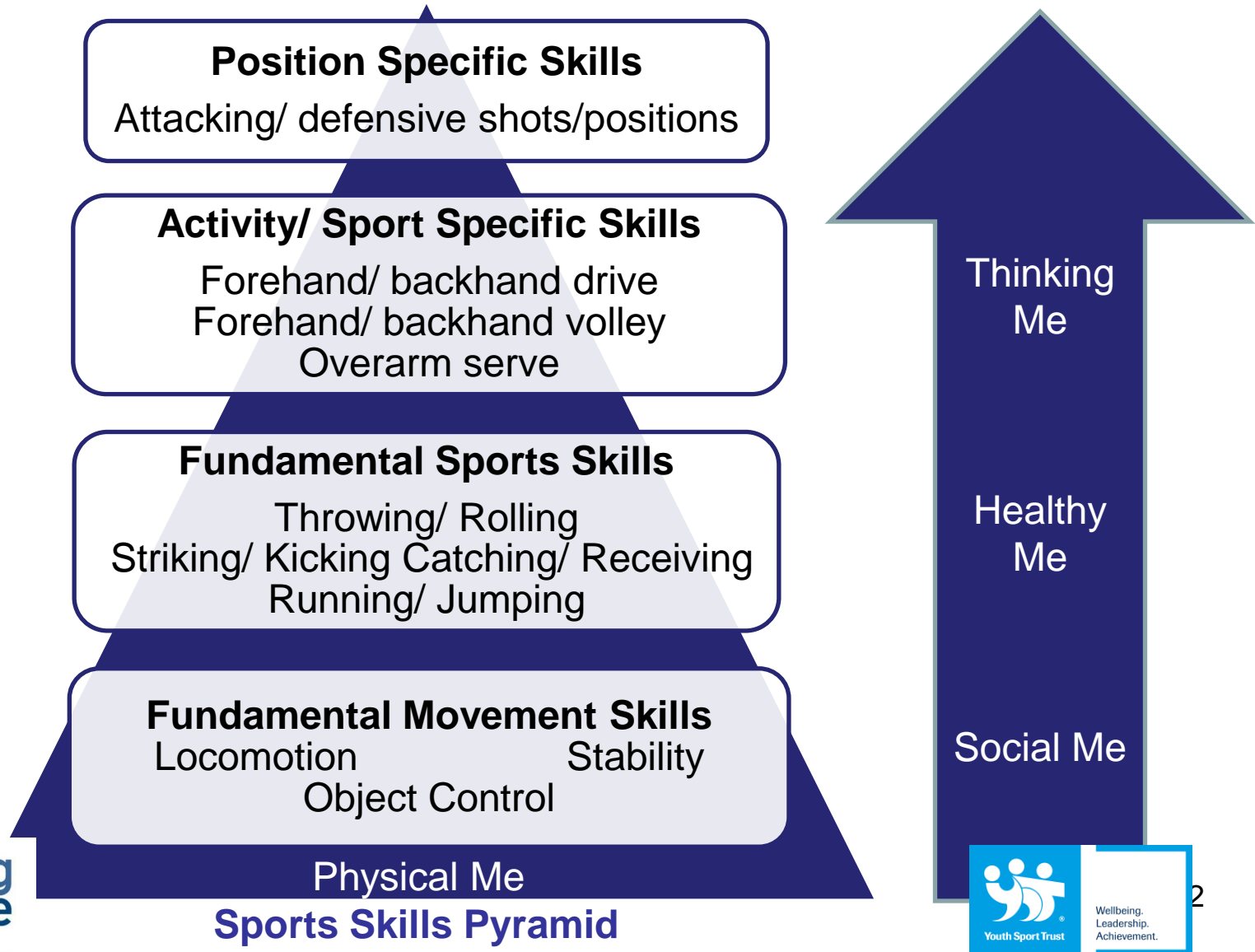


TOP Sport

... has been designed to unlock the potential of ALL children in Physical Education, through the development of their **thinking, physical, creative and social skills** and enhancing their **health and well-being.**



A 'True' Multi-skill Approach



Components of TOPs Programmes

	Cards	Poster/s	Film Clips	Pdf downloads
Games	✓	✓	✓	✓
Gym	✓	✓	✓	✓
Dance	✓	✓		✓
Challenge	✓			✓
Athletics	✓	✓		✓

All delegates will receive an electronic login to access all the resources. Hard copies of resources can be purchased from Youth Sport Direct, email information@youthsportdirect.org



TOPs cards

FRONT

- Focus on the activity
- An illustration of the activity
- A brief description of the activity
- How to develop an activity/idea
- Safety points
- Suggestions for equipment/resources
- STEP examples

BACK

- Focus on questioning
- Thinking Me (cognitive /creative ability)
- Social Me (social ability)
- Healthy Me (physical/mental health/personal ability)
- Physical Me (physical ability)

- NB** • Some slight variations on format
- Dance and Challenge cards include learning connection



Workshop outcomes

- Describe Sporting Promise and related programmes.
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SKILLS 2 PLAY

SKILLS 2 PLAY SPORT

Outcomes

- Delegates understand the position of the resource in relation to sport premium funding
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SKILLS²PLAY

**SKILLS²PLAY
SPORT**

WHAT? - developing physical literacy through extra curricular activity

WHY?

- Response to School Sport Premium
- YST & NGB's working collaboratively
- Link to Physical Literacy Framework
- Multi-skill and Multi-sport resource

HOW? - 3 Phases from 2013

SPEAR QUIZ

My name is:

My school is:

I am a: Boy Girl I am age:



Please complete this Quiz in the **1st week** of your Skills2PlaySport activities.



I do more than 30 minutes of physical activity every day most days some days never

I do more than 60 minutes of physical activity every day most days some days never

I look forward to playing games every day most days some days never

I think I am good at playing games every day most days some days never

Physical me

I get out of breath when I play games every day most days some days never

I get hot and sweaty when I play games every day most days some days never

I can learn new skills when I play games every day most days some days never

I know what I need to do to play games well every day most days some days never

Please turn over

Please return all quizzes to:
SPEAR, Canterbury Christ Church University, Canterbury, Kent CT1 1QU
Thank you!

Creative me

I help others when I play games every day most days some days never

I like playing games with others every day most days some days never

Social me

I can make up new ways to play every day most days some days never

I like to try new games every day most days some days never

Thinking me

I think about how to move when I play games every day most days some days never

I can say how my body feels when it moves every day most days some days never

Healthy me

I think being active is important every day most days some days never

I feel happy when I play games every day most days some days never

I try again if I don't get something right first time every day most days some days never

I am willing to take on new challenges every day most days some days never

SKILLS 2 PLAY

SKILLS 2 PLAY SPORT

- Evaluation of 1000 schools by SPEAR was the most positive report we have seen for a resource and programme
 - Training was highly praised
- Resource received outstanding feedback with many schools using it to support delivery of the curriculum
- Sport England asked us to continue with the programme

SKILLS 2 PLAY

- **The resources Years 1 and 2**
- Builds and develops children's movement foundation through activities that focus on fundamental movements
- Approach concentrates on the development of **locomotion, object control and stability** (Builds on Bupa S2M)
- Helps children develop wider skills, values and abilities in the **creative, cognitive, social, physical and personal.**

SKILLS²PLAY

Skills 2 Play builds and develops children's movement foundation through activities that focus on fundamental movements. This approach concentrates on the development of locomotion, object control and stability, which builds on the framework of the Bupa Start to Move programme. The approach also helps children develop their wider skills, values and abilities in the creative, cognitive, social, physical and personal.

Here are the activities:

Activity	Fundamental of movement	Main emphasis
High Roller	Object control	Rolling an object
Able to be Stable	Stability	Forming stable shapes
Balls and Beans	Object control and Stability	Keeping stable while using equipment
Close control	Object control	Controlling an object
Handy Ball	Object control	Manipulating objects
Cool catcher	Object control	Catching
Hit the target	Object control	Aiming
Jumping Jacks	Locomotion and Stability	Jumping and landing
Magic Mover	Locomotion	Running on different pathways
On the go	Locomotion	Different ways of moving
Rackets, bats and splats	Object control	Beginning to use a piece of equipment to hit something
Rock and Roll	Locomotion and Stability	Rolling the body
Smooth mover	Object control and Locomotion	Running with an object
Step it out	Locomotion	Walking, jogging and running
Super stable shaper	Stability	Making shapes with the body
Super stepper, giant jumper	Locomotion and Stability	Walking, hopping, leaping and jumping
Sweet feet	Object control	Kicking and sending with the feet
Team thrower	Object control	Throwing
Multi-skill Festival cards	Various invasion game skills	Assessment or a fun session of varied activities



SKILLS²PLAY



The Skills 2 Play cards are designed to be easy to use. Information on the front of the card can be used by the organiser initially and then by some of the older children. The back of the card contains information primarily for the organiser.

The front of the card

The front of the card has the following elements:

Movement outcomes

This lists simple outcomes that could be achieved through completing the activities.

What to do

The 'what to do' section lists all the information necessary to play the activity successfully.

Variation of the activity and differentiation for individuals through STEP

This lists ways of making the activities easier and harder through the use of the STEP framework.

Organisation

This provides simple ideas on the organisation of the space and the children.

Your challenge

For those children that are ready, this lists simple ways to extend the activity by setting personal challenges.

Safety

Some activities need specific safety advice and this is given on the card.

Equipment

The equipment suggestions on the front of the card give ideas for equipment needed to start the activity. On the back of the card are ideas for how different equipment can help with differentiation.

Think INC

This panel contains advice for ensuring everyone has an appropriate role within an activity.

Timing icons

To give organisers some help on timings, icons have been included that indicate if an activity is suitable for individuals, pairs or groups and appropriate time periods for the activity have also been added.

The back of the card

The backs of the cards offer guidance to organisers about how to develop the five abilities and these are listed as:

Thinking Me	This is based on developing the children's ability to think about the activities they are doing. The statements can be developed into questions by the organiser.
Social Me	These are statements to help develop the children's ability to work with each other and to help with the activity.
Healthy Me	This ensures children develop awareness of the health benefits of the activity, and they learn to do the activity safely.
Physical Me	These are simple statements designed to improve performance.
Creative Me	These are statements to encourage children to be innovative when doing or changing the activity.

Sporting connections

This is designed to help organisers link the skills to the game activities they support.



Story, literacy and numeracy links

Young children work very well in a creative environment. Story and literacy links have been included to enable this. Physical activity also provides a valuable practical learning environment for numeracy and ideas for this have also been provided.



Youth Sport Trust | Telephone: 01509 226600 | www.youthsporttrust.org

YST-S2P-001 | © Youth Sport Trust 2014

SKILLS²PLAY

Multi-skill Festival

The activities include:

- Slalom run
- Stepping stones
- Static balance
- Balance beam
- Target practice
- Standing long jump and speed bounce
- Dinosaur eggs
- Balance and copy
- Dice game
- Ball around the body and throw-clap-catch
- Bat and ball relay
- Running with the ball



SKILLS²PLAY

Multi-skill Festival

The activities included in this Multi-Skill festival are intended to develop the fundamental movement skills of locomotion, object control and stability. They could be used on their own as small and simple individual challenges.

The activities' main focus is shown in the following table:

	Stability	Object control	Locomotion
Slalom run	✓		✓
Stepping stones	✓		✓
Static balance	✓		
Balance beam	✓		
Target practice	✓	✓	
Standing long jump and speed bounce	✓		✓
Dinosaur eggs	✓	✓	✓
Balance and copy	✓		
Dice game	✓	✓	
Ball around the body and throw-clap-catch	✓	✓	
Bat and ball relay			✓
Running with the ball		✓	✓

The festival can be set up with three to four children per station with each station being controlled by a young leader who is familiar with the activity. Each activity can run for two to three minutes and then the children can rotate round. In this way, purposeful activity can easily be set up and then used by the children for 30-45 minutes.

The festival could be set up twice a term and used as a simple assessment of children's ability. Individual activities could be set up each day for children to challenge themselves and to practise.



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YST-S2P-001 | © Youth Sport Trust 2014

SKILLS **2** PLAY SPORT

- The resource Years 3 and 4
- Introduces children to a **multi skills approach** to learning in and through activities that focus on the **fundamentals of movement**.
- Approach focuses on the development of **movement and skills** that are then applied to small sided games that support development into playing all games
- The approach also helps children develop the five multi-abilities of **creative, cognitive, social, physical and personal development**

SKILLS 2 PLAY SPORT

Skills 2 Play Sport introduces children to a multi-skills approach to learning in an array of invasion activities that focus on the fundamentals of movement. This approach focuses on the development of movement and skills that are then applied to suitable small sided games that support development into playing of all invasion games. The approach also helps children develop the five multi-abilities of creative, cognitive, social, physical and personal development.

Here are the activities:

Activity	Main emphasis	Use as	Colour coding
Bulls eye	Aiming	Warm up; Skill development	The cards offer a simple colour coding system with coloured tabs on the right hand side of the card: Red: Warm up Orange: Skill development Green: Games Warm ups Many of the activities on the cards would make suitable warm ups, and have a red tab. Skill development These cards focus on the development of movement and games skills and have an orange tab. Games These cards show suitable small-sided games and have a green tab.
Stable and able	Stability	Warm up; Skill development	
Safe hands	Catching	Warm up; Skill development	
Pace maker	Changing Pace	Warm up; Skill development	
Pick your kick	Kicking	Warm up; Skill development	
Zig-zag	Movement patterns	Warm up; Skill development	
Objects on the move	Running with a ball	Warm up; Skill development	
Roll 'n' throw	Rolling and Throwing	Warm up; Skill development	
Space evader	Transferring weight, changing direction, evading	Skill development	
Movement makers	Moving with Others	Skill development	
3 v 3	3 v 3 in separate halves	Game	
Ultimate endgame	Game with scoring in an end zone	Game	
Find-a-goal	Sending and receiving activity with multiple goals	Game	
Gateway	Dribbling activity with multiple goals	Game	
Fast feet	Invasion game with moving and marking	Game	
Split Ends	Game with two goals at each end	Game	
Multi-skill Festival cards	Various invasion game skills	Assessment or a fun session of varied activities	



SKILLS 2 PLAY SPORT

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The front of the card

The front of the card has the following elements:
Movement outcomes
 This lists simple outcomes that could be achieved through completing the activities.
What to do
 The 'What to do' section lists all the information necessary to play the activity successfully.
Variation of the activity and differentiation for individuals through STEP
 This lists ways of making the activities easier and harder through the use of the STEP framework. **S** Space **T** Task **E** Equipment **P** People
Organisation
 This provides simple ideas on the organisation of the space and the children.
Your challenge
 For those children that are ready, this lists simple ways to extend the activity by setting personal challenges.
Safety
 Some activities need specific safety advice and this is given on the card.
Equipment
 The equipment suggestions on the front of the card give ideas for equipment needed to start the activity. On the back of the card are ideas for how different equipment can help with differentiation.
Think IN-C
 This panel contains advice for ensuring everyone has an appropriate role within an activity.
Timing icons
 To give organisers some help on timings, icons have been included that indicate if an activity is suitable for individuals, pairs or groups and appropriate time periods for the activity have also been added.



Youth Sport Trust | Telephone: 01509 226600 | www.youthsporttrust.org
 This resource has been developed with the support of England Basketball, England Hockey, England Netball, The Rugby Football League and The Rugby Football Union.



The back of the card

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Thinking Me This is based on developing the children's ability to think about the activities they are doing. The statements can be developed into questions by the organiser.
Social Me These are statements to help develop the children's ability to work with each other and to help with the activity.
Healthy Me This ensures children develop awareness of the health benefits of the activity, and they learn to do the activity safely.
Physical Me These are simple statements designed to improve performance.
Creative Me These are statements to encourage children to be innovative when doing or changing the activity.

Sporting connections
 This is designed to help organisers link the activities to the invasion games that these cards support:
 • Basketball • Handball • Hockey
 • Netball • Rugby League and Rugby Union
 On some of the cards specific variations for different sports are listed.
Spirit of the Games
 On each card at least one of the six spirit of the games values is mentioned. Organisers may well wish to emphasise other values during the activity and ensure that all children know the values before the activity session starts.



Timing icons
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SKILLS 2 PLAY SPORT

Multi-skill Festival

The activities include:

- Dazzling dribble
- Swervy slalom
- Aim straight
- Pass and move
- Through the target
- Shoot and score
- Tagility
- Score a goal
- Pressure catcher
- 1-2-3-4
- Around the square
- Swervy dribble



SKILLS 2 PLAY SPORT

Multi-skill Festival

The activities included in this Multi-Skill festival are intended to extend the fundamental movement skills of locomotion, object control and stability by using them in activities from invasion games. They could be used on their own as small and simple individual challenges. This set of activities has been designed for key stage two and is a progression from the multi-skill festivals for key stage one.

The activities' main focus is shown in the following table:

	Stability	Object control	Locomotion	Skills 2 Play Sport
Dazzling dribble		✓	✓	Moving with the ball
Swervy slalom			✓	Moving and evading
Aim straight	✓	✓		Accurate sending
Pass and move		✓		Passing
Through the target	✓	✓		Accurate sending
Shoot and score	✓	✓		Shooting and scoring
Tagility	✓		✓	Evading
Score a goal	✓	✓		Shooting and scoring
Pressure catcher	✓	✓	✓	Accurate passing and catching
1-2-3-4		✓		Accurate passing
Around the square		✓	✓	Accurate passing and moving
Swervy dribble	✓			Moving with the ball

The festival can be set up with three to four children per station with each station being controlled by a young leader who is familiar with the activity. Each activity can run for two to three minutes and then the children can rotate round. In this way, purposeful activity can easily be set up and then used by the children for 30-45 minutes.

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SKILLS **2** PLAY

SKILLS **2** PLAY SPORT

Outcomes

- Delegates understand the position of the resource in relation to sport premium funding
- Delegates understand how to use the cards
- Delegates understand the different sections of the cards and how they could be used
- Delegates understand how they can use the cards when planning sessions