

Integrating physical literacy into your school...



...to underpin your holistic approach to overall child development and embed school values.

It's easier than you may think!



Using PE and school sport to enrich your whole curriculum to support 'greater depth' learning.

As a school governor and a parent of three children, one a ten-year old daughter who cannot sit still, I have a personal as well as professional understanding of the challenges and opportunities that education presents across the whole spectrum of learning types and abilities.

My daughter isn't particularly academic and she struggles to concentrate. My middle child is a summer born four-year old boy in Reception class. He is a little behind where he should be with regards to attainment but he loves to move and play.

"Why does this matter to me?" I hear you say. Well my children I know love to be active and, by considering this when completing homework, it really helps. We can build games into their learning, take their mind off the challenge of numeracy or literacy and instead focus on their enjoyment, such as number recognition for my son, playing a game with hoops and having a fun competition.

I'm passionate about the positive impact that physical activity and sport has on a child's life. My best friends of 30 years I met through sport, my wife I met through sport and my career I built on sport. This ebook will explain the benefits that some people don't always recognise and the very BEST bit for school leaders in the current climate is that it doesn't cost a single penny to implement!



Danny Melling
Director | Premier



Click the image above to hear Yvonne Gandy talk about the positive impact role models can have through PESS.

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Kinaesthetic learning...

At Premier, we are passionate about PE, school sport and physical activity (PESS). We know the lifelong benefits it brings to children as they grow and prepare themselves for the wider world.



What is your approach to PESS?

Is it something you just deliver as it's a foundation subject or do you recognise the wider benefits to supporting your school improvement plans and the holistic approach to learning? It isn't all just about keeping fit and being active, although we all know the importance of that and the direct link to both physical and mental health!

Children excel in many different ways:

- ✳ Auditory learners - learn best by listening
- ✳ Read / write learners - learn best from books

...then there are kinesthetic learners - those who learn best by doing and having a go. Often, these children can be the ones who don't necessarily excel in the classroom environment and sometimes, just sometimes, they may be the children who can be disruptive in class or struggle to follow instruction. They may be the ones who have challenging behaviour as they become frustrated or struggle to cooperate with other children.

How do you normally support these children?

What is physical literacy?

Physical literacy is a concept that is generally seen as the significant outcome of physical education in our schools.

‘The physically literate child moves with confidence and physical competence in a wide range of challenging situations, environments and is able to respond relevantly by ‘seeing’ all aspects of the physical environment, anticipating movement needed with intelligence and imagination. They will have the motivation, knowledge and understanding to value and take responsibility for maintaining purposeful physical activities at a level appropriate to them - for life’.

This definition supports our view in that being physically literate is not just about the body and what it does, but also about how it does each activity - this brings both physical and mental capacity together, as physical capability, perception, memory anticipation and decision making are involved.

Margaret Whitehead, an expert and researcher in the area of Physical Literacy, talks about the importance and uniqueness of every child and the need to provide a range of experiences that enable them to make progress, stay motivated and involved in being physical.

Our job is to make the journey special and relevant to all our children - but it is a brave head teacher who creates a tailored programme to meet the physical needs of different children and takes on board the notion of physical literacy as a life chance concept. It is not something we can put on a skills checklist of can or can't do but more about creating a firm foundation of essential experiences which are relevant to each child's capability and a prerequisite for interacting, thinking and learning in a diverse range of contexts and physical activities in support of competent and confident movement.



Click the image above to see Yvonne talk about our 'body for life'.



A physically literate child will, through physical movement:

Be motivated to engage and make the best use of their body, its movement competence and capacity.

Be self confident in their physical action(s) in a wide variety of physically challenging situations.

Anticipate and refine movement needs in response to a changing physical environment.

Be resilient, cooperative and have high self esteem within a range of physical activity.

Communicate positively individually and when interacting with others.

Clearly articulate, using relevant language, the essential aspects that influence the effectiveness of movement performance.

To support each child in achieving these outcomes, it is important to provide movement opportunities that are an entitlement if each child's physical literacy is to be improved.

If we are to promote physical literacy across the lifespan of a child in school and beyond - how we interact and engage with each child as adults is critical. The following 5 dimensions may help guide your interaction:

Spatial awareness	People & relationships	Body awareness	Object awareness	Movement impact
Where does my body move?	With whom does my body move?	What is my body doing to move?	With what is my body moving?	How is my body's movement contributing to the quality of my life?
Explore and encourage children to work in spaces of different shape, type, surface and size; move in different directions and pathways in space – both in and outside; by themselves and with others.	Explore and encourage children to be physically active by themselves, with friends of the same or different gender; in character or in a range of roles; with different or same ability.	Explore and encourage children to participate in activity for a different duration; different combinations of physical actions – sometimes light, heavy, slow, quick, sustained; different types of activity using different body parts.	Explore and encourage children and their effective use of a range of objects of different type; use; height; width size; texture; weight; angle; elevation; angle; property in a range of ways and activities.	Encourage children through you/their use of praise, feedback, identifying learning outcomes; providing challenging and supportive tasks; celebrating and providing performing opportunities.

Our gift to you...

Here's our gift to you - it's our Sporting Values. Please try it the next time children compete or take part in an after school club.

This document is a perfect example of how you can use PESS to support the school's holistic approach to overall child development. By embedding physical activity and PESS into the daily routine of school, life can really underpin every aspect of child development from physical and emotional wellbeing to educational achievement - there is evidence to prove that healthy and active children achieve better academically too.

It can be used as an intervention resource, behaviour management tool plus lots of ways to support cross curriculum and child development - the more creative the better!

It's a way of really engaging the less engaged children too, by moving the learning away from the classroom and onto the sports / playing fields while having the same impact.

British Values:

British values is hot topic in schools at the moment and there's not many schools we visit that don't have a display board showing how children and school have implemented and demonstrated them into their school culture. We're also aware that school leaders have put lots of thought and planning into what this means for their school. Therefore, we wanted to demonstrate the link between 'Sporting Values' to the more general 'British Values'.

[Download the PDF](#)

Why?

After reading an article by German football manager Jurgen Klopp, Manager of Liverpool FC, Director Danny Melling was inspired to create the Premier Sporting Values:

"The article explained why he loves 'team' sport and his favourite aspect in particular being the fact that it's 'a good school for life when you bring your best and make those around you better too: helping others in difficult moments.' I couldn't agree more with his comments, having grown up in a team environment myself, knowing that you may let yourself down but you don't want to let down your team mates. It really helped me to learn about respect, adhering to rules, perseverance (as a young boy I wasn't as physically developed as other boys so I was often a substitute) and the desire to achieve your goals and never give up!"

In an increasingly demanding and competitive world, we need to prepare our children for life after education. They must be able to face the challenges that life throws at them, be resilient and determined to be their best and get through the tough days. They need to be ready to compete for jobs in a firm but ethical way. They must learn to respect others in society and both win and lose with respect - these are all things that can be taught better in a sporting environment than sat behind a desk in a classroom!



So, let's link this to your PESS!

When attending interschool competitions do your children understand 'WHY'?

- ✿ Why are they competing?
- ✿ Why have they been selected?
- ✿ What does it mean to represent their school?
- ✿ Are they aware of the privilege?
- ✿ Are they aware of their responsibility and reward?
- ✿ Do they feel pride in pulling on the school colours, representing their teachers and rest of their school friends?



How to use it effectively:

I know life is incredibly busy and teachers have a million and one things to focus on. So often it can be a case of just getting the letters out to those who wish to take part and then focus on getting them there safe and sound. But, are you missing an opportunity here to really engage those with self esteem issues? Those children who are not always top of the class academically or stood up at the front of assembly for good writing.

Why not have a 'team meeting' beforehand to run through this 'agreement' and ask the children what it means to them? Ask them all to make a commitment, even ask them to suggest some of their own rules and commitments to each other based on your school values.

Make this whole piece into a nice display board in school and then 'take your learning to the sports pitch!'

If you have children who need to learn perseverance in class, how to cooperate with other children or even follow simple rules then here's your chance - in their domain, where they enjoy it most and feel comfortable! Simple isn't it. Well how about taking it to the next level? Why not engage those boys who are disengaged with writing or the girls who don't want anything to do with physical activity? You can build a piece of writing into this whole experience. Why not ask the players to write a newspaper report, why not have some children being reporters at the game? Maybe someone could be the time keeper and score keeper. Could you link your numeracy objectives cleverly into this tournament?

How about ICT, history and geography? Your media team could complete a 'pupil lead' project based on the origin of the sport and the countries where it's most popular - a creative curriculum where you can use PESS to underpin your whole school culture, whether you or the children consider themselves 'sporty' or not!

As a governor, I know that many schools face the challenge of 'closing the gap' and how to engage boys, for example with their numeracy or literacy!

My suggestion is to use your PESS! It's a fantastic way to support children and underpin your whole school ethos, values and curriculum.

My son's school uses an online observation and parent interaction app called 'Tapestry'... it's fantastic.

The school staff upload photos and comments of your child to share with parents so that you can be involved in their learning, see what they are up to and engage with your child instead of getting the usual vague responses to, "What have you learned today at school?"

One observation in particular recently struck a chord with me when the class teacher uploaded a photo of my son in the construction area. The observation reported that my son "loves the construction area, so they take his learning to that area." Brilliant!

This is fantastic and makes complete sense. Now how many schools do this with PESS for all children (in particular boys) in KS 1 & 2?

Conclusion...

So next time you think PESS, please don't just think it's a one off competition or 1-2 hours per week PE. Consider using it to support your children and prepare them for the world that awaits them - where they will need to compete for jobs in a firm yet fair way, where they will need to abide by rules when they get that job, where they will need to summon the determination and perseverance to succeed at that job and earn a promotion, working well as part of a team but also showing leadership qualities and initiative to work alone as they harness their passion, to hold on to that never give up attitude, to own their own company and build a team of their own using the values they have learned throughout their life... I told you we were passionate about it didn't !!

Danny Melling

Director | Premier



What's next?

Would you like us to come in and deliver a **FREE health and activity day worth £200*** at your school?

We can demonstrate how collaborating with Premier and linking our British 'Sporting' Values with your own school values can help to really enrich your curriculum.

Contact us today:

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#Itsaboutsomuchmorethanwinning



*prices vary depending on location

Be part of the journey...



It's not about being better than anyone else, it's about learning how to be the best that you can be.

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Kinaesthetic learning: www.learning-styles-online.com/style/physical-bodily-kinaesthetic/



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