

Active Schools are Stronger Schools



wesport

INSPIRING ACTIVE LIVES

Find out how Wesport can provide support to help your school deliver a high quality PE, Sport and Physical Activity experience for all, ensuring this maximises impact on whole school improvement.

Pupils who are more active are likely to:

- Achieve better academically.
- Show higher levels of happiness and self-esteem.
- Improve their physical health.
- Improve their mental health.

(Research from Sport England and Public Health)



PE and Sport Premium

Wesport are able to support your school to utilise your funding effectively to make additional and sustainable improvements to the quality of PE, physical activity and sport you offer. This is through the provision of:

- 1:1 support – training on how to evidence impact and the key role physical education has in meeting the requirements of the new Ofsted framework.
- Up to date information, including the latest from The Department for Education.
- Swimming Guidance.
- Case studies and examples of good practice.
- PE Mentor Scheme.

www.wesport.org.uk/sportspremium



The Daily Mile™

A simple and free whole school activity, which will get children out of the classroom for 15 minutes, 3-5 days a week, to run or jog at their own pace. Wesport can provide help and support from our designated Daily Mile Coordinator to initiate this scheme in your school.

Benefits include:

- Free welcome pack and resources on sign up*.
- Competitions run through the academic year with prizes for participating schools.
- Improvements in physical, mental, social and emotional wellbeing.
- A fully inclusive opportunity to help children develop greater resilience and determination.

www.wesport.org.uk/TheDailyMile



*The Daily Mile' name and logo are trademarks of The Daily Mile Foundation, Hawkslease, Chapel Lane, Lyndhurst SO43 7FG (Registered Charity Number 1166911). All rights reserved.

*Welcome packs only available if opted into communications.



The West of England School Games

A wide variety of local and county sport competitions open to all young people aged 4 - 18, designed to boost participation in sport and physical activity. With a year-round calendar of competitive school sport, the programme consists of:

- Open qualifying competitions delivered by School Games Organisers (SGOs) and the County Finals by Wesport.
- Inclusive sport and physical activity opportunities aimed at less active and semi-sporty children.
- Volunteering opportunities to develop young people's employability skills.
- We can also offer bespoke Young Leader training - to find out more, please contact richard.colman@wesport.org.uk
www.wesport.org.uk/schoolgames

Satellite Clubs

Wesport manages this Sport England funded programme with funding available for extra-curricular projects that support 14-19 year olds who are inactive.

- Focus groups include females, young people with disabilities and those from lower socio-economic groups.
- Funding supports costs related to project delivery, e.g. coaches, leaders, facilities and equipment.
- Hareclive Academy, Bedminster Down School and Bradley Stoke Community School are current delivery sites. Their success relies on positive community links to add sustainability to projects.
www.wesport.org.uk/satelliteclubs



Active Lives Survey

Each term Sport England provide Wesport with a random sample of schools selected to take part in the Active Lives Survey.

- Easy for schools to administer, it only takes pupils 20 minutes to complete online.
- Following completion, you will receive a free, bespoke report from Sport England that includes information on participation, wellbeing and attitudes to sport.
- Equipment vouchers are provided to say thank you (all data contributes to national research).

www.wesport.org.uk/activelivesurvey

Healthy Schools Rating Scheme - a voluntary scheme that recognises and encourages your contribution to supporting pupil's health and wellbeing. You will receive a rating to determine how well you are promoting healthy eating and physical activity. www.gov.uk/government/publications/healthy-schools-rating-scheme



Teacher CPD Opportunities

- Wesport organise and deliver an annual Primary PE Conference. To find out more about the conference- www.wesport.org.uk/primarypeconference
 - Organised workshops in response to teacher needs.
 - Safeguarding and First Aid Workshops - www.wesport.org.uk/workshops
 - A number of SGOs also run a programme of local CPD opportunities. To find out more - www.wesport.org.uk/takepart.
- For additional CPD support - www.wesport.org.uk/CPD



For further details please contact:
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