



THE OLD PARLOUR & THE OLD DAIRY |  
LAMPOR MANOR | NORTHAMPTON | NN6 9HF



01604 686367



[WWW.PACESETTERONLINE.CO.UK](http://WWW.PACESETTERONLINE.CO.UK)



# PACESETTER

## SPORTS & WELLBEING AWARDS 2019/20

### CRITERIA FOR SCHOOLS



# INTRODUCTION

This free Award is brand new for the academic year 2019/20 to reward schools for their commitment to the following :

- Quality of their PE & School Sport
- **LEVEL 1** - Internal (House/Class) School Competitions
- **LEVEL 2** - Inter School Competitions & Fixtures
- **LEVEL 3** - County/regional/national representation by school team or individual (KS2)
- Extra curricular clubs
- Young leaders involvement
- Links to outside clubs and agencies
- Promotion of children's mental health and emotional wellbeing

The award will focus on EYFS/KS1 and KS2 in all of the areas. It will involve teachers, parents and the whole community. Pacesetter believe there is a link between positive wellbeing and sport which explains the introduction of an award that complements the two. Our aim is to get as many children involved in sport and wellbeing as possible. This means that if a school takes part in various competitions run by other agencies, other schools or organisations Pacesetter will recognise all of them as long as they are run in a 'competitive' environment and be as inclusive as possible.

The award will demonstrate recognition of the dedication to the school in the areas mentioned above. The certificate will demonstrate clear quantitative data and actual %'s in order to demonstrate to schools, parents and the wider community what exactly the school has achieved in certain areas. Also, qualitative data will be needed through observations and interviews. It should provide a valuable evaluation tool when linking aspects of the 'Sports Premium Funding' and the impact it has on your school. The school should have a system in place to track young people's participation in extra curricular sporting activities, participation in competitions/fixtures and involvement of young leaders inclusive of physical activity.

**IF PACESETTER HAVE A PE LEAD ROLE WITHIN THE SCHOOL IT WILL BE PACESETTER'S RESPONSIBILITY TO MANAGE ALL AREAS, TAKING ANY ADDITIONAL WORK OFF THE SCHOOL.**

**IF YOU DO NOT HAVE A PE LEAD ROLE AND YOU WOULD LIKE TO BE PART OF THIS AWARD, THE SCHOOL WILL NEED TO SUBMIT THE DETAILS BY 30TH JUNE. THIS AWARD FOCUSSES ON BOTH THE EMOTIONAL AND PHYSICAL WELLBEING OF A SCHOOL AND GIVES THEM THE STATISTICAL INFORMATION ON THE CERTIFICATE THAT CAN BE SHARED.**



## QUALITY OF PE

Minimum of 2 sessions of PE each week. These need to involve progressive sessions and include every aspect of delivery; Warm ups – Skill Development – Group activity – Game. It should include plenaries and learning outcomes and also English and Maths through PE. It should include elements of Wellbeing aspects e.g Sportsmanship, positivity. There may be evidence of upskilling involved during the year and team teaching.

School to have a notice board or system that promotes all activities for children and teachers and uses social media for parents and the wider community. Notice boards can be used to raise awareness of school clubs, fixtures/results, team sheets, house teams, personal challenges.

**CERTIFICATION – IF THE SCHOOL PASSES THIS SECTION THERE WILL BE MENTION OF THE ABOVE AREAS ON THE CERTIFICATE.**

## LEVEL 1 – INTERNAL (HOUSE/CLASS) SCHOOL COMPETITIONS

This involves some emphasis on competitiveness within school time, both team and individual. Examples include Team or House matches (Excludes Sports Days). Individual competitions include challenges set.

**CERTIFICATION – % OF CHILDREN TAKING PART IN COMPETITIONS ONCE A FULL TERM (AT LEAST 3 TIMES PER YEAR) – NOTE: EYFS ONE PER YEAR.**



## LEVEL 2 - INTER SCHOOL COMPETITIONS & FIXTURES

This involves schools taking part in competitions with other schools. It does not matter on the provider of these competitions but the following should be in place:

- The rules have been sent out in advance of the competition;
- Acknowledgement of Risk Assessments and Health & Safety
- Certificates and medals awarded from Year 1 upwards. Certificates for reception competitions

Some of the sporting opportunities should be targeted for young people with SEN and other targeted groups relevant to your school.

1-1 fixtures are organised between 2 schools and can be in any sport. The idea is to give children additional sporting opportunities beyond the formal multi-school competitions. A variety of sports and year groups to be organised.

**CERTIFICATION - % OF CHILDREN TAKING PART IN AT LEAST ONE COMPETITION. HOW MANY DIFFERENT SPORTS AND COMPETITIONS/FIXTURES COMPLETED.**



## LEVEL 3 - COUNTY/REGIONAL/ NATIONAL REPRESENTATION

This involves teams or individuals. From a team aspect these are teams that have qualified for a County Final. It needs to involve a qualification system to another, higher level of competition. An individual would be a child representing their County, their region or National team outside of school. This can be in any recognised sport.

**CERTIFICATION - % OF CHILDREN INVOLVED (KS2 ONLY).**



## EXTRA CURRICULAR CLUBS

Provide a varied timetable of clubs, and provide opportunities for SEN and the less active children. To include at least one wellbeing type club – Mega Mindsetters, Yoga, Change 4 Life. To be able to offer an award scheme, whether internal or external e.g British Gymnastics.

**CERTIFICATION - % OF WHOLE SCHOOL TAKING PART IN AT LEAST ONE CLUB. BREAKDOWN OF KS1 % AND KS2 %.**



## YOUNG LEADERS

Involving children across KS2 in either managing or officiating. Examples could include Playmakers Award, planning and delivering their own PE or officiating in either external (Competitions/Fixtures) or internal matches (House Matches or team competitions within school). It could include a captain of of a house team or competition/fixture captain.

**CERTIFICATION - % OF KS2 TAKING PART IN EITHER PLAYMAKERS, LEADING PE OR OFFICIATING.**





## CLUB LINKS OUTSIDE OF SCHOOL

Creating positive and long lasting partnerships with clubs outside of school. This could involve sports clubs e.g a local rugby club or a leisure centre, discounts or free passes to use the swimming pool. It could also involve a more Wellbeing perspective e.g. Brownies or Scouts. It could also involve a charity coming in for an assembly that may be linked to sport.

**CERTIFICATION – HOW MANY CLUB LINKS HAVE BEEN SET UP WHICH INVOLVES TASTERS OR ASSEMBLIES FOLLOWED BY LEAFLETS OR PARENTMAIL.**

## PROMOTION OF CHILDREN'S MENTAL HEALTH AND EMOTIONAL WELLBEING

The School is proactive in creating a positive culture around children's mental health and emotional wellbeing. It is recognised that the approach will be unique to each school, however we advise that it involves training staff in mental health awareness\* and a strong PSHE provision covering wellbeing topics. Small group work and 1-2-1 mentoring is also recommended. Throughout sports coaching sessions, key wellbeing messages should be communicated as these provide excellent learning opportunities for the children (e.g. having a growth mindset, showing respect and kindness to others, overcoming challenges).

\*For a one-form entry school, at least 1 staff member should be qualified as a Youth Mental Health First Aider (or suitable equivalent qualification). This is increased to at least 2 staff members for two-form entry schools and at least 3 staff members for three-form entry schools.

**CERTIFICATION – % CHILDREN TAKING PART IN WELLBEING PROGRAMMES, CAN INCLUDE PSHE OR EQUIVALENT, MENTORING OR EVIDENCE OF USE DURING PE.**

