

## How has PE Contributed to the Whole School Health and Well-Being?

### Examples of Practice.

#### Health and Well-being.

- The PE Coordinator attended the Change4Life Sports Club Training.
- An After School Change4Life club was set up.
- Open to all pupils but targeted at those pupils who needed support to increase their gross motor skills, boost their levels of confidence and self-esteem and raise their level of disengagement from sport.
- Club based on fun and enjoyable games which would not normally be associated with sport.
- Outside coach also brought in and briefed to deliver many of the activities with an emphasis on fun.
- Pupils put skills they have learnt to participate in festivals in both inter and intra competitions.

#### What has changed for the pupils?

- ✓ The pupils have gained confidence and have made huge progress with their self-esteem. Nearly all of the targeted pupils are now willing to put their hand up in class.
- ✓ Many of the pupils have progressed with their gross motor skills and have improved greatly in their ability to pass, catch and throw a ball, play in both a team and single game and are now able to extend these skills to outside of the club - play times/lunch times and at their curriculum PE lessons.
- ✓ Some pupils have progressed so much that they have completed the Chance to Shine Young Leaders Programme. One pupil has gone as far as to say that he now has the confidence to stand up in front of all the pupils who attend the PE sessions (around 20) and explain to them the rules of a warm up game which is something he would never have been able to do before.

#### What has changed for the school?

- ✚ The school has won the Sainsbury School Games Gold Award.
- ✚ The quality and quantity of attainment has been raised considerably by targeting these pupils.
- ✚ The parents have commented on the level of confidence and self-esteem being displayed by some of the pupils and how this has been transferred to home.
- ✚ The change of confidence and self-esteem has progressed throughout the whole school and with support from the Head teacher, Senior Management Team and

whole school staff we have been able to keep up the progress that these pupils have made.