





**DERBY CITYSSP**  
SCHOOL SPORT PARTNERSHIP

  
**DERBY COUNTY**  
Community Trust

---

**Summer Term  
2019 Report**

Markeaton Primary School





# The power of an active school...

In 2018-19 we have supported schools through...



## Creating a culture of active, healthy learners

**26 minutes** of additional physical activity were added to the school day in our Active Schools.



## Boosting learning and achievement

**75% of staff** reported pupils were better engaged in lessons after physical activity.



## Ensuring the inclusion of all young people

**10 special schools** supported and SEND specific opportunities provided in **15** mainstream schools.



## Building knowledge, skills and confidence

**125 teachers** mentored each year with all reporting improved confidence and/or competence.



## Sharing good practice and high quality tools and resources

**230 delegates** at our Active Schools Conference inspired to create a culture of active, healthy learners.



## Supporting staff with their health and wellbeing

**100% of teachers** increased their confidence in supporting mental health issues after attending our Mental Health First Aid course.



## Developing life skills to improve health and wellbeing

**54% of pupils** increased their emotional health and wellbeing scores after being part of an Active School.



## Tackling inactivity and improving physical literacy

**11,000+ pupils** were inspired to become active at **200+ events** and **580 children** enjoy taking part in weekly after school clubs.



## Improving behaviour, concentration and readiness to learn

**76% of pupils** improved their physical development, supporting better handwriting and concentration in lessons.



## Engaging families to advocate the importance being active and healthy

**180 parents** engaged in our Healthy Lifestyle workshops to encourage an increase in physical activity and healthy eating.



## Changing attitudes towards health and wellbeing

**968 adults** regularly engaged in our physical activity and health programmes to support a whole family approach.



## Promoting opportunities to lead an active, healthy lifestyle

**600+ children** participating in weekend and holiday programmes beyond the school environment.



## Derby County Community Trust are the Official Charity of Derby County Football Club.

Registered Charity Number 1123520

As a charity working at the heart of the community, our mission is to use the power of Derby County Football Club to improve lives through sport, physical activity and education.

Across 2017 alone we invested £1.7 million into the community, allowing us to work regularly with 17000 participants ranging from the age of 3 to 98 at over 200 weekly sessions.

Our purpose across the community is to:

- Encourage participation and achievement in sport.
- Improve health and wellbeing by promoting positive lifestyle changes.
- Provide, enhance and influence education.
- Promote equality and diversity.
- Produce more leaders, coaches and volunteers.
- Govern the operations of DCCT efficiently and effectively.

Our work has recently seen Derby County named Community Club of the Year by the EFL.



# Your affiliation

Welcome to our network – by affiliating to us we are working together to:

- Use the power of Derby County Football Club to inspire and motivate pupils to be active, healthy learners
- Ensure ALL young people benefit from PE, Sport & Physical Activity
- Celebrate and advocate PE, Sport & Physical Activity
- Develop teachers knowledge, skills and confidence
- Improve PE, Sport & Physical Activity delivery
- Create an inclusive environment and provide opportunities for all pupils
- Use PE, Sport & Physical Activity as a tool for whole school improvement
- Discover how other schools successfully deliver PE, Sport & Physical Activity
- Offer a wider range of opportunities to encourage 30 daily active minutes
- Signpost young people to community sport and physical activity

# Primary PE & Sport Premium Funding

Our affiliation package is recognised as an ideal use of some of your Primary PE & Sport Premium funding and is designed to fulfil all the Key Indicators of the funding:

- The engagement of all pupils in regular physical activity
- The profile of PE and sport is raised across the school as a tool for whole school improvement
- Increased confidence, knowledge and skills of all staff in teaching PE and sport
- Broader experience of a range of sports and activities offered to all pupils
- Increased participation in competitive sport

# Contents

**Affiliation poster**

**Events and workshops uptake**

**How we've helped your school...**

**How we've helped your staff...**

**How we've helped your pupils...**

**Family newsletter**

**Photos**

**Next term's events**

# Contact us



**[derbycountycommunitytrust.com](http://derbycountycommunitytrust.com)**



**[derbycityssp.co.uk](http://derbycityssp.co.uk)**



**01332 416140**



**[info@derbycityssp.co.uk](mailto:info@derbycityssp.co.uk)**

# Events Uptake

<u>Event</u>	<u>Date</u>	<u>Girls</u>	<u>Boys</u>	<u>Total</u>
Golf Plus	01/05/2019			
Primary Tri Golf	01/05/2019			
DCCT Y1/2 Football Festival	02/05/2019			
Y5/6 High 5 Netball	07/05/2019			
Y3/4 Fitness is Fun (AM)	08/05/2019			
Y3/4 Fitness is Fun (PM)	08/05/2019			
Multi Sport Festival (AM)	09/05/2019			
Multi Sport Festival (PM)	09/05/2019			
Y1/2 Gymnastics	14/05/2019			
F/KS1 Fundamentals (AM)	15/05/2019			
F/KS1 Fundamentals (PM)	15/05/2019			
Football Plus	23/05/2019			
Y3/4 Futsal	23/05/2019			
Play on the Pitch	24/05/2019			30
Primary Quicksticks Hockey (AM)	04/06/2019			
Primary Quicksticks Hockey (PM)	04/06/2019			
Y3/4 Girls Football Festival	05/06/2019			
Primary Quadkids Athletics	06/06/2019			
Year 5/6 Kwik Cricket (AM)	10/06/2019			
Year 5/6 Kwik Cricket (PM)	10/06/2019			
Year 5/6 Kwik Cricket (AM)	11/06/2019			
Year 5/6 Kwik Cricket (PM)	11/06/2019			
Primary Girls Kwik Cricket	12/06/2019			
Joy of Moving Festival (AM)	13/06/2019			
Joy of Moving Festival (PM)	13/06/2019			
Cricket Plus	14/06/2019			
Year 5/6 Kwik Cricket Finals	14/06/2019			
KS1 Fitness is Fun (AM)	18/06/2019			
KS1 Fitness is Fun (PM)	18/06/2019			
Tennis Plus	19/06/2019			
Year 5/6 Mini Tennis	19/06/2019			
Y3/4 Mini Tennis (AM)	20/06/2019			
Y3/4 Mini Tennis (PM)	20/06/2019			



# Events Uptake

<u>Event</u>	<u>Date</u>	<u>Girls</u>	<u>Boys</u>	<u>Total</u>
Y5/6 Grass Track Cycling	25/06/2019			
KS1 Mini Games Festival (AM)	26/06/2019			
KS1 Mini Games Festival (PM)	26/06/2019			
Primary Rounders (AM)	27/06/2019			
Primary Rounders (PM)	27/06/2019			
Athletics Plus	02/07/2019	4	6	10
#ThisGirlCan Festival	02/07/2019			
Primary Track and Field Athletics	11/07/2019			
Y3/4 Kwik Cricket	16/07/2019			



# Workshops Uptake

<u>Workshops</u>	<u>Date</u>	<u>Attended</u>
Outdoor and Adventurous (OAA)	17/05/2019	
Breakfast Briefing	22/05/2019	
Action Plan Writing Support	24/05/2019	
Active Learning Workshop	03/06/2019	
School Games Application Mark Support	07/06/2019	
2019-2020 Planning Support	12/07/2019	



# Working with schools...

Supporting your school to develop an environment that enables all pupils to be active, healthy learners.

## Core Affiliation Package

- PE & Sport Premium funding guidance and support
- Head Teacher updates
- Termly reports
- Governor training
- Health & Safety guidance
- Weekly e-bulletin
- Affiliation plan and logo

## Enhanced Affiliation Package

- Audit and needs analysis
- PE & Sport Premium funding action plan writing support
- PE & Physical Activity Policy writing support
- Pupil fitness measurements
- Pupil mental well-being measures
- PTA support with fundraising

## Affiliation Bolt-On Programmes

- Pupil fitness measurements
- PE & Sport Premium funding action plan writing support
- Kitemark application support
- School based holiday club





# How we've helped your school...

## Fitness measures

Summer 2019

Summary: DCCT staff completed and analysed fitness assessments, which can be used to measure the impact of increasing physical activity across school

The session included:

- Second fitness measures completed in Summer term for two classes

Impact:

- The initial shared data allowed you to identify which children might benefit from accessing further activity to boost their fitness and reduce sedentary behaviour
- Raised awareness of how your pupils compare with other local schools.
- The second measures gives you an indication of the impact of increasing physical activity in school

All children (40 tracked)	Average distance covered per person in ten minutes (metres)
Baseline measure	1263
Second Measure	1134

Clayton/Beddington	Average distance covered per person in ten minutes (metres)
Baseline Measure	1185
Second Measure	1172

Hughes	Average distance covered per person in ten minutes (metres)
Baseline Measure	1296
Second Measure	1134

Fitness levels	Number of Children	%
Improved	9	23%
Stayed the same	3	8%

- Of the 23% that improved their fitness levels, they increased the distance run by an average of 205m in 10 minutes

Next steps: Continue to monitor the levels of additional physical activity being built into the school day

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)



## Working with staff...

Equipping staff with the knowledge, confidence and skills to ensure all pupils can thrive as active, healthy learners.

### Core Affiliation Package

- Training workshops
- Annual conference
- Networking opportunities
- PE Coordinator support
- NQT training
- Premier League Primary Stars/ national initiatives

### Enhanced Affiliation Package

- Active school day training
- Whole school INSET
- Mental health first aid training
- Active lunchtime training
- Teacher support
- Rammie's Daily Mile
- Winning Minds package
- Premier League Primary Stars

### Affiliation Bolt-On Programmes

- Mentoring
- Teacher support
- Whole school INSETs
- Curriculum resources
- Level 5/6 Qualification
- Level 3 Qualification
- Physical Literacy programme
- Mental health first aid training





# How we've helped your staff...

## Level 5 Specialism in Physical Education

2018-2019

### Summary:

- Rachel Hughes is undertaking the Level 5 Professional Qualification in Primary School PE (afPE/ Sports Leaders UK) delivered by Derby City SSP

### Units covered to date:

- Understanding primary school PE
- Principles of pedagogy in primary school PE
- Using assessment to impact on learning and progress in primary school PE
- Teaching primary school PE

### Impact:

- Upon completion of the qualification delegates will be upskilled to improve the overall quality of the PE curriculum

### Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Increased confidence, knowledge and skills of all staff in teaching PE and sport (KI 3)



# Working with pupils...

Inspiring and motivating all pupils to be active, healthy learners, through high quality events and programmes.

## Core Affiliation Package

- Events calendar
- Primary Leadership conference
- Rammie's Daily Mile resource
- Child Weight Management pathway
- Choose 1:
- +Sport Move and Learn
- Resilient Rammie
- Rammie's Daily Mile resource
- Themed activity day

## Enhanced Affiliation Package

- Lunchtime & after school club
- SEN lunchtime club and curriculum coaching
- Rammie's Healthy Heroes
- Winning Minds package
- +Sport Move and Learn
- Resilient Rammie
- Anti-bullying/ anti-racism workshop
- School sport festival
- Choose 2:
- FUNdamentals football
- FUNtastics
- Interschool challenge
- Choose 1:
- School Sport Council training
- Mini Leaders award
- Intra-competition challenges

## Affiliation Bolt-On Programmes

- Lunchtime & after school club
- PPA coaching
- Premier League Reading Stars
- Matchday Maths
- Mini Sports Leaders Award
- Intra-competition challenges
- School Sport Council training
- Cluster level competitions
- School sport festival
- Winning Minds package
- Stadium tours
- Anti-bullying/ anti-racism workshop



# How we've helped your pupils...

## +SPORT MOVE AND LEARN

Summer Term

### Summary:

A six week health education programme aimed at year 5 pupils .

### The session included:

- Delivery by a qualified and experienced member of the DCCT coaching team
- Classroom based activities and learning
- A range of topics covered including the importance of physical activity, impact of physical activity on the body and mind as well as creating a balanced daily meal plan.
- Physical activity using football, dodgeball and handball to engage the children

### Impact:

Through these sessions we :

- Engaged children in lessons using the power of sport and DCFC
- Provided opportunities for children to engage in being active during the school day and therefore contribute to their accumulative total of active minutes for the day
- Increased pupils awareness of which physical activity contributes towards their recommended 60 minutes per day.
- Increased understanding of the impact of physical activity on the body and mind.
- Explored with children what a balanced diet across a day looks like including portion sizes.

### Next steps:

- Rammie's Healthy Heroes package
- Healthy Lifestyle workshops

### Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)

# How we've helped your pupils...

## Sky Ocean Rescue #PassonPlastic

### Summary:

A workshop supporting the national Sky Ocean Resuce campaign to #PassonPlastic to encourage children to reduce their use of SUP.

### The workshop included:

- Identifying what single use plastic is.
- Understanding the lifespan and impact of single use plastic.
- The pupils using their voice to challenge, friends, families, businesses and organisations to reduce SUP.

### Impact:

Through hosting these sessions you:

- Increased pupils awareness of the impact of SUP on environment.
- Educated pupils about the lifespan of SUP.
- Empowered pupils to use their voice to make a difference and challenge change.

### Next steps:

- DCCT to post your completed letters.
- Notify DCCT if any of your pupils receive a response.
- Look out for the Social Action Project launching in September 2019

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The profile of PE and sport is raised across the school as a tool for whole school improvement (KI 2)

## Derby City SSP Events

Summer Term 2019

### Summary:

Pupils at Markeaton Primary School have taken part in events ran by Derby City School Sport Partnership during Summer Term.

### Impact:

Broader experience of a range of sports and activities offered to pupils

Increased participation in inter school competitions

Pupils are motivated to be active and enjoy taking part in competitions and festivals

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)
- Increased participation in competitive sport (KI 5)



# How we've helped your pupils...

## FUNDAMENTALS COACHING

Summer 2 2019

### Summary:

Delivered as either FUNdamentals Through Football or FUNTastics (gymnastics themed) delivery aims to increase the basic agility, balance and coordination skills of FS2 or KS1 children. The sessions included:

- Delivery by a qualified and experienced member of the DCCT coaching team
- 6 x 1hour sessions
- Progressive sessions and scheme of work
- Opportunity for teachers to observe children without needing to lead the session

Delivered to 2x classes - Wednesdays

### Impact:

Through hosting these sessions you :

- Provided opportunities for children to engage in being active during the school day and therefore contribute to their accumulative total of active minutes for the day
- Provided opportunities for children to improve their FUNdamental movement skills
- Encouraged children to experience an increased range of physical activity

### Next steps:

- Further FUNdamentals Coaching delivery
- Highlighting children who would benefit from our Physical Literacy programme or other interventions

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- Increased confidence, knowledge and skills of all staff in teaching PE and sport (KI 3)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)

## Derbyshire School Games

Summer Term 2019

### Summary:

Pupils at Markeaton Primary School took part in the Go Ride Competition at the Derbyshire School Games

### Impact:

Broader experience of a range of sports and activities offered to pupils

Increased participation in inter school competitions

Pupils are motivated to be active and enjoy taking part in competitions and festivals

Primary PE & Sport Premium funding key indicator(s) (KI) this has supported:

- The engagement of all pupils in regular physical activity (KI 1)
- Broader experience of a range of sports and activities offered to all pupils (KI 4)
- Increased participation in competitive sport (KI 5)

# How we've helped your pupils...

## Winning Minds

Spring 2 and Summer 2

### Summary:

The programme takes a holistic approach to address emotional health and wellbeing around two key milestones within Year 6 - SATs (6 weeks) and Transitioning to Year 7 (6 weeks) and for the Infant (Transitioning for Infants to Juniors)

There are 3 Key Strands that the programme consists of:

1. Resilient Mind – Stretch and Relax, Planning, Goal Setting, Identifying Stress and Coping Strategies
2. Healthy Mind – Diet, Lifestyle and Habit
3. Active Mind – Physical Activity Element and Benefits + Transitions Festivals

The aim of the programme is to improve the young people's level of resilience and overall mental well-being.

MHFA Top Tip for Resilience	How we achieved this
Make connections	Sociometric testing – allow us to identify pupils who are already struggling socially. Rejected and Neglected 'Making new friends' lesson around communication
Accept that change is part of living	'Circles of change' lesson and 'Coping with worries' lesson which looks at change and the impact it may have
Move towards goals	'Goal Setting' lesson, the session teaches pupils how to set SMART goals along with the positive thoughts, support available and even the challenges that they may face.
Teach self-care and concrete skills	A number of lessons have a focus on self-care. Across all interventions there is an element on; sleep hygiene, diet, breakfast and personal hygiene.
Take a break	'Stretch and Relax' lesson and Coping Strategies lesson where pupils begin to understand and identifies ways to relax.
Nurture positive self-view, help them manage emotions, model resilience	'This is me' lesson pupils are asked to think positively about themselves and others. KS1 – Feelings, Feelings Thermometer and Making good choices KS2 – Stop Think Go
Avoid catastrophising, have perspective and a hopeful outlook	'The future me' is all about planning for the future, this is simplified to 'When I grow up' in the Infant Passport.

### Outcomes:

#### Wellbeing Measures

In 2018/19, the first Intervention Measures saw an average of 77.50% increase in pupil's mental well-being scores. Our second Intervention Measure saw a further increase in the pupil's mental well-being scores increasing to a further 89.00% increase.

#### Self-reported Measures

Within the programme we had informal evaluations, 100% of the pupil's reported feeling confident or very confident about the topics covered within both interventions



# Family Newsletter

## Weekend and Holiday Coaching

Your kids can join us for Weekend Club or Holiday Coaching to keep them busy while they're off school. Weekend Club runs every week at Powerleague Soccerdome for kids from pre-Reception to Year 6, with six different time slots, and our popular holiday coaching courses for primary ages kids run in five different areas across Derbyshire: Powerleague Soccerdome, Derby Arena (Multi-Sports), Ripley Leisure Centre, Ripley Leisure Centre and Springfield Junior School (Multi-Sports).



A 12 month **FREE** programme full of games, exercise sessions and activities for children aged **5 - 17 years** to learn about leading a more active lifestyle and maintaining a healthy weight.

## Fitness Yoga

Come and join us on **Monday evening 6 - 7pm** at Derby Arena for a low intensity class designed to improve strength and wellbeing whilst enjoying a thorough stretch and relaxation. **£3 per person (16+).**



## Family Fitness

Fancy showing your kids how it's done? Come along to Derby Arena on **Wednesdays 5 - 6pm** to exercise with your child and get fit together. **£2 per person and free for families on Live IT.**

## Zumba

Shake and shimmy yourself into your favourite outfit with Zumba on **Wednesdays at Littleover Community School**, available to children over the age of 11 with a paying adult. **£3 per person and £2 per under 18.**

## EVERYBODY ACTIVE

An affordable timetable of exercise classes in Derby such as Zumba, Boxfit, Kettlebells and Legs Bums and Tums for **anyone over the age of 16. £50 per year, £25 if claiming JSA, ESA, DLA or pension.**

## Active Minds

A friendly and welcoming way for women wishing to get more active! This class is designed for beginners and ideal for anyone suffering from mild anxiety or depression. **Mondays 10 - 11am at Whitecross House Community Room, DE1 3PL. FREE for first 8 weeks** followed by 50p per week thereafter.

For more information on our sessions please call **01332 416140** or visit **[derbycountycommunitytrust.com](http://derbycountycommunitytrust.com)**



DerbyCountyCommunityTrust



DCCTOfficial



DCCTOfficial





# Breakfast Briefing

Pride Park Stadium, Pride Park, Derby, DE24 8XL  
Tuesday 17<sup>th</sup> September, 8:30am - 10:30am

Join us for breakfast and to hear about all the exciting opportunities we've got planned for 2019-20. We'll share further information about our events calendar and support you to book in any programmes you'd like to access. We look forward to seeing you there.

To book your place visit [derbycityssp.co.uk/calender](http://derbycityssp.co.uk/calender)

