



Secondary LSSP **Membership** 2018 – 2019



*Supporting and developing young people's
physical, social and emotional well-being*



LSSP

LSSP now has a not-for-profit Charitable Incorporated Organisation (CIO) that is dedicated to providing ALL children and young people with the best possible PE, School Sport and Physical Activity experiences. Our team of passionate, experienced and qualified practitioners work hard to inspire all young people to enjoy the benefits of being habitually physically active and leading a healthy lifestyle.

In addition, our successful subscription service will support you in Raising the Standard, Profile and Impact of PE on whole school improvement.

To ensure you and your pupils receive the best possible support to become more active, we work with key local and national providers. And in acknowledging the strength and influence of our network, and our continuing impact across PE, School Sport and Physical Activity, LSSP is now a preferred partner of the Association of Physical Education (afPE).

This year LSSP have introduced two Membership options, Basic and Enhanced to ensure that all Schools across the city have the opportunity to be supported at the level that suits their needs. Basic &/or Enhanced will be included next to each of our services and programmes which we have listed under the areas:

- Raising Standards in PE
- Improving Health and Well being
- Competition

Enhanced members also have the option of buying additional staffing support (pg 8.), for a PE Technician &/or PE Specialist role, to build capacity for lunch and after-school clubs, which would be especially helpful now many PE teachers have other areas of responsibility in school and with time constraints from examination PE courses.

We are pleased to share with you that in addition to the partnership that LSSP (and partner schools) have with the Youth Sport Trust, LSSP is now a key partner with the Association for PE (AfPE) and all Enhanced member schools will receive a variety of additional support mechanisms to ensure you can deliver the best possible PE curriculum (linked to whole school outcomes) and sporting opportunities for your student's.

Secondary LSSP Membership 2018/19



Competition

LSSP provide a range of opportunities for all students to take part in a competition. We facilitate and deliver competitions and leagues that lead to city finals and the Level 3 Merseyside county finals.

Competitions (Basic)

Entry into 4 (single sex) or 5 (Mixed school) LSSP competitions including:

- 1 Summer Athletics Yrs 7,8,9,10
- 2 Development League Netball Yrs 7,8,9
- 3 Boys Cricket League Yrs 7,8, 9

and two from the following list;

- 4 Boccia
- 5 New Age Kurling
- 6 Tri Golf
- 7 Futsal

Competitions (Enhanced)

In addition to the competitions listed in the Basic offer, Enhanced members can enter KS3 & KS4 competitions, across 14 boys and 19 girls sports. Competitions include:

- Boys Dodgeball (Y7/Y8 & Y9/10)
- Boys Basketball Leagues
- Development Football Leagues
- Girls Football (Y7/Y8 & Y9/10)
- Girls and Boys Sports Hall Athletics (Y7/Y8)
- Girls and Boys Badminton
- (KS3 & KS4) Mixed Table Tennis

(List not exhaustive)

On-line competition entry [Basic & Enhanced]

Access to the new LSSP website for news, updates, on-line competition entry and schools league table.

Engagement, SEND & INCLUSIVE Events (Enhanced)

At LSSP we recognise that some students prefer to represent their school by participating in a non competitive setting. Therefore we are passionate about creating opportunities for pupils to experience high quality festivals and events that enable them to develop their confidence and unlock their potential. LSSP provide 'competitive' engagement opportunities for the least active students through a number of events including: Sports Challenge, New Age Kurling, Highland Games, Girls Volleyball, Development Girls Handball, Y8 & Y9 Girls Basketball development, Boys Development Football, Dance, Trampolining and Futsal.

*Competition League [Enhanced]

New this year, the LSSP will administer an online league that reward schools for; attendance, fair play, engaging in personal challenge and competition success.

*New this year



Raising Standards in PE

*Transformational Project Groups [Enhanced]

These groups will create innovative projects to address current challenges across the education sector. Key areas could include;

- Boys attainment
- Mental health
- Developing life-skills

The LSSP charity would hope to maximise the resources available to these projects to help to give PE the profile it deserves.

*afPE School Membership [Enhanced] includes:

- afPE National Conference – 1 x place for Head of PE, Headteacher or a PE teacher [Enhanced]

- afPE's termly journal – Physical Education Matters (two copies per edition)

- Full Health & Safety advice and support (including advice on Safeguarding, incident support, employment law issues and Pre/Post Ofsted inspections)

- Support for Secondary school members to retain and/or increase time for PE in the curriculum

- Monthly e-newsletter, newsflashes keeping members up-to-date on the latest developments within the sector

- Access to members' area of the afPE website which includes the full archive of Physical Education Matters, useful downloads and a wide range of Health & Safety and Safeguarding updates

- Access to 'afPE Rewards', a benefit scheme exclusively for members which provides discounts and savings off a wide range of work related and lifestyle opportunities (Eg; up to 49% off Merlin attractions over 32 different venues including Alton Towers & Legoland)

- Up to 30% discount off afPE publications/resources and all afPE professional learning opportunities (including courses, conferences and seminars)

- Priority application for the National afPE Quality Mark for physical education and sport

- Networking opportunities with like-minded professionals through your afPE regional network

- Access to the 'afPE Channel' where members can view vlogs, updates and films exemplifying outstanding practice

- Certificate of membership

- Access to relevant webinars on a wide range of topics, such as: Safe Practice, Effective use of the Primary PE and Sport Premium, Assessing without Levels and many more!

"The LSSP competitions give students a chance to perform at a development level and city wide, regional and national level. Students are supported at whatever stage of competition they are at with knowledgeable staff and clear exit routes to clubs allowing them to further access to engage in sports outside of school"

➤ **Nuala Dunne**
PE Teacher,
St Margaret's C of E Academy



"We wouldn't and couldn't provide our students with a high quality Physical Education programme without the support of the LSSP. We are very proud of our links with them and remain excited to see what the future holds!"

> Gareth Johnson
Head of PE,
Calderstones Secondary School

***LSSP Website (Enhanced)**

In addition to the on-line competition entry system, enhanced members will be given an annual login which will grant them full access to all areas including; downloadable resources, CPD, network meetings and information about local and national updates.

***Training (Enhanced)**

This year LSSP will facilitate a broad range of training and development opportunities to address individual teacher/ school needs. These could be either hosted centrally or at your school site. Themes could include;

Trampolining refresher

First Aid

Sports specific for GCSE Eg; Handball, Table Tennis

(Please note there is a limited budget)

Nutrition, Physiology and Performance Masterclasses for KS4/5 (Enhanced)

To help support your learners studying for exams in PE, sport & exercise, LSSP will invite students who would benefit from learning from a professional who works on a daily basis supporting teams and international athletes. Students will not only gain first-hand experience and learn the latest methods and information about being at the forefront of elite sport but also given an insight on career pathways.

PE Networking & Teach-Meet events (Basic x 1, Enhanced x 2)

PE Networking Meetings with the aim of delivering up to date information on PE, school sport, health and physical activity.

E-bulletin (Basic/Enhanced)

Keep up to date with monthly e-bulletins which include local, national updates, up and coming events/competitions/festivals and the latest completion results including SG Values awards.



Improving health & wellbeing

Health & Wellbeing Festivals (Enhanced)

Designed as an introduction to sport, physical activity and healthy active lifestyles. These events promote positive attitudes to health, physical activity and well-being.

*Meeting the 30 minute physical activity requirement (Enhanced)

Support schools to develop an action plan to meet the government's requirement that all students and young people undertake at least 30 minutes of physical activity a day in school.

Personal challenges (Enhanced)

To inspire all students and staff to get moving, the LSSP will provide schools with physical activity & sport challenges in a broad range of activities, linking to themes and large sporting events.

NGB Young Leaders & Officiating Courses (Enhanced)

Developing resilience, teamwork and integrity, our leadership programme gives students an understanding of the power of sport in developing essential life and employability skills. We deliver bespoke sports leaders and officiating training prior to Secondary Schools hosting primary competitions. In addition, we also provide the opportunity for 20 students of your students to achieve National Governing Body (NGB) sport specific Leadership Awards and qualifications. Leadership can support you to:

- Increase the capacity for the delivery of school sport within the school
- Provides evidence for the DCMS School Games Mark Award
- Increase structured activity opportunities for pupils during lunchtime
- Develop a range of transferable skills that will support your students across all curriculum areas

LSSP can facilitate the following National Governing Body (NGB) courses:

UKA - Athletics Officials	Badminton Officials
Badminton Young Leaders	Basketball Table Officials
Basketball Young Referees	Table Tennis Young Leaders
FA - Junior Football Leaders	UK Dodgeball Young Leaders
Emergency First Aid	

"The PE Apprentice has been a valuable addition to our department at the Academy of St Francis of Assisi, enabling teaching staff to prioritise their duties in the best interests of our students. He has taken responsibility for maintaining and managing equipment, kit orders and the biggest impact dealing with specific administration to support the department. It is clear within our department we function far better with the PE Apprentice part of our team"

➤ **Andy Winrow**
PE Teacher,
Academy of Francis of Assisi

Sports Leaders Courses (*on request, fees will apply)

This programme is designed to help develop life skills for your young people. Skills are developed through a range of progressive activities by our experienced LSSP staff. Students will learn how to plan, lead and review activity sessions and reflect on their organisation and communication skills. They will develop responsibility, self-motivation and management, collaborative skills, empathy, innovation and integrity. All pupils will receive a workbook, bank of resources and a certificate on completion of their volunteering hours (in school). LSSP will also provide support for staff to implement the programme.



Raising the profile and impact of PE

DCMS – School Games Mark 1-2-1 support (Enhanced)

The School Games Mark rewards schools for their commitment to and the development of PE, school sport and competitions. LSSP will provide advice and guidance on the criteria of the award, support on completing the application, validation support and we will visit your school to present the award in a school assembly.

Guidance on new government strategies and implications on schools (Enhanced)

LSSP will keep you up to date with any new government strategies regarding PE, school sport and physical activity linked to schools and will disseminate this information to schools so that they are kept well informed and equipped for any changes or requirements expected of them.

Support with KS4/5 work experience students and Career Fayres (Enhanced)

To support students who have an interest in a career within the sports and education industry, LSSP placements' provide an insight into event management, coaching and teaching. Please note there will be limited places for schools.

LSSP can also send professional and experienced members of the team to support your Careers Fayre.



PE Specialist

LSSP can provide schools with a member of staff to support your PE staff and programme. Staff could be provided for weekly enrichment sessions and/ or after school clubs or to fulfil a part time or full time PE Technician role.

Our staff have achieved the following minimum operating standard qualification (in line with afPE guidelines);

- ✓ Are qualified teachers or recognised NGB Coaches
- ✓ Have at least one NGB Level 2 qualification (minimum)
- ✓ Are fully insured
- ✓ Are experienced working with children
- ✓ Are Enhanced DBS checked
- ✓ Have a Sportcoach UK Safeguarding & Child Protection qualification
- ✓ Have a First Aid qualification
- ✓ Provide all planning and resources
- ✓ Can support teachers with assessment in PE lessons
- ✓ Are quality assured
- ✓ Attend regular training with the LSSP team

"Calderstones is a big supporter of the LSSP. They work tirelessly to promote competitions, events and CPD opportunities that suit the needs of a progressive PE department. This year they have enabled our students to take part in numerous competitions ranging from tennis to athletics and everything in between.

"Providing opportunities for our sports leaders has been the area we have found most valuable. Our sports leaders have lead dodgeball, tennis, hockey and table tennis tournaments for primary schools to name but a few. Our leaders have also been provided with netball and basketball officiating courses to enable them to gain confidence and skills in dealing with students younger than themselves.

"It doesn't stop there, the LSSP have provided links for staff to improve their teaching and develop the department as a whole. This ranges from common INSET days to links with the Youth Sport Trust and national conferences with the afPE. The LSSP are always looking to provide schools with the tools to up-skill their staff and bring PE to the forefront of the curriculum. This includes recognising the change in physical and mental health and preparing schools to support the students they teach."

Gareth Johnson Head of PE, Calderstones Secondary School