



At Bebington High Sports College we put our young people and our community at “The Heart” of everything we do. The following document outlines some of the extra-ordinary programmes we are part of that enrich the lives of our community, enable potential to be realised and make a real difference to our young people.

Warren Dutton - Assistant Head Teacher Bebington High Sports College



“At the Heart” Document Sept 2015



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Executive Summary

At Bebington High Sports College we put our young people and our community “At the Heart” of everything we do. Our “core business” is to ensure the highest quality teaching and learning at Bebington High Sports College but we are also passionate about making a difference in the lives of our young people, staff and community. We want our young people to be happy, healthy and successful adults and we can play an integral part in achieving that. We aim to equip our young people with the skills, experiences and education to achieve their full potential.

The PE Department is regarded as the best on the Wirral and amongst the best in the North West. We have received multiple awards that recognise best practice in the field, from Afpe Gold to School Games Gold, YST Gold Partner and Merseyside PE Department of the Year. We have a dedicated team who deliver High Quality PE and support our young people to become lifelong participants in physical activity and sport. Our practice is innovative, reflective, outward looking and encompasses a huge range of activities in line with student voice which is “At the Heart” of everything we do. Our core delivery is often graded at “Outstanding” which is accompanied by extra-curricula and enrichment opportunities that offer pathways and life changing opportunities for our young people as is outlined in (Section 1). Please take the time to read our “At the Heart” document because it will give you a real feel for our school, our students and our community.

We have established “Sports Club Bebington” as a vehicle to develop clubs, coaches, our own pupils and opportunities for our community. We are a community school with over 2000 people using our facility every week which has generated an extensive physical activity programme for all types of users which has in turn created jobs and an income stream for the school. Ten percent of all profits are used to fund Sports Club Bebington S.C.B. which has enabled us to pay or part fund coaching courses, equipment, staff training and sporting chances for less privileged students. In the past 12 months it has supported 12 apprentices and 24 pupils to gain NGB awards, G&T provision, digital analysis and enabled some less fortunate pupils to go on the Holland Sports Tour.

We have an expansive community based sports programme which is innovative, engaging and we believe “Best Practice”. Our clubs are not merely “hirers” but partners who we engage with to improve and develop to become high performing or charter marked clubs. We cater to all aspects of our community ranging from four to eighty four and all abilities. Programmes include all ability community clubs, parkour and veteran’s league to elite development through community based clubs and Tranmere Rovers. We are immensely proud of what we offer outside of school time and will continue to grow and enhance provision for all areas of our community. In a time of increasing health issues and sedentary lifestyles we have engaged and made it “our problem” and not stood by and waited for the problem to get worse.(Section 2)





The Leadership pyramid in PE has been a key component in delivering improvement across the school. Our students become involved in Leadership in Key Stage three and progress through the levels to become paid employees of the school and indeed professional coaches. Our work in this aspect is covered in (Section 3). We have developed our own apprentice scheme that takes predominately outstanding male sports leaders and puts them in primary schools to have a positive impact as coaches, mentors and role models to younger pupils and non-specialists in primary schools.

Bebington High Sports College deliver a high quality teaching and learning package in our primary schools which includes a full comprehensive audit of provision, joint development planning, delivery, staff training, quality assurance, OHL and competition. Each school has a bespoke support programme based on the audit and areas of strength and need. It is testament to the quality of support that we have added schools in each year (currently 12) since the demise of the SSCO programme. We provide a service which is a model of best practice and aims to develop schools to become self-sufficient in the long term with staff empowered and up-skilled in terms of delivery and understanding (Section 4).

We have become increasingly involved with the NHS and Health and Well Being as a concept. There are two main facets of this in Health and well being through regular exercise, balanced diet and work around mental health. The second is around developing an NHS workforce through Sports Leadership and employability skills. Youth unemployment and N.E.E.T.s are a national issue as is the role of young men in the health professions (specifically from the most disadvantaged socio-economic group). Our aim is to produce a template for schools and the NHS called "Kids who care" in an attempt to create employment and career opportunities for young people and help meet the complex employment needs of the NHS (see section 5). We have initiated a North West Consortia of fourteen schools who have used a comprehensive questionnaire (S.H.E.U) survey to establish current position of any number of health and well being issues at a school or indeed student level. The school then develops an action plan in response to particular need and we have also identified key issues across the region which we are working on as a collective in partnership with the NHS.

Thank you for taking the time to read our "At the Heart" document, it has been compiled through the input of a dedicated and committed team including Paul Connolly (Head of PE) Kevin Byrne (School Sport and Health Development Leader) Julie Mounfield (Premises and Lettings Officer) and myself.

Warm Regards
Warren Dutton Assistant Head Teacher



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Section One: PE Department

In the past 18 months our PE Department has received a number of Awards and accolades:-

- AFPE Quality Mark With Distinction (November 2014) – 1st mainstream Secondary School in Merseyside to achieve this.
- Merseyside PE Department Of The Year Winners 2013-14
- Merseyside PE Department Of The Year Runners Up 2014-15
- Youth Sport Trust Gold Partner Status (January 2015)
- School Games Mark Gold Award (September 2015)
- Echo Schools Awards Runner Up (Health Category) – July 2014 and July 2015
- Educate Awards Runner Up (Career Aspirations Category) – December 2014
- Youth Sport Trust Health And Wellbeing Lead School (February 2014)
- Youth Sport Trust Leadership, Coaching and Volunteering Lead School (November 2014)
- Youth Sport Trust Innovation School (November 2014)

We have used the application process of many of these kitemarks or awards as a means of challenging ourselves to be better by using the criteria as a measure or auditing tool for improvement.

Please refer to the School website and @BebingtonHighPE twitter feed to keep upto date with current news and events and for any further information. The following pages will give an overview of our provision.



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Bespoke Curriculum

Students participate in a broad and balanced curriculum, with 28 different sports being taught across the year groups last year. Excellent facilities allow us to offer Orienteering, Trampolining, Parkour, Table Tennis, Dance, Boxercise/Body Pump and Health Related Fitness in our Healthy Living Suite as well as the more traditional sports. This gives them a wider menu of activities and is one of the reasons that 96% of our students 'enjoy physical activity' in School.

When students arrive in Year 7 they participate in 'Transition Unit' which enables us to accurately assess them before October half term and place them into appropriate sets for the rest of the year. Groups then follow a bespoke curriculum model with higher sets following more of a team sport pathway and lower sets having a greater focus of physical literacy and individual sports.

We have also tailored the groups so that we have a smaller targeted lower ability set in Years 7 and 8 where the focus is physical literacy. They are offered a bespoke curriculum with a focus on individual rather than team sport. Having a maximum of 12 students in the group means the teacher can afford more time to each student and there is a Teaching Assistant attached to the group who offers one to one support and provides general assistance. Students also feel more comfortable working with those of similar ability at their own pace. The impact has been that by the time they reach Year 9 the majority have made sufficient progress so that they are able to fully access the curriculum. 100% of these students 'enjoy PE more' and 'feel safer' than they did during PE in Primary School.

Dodgeball, Parkour, Handball, Hockey, Cycling, Volleyball and Boxercise have been added to the Curriculum as a result of student voice, giving them a wider menu of activities, which has had a positive impact upon motivation levels. Junior Football Leaders has been added to the KS4 Curriculum, providing them with an additional qualification and has given them wider experiences as they have to complete 10 coaching hours in the community in order to gain the award. For KS4 girls we have introduced a Level 1 Award In Fitness And Physical Activity. This provides an additional qualification for the girls and has resulted in greater levels of effort and motivation. We have also introduced a Duke Of Edinburgh Award and 60 KS3 students completed the Bronze Award last year. The Silver Award is now offered in Key Stage 5 Core PE.

We also run a Disability Awareness scheme in Key Stage 4 PE. We have invested in adapted equipment and students participate in activities such as Goalball, Seated Volleyball, Quicksticks Hockey, Wheelchair Basketball, Table Cricket and Blind Football, giving them an appreciation of Disability Sport and how rules and equipment have to be adapted for some students to access the game. Everybody is on a 'level playing field' and this, coupled with the fact they haven't completed these activities in KS3, has resulted in high levels of motivation.

In Key Stage 5 we also offer Level 2 and Level 3 Football Coaching Awards, delivered by David Campbell Coaching Company. We target those who are practically gifted but are not quite suited to Level 3 study and would otherwise drop out of education at the end of Year 11. As well as gaining



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this qualification they also work in Primary Schools and at regional sports events. They also gain a number of other additional qualifications such as becoming qualified referees and have the opportunity to work as a Football Coach in America over the summer months.

A Leadership Programme has been embedded across all Key Stages. (see Leadership Section for further details).

GCSE PE

In Key Stage 4 we offer GCSE PE. Students undertake a wide range of sports and also do activities off site such as Personal Survival, Rock Climbing and Canoeing. Last year we had 38 students and we achieved a 72% pass rate which is higher than the national average. Pleasingly 40% of all students gained A and B grades.

BTEC Sport

At both Key Stage 4 and Key Stage 5 we offer BTEC Sport. We have a large number of students who opt for these courses with roughly 45 students at Level 2 and 30 students at Level 3. At Level 2 66% of students gained either a Distinction or Merit grade. At Level 3 90% of students achieved Distinction* or Distinction grades. We have selected Units that we feel best suit our students' desires and needs. They particularly enjoy the 4 day Outdoor and Adventurous Expedition, and the Sports Leadership, Work Experience and Practical Sport Units. As we have a large Department, our staff are assigned to deliver Units based on their own areas of expertise. All of this results in a positive learning environment with extremely high levels of motivation from students. This is why our results have been so strong.

Extra-Curricular

All Year groups have football, rugby, basketball, badminton, cricket, athletics, netball, rounders and handball fixtures and training sessions. We also offer a Fitness Club twice a week. We have a recreational Year 7 Fun Club which attracts around 75 students each Thursday. Badminton Club takes place on a Monday night and Table Tennis Club takes place on a Thursday night. Recreational 'Football Mash Up' has also proved extremely popular. We also offer non-traditional extra-curricular clubs such as Parkour, Boxing/Boxercise and Mixed Martial Arts. MMA is delivered by a British Middleweight Champion. We enter a host of MLD/B Team tournaments. Participation in girls extra-curricular Clubs continues to be high, especially in netball, dance, football and tag rugby. 54% of our students participate in extra-curricular activity. The extra-curricular programme allows students to gain experience of competitive sport and enables them to participate at a higher level than is possible in Core PE.





We also run Active Playground at lunchtime. Students loan out PE equipment and play recreationally. This helps keep students active and to 'burn off' excess energy so they are more settled in afternoon lessons. 65% of all students participate in Active Playground each week.

We have a successful dance extra curricular programme, including Junior Dance Club, Senior Dance Club, Boys Dance Club and Dance Company which is a club run for those who have a real passion for dance and want to extend their abilities. On average 40 students attend all clubs on a regular basis. They perform in school events and out of school performances such as the annual School Dance Show, Celebration Evening, PE Awards Night, Arts Evening, Sports Festivals and Primary School Events. The Dance Company also performs at the Floral Pavilion once a year in a massive production which includes School and community based groups from Wirral. They also attend professional shows and workshops. There is a real sense of belonging and 'community' feel to our Dance Clubs as they spend a lot of time rehearsing for shows and performances which has helped to foster this 'family spirit'. They gain wider experiences of performing in front of audiences and on stages and theatres outside of School which helps them grow as people and gain more confidence.

Inter-house Competition

We have an established Interhouse system. All students are assigned to a House and we run Interhouse sport at the end of each term. Boys play fixtures in football, rugby, cricket, athletics, badminton, basketball, dodgeball, tennis and table tennis and girls play fixtures in netball, dodgeball, badminton, rounders, athletics and benchball.

Interhouse has enabled more students to gain experience of competitive sport other than just School team players. 50% of all students participated in Interhouse Competition last year. PE staff give Interhouse tournaments a high profile in School with awards being given to the winning Houses in Assemblies and individual awards being presented. Results and pictures are placed on an Interhouse noticeboard so that students can celebrate their success and take an interest in results. Rewards such as canteen queue jump passes are also given. This has resulted in high levels of motivation amongst students and a greater status being attached to Interhouse Sport.

Intra-School Competition

We run School teams for all age groups in football, rugby, basketball (Y7-9), badminton, handball, cricket, netball, girls football, rounders and athletics. We also have B-Team/MLD in football and athletics. Last year our Year 10 rugby team won the Wirral Cup, the 6th Form Football Team won the Merseyside League, and the Year 11 football team got to the Wirral Cup Final. Results are put on the School website and the Bebington High PE twitter page, along with team photographs and match reports. Match reports are also read out by Year Managers in Assemblies. To further raise the profile of School Teams we have introduced School Team Training Camps which take place over 3 days in half term.





49% of all students represented School teams last year, providing them with higher level competitive sport opportunities than are available in PE lessons. It allows these students to bond and form friendship groups. Many school team players are those who may be described as 'more difficult' students and these teams provide ideal opportunities to develop and extend staff/student relationships. It also means they are proud to be part of the School and to represent it.

Enrichment

In the last 18 months we have been to Barcelona and Eindhoven on Sports Tours. We offer students the chance to watch top level professional sport. For example we have visited Lords for an England Cricket International, Sale Sharks rugby, Lancashire Cricket Club, England Netball against Jamaica and went to the British Open Golf Tournament. We visited Wimbledon for tennis and we have a bi-annual trip to Yarm where we play fixtures and watch Newcastle FC football and Newcastle Falcons rugby. Girls netball teams also had a weekend trip to Shropshire where they played fixtures and had coaching clinics. We went on a Ski Trip to the Alps in and many other trips take place such as visits to Oaklands Outdoor Education Centre, the Velodrome, Rampworks, Fitness Testing Laboratories at Liverpool John Moores University to name but a few. 6th Form students also participate in a 4 day Outdoor and Adventurous Expedition where they canoe, camp, hill walk, gorge walk and have night time navigation activities.

We have invited a number of guest speakers into School. Olympic Boxer Natasha Jonas, professional footballer Ryan Williams, former Zimbabwe Cricket Captain Henry Olonga, Olympic swimmer James Goddard, Olympic Handball player Chris McDermott, World Parkour Champion Ryan Doyle, Paralympic Gymnast Craig Heap, European and Commonwealth Archery Champion Liam Grimwood, Welsh International Badminton player Caroline Harvey and In-Line Skater Jenna Dowling have all spoke to Students and put on coaching seminars.

We also host a number of other enrichment events at the School such as Heath And Wellbeing Camp, WESPA Fitness testing day, the annual Disability Sports Tournament, School Games Events, Gifted and Talented Academies, workshops and multi-sport camps. .

These are 'exceptional' experiences that will enrich students' lives and broaden their perspectives. They are challenged in different ways, develop independence and meet new people. They will remember these experiences for a long time.

Leadership

Sports Leadership holds a high profile in our School. We aim to provide all students with leadership skills that they can use in sporting contexts and can be transferred into social, work and community





based settings. They develop skills such as organisation, motivation, communication, teamwork, confidence, Health and Safety awareness and working with others. 31% of all our students do some sort of voluntary leadership after school hours and 129 of our students gained a Coaching Qualification last year.

Leadership is embedded across all Key Stages with students following Young Leaders in Year 8, Your Leaders in Year 9, Sports Leaders UK Level 1 in Year 10, Sports Leaders UK level 2 in Year 11 and they have the option of following Community Sports Leaders Award in Year 12 and Higher Sports Leaders Award in Year 13. Year 13 HSLA students are attached to Key Stage 3 lessons to provide them with further experience and to give additional support to staff. Leaders work in the community, in Primary Schools, in School events and at Regional Sports Tournaments. They also organise School events such as the Santa Dash, Sports Day and Interhouse Competition. We offer many other 'add on' leadership courses such as NGB Level 1 Awards and Refereeing Qualifications. These provide students with additional qualifications which they use on University applications, CV's, Records Of Achievement and in interviews with employers.

Leadership Club runs on Thursday after school and members gain an extraordinary amount of Leadership experience. They assist in the running of Primary School Clubs, work with younger students at Fun Club, assist with all enrichment events and Primary School tournaments and volunteer at the Merseyside School Games. This has led to our students becoming more confident and rounded individuals. In the last 2 years, 10 of our leaders have become Primary PE Apprentices and 28 have become paid part-time community coaches. 5 of our outstanding leaders have been awarded the prestigious Sports Ambassadors Award for their continued commitment to School, Club and Community leadership and volunteering.

Teaching and Learning

Our teaching is good and outstanding as verified by both our internal quality assurance processes and previous ofsted inspections. In the last 2 years, of 29 lesson observations, 18 were outstanding and 11 good. PE staff mentor colleagues from other Departments whose teaching requires improvement and 1 member of PE co-ordinates the entire whole school T+L programme.

We deliver Masterclasses in our areas of expertise to the rest of the PE department to share best practice. We had PE Department INSET on the new OFSTED criteria led by Gabby Crolla from Wirral LEA. We have also invested in IRIS connect, an observation tool which allows us to observe our own and others' practice, enabling us to become more reflective practitioners. We created a central area where we upload resources and 'Golden Lessons' to share best practice. Quality Assurance lesson observations are triangulated ie SLT + member of PE department both observe other member of PE staff's lesson. This provokes deeper understanding of what outstanding teaching looks like. The impact of all of this is that our teaching is always good or outstanding and students get high quality outcomes in all lessons.



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The way in which we teach is suited to the needs and desires of our students. They have particularly enjoyed using the Departmental IPADS to coach each other. Our students learn independently and we use activities such as Market Stalling, Quick on the Draw and Treasure Hunt to foster this independence. DIRT time is incorporated into our theory lessons giving students the chance to reflect upon and improve their work.

Assessment

We want students to know their current achievement and how to improve. To ensure this we operate rigorous assessment procedures. Staff are consistent with their assessment of students. Students are either Bronze, Silver, Gold, Platinum or Olympian for each sport and assessment encompasses practical performance, fitness, leadership and attitude. Language is student speak and there are key verbs attached to each category, making it easy for students to understand. We assess at the end of each half term and students write scores into their assessment passport and state two things they should do to improve their performance in that sport.

Staff knowledge of the assessment criteria is strong. We have standardised descriptors for each category and calendared moderation for Core PE, GCSE PE and BTEC Sport ensures consistency of staff assessment.

Assessments are stored on a central database called the RAG that all staff can access. This enables us to see who is on/off target. We can then provide additional support, intervention or modify setting arrangements. It allows us to see what grades students got in sports the previous year and this historic data allows us to identify more/less able students so that we can plan effectively for differentiation. We can track the progress of students throughout their time at the School. It has also informed curriculum planning as the data showed us that gymnastics was a weaker area so we now fulfil 'Accurate Replication' through Parkour and Trampolining instead, resulting in improved achievement and engagement.

Gifted and Talented

We have 3 students who are part of the World Elite Sports Academy. There were over 250 applicants from 11-18 year olds on the Wirral, with only 2 full Scholarships awarded and 20 places offered on the Podium Squad. Jasmine Dunne gained a full Scholarship and Brooke Partington and Zita Aspell gained places on the Podium Squad. The aim is to turn these talented athletes into Olympians and they receive specialist coaching, strength and conditioning, nutritional advice, physiotherapy and sport psychologists to help them achieve their potential. We also have 2 International Athletes, 20 complete at Regional Level and we boast 6 Merseyside Champions.

G+T students are identified by initial baseline testing in Year 7 using a nationally recognised identification model, staff observations during lessons and on those who play county level or high level sport outside of School. Students have the chance to participate in taster sessions in golf,





boxercise, futsal, volleyball, handball and table tennis. They have also attended enrichment events and a multi-skills camp. Various guest speakers have spoken to the G+T cohort and put on sessions such as Olympic Boxer Natasha Jonas, Paralympian Craig Heap, Commonwealth Gold Medallist Swimmer James Goddard, former Zimbabwe Cricket captain Henry Olonga, ex professional footballer Derek Mountfield and European and Commonwealth Archery Champion Liam Grimwood. They have also visited Liverpool John Moores University and used state of the art laboratories to complete fitness tests and had the opportunity to speak with the LJMU Sport Scholars. This term G+T students are going on a team building/military fitness day ran by members of the RAF and having a free kick seminar led by professional footballer Ryan Williams. He is coached by the world's premier free kick coach and will be conducting video analysis with our students as well as leading a practical session and talking about his own story.

The impact of this programme is that these students are offered a greater variety of sporting opportunities than other students. Some G+T students have gone onto join clubs in sports that they participated in as part of the taster sessions. They are held in high esteem by other students and by listening to the experiences of guest speakers they learn the importance of hard work, dedication and resilience in order to succeed in sport.

PE Colours

Each year we award PE Colours for outstanding contribution to PE, school teams, extra-curricular clubs, sports leadership and exceptional performance in sport outside of School. These are awarded by the Headteacher in 'special' assemblies. Students get to wear their own PE ties to School, their faces are displayed on a PE colours noticeboard, and they are also rewarded with their own branded PE kit which is different to the rest of the School. This is done to reward these students and celebrate their success. It also motivates other students who aspire to achieve this status and helps to further raise the status of PE in our School.

Living for Sport/Dance

We have a well established Living for Sport/Dance programme two mornings a week. 58 students are involved, working with PE staff and their Athlete Mentor Natasha Jonas (Olympic Boxer). They have a report with student specific targets which is monitored by PE staff and Form Tutors. Students have a responsibility to achieve positive reports to receive the rewards package the programme offers. The programme has been successful as student targets are realistic and students have a desire to succeed and receive the rewards. Most students meet their targets regularly there has been an increase in attendance, punctuality, reduced 'behavioural referrals', (and although this is difficult to measure we feel it has also improved their life skills).



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Student Voice

Student voice is gathered by a termly Student Sports Council (male and female) and the annual whole School 'Fit To Succeed' questionnaire. It is important to take into account students' opinions so they are happy, safe and successful learners. Our Sports Council ranges from outstanding performers to those who are apathetic towards PE, so that we can gauge the views of the entire range of students. At the beginning of each year all students complete a 'Fit To Succeed' questionnaire, anonymously answering questions about all sorts of issues such as healthy and active lifestyles, sleep patterns, diet, bullying, barriers to participation, safeguarding, motivation levels towards PE, extra-curricular provision, participation rates and so on.

Some of the changes we have made in response to views expressed in the Sports Council and Fit To Succeed Questionnaire this year include:-

- Placing water dispensers around the School
- Providing a free breakfast for our most disadvantaged students
- Enabling students to learn to swim and ride a bike
- Introducing Mixed Martial Arts, Boxing and Parkour as extracurricular clubs
- Changing girls' PE kit and allowing them to wear a School hoodie for outdoor lessons
- Using activities such as Treasure Hunt and Market-stalling in our theory based lessons
- Introducing Dodgeball, Handball, Volleyball and Cycling to the Curriculum
- Piloting School Team Training Camps in half terms
- Banning fizzy drinks
- Adapting the timetable so older students are not in the changing rooms at the same time as younger students

The changes have resulted in an immediate impact. For example, out of 200 Year 8 students, only 1 cannot ride a bike and just 8 cannot swim 25 metres. Students are showing far greater levels of motivation towards GCSE PE and BTEC Sport theory lessons, especially Years 12 and 13. Students are highly enthusiastic for new curriculum activities and dodgeball has become the most popular choice as an extra-curricular activity in Fun Club. Girls feel more comfortable and less self-conscious in their new PE kit which has increased their levels of motivation.

Community Clubs

We have created 'Sports Club Bebington High' with 8 community clubs are directly attached and operate out of our School. Club coaches do taster sessions in PE lessons and these clubs are more accessible as students do not have to travel to attend them. 2200 community users from 33 different clubs use our site each week. (see Community Section for further details)



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We run a Year 10 Club Day where fully qualified Club Coaches come into School and deliver taster sessions to students with a hope that they will enjoy it and join these clubs outside of School, helping them to maintain a healthy lifestyle and hopefully becoming lifelong participants in physical activity. We chose Year 10 as it is around this age when students can become disaffected by sport and there is a high drop out rate. This year we chose Parkour, Boxing, Mixed Martial Arts, Table Tennis, Badminton, Handball and Trampolining based on student voice. 42% of our students belong to a Sports Club outside of School.

Dance

We have a Specialist Teacher Of Dance and all Year 7 and 8 students participate in Dance as part of the PE Curriculum. Students are offered a variety of styles that motivate them to enjoy the subject. Dance offers many opportunities for students to reflect upon their own and others' work with the encouragement of self and peer assessment through observation, discussion and target setting. These skills are transferred and developed across the whole PE curriculum.

In Year 9 girls are offered a Dance pathway, providing them with the opportunity to complete a Bronze Arts Award, which is a national recognised qualification which aims to support young people to enjoy the arts and develop creative and leadership skills. To achieve the Bronze Award students must take part in weekly Dance sessions, go to an arts event of their choice (theatre trip), produce a portfolio on an arts hero or heroine of their choice, and help to run a workshop. Dance is continued during KS4 as part of the girls PE curriculum. The impact of these pathways has been exhibited by higher motivation and participation levels amongst Year 9, 10 and 11 girls. With the knowledge and skills gained in KS3, some students study GCSE and A-Level Dance.

Dance within our School has many cross curricular links. Health and Social Care experienced Zumba and Yoga sessions to develop understanding of well being to support their studies. There have been Modern Foreign Language workshops, and Flamenco and Dance teachers delivered Tai Chi to all Year 7 students on Asia Day.



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Section Two: Community

Project: School Holiday Programmes

What is the aim?

To offer provision to additional PE & Sport opportunities for primary school and BHSC pupils within school holiday's, throughout the academic year. To develop the use of 6th Form leaders and Apprentices to assist in the delivery of the camps in order to develop their coaching experiences leading to paid employment.

How does it work?

Over the course of the academic year we will run holiday sports camps which are specifically tailored for Primary school children based on the provision they receive from our primary outreach work and also in line with the school games calendar. Each half term camp will therefore be generic multisport camp but with a specific focus on 2/3 sports. Sessions are delivered in these sports by Community Club coaches and/or NGB coaches and therefore will provide ALL participants exit routes into local junior sports clubs. Pupils throughout the week are also able to take part in activities they may not have experienced before e.g. free running again with exit routes to local clubs. Our sports leaders and apprentices assist the club coaches in the delivery of their sessions, which develops their knowledge and understanding of session planning, delivery and group management

What is the impact?

- Improved school to club link opportunities for primary children and participation in junior club sport
- Increase in participation in additional sport & physical activity
- Sports Leader/Coach CPD opportunities
- Outstanding pupil and parental feedback
- Positive promotion of BHSC
- Opportunity to 'sample' new sports



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Project: Community Fitness Suite Memberships

What is the aim?

Having refurbished and upgraded the Fitness suite, we wanted utilise the facility as much as possible and make it accessible to the community as well as the BHSC pupils and staff. This creates an additional revenue source for the school and allows us the opportunity to create pathways to paid employment for selected 6th form pupils.

How does it work?

We have created Community Gym ‘memberships’ which are available to school pupils (14+), staff, parents and the local community. For a standing order fee of £10 per month which is reinvested back into the fitness suite with new and upgraded equipment. Members can access the gym Mon-Fri 5.00pm – 10.00pm and Saturday 8.30am – 5.00pm. To encourage more students and their parents to join we have also created a ‘BHSC Family Membership’ which offers a 50% discount to all immediate family after the first full paying membership. At least ONE person on this membership must be a pupil, parent or member of staff from the school.

As membership increased we have also begun to devise a timetable of additional aerobics and fitness classes available throughout the week, including military fitness and Boxercise classes. Further classes will be added to the timetable throughout the academic year and through consultation with existing members

What is the impact?

Current membership 25, including pupils and staff from BHSC.

Revenue gained through this has enabled further investment to be put back into the Specialism and the development of our 6th Form Sports Ambassadors. We have been able to place 5 of our outstanding sports leaders/ambassadors onto a Level 2 Fitness Instructor qualification. Upon their completion they became fully qualified industry recognised Fitness Instructors and as a result now undertake paid employment within the school to supervise, co-ordinate and maintain the fitness suite and memberships. Increased provision and participation in sport & activity opportunities to BHSC population Project:



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Saturday Morning Community Clubs

What is the aim?

To provide an extensive range of sports and activities that would encourage local communities to participate in further physical activity. We are aiming to re-launch this programme in November 2015 to include disability sports to become more inclusive.

How does it work?

BHSC currently facilitate but will soon lead community sports and activities on a Saturday morning on site. Sessions are available from 9.00am through until 2.00pm and cater for children, youths and adults of any ability. The activities that are co-ordinated and delivered by BHSC directly include:

- Trampolining
- Football
- Gymnastics

The activities are available in 'blocks' of sessions that run parallel to school terms. These are typically 5-7 week blocks and are paid for in advance per block! Each session costs the equivalent of £3.00. Teachers and coaches from within BHSC or our network deliver the sessions. We also link local junior sports clubs and NGB's to the delivery of the sessions. Club coaches work with the participants and offer pathways to club development sessions (Bebington Gymnastics Academy & Aerodynamic Trampoline Club). Participants within Trampolining and Gymnastics are also entered for and can achieve their BAGA awards. Additional sports and activities that are available on site and delivered by BHSC working partners include:

- Stagecoach Dance & Drama School
- Military Fitness Classes (Battle Fitness)
- Community YOGA classes (seasonal)
- Gymnastics

What is the impact?

- Over 100 participants on site every Saturday accessing activities
- Additional revenue generated from BHSC clubs and from facility hire of external agencies
- Sports Leader/Coach CPD opportunities – Specialist training and training
- Supports profile of BHSC and outreach work and promotes the excellent opportunities and provision to prospective new pupils/parents



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Project: Facility Lettings

What is the aim? BHSC has worked to develop a programme of various sports and activities that are available each evening of the week until 10pm. This gives opportunities to local clubs and instructors to hire excellent facilities at an affordable cost and provide a comprehensive assortment of leisure and fitness groups. At present we have approximately 2000 people from our local community who come and take part in activities here at BHSC each week.

We have developed a strong link with our Philippine community and our school is home to Bebington Jaguar's Volleyball and Basketball clubs which have hosted several very successful national tournaments here a year. This has now progressed to an international tournament planned for next year.

Here at Bebington we boast to have probably the best 3G football pitch in the area. This is in constant demand and we are pleased to have been successful in extending the usage until 10pm each evening making this superb facility available to the development of junior football clubs and recreational football for adults.

The popularity of our facilities encourages local families to attend the site regularly it also has created 5 part time employment for our ex students whilst they continue with further education or apprenticeships.

Below is a small selection of what is on offer for the public to attend each week:

- Shotokan Karate
- 3 dance and theatre clubs
- Fencing club
- Gymnastics
- Cheerleading
- Majorettes
- 2 Basketball clubs
- Cricket
- Local netball league
- Zumba/Insanity/Keep fit classes
- 14 Football Clubs/ organisations

We have developed a real partnership with our clubs and aim to develop them into high performing or charter mark clubs. We meet with them regularly and assist in bid applications and kitemarks for best practice. We actively promote our clubs and are always looking to develop further and offer further opportunities.



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Section Three: Leadership

Sports Leadership Framework at Bebington High Sports College

We are committed to using Sports Leadership as a vehicle for personal improvement and developing employability skills. The ability to communicate well, plan, evaluate, respond to change, strong inter-personal skills and reliability can be taken directly from Sports Leadership to any manner of different job opportunities.

Our leaders practice, deliver and refine their skills in a wide array of settings. It may start within a task in a lesson and move on to become working with younger pupils in our school or partner primaries, supporting inter/ intra school competition, local, regional and even national events and competitions.

We are currently working with the NHS on a programme to develop young people (specifically males) who would consider working in the health sector as a viable career path. The piece is around changing perceptions of young people and exposing them to the benefits of working in the system. The NHS is heavily reliant on an imported workforce and we believe we can help reduce this pressure by developing competent, confident young people who would gain real job and career opportunities.

The Leadership Ladder delivered in core Physical Education

Year 7: All pupils learn the fundamentals of group work, team cohesion and individual responsibilities in all the sports they participate.

Year 8: Young Leaders Award.

This is an introduction to sports leadership, the first step on the ladder that is delivered in core P.E lessons. The Young Leader Award is a programme of leadership training for young people between the ages of nine and 13 that promotes them working with younger children, teaching leadership skills through a range of games and activities. The award focuses on specific skills such as giving instructions, the organisation of people and equipment, and the use of space. By the end of the course, pupils will not only have the confidence and ability to lead others but will also have knowledge and experience of an extensive range of games and activities.

Year 10: Level 1 Award in Sports Leadership (SL1).

A nationally recognised qualification on the Qualifications and Credit Framework, awarded by Sports Leadership UK. A practical course for learners aged 13 years and over, that gives learners appreciation of what is required to lead sporting activities successfully. 'Leadership' is the primary focus and the core of their assessment, as opposed to the learners sporting ability.



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Year 11: Level 2 Award in Sports Leadership as a development on Level one for an identified cohort of students in year 11.

Option 4: Junior Football Organisers (JFL)

Awarded by The FA Football Futures, it is the first step on the FA coaching ladder enabling learners to become young football leaders. The course will assist young leaders to not only personally develop their own knowledge and skills but to also plan and deliver **fun, save** and **progressive** sessions to young players.

Year 12/13: Level 3 Certificate in Higher Sports Leadership (HSL)

A nationally recognised qualification on the Qualifications and Credit Framework, awarded by Sports Leaders UK. The HSL gives such status that the learners, once qualified, lead un-supervised groups of people in sport and recreational activities. Learners should have successfully completed the Level 2 Award in Community Sports Leadership or the Level 2 Award in Sports Leadership. Learners gain experience in a wide spectrum of situations including sports/activity sessions for children, older people and disabled people. Pupils gain a qualified First Aid Certificate and National Governing Body coaching award as part of the HSL programme.

Active Playground Leaders

A team of five Active Playground Leaders assist in the delivery of Active Playground every day which includes badminton, football (boys and girls) and table tennis on a recreational basis.

Duke of Edinburgh

In the lower school (in the last two years) the school has introduced the Duke of Edinburgh Award scheme at Bronze level which will grow to encompass silver and hopefully Gold in the years ahead. The current 6th form have not had the opportunity to complete the D of E which will change to become an option on a Wednesday afternoon for those wishing to complete. We believe this offers significant life experiences and skills for our young people.

Young Ambassadors

Each year 5 pupils are selected to become Young Ambassadors for Sport. Young Ambassadors are the most outstanding sports leaders, those that have shown exceptional commitment and ability as young leaders or volunteers. The Young Ambassador programme seeks to develop young leaders and volunteers further by providing them with the responsibility of being an ambassador for PE and school sport.

Sports Leaders in the Community

SL1, SL2 and CL2 and HSL all involve the leaders delivering their own activity sessions. SL1 is less extensive and can be delivered to peer groups, yet the gradient then increases for up to 30 hours within the community. The enjoyment, satisfaction and warmth our pupils gain from sharing their sporting knowledge beyond the classroom is staggering. The Volunteering Reward Scheme rewards our pupils polo shirts respective of how many hours they have volunteered. The entry level





reward is for 30 hours, which then extends up to 100 hours of volunteering either in school, primary schools, sports festivals, or community clubs.

Apprentice Programme

In the last four years we have developed an Apprentice Programme that takes young leaders at the end of 6th form into a formal work based setting of a primary school. There have been twenty four young people who have worked as apprentices to support the teaching and learning in PE, OHL and act as TA's/ support staff and mentors. A significant number (12) have gained full time employment in the schools whereas others have left to go on to University or further training opportunities. We are immensely proud of this programme which combines Sports Leadership with employment, working with an external training provider and our primary partners to improve outcomes for all parties.

Summer School

In the first two weeks of the summer holidays a team of 30 Young Leaders became part of the Health and Well Being Camp. They became Camp Counsellors who lead "Home Group" activities whereby students got to know each other, the school and the Young Leader. They then assisted in the activities and would be responsible for their own group. The camp was well attended with over 140 new year 7 students present during the programme. The parental and student feedback was hugely positive from parents, pupils and staff.





Section Four

Primary Outreach – “At the Heart of our Primary Community”

We believe that sport and physical activity has the power to change and enrich lives for the better. We believe that physical fitness, mental well being and the development of social skills are key components in developing successful and happy young people. Our journey to lifelong participation starts at home and in primary school. We are hugely committed to developing sport and physical activity in our primary schools and community at large.

Project: Primary Outreach work

Bebington High Sports College deliver a high quality teaching and learning package which includes delivery, staff training, audit, quality assurance, OHL and competition. Each school has a bespoke support programme based on the audit and areas of strength and need. It is testament to the quality of support that we have added schools in each year since the demise of the SSCO programme. We provide a service which is a model of best practice and aims to develop schools to become self-sufficient in the long term with staff empowered and up-skilled in terms of delivery and understanding.

We currently work with twelve partner primary schools and have six of our apprentices in post supporting the programmes. Our own, highly skilled and well qualified staff deliver lessons and CPD for up to 10 hours in some schools. Primary school staff through a combination of joint planning, team-teaching, observation, joint assessment, monitoring and evaluation. The over-riding purpose of the PESS programme is to raise standards in teaching and learning within primary Physical Education. In addition we have recently appointed a team of 6 apprentice sports technicians who support teaching and learning, OSHL, competition and community sport within our family of primary schools. We feel this will have a significant impact over the coming years on all aspects of sport and PE. We pride ourselves on the work we do in our primary schools and have established Service Level agreements to ensure the highest levels of service and professional standards. Our partners buy our services on a release model which is cost neutral to us. This is an expanding area for Bebington High with the “wrap around” high quality provision that coaching firms or other schools cannot offer.

How does it work?

Bebington High Sports College’s Specialism Team provide an all-year-round programme of support for our 12 primary schools covering the following areas:



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Primary Outreach Aspect	How is this delivered	What are the Outcomes
Comprehensive Audit of PE and OHL.	KB Completes full audit of current position in school with PE Co-ordinator and Headteacher using R.A.G. system (see appendix)	Full audit of ... questions which provide the basis of PE and School Sport development plan which is reviewed twice yearly.
Continued Professional Development	<p>The nature of our teaching and learning support is decided in consultation with the PE Coordinator and Head Teacher of the primary school (e.g. gymnastics at KS1).</p> <p>The Teaching and Learning Support programme (below) is then delivered featuring the following CPD methods to improve the teaching practice of the primary staff: Joint planning, observation, team teaching, small-group teaching and whole class teaching.</p>	<p>Primary PE staff have improved confidence in their teaching practice in PE.</p> <p>The quality of their lessons improves</p> <p>The range of activities taught within PE lessons increases.</p> <p>Students experience a greater variety of activities in PE.</p> <p>More students participate in OSHL and inter-school competition</p>
Teaching and Learning Support	Built into the programme of CPD above each of our 4 link primary schools receives a minimum of 30 hours of specialist PE teaching delivered by a fully qualified specialist PE teacher within the school year in a variety of activities linked to the School Games	<p>Students experience a greater variety of activities in PE.</p> <p>More students participate in OSHL and inter-school competition. The primary school engages in additional support such as School Games L2 activities and School-Community Link Events</p>
Quality Assurance Procedures	Programme Manager from BHSC works alongside PE CO-Ordinator and Headteacher to ensure rigour and clear understanding of High Quality PE and of how inspection in the subject and in relation to PE Pupil Funding works. Joint observations and video analysis.	Schools able to understand own areas of strength and to develop. Enhanced confidence in judgements made at school level being valid.
Out of School Hours Learning Support	Each of our 12 Primary schools receive a minimum of 30 hours of specialist OSHL coaching throughout the school year delivered by the team of coaches employed by BHSC. The support centres on those activities linked to the School Games which the schools would	Approximately 2000 young people each year from within our primary school communities experience high quality OSHL on their own school site.





	otherwise find difficult to offer (boxing skills, girls football, tennis, tri-golf, athletics)	Schools have the knowledge and confidence to engage in School Games L2 opportunities.
Inter-School Competition (School Games L2)	BHSC staff, supported by young leaders and Young Ambassadors provide 5 School Games L2 (inter) competitions within the school year and a 'School Games Week' in June for ALL pupils in all link primary schools	Each of the primary schools attends each of the competitions Approximately 3000 young people from within BHSC linked primary schools experience L2 competitive school sport either through the sport-specific competitions or through the innovative sports day programme
School – Community Sport	25-30 local sports clubs deliver sessions to students aged 8-13 from within BHSC and surrounding primary schools in 'twilight' sessions throughout the year	Approximately 1000 young people experience sport delivered by a club coach on school site 20% of participants attend community sport opportunities following the introduction at club night. Sessions are supported by young leaders leading to community volunteering opportunities at club / community sites
Holiday Sport Provision	4 Multi-Sports Camps delivered throughout the year during school holiday time, complementing the community sport work (above) and providing a further opportunity for youngsters to choose sport 'for life' by engagement in a variety of activities	Approximately 300 youngsters attend camps for 2-4 days. Students experience sports for a greater period of time than they would otherwise be afforded through Physical Education and OSHL A further 20% of young people engaged go on to join established community sports clubs
Primary Sports Apprentice	Appointed 6 apprentices to support learning, community sport, OSHL and other areas of the primary curriculum in local primary schools	<ul style="list-style-type: none"> • Improved provision in primary school. • Each apprentice delivers a minimum of 5 clubs per week attended by up to 100 young people. • Support for High Quality Teaching and Learning in PE • Literacy and numeracy support





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|--|--|--|
| | | <ul style="list-style-type: none">• Positive role-models |
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Section 5 Health and Well Being

“Promoting physical and mental health in schools creates a virtuous circle reinforcing children’s attainment and achievement that in turn improves their wellbeing, enabling children to thrive and achieve their full potential.”

Dame Sally Davies: Chief Medical Officer: England

At Bebington High Sports College we understand that the physical, mental and emotional wellbeing of our students is crucial if they are to achieve well and ultimately go on to lead happy, healthy lives

Through the Introduction of a whole-school survey in early 2014: ‘Fit to Succeed’ we now have a school ‘Healthy and Wellbeing Steering Group’ who have produced a long term development plan; implementing short and long term projects to improve a range of aspects of pupil and staff health and wellbeing. Example areas covered through this process are:

- Physical activity
- Food and diet
- Bullying and safety
- Leadership, volunteering and employability
- Physical Education
- Fitness and Exercise
- Self esteem and confidence

Over the course of the last 12 months our actions have led to a number of outcomes which we believe will contribute over time to the creation of the ‘virtuous circle.’ Whilst many of the actions have had a whole school focus a great deal of emphasis has been placed on the year 7 cohort who started with us in September 2014 as we are aiming for transformational change across the school



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over time. The programme we have implemented is called 'Personal Best' and we have already seen clear outcomes for our young people in the first year including:

- A marked improvement in the physical activity levels of some of our most vulnerable children
- Approximately 80% of our Personal Best participants have improved their fitness levels in the MAJORITY of our measured fitness aspects with 100% of participants improving in at least two areas
- 68% of all students significantly improved their cardiovascular endurance
- 93% improved in lower body muscular endurance
- 71% improved in abdominal muscular endurance
- 83% improved in upper body muscular strength
- 88% improved in speed and agility
- 100% improved in speed and coordination
- 92% improved in lower body strength
- 35 of our students have reduced their BMI, 14 of whom started within the overweight or obese range
- 75% of all the participants reported 'feeling' fitter and healthier by taking part in the Personal Best programme
- Staff and students outside of year 7 have reported how motivated, enthusiastic and happy the year 7 students were to take part in Personal Best.
- Far fewer students within school now 'skip' breakfast in the morning and are as a result developing better habits for nutrition.
- Student concentration levels have been improved through the improvement in access to water throughout school and the banning of all fizzy drinks
- A total of 80 students (who were unable to do so previously) from within current year 8 can now swim a minimum of 25m and/or ride a bike successfully.





- More of our students than ever before now either walk or cycle to school. Initiatives such as 'Beat The Street' and 'Free Your Feet' have been implemented at times over the past 12 months to educate our students in the benefits of walking and cycling.
- Over 30% of students take part in regular volunteering work, mostly through sport but also through the Human Utopia programme and other outside agencies.
- The school's 'active lunchtime' programme has expanded to include additional activities and available areas. This has led to a further 60 young people being physically active every school day between 1.30 – 2.00 p.m.

From September 2015 a new whole-school pastoral (house) system and a re-vamped Personal Social and Health Education Curriculum and assembly programme will ensure students access an enhanced curriculum in the following areas: Internet safety, bullying, sexual health, smoking, drugs and alcohol in addition to intervention for targeted groups in areas such as anger management and teenage pregnancy

Staff and Community Health and Wellbeing

- The Bebington High Sports College facility is still hugely popular. In excess of 2000 members of the local and wider community use the site each week.
- As part of ongoing relationship with the Youth Sport Trust BHSC has become an innovation school and will be engaged in a research project in September 2015 to work with the families of 20 of our most inactive boys in year 8
- Family activity sessions will begin on Saturday mornings in Autumn 2015
- A programme of activities for Bebington High Sports College staff were introduced in January 2015: This menu of running, football, yoga, circuit training and community gym usage has engaged nearly 40% of the school staff in regular activity. Additionally over 50% of the school staff undertook an NHS health check in summer 2015.



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Skills that Employers want	What that means	Young People's evidence in Lessons	Young People's evidence Outside Lessons
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Our Future Healthy Workforce

Through a pioneering multi-school project devised at Bebington High Sports College the work undertaken here is now making a big impact across the North West of England through partnership with the University of Chester and Health Education North West.

Over the course of the last 12 months we have created a consortium of like-minded schools, focussed on student wellbeing and implementing the Fit to Succeed model who will work together to:

- Improve the Health and Wellbeing of ALL students within the schools and especially those who are at risk and require intervention.
- Increase the number of young people from within those schools with the skills, attributes and desire to choose a career in public service.
- Enhanced relationship with Chester University and NHS



University of
Chester



Health Education North West



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1. Communication and interpersonal skills	Ability to listen, talk to small or large groups. Convey a message to a range of audiences through verbal and non-verbal communication and understand the intention of others. Ability to empathise effectively with others.	Group Work, observation in sessions, log book. Leading a session, supporting a session, working with an individual/ group. Supporting range of pupils with a range of needs.	Reference from other people, ability to communicate well in different settings e.g. Old Peoples home, disability, younger students, general public. Empathise and work collaboratively with individual or group. Logbooks, social media
2. Problem solving skills	Think creatively, resilient, independent thinking. Running tournaments and organising events - adapting to change.	Video/ observation of students in situ reacting effectively to change e.g. weather, equipment, time, type of group. How to challenge/ engage all learners. Success of event, feedback from participants, spectators, team managers.	Plans, evaluations, observation of Organising event e.g. multi-generational community activity. Venue, cost, funding, suitable activities, timings, contingency plan.
3. Using your initiative and being self motivated	Creative, working without supervision, self managers. Working without direction - take own ideas and put into effective plan and deliver.	Plan and deliver own sessions (new activities) through research. Punctuality, appearance, attitude. Evidence of clear planning- resilient when things go wrong.	Establishing a new initiative beyond lesson for community - primary, secondary, SEN etc Putting themselves forward for activities outside "comfort zone" and become involved in community activities. Volunteer for further opportunities.
4. Working under pressure and deadlines	Meeting targets, setting goals, work well under pressure, resilient, confident and calm. Ability to prioritise effectively.	Ability to deliver sessions independent of others with increasingly large groups. Produce plans and stick to time frames	Additional out of school activities with a range of ages and abilities. Ability to plan and deliver external events.
5. Organisational Skills	Planning and organisation - ability to adapt. Set time lines and deadlines and understand what resources are required - foresee issues before they occur.	Planning for sessions, organise equipment, resources and pupils - effective transitions, change management.	D of E, plan itinerary of events, festival planning. Ability to combine vision, planning and resources to produce a successful event/ series of events/ programme. (Feedback from user groups)
6. Team Working	Working with others, collaborate, take on others ideas, different roles, delegation.	Feedback from others in team and observers against effective teamwork criteria. Photographs, video.	Deliver sessions/ events in the community. (Feedback from stakeholders)
7. Ability to Learn and adapt.	Accepting constructive criticism. Prepared to change, prepare to change, prepared to fail and learn from mistakes.	Reflection - act on recommendations. Make changes to plan and delivery. Review own performance and that of others.	Review sessions and make changes to improve. Receive feedback, identify areas to improve and set own achievable objectives with SMART plan.





8. Numeracy	Set up leagues, organise fixtures, timings of matches, collate results.	Evidence of planning timings, collating results, weightings/ handicap.	Planning event - costings, timings, estimates. Evidence of successful execution of event.
9. Valuing diversity and difference	Treating everyone equally regardless of age, gender, ability or race. Understanding different beliefs and ability to empathise.	Ability to plan effectively using differentiation to enable all pupils full access to succeed.	Direct involvement in community based clubs, activities and events. Attend diversity training session. Direct contact with different minority groups in a range of settings.
10. Negotiating skills	Ability to communicate effectively and reach an understanding/ compromise.	Contribution to group discussions, formal requests to others (e-mail)	How students present themselves in group discussions and communicate in a community setting. Ensuring good value and access for all.

