



MANCHESTER SCHOOLS  
PHYSICAL ACTIVITY  
**SCHOOL SPORT**  
WELLBEING AND  
**PERSONAL**  
DEVELOPMENT  
**2020-21**



Message from **Steve Wheeldon** Manchester Schools' PE Association Chair of Trustees.

***On behalf of the Manchester Schools' PE Association Board of Trustees and Executive team, I would like to welcome and thank you for joining us again for the 2020-21 academic year.***

More than any other year, PE, School Sport & Physical Activity will be central to the social, emotional and physical wellbeing of our children & young people. The Association has broadened it's offer and I urge you to make the most of the fantastic opportunities, programmes, resources, guidance, training, leagues & competitions and plethora of wider opportunities to help you provide for all of your students.

I wish you an active and enjoyable year with us and we look forward to seeing your children and young people enjoying all the opportunities that your decision to join the Association affords them.



## Vision

Using the Power of Physical Education, Sport and Physical Activity to inspire and enable the next generation to live active lives and achieve their personal best.

**Manchester Schools' PE Association**  
provides an infrastructure of opportunities for your staff and students.

It is fully supported by the  
Youth Sport Trust, Department  
for Education, & Department  
for Health.



**The programme supports your school in:-**

- Engaging ALL pupils in regular physical activity - the CMO recommends that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.
- Raising the profile of PE and sport across the school as a tool for whole-school improvement.
- Increasing 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.







## COMPETITION EXCEL

**The Association manages a calendar of competitions across Primary, Secondary and Special schools.** There are over 350 annual events, leagues and competitions, with access to local heats, leading to Manchester Finals with the opportunity for winning schools to represent Manchester at the Greater Manchester School Games finals.



**Determination**

**Motivation**



**Resilience**

**Commitment**

This academic year sees the addition of virtual competitions with online results submission to allow your students to compete and be the best they can be without leaving the school site, ranging from intra and inter school opportunities.





**INSPIRE is a series of events including a range of virtual resources that introduce new sports and activities in a fun rather than competitive environment.** These festivals and events have a greater emphasis on participation, building physical literacy, skills and confidence.



Physical  
Literacy



Teamwork



Confidence



Fun



They are designed to be young person led and celebrate a range of achievements with a focus on the learning and development of the individual (not the result) and achieving their personal best. These festivals will all be underpinned by the School Games Values.



A background photograph of children in a gymnasium. In the foreground, a young girl with blonde hair in a ponytail, wearing a white t-shirt and black shorts, is sitting on a green mat and reaching out with her right arm towards the camera. Behind her, other children are visible, some sitting and some standing. The background features a red and blue wall with a large red circle.

## COMPETITION **EXCEL**

“ The sports festivals and competitions have given our children an opportunity to meet others and make new friendships. By competing and taking part, it has developed their social skills such as teamwork, communication and respect. ”

**Bex Jagger,**  
*St Francis RC Primary School*

## **INSPIRE** EVENTS

“ Introducing children to multi-skill activities allowed them to explore their physical abilities and take ownership of their physical development through personal challenges. They practiced in their own time at school or at home with family and friends. ”

**Rob King,** *Cavendish Primary School*

## **INSPIRE** EVENTS

“ The INSPIRE events have helped to develop our children's confidence, knowledge and physical literacy. This has impacted across the whole school as we work to support their development as healthy, happy and active young people. Seeing some of the children collecting certificates for the first time in assembly is very rewarding. ”

**Ian Thompson,** *Moston Lane Primary School*



## INCLUSION

“ The Association’s festivals have created a level playing field where every child can be involved regardless of their level of competence. Activities have been adapted to ensure all participants are included and feel they have achieved.”

**Jude Wall**, PE Teacher,  
*Birchfields Primary Academy*

## YOUNG LEADERSHIP

“ Young leadership has enabled us to engage a wider range of students, including many who aren’t on sports teams but demonstrate the ability to be a great Sports Leader.”

**Mrs Collard**, PE Teacher,  
*Wright Robinson College*

## INCLUSION

“ Our students love attending these competitions and they show great pride in the medals and success that they are able to achieve in a wide range of sports regardless of their ability level.”

**Adam Thomas**, Head of PE,  
*Piper Hill Special School*





**This is a series of inclusion specific events and activities**, perfect for SEN students, from Special and Mainstream schools, also including students who may be inactive, have low confidence, emotional or behavioural needs.



Encouraging

Adaptable



### Sports include:

- Boccia
- Cross - Country
- New Age Kurling
- Change 4 Life Festival
- Indoor Rowing
- Swimming
- Goalball
- Panathlon
- Sportshall Athletics
- Track & Field
- Tri Golf
- Virtual activities and competitions







## WELLBEING AND PERSONAL DEVELOPMENT

Resources, ideas and events which enable staff to shape and encourage more physical activity appropriate to the needs and abilities of your students. Programmes include #PersonalChallenge, Change for Life clubs, alongside National Initiatives including the 'Daily Mile'.



Motivation

Positive  
attitude

Self  
esteem

Self  
awareness



“ The activities delivered within the Change for Life festival have allowed our young leaders to lead and support the development of the children taking part. The young leaders developed real employment skills, taking on responsibility for groups of younger children, demonstrating empathy & great communication skills. ”

**Mrs Mitton**, PE Teacher,  
Loreto RC High School.

“ At Stanley Grove Primary Academy everyone does The Daily Mile. Our parents are invited to do it as well. The Daily Mile is a good idea to get children out of the classroom, it is very inclusive and helps me to improve my health and fitness. I think all schools should do the Daily Mile! ”

**Year 5 student**, Stanley Grove.





**A series of opportunities to recognise and reward students who assist with the organisation of PE, School Sport and Physical Activity within school, including the leadership of competitions, INSPIRE festivals, Change 4 Life and other activities.**



**\* New resources to enable students to develop skills and deliver new activity on your school site**

“ The opportunity to lead at a Sportshall Athletics event has given me the confidence in dealing with people and children and helped me develop my communication skills. It will add to the experience on my CV. ”

**Student, William Hulme**





## WORKFORCE DEVELOPMENT

**A series of professional learning opportunities** to develop the skills, knowledge and confidence of PE and School Sport professionals and colleagues.



**Confidence**

**Skills**

**Knowledge**

“ I attended the FA Primary Teachers Award and gaining the qualification has enabled me to use the skills and knowledge I learnt with my sports teams in school which is proving to be really successful.”

**Mr Skivington**, Teacher, Park View Primary School





**The Manchester Schools' PE Association was created by Manchester Schools** to pool and share resources, knowledge and skills and provide a collective support and development programme.



The Association is striving for Manchester Schools to be at the forefront of PE, School Sport, Health & Wellbeing; sharing good practice; supporting our schools and ensuring High Quality PE, School Sport, Wellbeing & Personal Development opportunities for all Manchester pupils.

Whilst 2019-20 has been a very different year, 162 Manchester schools have joined the Association, a new record. Our physical programme ran until March, with fantastic engagement. Over 197 primary and 375 boys and girls teams took part in our football leagues alone, with our Workforce Development courses, Leadership Programme, and much more in big demand. In addition, competitions had been planned over 26 different sports in 350 competitions, all running though until March. Our focus on supporting your staff with up to date information also included activity planning to keep your students active at home.

#### **YOUR SCHOOL'S MEMBERSHIP FOR 2020-21 WILL INCLUDE:-**

- Calendar of sports festivals, events, competitions and leagues planned for post Covid19
- Professional development courses including first aid
- Manchester Sports Leadership programme
- Work with key partners to develop Physical Activity, Health, Wellbeing & Personal Development strategies
- Links to the Manchester Community Sport & Club structure
- School Games Mark support

Membership fees for 2020-21 reflect the development of the programme, the aim to be sustainable beyond 2020 and the incoming grant funding from Department of Education and Department for Health which help keep the costs as low as possible for your school.

<b>PUPILS ON ROLL</b>	<b>MEMBERSHIP FEE 2020-21</b>
0-250	850
251-500	900
501-750	950
751-1000	950
Primary Special	450

This programme is a vital part of your school's **Sport Premium** funded programme – your Physical Activity, Health & Wellbeing Programme. They will contribute to your students' physical & mental wellbeing, individual, social & community development. Your membership fee should be included in your Pupil Premium Action Plan and can be budgeted for as a **Sport Premium** expenditure. The invoice for your membership will be forwarded to your Business Manager.





Through our festivals and events we aim to celebrate the six School Games Values with students:



**DETERMINATION**



**PASSION**



**RESPECT**



**HONESTY**



**SELF BELIEF**



**TEAMWORK**

All of our events will result in **SMILES**:

**SAFE**

participants feel physically and emotionally safe.

**MAXIMUM PARTICIPATION**

participants are fully involved all of the time, i.e. not hanging around.

**INCLUSIVE**

all participants can take part; activities are designed to suit and develop their abilities.

**LEARNING**

participants develop personal, social, creative, thinking and/or physical skills.

**ENJOYMENT**

activities recognise individuals' personal needs and interests.

**SUCCESS**

participants feel they are making progress and getting satisfaction.

While there isn't a specific letter for fair play, SMILES will happen for all participants if they feel a sense of fairness. Fairness underpins inclusion, enjoyment and success; it isn't just about 'rules'.

**All of Manchester Schools' PE Association's events promote the Principles of Competition.**

1. The young person's motivation, confidence and competence are at the centre of the competitions.
2. The focus is on the process rather than the outcome (on the learning and values development of the young person rather than the result).
3. Volunteers, leaders and officials are appropriately trained and display behaviours reflective of the nature of the competition.
4. The environment is safe and creates opportunities to learn and maximise social development.
5. The facility and the environment that is created for the competition reflects the motivations, competence and confidence of the young people and format of the competition.



# IMPACT REPORT 2018-19



1

Registered as  
a Charitable  
CIO Trust

2

Board of 8  
Trustees -  
experienced,  
eminent and  
knowledgeable  
appointed to  
guide and direct  
the Association

5

159 Schools  
have joined the  
Association -  
a new record!

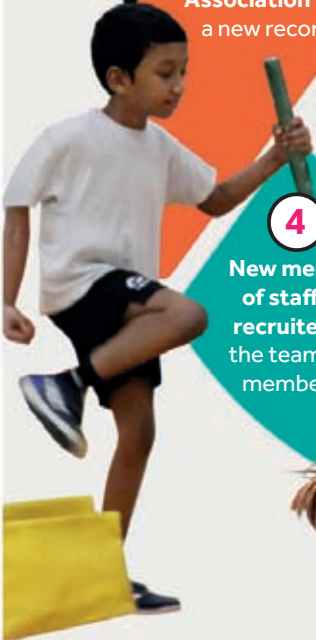
## #Team Manchester

4

New member  
of staff  
recruited - taking  
the team to 5  
members of staff

3

Development  
Strategy  
refined





## SUCCESSES

**273**  
individual  
events  
managed

for Primary,  
Secondary &  
Special Schools

**14** leagues  
**125** divisions  
**4,484** fixtures  
for **10,277**  
students



**32** links  
to local community  
sports clubs, facilities  
and organisations  
giving students  
sporting and activity  
pathways

**26** sports with  
active pathways

**13** sports with  
Greater Manchester  
pathways



**More than 2,200**  
**Sports Leaders**

trained and delivering competitive events  
with grants agreed across our secondary  
schools to support their development

**5,100**  
school  
teams

took part in our  
competitions,  
events and  
leagues

**82,000**  
student  
attendances

**124**  
Primary Change  
for Life clubs,  
involving

**496**  
Change for Life  
Champions (junior  
Sports Leaders),

**248** mentors,  
**1,488**  
children activated  
who are less likely  
to participate in  
Physical Activity



**79**  
schools  
achieved a  
National School  
Games Mark  
award



**£71,400**  
DfE grant

**£7,700**  
in grants from  
other sources



“ The joy and excitement of our children taking part in a wide range of physical activities has been fundamental to our school's success. Manchester Schools' PE Association have played a key role in providing such a fantastic calendar of events and competitions. ”

**Louise Fritz**, Headteacher  
St Francis RC Primary School

“ PE, School Sport and Physical Activity have been central to our outstanding success. Students and staff have valued the Team Wright Robinson ethos which has positively impacted on attainment, attendance, behaviour and the overall health & wellbeing of our school community. ”

**Neville Beischer**, CEO,  
Wright Robinson College



“ It has been brilliant to see the PE Association working with young people and practitioners to ensure their offer of competition, leadership and physical activity interventions are inspiring, accessible and meaningful to all young people. Making change is often difficult, but the review process has resulted in an excellent offer for schools and young people. ”

**Emily Reynolds**,  
National Programmes Director

“ An active environment and high quality PE, School Sport and Physical Activity is vital for all students to achieve and enjoy school life. In our experience being active has been positive for the mental health and wellbeing of all, including our most vulnerable students, in the day to day life of school. ”

**Sue Warner**, Principal,  
Melland High School



Registered Charity  
1179052

WEB

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