

Hertfordshire Guide to High Quality Primary PE, Physical Activity and School Sport



AMBITIONS CHECKLIST

This check list is designed to be an active document that your school can use to help develop high quality Primary PE, Physical Activity and School Sport

Ambition 1: High Quality Physical Education that supports physical literacy

- 2 hours allocated in the school timetable per week for each year group
- Specialist PE teachers to support and improve the quality of PE and physical literacy
- All PE lessons fully differentiated to meet the needs of all young people
- Development plan in place for appropriate CPD for staff in PE, physical activity and school sport
- PE and School Sport Premium plan uploaded on the school website identifying funding allocations and demonstrating impact and sustainability
- PE subject action plan in place and linked to whole school targets
- Evidence in place that demonstrates all children leaving primary school are confident in water and can swim 25m

Ambition 2: Physical activity, health and wellbeing opportunities that support a healthy and active lifestyle

- Whole school plan / strategy in place to deliver 30 minutes of activity for all within the school setting
- All young people are active for 30 minutes in school per day
- The least active young people in your school have been identified and a register created
- Introduced targeted interventions for physical activity and wellbeing for the least active
- Health and wellbeing specialists used to support the needs of young people and staff
- Information provided to young people and parents regarding physical activity and health agencies in your local area

Ambition 3: High quality sporting opportunities for all

- Engage with the School Games programme.
If ticked, indicate which elements are active:
 - Website
 - School Games Mark
 - Inclusive health check
 - School Games Local Organising Committee
 - Competitions for all at Level 1 & Level 2

- Access other sporting opportunities in your area
- Signpost the most able young people to development pathways in their identified sports
- Noticeboard or other method in place to inform parents and young people of community sports clubs
- Established links with local community clubs
- Identified and engaged with individuals connected with the school that could support sport
- Offer courses to up-skill individuals to meet minimum standards for active leaders and coaches

Ambition 4: Exceptional leadership, volunteering and coaching for all

- A leadership pathway for young people in your school is in place
- Leadership courses offered to young people

Notes:

Advice and guidance

A number of agencies and individuals can offer support, tool kits and evidence of good practice. Some of these are detailed in the guidance document.

