

CASE STUDY

School: Little Common Primary School
Focus: Creating an Active Community
PE Coordinator: Katie Chapman



Little Common Primary School is a large 3-form entry primary school with approximately 600 pupils. Katie Chapman is the school's PE coordinator and is also a class teacher at the school. Katie has worked at Little Common for 15 years and has been the PE coordinator for the last 5 years.

The school is a member of both the Hastings and Rother School Games Partnership and, more locally, the Bexhill Sports Cluster, allowing them to access approximately 50 competitions and festivals each year. In 2019, Little Common Primary School was named the Quality Start Active Primary School of the Year at the [Sussex Sports Awards](#).



Creating an Active School

Little Common Primary School has an ambition to make every pupil at their school active. Every pupil's activity is comprehensively tracked. The school records pupils' participation at extra-curricular clubs, participation in competitions, leadership roles, attainment in PE and even participation in community clubs outside of school. At the end of the 2018/19 academic year, this tracking showed, impressively, that 94% of all their pupils were active. This case study will show how they reached this point.

Quality Start

The school realised, through obtaining consecutive School Games Gold awards, that their KS2 provision was good, however they wanted to ensure this was consistent across the school. The school decided to sign up to the [Quality Start Award](#), a Sussex award focussing purely on KS1 provision. The award gave a chance to reflect on this provision by providing a self-assessment against set criteria.

As a result of this process, more clubs were established specifically targeting KS1 pupils, a dedicated KS1 PE and Sport noticeboard was created and competitions/festivals were organised with other local schools. In addition, an Early Years festival was established, not only introducing the youngest at the school to further activity but also

allowing the opportunity for older KS1 pupils to lead events and activities. A dedicated C4L festival was also established to target less active pupils in KS1. As a result, the school achieved the Quality Start Platinum Plus award – the highest award achievable.

Physical Education

To ensure consistency across the school and sequenced progress across the year groups whilst reducing teacher workload, a full school set of [Val Sabin](#) schemes of work were purchased and utilised. Teachers are audited every January to ensure that PE is being led well and their needs are being met in order to provide high quality PE. Pupils are continually assessed to inform future teaching, with formative assessment taking place once every term. Additional sports coaches also support staff with teaching and CPD. Each class has 4 Sports Leaders who assist the teacher with the lesson as part of a Learning to Lead programme. A sample of teachers from each year group are regularly observed to ensure clear progressions of skills and high quality teaching across the school.



Active Lessons

Active 30 training has been dispersed to all teachers at the school through CPD sessions. Teachers are aware of the importance of fitting in 30 active minutes within the school day for every pupil.

[GoNoodle](#) is advocated to all classes to be used as brain breaks and the class that logs the most



amount of activity across the term is named the 'Active Class of the Term' during a termly dedicated sports assembly. In addition, every pupil is invited to become a Runtastic Runner - every playtime and PE lesson

provides all pupils with the opportunity to use the school's running track and see how many laps they can complete in 10 minutes. Pupils log their own progress which is compared at the start and end of each term. Pupils showing most progress and displaying the greatest determination are also rewarded in the sports assembly.

Physical Activity

The school is currently promoting a Get Active and Healthy challenge created by the Sports Committee, where pupils, staff and parents are encouraged to participate in regular activity outside of school. Participants are recognised and rewarded after logging activity for firstly 4, then 8 and finally 12

consecutive weeks with the ultimate goal of making an active lifestyle a habit. This challenge is also linked with the [Get Set Travel to Tokyo Challenge](#). During the first 4 week challenge, an incredible 110 families took part!

Active Travel

The school has begun to track the amount of pupils who actively travel to school. The school will be working with [Sustrans](#) this year to try and improve these statistics in a new pilot project. As the local area isn't regarded as cycling friendly, the school promotes walk to school days/weeks so that pupils and parents can see how accessible it is. The pilot project hopes to expand on this to include a park and walk scheme.

Clubs

Over 20 extra-curricular clubs are offered each week with a wide variety of over 30 different sports activities offered across the school year, ensuring every pupil's interests are catered for. Clubs are made up from some parent-paid clubs and some school-funded clubs funded via the [Primary PE and Sport Premium](#). Pupils identified as less active are personally invited, along with a friend, to clubs that they have shown interest in. Applications to attend clubs are considered on a need basis rather than first-come-first-served to ensure inclusivity.



Leaders

3 different types of leader are utilised at Little Common, seeing 138 pupils trained as leaders during 2018/19.

"I like going to play with the Play Leaders at lunchtime. I like throwing the balls and the jumping games."

Year 1

Play Leaders, made up from less active pupils, alongside a Play Leader Supervisor, run [Change for Life](#) clubs during playtimes that specifically target other less active pupils. Sports Leaders assist in PE lessons with setting up equipment and helping to run activities. The schools' Sports Crew coordinates intra-competitions and challenges and also help with larger sport events such as sports day. A selection of these children also form the Sports Committee.

"Being in the sports crew is a great way to encourage other children to be active and challenge themselves. I enjoy leading and supporting others. I am also part of the Sports Committee and we created the Get Active Challenge for children and their families."

Year 5 – Sports Crew

"As a Super Sports Leader, I help children to be more active at lunchtimes and I encourage them to run around the playground."

Year 2



Health and Wellbeing - Creating an Active Community

In addition to the Get Active and Healthy challenge, the school is currently looking at other ways to promote health and wellbeing. Cooking and nutrition is part of Little Common's curriculum and is taught throughout the school. As part of this, pupils help to design the menu for school dinners. Parents also have the opportunity to attend cooking sessions. The [East Sussex school health team](#) have regularly been into school to run assemblies and workshops on the importance of being active as well as healthy eating and improving sleep too. The weekly school newsletter always has a health and wellbeing feature whether that be a healthy recipe, healthy lunch box ideas, or promoting different ways to move more and have a healthy mind. The school also has a Wellbeing Committee.

As well as clubs for pupils, the school runs a weekly active staff club after school and, on Fitness Fridays, will be offering parents the opportunity to join in with the pupils on their daily run. There will be further opportunities for parents to take part in active sessions.

Recently the school set up a Sunday Stroll that invited the whole school community (children, family and friends) to join together for a walk/jog/ride/scoot along the promenade. An incredible 130 people turned up to take part! There are plans now to make this a regular event.



"The Sunday stroll was a brilliant idea. It was lovely to see families and the community getting active together. We are looking forward to the next one."

Parent

Next Steps

The school doesn't intend to stop here. Plans are currently in place to introduce skipping as a further activity. This will be introduced through a [Skip2bfit](#) day at school and participation in the Skip2bfit programme. A Healthy Schools Week will be implemented later in the year and Katie also has plans to develop a Little Common marathon initiative where pupils will get the chance to complete a marathon distance over a period of time by recording the laps they run within the school day.

After 4 consecutive years of [School Games](#) gold awards, the school now hopes to achieve the prestigious platinum award. They want to finish the year with 100% of their pupils being termed active and then endeavour to further spread this enthusiasm into the local community.



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[Have you visited the Active Sussex website lately? There is a section dedicated to primary school PE, sport and physical activity.](#)