

## CASE STUDY

School: Cradle Hill Community Primary  
Focus: Level 6 Primary PE Subject  
Leadership Qualification  
PE Coordinator: Katie Hooker  
<http://www.cradlehill.e-sussex.sch.uk/>



### Background

Cradle Hill Community Primary School is a 2/3 form entry school in the South Downs School Games area.

The school has close connections with Wave Leisure Trust who assist with: running a variety of extra-curricular sport and activity clubs, putting on local competitions and enhancing swimming provision.

Decisions around how the Primary PE and Sport Premium (PPSP) should be utilised are discussed and decided by the PE Team, the Business Manager and the Headteacher. The PE Team has grown from one to three people over the last couple of years as the role has grown in terms of both importance and time/commitment.

The school has recently completed some building work to allow it to grow from 2 to 3 form entry.



### Extra-Curricular Clubs

- The school currently offer a number and variety of clubs throughout the school year.
- All clubs are run by external providers including: Wave Leisure Trust, Purrfect Yoga, Up the Tempo Dance School, SAMA Martial Arts and Scriven Family Martial Arts.
- Parent and child yoga classes are also offered on the school site after school.
- Pupils pay a discounted amount to access these clubs however, if any Wave Leisure clubs are not fully subscribed then PP pupils get offered a space for free.

### Competitions

- Inter-school competitions are accessed through both the Wave Leisure Trust Partnership and the South Downs School Games Partnership.
- The school also run a number of intra-school competitions including a termly house challenge.
- Each term, pupils come together in their houses to compete within their year groups in a range of sports including football, dodgeball, athletics and rounders.
- The school now also holds a winter sports day to complement this.

*'I was dreading the winter sports day as the weather was awful but I really enjoyed it and particularly loved the fact that the children enjoyed it so much. It's so important for this generation of indoor, screen- bound kids to be outside and active and feeling the weather in their faces! You could see it was utterly invigorating for them.'*

### School Teacher

### Active Travel

- The school holds several Bike-It breakfasts to encourage pupils and parents to cycle to school. Pupils and parents travelling to school on bikes or scooters on these days are rewarded with a free healthy breakfast.
- A number of walk to school weeks are also run across the school year.
- These programmes are designed to get pupils and parents to give active travel to school a go and dismiss any misconceived barriers.
- The school participated enthusiastically in the East Sussex Beat the Streets competition finishing in second place overall!



### Level 6 Qualification

- In 2017/18 Katie, the KS1 PE Coordinator, attended the Level 6 Award in Primary School Physical Education Subject Leadership run by Active Sussex.
- This qualification teaches delegates how to lead sustainable development within primary school physical education. This includes understanding the roles and responsibilities of a physical education subject lead, being able to determine the quality of provision, and being able to design, lead the implementation of, review and revise a targeted strategy to develop primary school physical education and its sustainability.
- The qualification allowed Katie the time, resources and support to study PE and physical activity. Following the qualification's '6 steps to making a significant impact' it was decided to focus on two main areas: swimming provision and increasing physical activity throughout the school day.



### Improving Swimming Provision

*The qualification tasked Katie to evaluate how learners were currently doing in relation to both her vision and school/national curriculum expectations.*

- Before the intervention, swimming at Cradle Hill was delivered to all pupils in years 4 and 5. Pupils attended one 30 minute lesson per week for 6 weeks.
- With this arrangement, both travel to/from the pool and staff ratios were problematic.
- The school also wished to improve the engagement of their pupils in swimming and, as a result, the level of attainment of pupils in swimming when leaving the school in year 6.
- To solve these issues, Cradle Hill made the following changes:
  - Pupils from year 3, 4 and 5 would now attend.
  - Swimming lessons would be for one intensive week where pupils would swim every day.
  - Year 5 pupils would be assessed and, any failing to meet national curriculum requirements, would undertake a further intensive week of swimming in year 6 where they would swim for one hour every day for a week.
- To help with assessment and celebrate achievement the school registered with the [Swim England School Swimming Charter](#).
- Using the partnership with Wave Leisure, the school set up a swimming gala for gifted and talented swimmers to encourage further progress and develop healthy competition.

*"I loved swimming I wish we could have done more"*

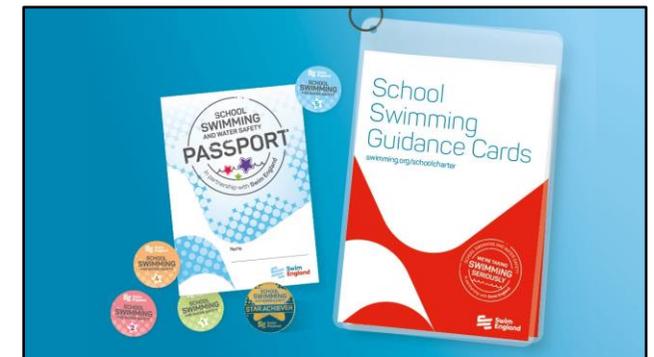
**Pupil**

### Impact

*"The progress that the children made was amazing. Children did not have time to feel anxious as they were swimming every day. The amount of children passing the ASA levels 5+ has increased."*

#### School Teacher

- Reduced anxiety in pupils who had little experience of swimming.
- Reduction in pupils attending school without the necessary swimming kit.
- Reduced disruption to staff timetabling.
- Improved engagement in class of pupils after swimming lessons.
- Improved excitement, confidence and motivation amongst swimmers.
- Significantly improved progress amongst pupils compared to previous years across all year groups.
- Increased percentage of year 6 pupils leaving school having met all three national curriculum expectations in swimming – now 79%.



*Swim England School Swimming and Water Safety Charter resources*

## Increasing Physical Activity

The qualification tasks led to the decision to increase physical activity throughout the day at Cradle Hill by focussing on two areas: playtimes and brain breaks/active blasts during lesson time.

## Developing Playtimes

- Half of the field has been transformed into an all-weather pitch so that it can now be utilised all year round.
- Permanent playground markings have been added to reception and year 1 playgrounds.



- Netball court, fitness and world map markings have been added to the KS2 playground.
- Football goals and netball hoops have been purchased and have become a permanent fixture in the playground.

- A variety of equipment, including bikes and scooters, is now available during playtimes to encourage activity and cooperation.
- Wave leisure deliver 2 clubs per week during lunchtimes for pupils in KS2.

## Introducing Brain Breaks/Activity Blasts

- During lesson time, teachers have been introduced to and now use online resources including [Go Noodle](#), [Cosmic Kids Yoga](#) and the [BBC's Super Movers](#) as active blasts.
- Teachers and pupils across the school have also been introduced to [The Daily Mile](#) programme.
- Teachers are encouraged to use this as and when it suits their class.

## Impact

- Reduction in accidents and first aid incidents.
- Improved pupil behaviour both during playtimes and within the classroom.
- The amount of KS1 pupils visibly involved in physical activity during playtimes has risen throughout the school year.
- Pupil engagement and enjoyment in learning have both improved.
- Pupils are making greater academic progress.



*"Active brain breaks are a brilliant way to regain focus within class. They are most beneficial when used in between a lesson. I find it very helpful if I notice the children are quite fidgety or losing concentration. I usually get to them to do a quick 'Go Noodle' or 'Super Movers' video and it supports them in regaining their focus."*

**Class Teacher**

*"We do the mile run (everyday if possible!), the children love taking part in this and we also have a chart in class for them to track their progress. I believe that by keeping the children active, it significantly contributes to their progress in academic subjects."*

**Class Teacher**

## Active Sussex Assistance

Throughout this process Active Sussex has provided support to Cradle Hill through:

- Providing one-to-one support with both the PE Coordinator and the Head Teacher.
- Organising the South Downs PE conference attended by the school.
- Running the Level 6 Primary PE Subject Leadership qualification.
- Providing ideas and resources to improve physical activity during lesson time.

Active Sussex

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There are many PE CPD opportunities, including level 5 & 6 qualifications, available to primary schools across Sussex on the Active Sussex website.

[Click here to see what is currently on offer.](#)