

## Section 3 – Pledge Guidance

### School Sport

<b>Overview</b>	<p>'School Sport is structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within school settings; this is sometimes referred to as out-of-school-hours learning. Again, the context for the learning is physical activity. The 'school sport' programme has the potential to develop and broaden the foundation learning that takes place in physical education. It also forms a vital link with 'community sport and activity' (AfPE).</p> <p>School sport is an opportunity for pupils to engage with and participate within a range of sports, through a range of roles and within a range of settings. Schools should be in a position to offer a breadth of opportunity for learning and participating beyond the curriculum through their school sport offer for all pupils.</p>
<b>Key Facts</b>	<p>There are a large range of benefits for schools to having a robust and engaging school sport offer for pupils which are wider than raising the profile and participation in the sport itself. Pupils are able to work together with peers, improve cognitive function and communication skills, develop their resilience and increase confidence and self esteem.</p> <p>School sport can help raise the profile of the school within the local community and can be used by the school as a tool for tackling specific issues across the academic year. Sport can be used as a method of allowing pupils to represent their school and feel part of the school community.</p> <p>Sporting opportunities can be provided as informal activity at breaks and lunchtimes throughout the school day as well as more structured clubs being in place to target specific sports or activities. Dependant on space schools are able to offer a wide range of different sports throughout the typical school day and can offer opportunities for pupils to try sports that they would never have the chance to undertake outside of the school environment. These may be delivered by school staff or could be an opportunity for the school to engage with external partners and specific qualified deliverers to enhance their pupil's opportunities.</p>

	<p>Sports Clubs are a crucial tool in terms of delivering sporting opportunities to pupils across the school. These clubs should be seen as an opportunity for pupils to further develop their skills. Schools should analyse the access that their pupils have to these on a regular basis to ensure that targeted opportunities are able to be developed where necessary.</p> <p>Opportunities to lead activities and other varied roles can be provided through sport within a school setting. Sport can provide opportunities for pupils to experience delivering coaching and officiating for example as opposed to engaging solely as a participant. Leadership can take place in other forms across school in terms of wider roles (sports council or sports journalist for example) and this can be used to target and support more disengaged pupils or pupils who are excelling within a particular activity/ sport.</p> <p>Competition can be introduced using sport as a tool across school and is it encouraged for all schools to embed this process within their school for every child. This can take place in terms of personal challenges and improving on scores previously (competition against self) or can be implemented using intra school competition against others, either personally or part of a team.</p> <p>The above will allow for schools to then further engage in competitions or multi school events known as Inter School Competitions. These may be more local events (such as a friendly match against the next school for example) or may be much larger scale sporting events where schools can take part. In addition to competitive opportunities, schools may also take part in more skill based festivals where pupils are able to experience a new sport or develop their ability levels. It is important for schools to assess the needs of their pupils and ensure that the appropriate opportunities are provided.</p> <p>It is essential that schools are able to work with external partners to ensure that sustainable opportunities are provided for pupils to participate in specific sports where possible. Schools should work with local community sports clubs and other local opportunities where possible and highlight these to pupils to ensure that children and families are aware of these.</p>
<p><b>Resources</b></p>	<p>Association for PE (AfPE)  Youth Sport Trust  School Games  Sports Leaders UK</p>

<p><b>Best Practice</b></p>	<p>School sport should be a factor in the development of the school and used as a catalyst to support whole school improvement changes wherever possible. There should be a wide range of opportunities for all pupils to engage in sport across the academic year in a way which suits their individual needs and abilities.</p> <p>A range of formal and informal opportunities should be provided daily for pupils and targeted support should be offered to engage specific pupils where appropriate. Pupil voice should be used throughout the academic year to analyse the interests of pupils and sports then offered to pupils where possible, either within school or outside of the school environment. Pupils should be encouraged to try alternative activities and put themselves in environments that they may not be used to, to provide a sporting experience for them.</p> <p>A large majority of pupils will be offered the opportunity to lead their peers within a sporting activity and in a varied number of roles.</p> <p>Schools should engage in a wide range of competition within school (intra school) and also against other schools (inter school) to ensure that all pupils are able to compete at a level that suits them. It is important that a range of different sports are offered and that the school work closely with external partners to evaluate what they can engage with and the suitability for pupils to ensure a positive experience. The principles of competition should involve safe practice, maximum participation, inclusiveness, learning for all, enjoyment and that all pupils experience success.</p>
<p><b>Local Offers and Providers</b></p>	<p>School Sport Partnerships / Networks  Local School Games Organisers  Local Community Sports Clubs  Professional Clubs Community Bodies</p>