

Primary PE, School Sport & Physical Activity- Sheffield Case Study

Name of School	Phillimore Primary School
Area of Focus	Physical Education: Teaching & Learning, Assessment, Planning/ SOW, Swimming, Equipment/ resources

Intent: What did you set out to achieve? Why was this needed?

Improve our attainment figures for KS2 swimming in particular aiming for all pupils to achieve at least 25metres Swimming is an unfamiliar activity for the majority of our families therefore starting ability is very low (example cohort 2015/16 3% could swim 10m unaided and 0% 25m). Some parents/carers lacked understanding of swimming as a curriculum subject and were understandably concerned for the safety of their children.

Implementation: What did you do and how have you done this?

- 2 early intervention lessons for Y3s to familiarise children and parents/carers with what a swimming lesson entailed
- 36 lessons for Y4s as part of the PE programme
- Lessons predominantly games based and therefore fun
- School staff support from in the water (manage behaviour/ensure pupils listening/help individuals as appropriate)
- Early on (around lesson 4), all children experience the deep end and being out of their depth with aids (armbands/woggles/floats/in water support)
- Differentiation occurs by support whether swimming aid and/or adult in the water – this is the main reason for rapid progress and ultimate success
- Ongoing assessment rather than an ‘assessment week’
- Constant discussion between swim staff and school staff on targeted support with ongoing results shared rather than at the end of the block
- Water safety lessons take place at school and on the bus travelling to swimming
- Use of national initiatives eg Swim Charter; School Swimathon; Biggest Swimming Lesson as incentives
- Parental engagement (school results on website; sharing individual attainment with parents; use of rewards as children pass the Charter awards)

Impact: What were the results and how did you know?

- End of year attainment for example cohort 2015/16: 91.2% could swim at least 25m from a 0% starting point and passed all requirements of Water Safety
- Improved fitness and stamina – impact on other areas of the curriculum (PE and sport, classroom based lessons)
- Improved Behaviour – teachers and parents/carers report improved concentration, sleep better, better relationship with food and physical activity
- Teachers report pupils’ improved attitude to work, have more confidence to try new things; more active playtimes; increase in numbers attending after school clubs and willingness to enter competitions
- School attendance – swimming most popular lesson of the week – 100% attendance on swimming day
- Children love their swimming lessons!

3 Top Tips for Other Schools to Implement Something Similar?

1. Improved partnerships between school swimming provider/school/parents – everyone working together to improve outcomes of children including school staff actively involved in the lesson preferably in the water

2. Increased awareness of staff, school governing body, parents in understanding responsibilities regarding swimming reflected in increased school financial investment due to proven results and impact on whole school improvement
3. All lessons to include
 - a) warm up of stamina-based activities. All pupils swimming from deep to shallow with appropriate aids/in water support to get all children used to swimming lengths otherwise they will not have the confidence or stamina to do so when asked to swim 25m
 - b) Games with toys – give every lesson the WOW factor

Please could you also provide us with an image that we can share alongside your case study on the Learn Sheffield Website as we would like to share this good practice across the city.



Toys and games



Pupils in deep water with aids and in water support