



Primary



Passport

Name _____

Class _____



The Primary School PESSPA Passport to Success

Welcome to the Passport to Success Teachers Pack.

What is the P2S (Passport 2 Success)?

The P2S is a primary school resource for pupils in Year 5 & 6 that schools identify as needed some extra support in and around PESSPA.

Schools can identify pupils that fit in to any of the following criteria.

Low activity levels

Low confidence and self esteem

Would benefit from some mental health & wellbeing support

Don't belong to a school sport club or community club

Struggle to make friends/shy

Poor coordination

The programme has been designed to work with a small number of pupils – max 12 to work as a group to achieve a series of activities.

The activities have been designed to be fun, active and to increase the knowledge and understanding as to why physical activity is important and how it can make us feel better.

The activities are **not** designed to make pupils the best footballer or netballer but instead are designed to give pupils transferable skills in everyday life.

We believe this resource may also help with the transition to high school by giving support to those pupils who are anxious about moving on.

How does the project work?

Schools can print out the activity passport for the pupils and together work through the activities featured. This can be achieved in a number of ways.

Version 1 Bronze – In house, schools download the pack and launch a club for those pupils to attend to work through the activities together, with no support from Stacey

Version 2 Silver – Launch event, V2 includes booking a half day with Stacey – SGO at the Skylark Nature Reserve, the pupils will spend a few hours at the outdoor education site and work through a number of problem-solving activities and chat in-depth about the barriers they feel when it comes to PESSPA. Cost £50 for two hours at the Skylark.

Version 3 Gold – Launch event with continued support – As above but Stacey will also visit the pupils at a time that suits the school to work on some of the activities and to continue to work on pupil voice and breaking barriers, cost as above plus £25 per visit in your school – Max 6 visits

Version 4 Platinum – This package includes 2 events at Bewerley Park or East Barnby Outdoor Education centres.

Stacey will meet the pupils at BP or EB outdoor education centre to launch the passport and for the pupils to work with the staff of NYOLS for an exciting outdoor adventure. You can choose from High Ropes or Brimham Rocks.

Back in school you can lead the passport activities in house and request visits from Stacey (Max 6) to support the group.

When the pupils have achieved all the activities in the passport, they will then re-visit BP or EB for a more adventurous activity such as kayaking, raft building or beck scrambling.

Cost: 1 Day visit to BP/EB approx. £365 (per 12 pupils) x 2 visits £730

Any subsequent visits for Stacey to come in £25 per visit

You will also need to source and book transport for the pupils.

The activities:

Launch day – On launch day, either in school, Skylark or BP/EB you/we will collect pupil voice. Pupils will have the opportunity to answer a series of questions about their activity levels, what they like about being active, what they don't like about being active, what kind of activities would they like to try. The aim is to make the pupils feel comfortable about having a voice and being honest about how they feel.

If in school, I will send some small team building activities for you to resource and run as part of the launch event.








If coming to the Skylark – The pupils will do the pupils voice around the campfire and then participate in some team building activities such as shelter building and crossing the swamp.

If attending BP/EB – The pupils will do the pupils voice around the campfire and then leave the site to participate in an activity that will be more challenging but will also be fun, exciting and for some of the pupils an opportunity to visit parts of Yorkshire they didn't even know existed.

The passport activities:

The passport activities will fit in to the School Games Values, they will be small activities that can be achieved at school, at home or with their friendship groups. We want to encourage the pupils to spend time in the outdoors so where possible we will encourage the pupils to embrace the outdoors no matter the weather.

Some activities may require a beat your own record score. This will require the pupils to try the activity several times in one week and keep a record of their score. This is not about being the best in the class but about improving their own score, only themselves need to know their scores.

Outline timetable		
Week 1	Launch Event 	At the launch event pupils will have the opportunity to be honest with their thoughts regarding all things PESSPA related, they will also participate in some teambuilding and problem-solving activities. We will also chat about the new school games value, eco-friendly and this will be a running theme throughout the project
Week 2	Teamwork 	Pupils will work on some team skills; through sport and STEM they will then be left with a challenge to complete before week 3
Week 3	Self-Belief 	Personal Best challenges. The children will discuss times when they didn't think they could do something and then talk about their feelings before and after they achieved something special. They will all set themselves a personal challenge to achieve before we next meet.
Week 4	Respect 	Rules, here we will play some games with rules, the children will be asked to change to rules to make it more inclusive, to change the scoring, what is fair?
Week 5	Passion 	In this week's session the children will be able to share what they are passionate about and give a quick lesson to their friends, it could be art, it could be a sport, anything they enjoy doing! At the end they will need to pick one of the other pupils' passions to try at home.
Week 6	Honesty 	We will revisit some personal challenges and talk about being honest with their scores, why it's best to be honest, and apply this to a game. Such as when playing football, if you fall over should it be a free kick, or should you be honest and say you fell over.
Week 7	Determination 	The pupils will be set some mini challenges, will they complete the task or will they give up!
Week 8	Celebration	Here at the celebration event, we will re-visit the barriers we spoke about at the launch event, talk about which barriers they have broken and how they continue their journey. We may even have a few treats to celebrate.

Healthy Homework	
Some of the sessions will require the pupils to achieve a mini task at home or with their friends at school	
Week 1	To prepare for week 2 the pupils must come up with a challenge for the other pupils to try at session No2 The challenge can be a team challenge or a puzzle or even a riddle.
Week 2	The must go home and do one of the challenges they have learned in this session and complete it with their family or with their friends at school. They must record their evidence/score
Week 3	They will all be set the same personal challenge and record their score ready for next week.
Week 4	When playing games, think about the new spirit scoring and be considerate when playing against someone who isn't as good as them.
Week 5	They need to pick one of their friends' passions and give it a go, they need to evidence that they have done that.
Week 6	Week off 😊
Week 7	The pupils will need to recreate and play one of the mini challenges at home or with friends.
Week 8	Celebrate 🏆

We recommend running an 8-week block spending 1 hour a week with the pupils that have been chosen, it's important however to run the P2S how it best suits your setting.

The pupils P2S record of achievement also contains extra activities that the pupils are free to try.

If you wanted to, you could potentially award certificates at the end based on what they have achieved.


1 point for attending the club

1 point for doing their homework

5 points for the extra activities

Then award

Bronze, Silver, Gold certificates depending on how many points they have achieved.

<p>Week 1</p>	<p>Launch Event</p> 	<p>At the launch event pupils will have the opportunity to be honest with their thoughts regarding all things PESSPA related, they will also participate in some teambuilding and problem-solving activities. We will also chat about the new school games value, eco-friendly and this will be a running theme throughout the project</p>
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This session is designed to give the pupils as much as a voice as possible, to help these pupils on their journey we need to understand what their barriers are.

Suggested Questions:

What do they like about PE?

What don't they like about PE?

What sports do they like?

What sports don't they like?

What activities outside of sport do they like?

It's important that you allow the pupils to explain the why's to their answers.

Week one is all about giving the pupils time and giving them a voice.

It's important to also participate in a few teambuilding/problem solving activities so they can relax and have some fun.

During this week we will also introduce the pupils to the new school games value, Eco-friendly where they will be introduced to activities such as plogging.


Additional Options

Book a launch event with Stacey at the Skylark Nature Reserve approximately 2 hrs although it could be a full day if requested.

They will get to participate in some in-depth breaking barriers discussions as well as some nature and teambuilding activities

Book a launch day at Bewerley Park/East Barnby.

Here the pupils will enjoy an in-depth breaking barriers discussion along with working with the team at the outdoor centres to really push their comfort zones, they will get to participate in team building activities as well as a more adventurous activity in the wonderful Yorkshire Dales.


Week 2	Teamwork 	Pupils will work on some team skills; through sport and STEM they will then be left with a challenge to complete before week 3
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Week two is all about Teamwork.

In this one-hour session the pupils will talk about what skills do you need to be part of a team.

The good things about being part of a team, the bad things about being part of a team.

The pupils will also participate in some small teambuilding activities


Week 3	Self-Belief 	Personal Best challenges. The children will discuss times when they didn't think they could do something and then talk about their feelings before and after they achieved something special. They will all set themselves a personal challenge to achieve before we next meet.
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Week 3 is all about being positive and believing in themselves


In this session we will talk about how we feel when presented with a task we don't think we can do and how we feel when we achieve something we think is impossible.

We will also talk about how the things you find easy others may find hard and vice-versa.

We'll talk about not giving up and the pupils will be given a selection of personal best challenges to work on.

Week 4	Respect 	Rules, here we will play some games with rules, the children will be asked to change to rules to make it more inclusive, to change the scoring, what is fair?
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Week 4 we will talk about how falling out over rules and games can be overcome by working together and changing the rules of the games so they can be fully inclusive. Spirit of the Games scoring will be introduced, and we will talk about respecting umpires, referees and all those playing the game.

Week 5	<p>Passion</p> 	<p>In this week's session the children will be able to share what they are passionate about and give a quick lesson to their friends, it could be art, it could be a sport, anything they enjoy doing! At the end they will need to pick one of the other pupils' passions to try at home.</p>
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During week 5 we will talk about life outside school sport, being activity doesn't mean you have to be part of a football team.


What physical activities do they like participating in that they don't do as part of school sport?

The pupils will talk about how it makes them feel, what they like about it. What activities would the pupils like to try?

Week 6	<p>Honesty</p> 	<p>We will revisit some personal challenges and talk about being honest with their scores, why it's best to be honest, and apply this to a game. Such as when playing football, if you fall over should it be a free kick, or should you be honest and say you fell over.</p>
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Week 6 we will talk about which sports do we see where the players are often dishonesty, do players 'win' a penalty and how do they feel when they see players 'cheating' and being bad sportspersons.

We will revisit the personal challenges and why it's important to be honest with the scores.

Week 7	<p>Determination</p> 	<p>The pupils will be set some mini challenges, will they complete the task or will they give up!</p>
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Here the pupils will talk about how easy they give up when given something new to try.

They will also try a few challenges that will be difficult to work out or achieve to see how well they think they have done. Some of these will be individual challenges and others will be team challenges.

Week 8	<p>Celebration</p> 	<p>Here at the celebration event, we will re-visit the barriers we spoke about at the launch event, talk about which barriers they have broken and how they continue their journey. We may even have a few treats to celebrate.</p>
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SCHOOL
GAMES



OUTDOORTED



CERTIFICATE

OF ACHIEVEMENT

This certificate is presented to:

for participating in the Passport 2 Success Project

