

PEPASS

THE EAST LoTHIAN WAY

- > Physical Education
- > Physical Activity
- > School Sport

The Scottish Government, through Education Scotland and **sportscotland**, has made a strong commitment to support Local Authorities to work towards providing a strong, inclusive, integrated and collaborative approach to Physical Education, Physical Activity and School Sport (PEPASS).

East Lothian PEPASS – Vision Statement:

East Lothian professional learning communities will make best use of teaching staff and key partners working across Physical Education, Physical Activity and School Sport (PEPASS) by having a clear understanding of the roles and responsibilities of each aspect of PEPASS and how they interact with each other.

Staff will work in partnership and plan together to build strong connections across PEPASS to provide all children and young people with a rich variety of opportunities for sustained involvement in physical activity throughout their school life and beyond.

PEPASS Key Priorities

East Lothian Council Education Services, Sport Countryside and Leisure Services, supported by Education Scotland and **sportscotland** have developed a PEPASS structure to address key priorities:

- Developing the delivery of quality PE
- The delivery of 2hrs/2 sessions of core PE 3-18yrs
- Participation in Physical Activity and Outdoor Learning
- Equality and Inclusion
- Teacher, Coach Education and Leadership
- Club Development, Coaching and Volunteering
- Events and School Sport Competition



East Lothian
Council

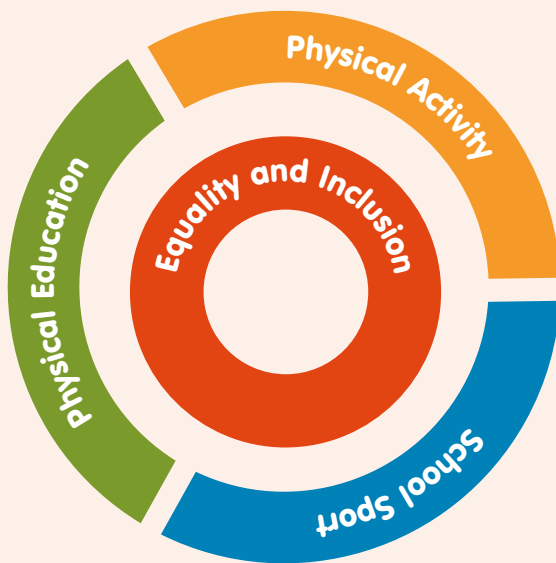
foreword

I am delighted to be able to share with you information about the partnership work ongoing between East Lothian Council Education Services, Sport Countryside and Leisure Services, supported by Education Scotland and **sportscotland** to embed physical education, physical activity and sport into the daily routines of our children, families and within our wider communities.

The collective efforts of the Physical Education, Physical Activity and School Sport (PEPASS) team will ensure increasing numbers of children and young people will continue to benefit and achieve success from their participation in a range of sport and physical activities. Good health and wellbeing is essential for successful learning and happy lives for children and young people. This leaflet provides information on how children and young people can make healthy life choices either through physical education at school or in their daily lives out with the classroom which will be sustained into adult life. I am looking forward to the team taking forward our ambition to improve the health and wellbeing of all our children and young people.

Fiona Robertson - Head of Education

PEPASS: THE EAST LoTHIAN WAY



PHYSICAL EDUCATION: Learning - Leadership

DRIVER:

- High Quality Core PE 3-18yrs
- High Quality Senior Phase Opportunities for all

DELIVERED BY:

- PE Specialist/PE Teacher, Class Teachers, Outdoor Learning Staff

PEPASS TEAM:

- **Primary PE Specialists** work across all primary schools to support the delivery of 2hrs quality PE
- **Secondary PE Teachers** in the 6 secondary schools are responsible for the delivery of 2 sessions of core PE in Broad General Education (BGE) and National Qualifications in the Senior Phase. *Many of the PE staff also engage in supporting the delivering of an extensive extra-curricular programme of physical activities and sport across the LA*
- **Swimming Teachers** deliver the curricular primary swimming programme
- **PE Champions** – a designated Class Teacher in each primary school, supports the development of PE in their schools
- **Outdoor Learning Service Staff** support and deliver the Outdoor Learning Programme
- **Sports Development Officers**

EQUALITY AND INCLUSION

In East Lothian, we are striving to be more inclusive. We are proactively adapting and adopting policies and practices that will remove barriers enabling more children and young people within our schools to take part in physical education, physical activity and sport.

PHYSICAL ACTIVITY PA: Exercise - Engagement - Enjoyment

DRIVER:

- Equip children & young people to live a healthy lifestyle
- Create inclusive pathways

DELIVERED BY:

- School staff, Sports Development, Active Schools, Coaches and Volunteers, Outdoor Learning Staff

PEPASS TEAM:

- **Active Schools Coordinators** supporting physical activity participation in every primary school
- **Secondary Physical Activity Coordinators**, one in each secondary PE Department, support physical activity participation, sports leaders/ambassadors and school sport competition
- **Community Recreation Team Staff** support Healthy Living, Ageing Well, Equalities and Inclusion and School Sport Competition
- **Outdoor Learning Service Staff** support and deliver the Outdoor Learning Programme

SCHOOL SPORT SS: Coaching - Competition - Clubs

DRIVER:

- Participation & Coaching
- School Sport Competition for all

DELIVERED BY:

- School Staff, Sports Development, Active Schools, Coaches & Volunteers, Outdoor Learning Staff

PEPASS TEAM:

- **Sports Development Officers** support sports development/opportunities in all schools
- **Community Recreation Team Staff** support Healthy Living, Ageing Well, Equalities and Inclusion and School Sport Competition
- **Outdoor Learning Service Staff** support and deliver the Outdoor Learning Programme

physical education



A Curriculum for Excellence sets out the important and distinct contribution that Physical Education (PE) makes to nurture and develop skills and attributes necessary in learners for participation in a wide range of physical activities, sport, dance and outdoor learning and to enhancing their wellbeing in preparation for leading a fulfilling, active and healthy lifestyle.

East Lothian Council is committed to ensuring that all pupils engage in 2hrs/2 sessions of quality PE in school every week.

Core Physical Education: 3-18yrs

High Quality PE is not simply physical activity. It is a programme of study delivered by teachers who provide a range of learning experiences both indoors and outdoors for all children and young people. It is **PLANNED, STRUCTURED, PROGRESSIVE AND INCLUSIVE**. It is designed to **INSPIRE** and **CHALLENGE** so that they can experience the joy of movement and develop positive attitudes towards active living. It will enable all pupils to improve and achieve.

Where the learner is put at the centre of the teaching process in PE, teachers and learners together can focus on developing the underlying foundation skills and attributes, referred to as the Significant Aspects of Learning (SALs) in PE. (See the diagram on the back page.) Through focusing on the SALs, the learner is developing and building an understanding and appreciation of the transferable skills across a range of activities.

Senior Phase (S4-S6)

In East Lothian we strive to ensure that all pupils in the senior phase can have access to opportunities in PE which include:

- participation, personalisation and choice within core PE
- participation and competing in intra and inter school sport
- undertaking certificate qualifications in PE: e.g. National 1 through to National 5; Higher PE and Advanced Higher PE
- developing coaching and leadership skills through Sports Leadership courses
- promoting, encouraging and shaping the legacy of school sport within the school curriculum through the Sports Ambassadors Programme

Core and senior phase PE provide a pathway from school to after-school activities to club provision.

physical education: CURRICULAR SWIMMING



The primary curriculum swimming programme provides a strong, coherent and progressive learning experience that links to the Curriculum for Excellence and has clear pathways to physical activity and sporting/competitive opportunities.

The East Lothian primary swimming team delivers a 10 week programme to all P4 pupils.

Whilst the primary focus of the programme is to teach pupils to swim, a holistic/child centred approach ensures that personal qualities and cognitive skills and attributes are recognised, valued and progressed. Learning in the pool is an integral part of the PE Curriculum where skills are linked with learning in the classroom and other school learning contexts and environments. Swimming Diaries further support vital links from pool, to school, to home.

Water Safety

Given that we are a coastal community, the programme also aims to enhance pupil's skills and attributes that will allow them to access water based activities out-with the school provision and that every pupil and parent/carer is encouraged to appreciate the value of this important life skill. Links with our Outdoor Learning Service Team provide support to further participation in other water based opportunities.

Additional Support Needs (ASN) Pupils

Over and above this provision, ELC is committed to ensuring that ASN pupils are also provided with opportunities to access water based activities, whether as supported pupils in the mainstream P4 swimming provision, or as designated sessions for specific ASN groups/classes.

Additional free swimming for pupils who require further support to learn to swim is offered by ELC.



physical activity



East Lothian Active Schools is a National Programme funded by **sportscotland** and Local Authorities, tasked with both national and local aims.

ACTIVE SCHOOLS AIMS

→ Participation

Provide additional and higher quality opportunities to participate in physical activity and sport in schools and the wider community

→ Progression

Improve the connections between schools and clubs

→ People

Grow and support a network of people to deliver opportunities within schools, ensuring they have the confidence, skills and knowledge to deliver quality sporting opportunities

→ Young Leaders

Provide a lasting legacy of confident, knowledgeable and experienced young people who throughout their life in sport will strengthen the sporting system

The East Lothian Active Schools Team recruit and train volunteers from across the community to help build opportunities for all young people 3-18 years to participate in physical activity and sport before and after school, during lunchtime and at the weekend.

Active Schools Coordinators support volunteers to deliver a range of activities from fun and social sessions, to weekly team training competing at all levels of school sport, both locally and nationally.

We work in partnership with:

- Volunteers, Teachers and Coaches
- The Sports Development Team
- Community Sports Hubs
- Local Clubs

These partnerships, which have been developed between schools and their communities, supports pupils to access local pathways and create/build opportunities for participation in school sport and beyond.

Get Going

Get Going is a family healthy lifestyle programme, which aims to encourage young people to get active, eat well and work towards a healthy weight. The emphasis is on fun and feeling good. It's about getting active as a family and working together to make small lifestyle changes. The programme is offered by NHS Lothian and East Lothian Council to all East Lothian families. It's aimed at children aged 5-18, who are overweight or obese, and their parents or carers. Families can complete a referral form themselves or be referred by a Health Professional.

Start Well

Start Well aims to increase the number of children aged 2 to 5 and their families being physically active in the Musselburgh, Tranent and Prestonpans areas. Working with nurseries and early years establishments the programme encourages young people and their families to make being physically active a part of everyday life.

school sport



The East Lothian Council Sports Development Team work in partnership with a number of local and national partners to deliver the following five key areas of work:

- School sport
- Club development
- Coach and teacher education
- District squads
- Supporting elite athletes

School pupils will be provided with the opportunity to participate in target sports offered.

Primary School

The Sports Development Officers offer and deliver primary school sessions linked to Curriculum for Excellence. These are planned and supported by Class Teacher(s) to ensure a quality, progressive and inclusive phase of learning is delivered to all pupils.

Primary Calendar of Events: A wide range of school sport festival and competition opportunities is delivered annually in clusters and across the Authority.

Secondary School

Sports Development Officers offer support to secondary schools in the following areas:

1. School Sport Competition
2. Career Long Professional Learning (CLPL) support for staff
3. Certificate qualifications in PE

Performance Athletes in Schools (PAiS)

The Performance Athletes in Schools (PAiS) Programme aims to offer secondary school aged pupils who have been identified and selected for additional support to help them achieve their full potential.

The PAiS programme offers sports specific sessions: Strength and Conditioning delivered by Edinburgh College and Physio support delivered by specialists from FASIC.

Athletes are selected on an annual basis on to the programme which provides athletes with additional support to their regular training. Support is offered in a number of sports including Football, Rugby, Hockey, Athletics, Badminton, Swimming, Judo and more.

Support to Teachers

Sports Development Officers support colleagues in education with the opportunity to attend a number of training courses and workshops in various sports. The courses increase teachers knowledge and understanding of sports and contributes towards delivering quality PE opportunities. Development Officers also support 'Latest and Best Practice' and provide resources and examples of what to deliver in PE and after school clubs.

outdoor learning



The Outdoor Learning Team works directly with schools and the community to raise attainment using Outdoor Learning as an approach to learning.

The service focuses on three main areas: (These have been chosen to have maximum impact on raising attainment, delivering the CfE four capacities, inclusion and sustainability.)

1. Delivery of CfE - Numeracy, Literacy and Health & Wellbeing outcomes:

All ELC schools are given the opportunity to utilise the skills and knowledge of a Specialist Outdoor Learning (OL) Teacher. The OL Teacher works alongside school based staff to develop lessons/projects to extend the learning space into the outdoor environment.

These projects deliver regular and frequent outdoor learning which is inclusive, sustainable, high quality and progressive with direct links to the relevant Experiences and Outcomes in the CfE both at primary and secondary levels.

2. Providing opportunities for 'all' pupils to access adventurous outdoor activities:

Primary and secondary pupils are provided with the opportunity to participate in a choice of both land and water based adventurous activities meeting a range of CfE experiences and outcomes.

These are offered in the form of:

- **Adventure Award days** (P3-P7): pupils are coached to gain the skills needed to progress in activities such as kayaking, canoeing, stand up paddling, orienteering, climbing, navigation and first aid. This results in gaining local and/or national certification
- **Festivals** (P5-P7): Orienteering and watersports
- **Competitions** (all ages): interschool challenges and national orienteering competitions
- **Extra Curricular/Extra Requests** (all years): support the demands on schools and community such as Duke of Edinburgh, John Muir Awards, activity weeks & Residential experiences
- **Summer Activity Programme** (P7-S2): multi activity sessions running for 4 weeks in the summer holidays including mountain biking, climbing, paddling, coasteering, etc.

3. Offering Outdoor Learning CLPL to East Lothian Council Educators and Community Leaders:

The team provide a programme of CLPL opportunities (including National Governing Body Awards) enabling staff to build confidence and pass on skills and knowledge to pupils in an outdoor learning environment. This also allows teaching/projects in schools to become sustainable and best practice shared.

The service also provides advice and resources on all outdoor learning opportunities for young people.

equality & inclusion: EAST LoTHIAN PEPASS

In East Lothian we are committed to ensuring that East Lothian is a place where, equality and diversity is valued, and where inclusion and access are at the forefront of all we do.

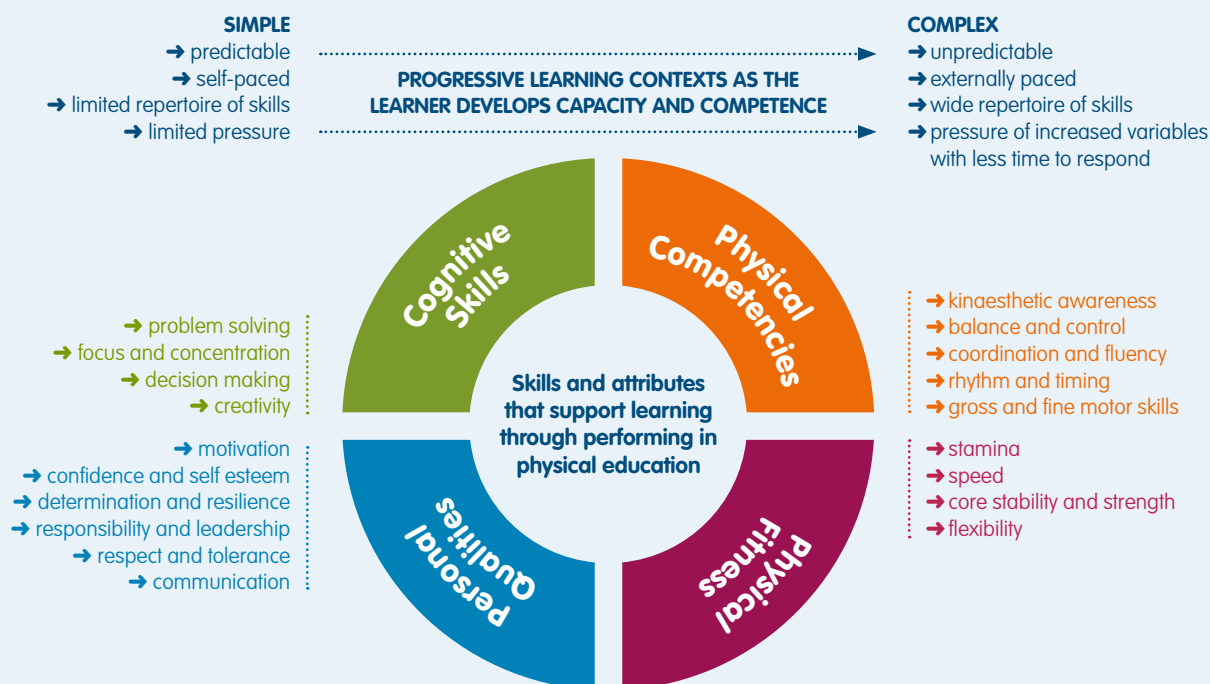
Through the PEPASS framework we pledge our commitment to embracing equality in PE, physical activity and sport and to actively tackling discrimination in all its forms.

- We believe everyone should be able to participate and enjoy physical education, physical activity and school sport whoever they are and whatever their background
- We believe that sport is about fairness, equality, respect and dignity
- We will work together and individually to challenge unacceptable behaviour in all its forms to eliminate discrimination
- We will make school sport a welcome place for everyone - for those participating in sport, those attending sporting events and for those working or volunteering in sport and physical activity at any level
- We will create an environment where everyone has a voice and feels safe and supported

SIGNIFICANT ASPECT OF LEARNING IN P.E.

The significant aspects of learning in physical education should be regularly revisited through a broad range of relevant and realistic learning experiences across all levels.

- Movement skills, competencies and concepts: HWB 21-22a
- Cooperation and competition: HWB 23a
- Evaluating and appreciating: HWB 24a



Partnership working between teachers and colleagues such as Active Schools Coordinators, Sports Development Officers and the Outdoor Learning Service Team can make a complementary contribution through their expertise and knowledge and can enhance the PE experience for children and young people. It also serves to strengthen the PEPASS agenda within a school/cluster.

For further information contact: East Lothian Council, John Muir House, Court Street, Haddington EH413HA
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