

WHAT ARE YOU TRYING TO ACHIEVE IN PE AND SCHOOL SPORT?

There are many ways of winning in PE and school sport – it's not just about who comes first. Your teachers will be looking out for you:

showing
commitment

1



understanding
what you're
doing

2



being active
and healthy



showing
confidence

4



developing
your skills

5



taking part in
different activities

6



thinking for
yourself



being keen to
improve

8



building up
your strength,
suppleness
and stamina

9



enjoying
what you
do!

10



SHOW

COMMITMENT

- Always be ready for PE and sport.
- Encourage others to get involved.
- Don't let other people down.
- Help to organise lessons and activities.



don't miss out!

UNDERSTAND

WHAT YOU'RE DOING IN PE AND SCHOOL SPORT

games

swimming

gym

athletics

→ Do you know what you're trying to achieve in PE and school sport?
If you don't – ask!

→ Find out how you will be judged for different activities.

→ Learn how to think differently as a dancer, athlete, gymnast, games player and problem solver.

outdoor &
adventurous activities



BE ACTIVE AND HEALTHY

WITH PE AND SCHOOL SPORT

→ Being active helps to keep you fit, healthy and happy.

→ Find out how to eat well, sleep well and play well.



BE CONFIDENT

- Ask questions when you don't understand. Give answers when you do.
- Have a go at helping others.
- Share and show what you can do.
- Try new activities!



DEVELOP

YOUR SKILLS

- Move with style!
- The more you practise, the better you'll get.
- The better your skills get, the more you'll enjoy taking part.



practise

practise

practise



TAKE PART IN

DIFFERENT

TYPES OF ACTIVITIES

compete

- What haven't you tried yet? Give it a go!
- Work on your own and in teams.
- Make the best of what is on offer in school and at clubs near you.

create



solve problems

THINK

FOR YOURSELF

think smart

- Think about what you're doing – use your brain, not just your body.
- Come up with your own ideas to help you improve.
- Choose your own way to succeed.

be your own person



BE KEEN TO

IMPROVE

- **Always try your best.**
- **Spend extra time practising in and out of school – find out where and when.**
- **Ask for help to get better still.**

Keep
trying



get better!

BUILD UP YOUR
STRENGTH, SUPPLENESS
AND STAMINA

The more active you are:

- **the stronger you'll get**
- **the more supple you'll be**
- **the longer you'll be able to keep going.**

look fit
feel great



ENJOY

PE AND SCHOOL SPORT!

smile!

- Enjoy being active with your friends.
- Make the most of what's on offer.
- Just have fun!



be happy!

The high quality outcomes:

A POSTER PACK FOR PUPILS

This poster pack has been designed to help you introduce your pupils to the 10 high quality outcomes identified in the booklet *High quality PE and sport for young people* (published by DfES/DCMS in 2004).

On the other side of this sheet you will find ideas on how to use the pack. But first, what are the high quality outcomes? And why are they important?

The high quality outcomes: a measure of achievement

In the introduction to the national curriculum, three world-class performers give their views on why PE is important.

Duncan Goodhew, swimmer

'To see young people growing in physical skills, self-confidence and self-worth is a truly enriching experience. Nowhere in school is it more visible than in PE.'

Lucy Pearson, England cricketer

'Physical education is about pupils learning about themselves: their capabilities, their potential and their limitations. It is the foundation of all sports participation. But it goes beyond the individual and understanding themselves – it's learning how to work with and to respect others.'

Darcey Bussell, dancer

'Exercise activates your brain and gives you energy for everything else, the energy to be enthusiastic about your work. So all your school work will gain from physical education.'

All three focus on the broader qualities that pupils gain from taking part in PE and sport – self-confidence, self-worth, respect for others and energy for life as a whole.

The booklet *High quality PE and sport for young people* takes a similarly broad view of success in PE and school sport (PESS). It highlights 10 pupil outcomes of high quality PESS, ranging from skills and understanding to commitment and enjoyment. For the first time, this:

- enables teachers to measure what many people value about PE, rather than only placing value on what is easy to measure
- provides a framework for success that gives all pupils something to achieve in PESS, not just those who are good performers.

So will a stronger focus on the high quality outcomes jeopardise standards? Not at all. In practice, the high quality outcomes underpin performance in PE and school sport – unless pupils are confident, committed and want to improve, they are unlikely to make good progress and achieve high standards.

And in the long term, pupils who achieve the high quality outcomes will leave school with characteristics and strengths that will stand them in good stead throughout life.

Why use this pack?

Schools must now work towards the Government's target of all pupils experiencing *high quality* PE and school sport. In addition, Ofsted evaluates PE and sport in schools using learning outcomes that relate to pupils' standards and their attitudes, values and other personal qualities. The high quality outcomes complement these.

This poster pack will help you to meet some of the criteria against which your school will be measured by inspiring your pupils to achieve the high quality outcomes. It will help them understand:

- how they are going to be judged in PESS – they are much more likely to succeed if they know exactly what they are trying to achieve
- that PESS isn't just about coming first – enabling more pupils to gain self-confidence, self-worth and a sense of achievement from taking part.



How to use the pack

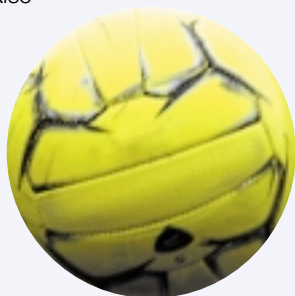
The posters in this pack have been designed for use with pupils from key stage 2 through to key stage 4.

There are 11 posters in all – one that gives an overview of the outcomes as a whole and 10 that each focus on a different outcome. Ideally, they should be displayed as a whole set: in a row, around a room or along a corridor. Try to position them so that pupils are likely to read the overview of the outcomes first. This will help them to place each individual poster in context.

Think about where pupils are most likely to read and talk about the content of the posters. If you're in a primary school, this may be the school hall or foyer. In a secondary school, it may be the PE corridor, changing rooms, a gym, sports hall or dance studio. If you particularly want to make the link with healthy, active lifestyles, you could also consider displaying the posters in dining areas or food technology rooms.

To make the most of the resources:

- Encourage your pupils to look at and discuss the outcomes. Could you focus on a different outcome in each lesson? Or could you ask the pupils to evaluate themselves against the outcomes?
- Consider using them at governors' meetings and open evenings to share your work with parents.
- Contact your local secondary school (if you're a primary) or feeder primary schools (if you're a secondary). Do they have the posters on display? Seeing familiar images around the department can help to ease pupils' transition and raise their awareness of what to expect when they start secondary school.
- Consider taking your own images in PE lessons and events and comparing them to those on the posters. As a way of celebrating the achievements of *all* pupils, you could make a display with your own photos and the posters.
- Use them in conjunction with the guides *High quality PE and sport for young people* and *Do you have high quality PE and sport in your school?* as a focus for staff training.



Making the link with ICT

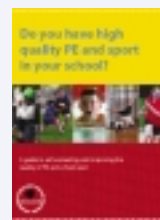
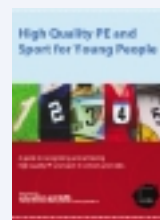
From the end of October 2005, you will be able to download a PDF of the posters from the Publications section of the QCA PESS website (www.qca.org.uk/pess). As well as displaying the hard copies, you could use the electronic versions to:

- share the images with pupils in the classroom or during assembly using an interactive whiteboard or a projector screen
- create a display of images in the school foyer or as a backdrop for events such as open evenings
- support presentations and training sessions.

For more information or if you have any questions, please call the PE team at QCA on 020 7509 5408.

Finding out more

- www.qca.org.uk/pess
- www.teachernet.gov.uk/pe
- *High quality PE and sport for young people* – A guide to recognising and achieving high quality PE and sport in schools and clubs (March 2004)
- *Do you have high quality PE and sport in your school?* – A guide to self-evaluating and improving the quality of PE and school sport (January 2005)



Both of the publications above are available from DfES Publications, PO Box 5050, Sherwood Park, Annesley, Nottinghamshire NG15 0DJ. Tel: 0845 6022260. E-mail: dfes@prolog.uk.com

Sign up for more!

This pack is the first in a new series of publications about high quality PESS and how to use it to bring about whole-school improvement. If you'd like to receive copies of future publications, please complete and return the feedback form enclosed in this pack.



This poster pack is a product of the national strategy for PE, School Sport and Club Links (PESSCL), delivered by the Department for Education and Skills (DfES) and the Department for Culture, Media and Sport (DCMS). The overall objective of the strategy is to increase the percentage of 5- to 16-year-olds who spend a minimum of two hours each week on high quality PE and school sport to 75 per cent by 2006 and 85 per cent by 2008. This poster pack draws in particular on work carried out by the Qualifications and Curriculum Authority as part of the PESSCL strategy. For more information, visit www.qca.org.uk/pess.

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