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PE Life Skills Award
The Beacon PRU
Case study

Julie Wynne from the Beacon PRU in Redditch tells us why she has chosen to deliver the PE Life Skills Award.

Why did you choose to introduce the PE Life Skills Award?

It provides us with a structured approach for developing qualities and skills essential for the personal development of our pupils through PE and all aspects of their day. This was such a perfect fit for our pupils as they all have significant social and emotional barriers. This framework really supported pupils in practising and embedding areas with which they struggle and have difficulty with.

The design of the award is very child friendly in its presentation. It helps identify each skill and how to be successful at that specific skill. The familiarity of the format supports our pupils in being able to access the whole award.

How did you implement the PE Life Skills Award?

We ensured a consistent and predictable approach so all pupils and staff are fully aware as to which Life Skill we are practicing on a fortnightly basis.

We introduce a skill, practice it and embed it in different contexts. We use the My Personal Best learner cards to launch each new skill and other made resources that explicitly state success goals for pupils to achieve the skill. Staff and pupils discuss each skill on a Monday morning and give examples as to how they might achieve the next goal.

These are referred to prior to physical activity and are quickly embedded into daily conversations, being on display around the unit for the duration of the two weeks. Pupils enjoy looking at the Teacher's observation booklet that shows pupils passing skills and then complete their own Learning Journal with pride.

How has the award been received by learners?

Pupils have engaged extremely well with PELSA. Having visual support has supported pupils understand what is being asked of them. Pupils quickly become familiar with PE Life Skills and what is expected to achieve Skills. Pupils like noticing if they themselves or others are demonstrating the desired Skills, and even refer back to previous ones.

Having all staff involved helps with consistency and delivering lessons and support that helps pupils feel successful. Seeing peers pass the award has spurred pupils on to be victorious themselves.

What impact has it had on your PE curriculum?

The PE Life Skills Award has brought cohesion between our PE curriculum and our core provision in supporting the development of pupils with complex SEMH needs. The award has brought consistency across the Unit as we lead with the skill and this is then the focus in all active sessions.

What impact has it had on your learners?

It has really helped give the children some awareness, understanding and ownership of the skills they are developing. The learning of skills has really embedded and children have frequently referenced when they have demonstrated previous skills. Along with this it has developed their vocabulary of theskills and qualities. It has helped to make these skills very specific and they have developed a real positive sense of self as they see their skills build.

Since starting to deliver the award, what changes have you made to improve your delivery?

We have a display inside the Unit, classrooms and also outside in the playground that show the current skill as well as information about the skill – this ensures high visibility of the skill being practised and a visual reminder in all environments for ease to reference.
We have also made additional resources to support our delivery.

To what extent did the award complement other school activities or priorities?

The award has formed part of our mental health provision, which is a key priority at The Beacon. It ensures that in all active sessions, pupils are developing essential life skills and qualities.

Have you noticed any wider whole school benefits?

It really aligns with our school culture and ethos at The Beacon. It provides greater and more in-depth opportunities to develop a wide range of skills that are beneficial in all aspects of each child's life and preparing them for their future.

What would you say to another school that was interested in using the award?

It really is a wonderful, worthwhile and hugely beneficial award for the whole school community.

The initial set up of resources, teacher booklets and pupils learning journals takes time, so initial preparation is important. Once you have started the PE Life Skills, having a person responsible for the fortnightly change is important, so that it does not get forgotten. We have also dedicated a 10 min slot weekly to look over and complete relevant parts of learning journals.

Anything else you'd like to add?

The PE Life Skills Award has become such an integral and valuable part of our daily PE and active provision – it brings such benefits to all that we now couldn't be without it!

If you are interested in the PE Life Skills Award, please check out ***the website https://www.youthsporttrust.org/pe-life-skills-award*** or email pelifeskillsaward@youthsporttrust.org