



# Community Sport and Health Officer

Kye Wheeldon



## Objectives

During the school year the Community Support and Health Officer will be working towards the following objectives:

1. To increase pupils' participation in physical activity by July 2019,

2. Develop his own system to track impact over time
3. To improve the emotional resilience of identified pupils by July 2019 (identified by SENDCo),  
by working in small groups to promote team work .
3. To improve the physical health of identified pupils by July 2019 using physical activity sessions and recording their progress
3. Promote healthy eating and plan and deliver cooking sessions with children across the school.



Timetable

Summer 2019

	8.30-9.00 8.45-9.00 Cool Kidz in Hall	9.00-10.30 9-9.30 support interventions	10.30- 10.45 10.45- 11am	11.15- 12noon Children already identified	12.00-12.30	12.30- 1.30	2.30- 3.30	3.30-4.45
MONDAY	Childcare Keep Fit	swimming	Swim...	swimming	Supporting EYFS with lunchtime/promoting healthy eating	Lunchtime activities Walk the Mile	ICT - Y6 Podcasting	Childcare/staff meeting
TUESDAY		Y5 ict Podcasting	Playtime games	Y5/4/3 Healthy physical activities			Cooking Yr ???	Childcare
WEDNESDAY	College placement							* 2pm Athletics practice with children
THURSDAY	Childcare keep fit	Y4 ict Podcasting		Y2 Healthy physical activities			Physical activities (PA) Y6 Soccer 2000 Rec.	Activity club
FRIDAY	Staff Keep Fit	Y3 ict podcasting		Y1 Healthy physical activities				Activity club

11.00-11.15 Breaktime

3.20 - Collect Minibus children

1.30-2.30 Lunchtime

Monday 8.45-9am Y1 door

Tuesday, Thursday, Friday Cool Kidz HALL

## To increase pupils' participation in physical activity

The Community Sports and Welfare Officer has provided a range of opportunities for the children at Bilston Church of England Primary School to be physically active.

He runs 3 after school clubs each week:

- Boys Football (18 pupils each week)
- Tag rugby (19 pupils each week)
- Basketball (11 pupils each week)

He also supports Childcare in the mornings and after school on two evenings to promote physical activity.

Mr Wheeldon has also become a consistent presence on the playground at break and lunchtimes, engaging children through inclusive games that have increased physical activity and reduced behaviour incidents. He also takes different groups of children across the school to walk the mile each day to engage pupils at lunch time.

Mr Wheeldon has also been involved in Active Literacy supported by Soccer 2000 in the first instance and is now delivering the programme himself which is improving their physical activity and literacy skills. He is also delivering this to parents on a Thursday afternoon to Family Learning Group.

#### Benefits of Active Literacy

- Develop gross motor skills
- Develop fine motor skills
- Speaking and listening
- Writing
- handwriting

Mr Wheeldon has helped me get better at basket ball and I want to be a basket ball player when I grow up.

Year 6

He plays lots of games with me and helps me get better at them

Year 4

It's fun and we learn lots

Year 2



## To improve the physical health of identified pupils

During Physical Activity sessions fitness tests were conducted at the start of every half term and re-measured after 4 weekly intervals to monitor progress.

Spring Term

Agility test – circuit running back and forwards to a target in 1 minute.

Summer Term

Skipping

How many skips they can do until they stop

Hula-hopping challenge

How many times they can hula hoop in one minute

Archery

Number of shots on target

Speed Bounce

How many times they can jump over a hurdle in 60 seconds.

## Promote Healthy eating and cooking

Mr Wheeldon has had the opportunity in the first term to support a healthy eating cooking class to promote healthy eating. He has now taken on the role of leading cooking sessions and choosing and purchasing items to create healthy recipes. All children across the school will have been given the opportunity to participate in healthy cooking on a Tuesday afternoon.



The role of the community sports and health officer is constantly evolving at Bilston Church of England Primary School.

Kye has built good relationships with children and children are happy to participate in sports and find it fun (he has worked with the majority of pupils across the school). He has increased the daily physical activity levels of pupils has had a positive impact on behaviour at lunch and dinner times.

He has improved the amount of physical activity the children have access to which will have numerous health and educational benefits.

He has benefitted from extensive training through Connect Ed and Aspire to support him in his role and develop new skills.

Kye has developed his self confidence since starting his apprenticeship and has spoken in many forums confidently on his role as a Community Sport and Health Officer.



Kye presenting to governors

