

# PE Life Skills Award

## Twynham Primary School

### Case study

**Nathan Rickard from Twynham Primary School** in Dorset explains why he chooses to deliver the PE Life Skills Award.

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

We wanted to develop a more holistic approach when teaching PE so that we not only focus on children's physical development but also their social, emotional and cognitive skills. Delivering the award was essential to fulfil our children's personal development programme.

#### ***How did you implement the PE Life Skills Award?***

When I first introduced the award at my previous school ( St. Joseph's) we targeted years 4 & 5 with Stage 2 of the PELSA programme. I delivered the programme using the booklets provided and taught this as a separate lesson to PE.

At Twynham I am delivering Stage 1 to year 3 and Stage 2 to year 5. It is still delivered as an additional lesson to PE.

#### ***How has it been received by staff?***

As a single form entry school, I am the only person delivering the award in our school but other staff can see the impact it has had on our children.



#### ***How many learners have taken on and completed PELSA since you started delivering it?***

Approximately 150 children in years 4 and 5 at St. Joseph's all Stage 2. 90 children at Twynham Stages 1 and 2.

#### ***How has the award been received by learners?***

The children really enjoy discussing what each of the life skills are and they like completing their booklets. They also understand that these life skills are noticed not just in PE but are cross curricular.

**What impact has it had on your PE curriculum?**

It's helped us to focus on the holistic approach to teaching PE developing the whole child.

**What impact has it had on your learners?**

It has boosted their confidence and self-esteem. They are also more resilient in that they have a "can do" approach to learning.

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

When teaching PE I focus on the life skill we have been learning in class during the lesson. Most of the life skills are embedded in the lesson plan on Complete PE so it's easy to cross reference.

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

It complements our leadership programme for KS2, especially the Leadership Skills Foundation's Playmaker award, which I deliver to year 4.

**Have you noticed any wider whole school benefits?**

Behaviour at our school is outstanding. Attendance is at 97%, which is the third best in the BCP Council area.

Our recent Ofsted report (December 2024) stated: "The approach to develop pupils beyond the academic is praiseworthy. The school has identified that some pupils needed support to be more self-assured. As a result, the school created a comprehensive leadership programme to develop pupils' responsibility and citizenship."

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

Have a clear, targeted approach to delivery and don't rush!

**Anything else you'd like to add?**

I love delivering the PE Life Skills Award and have personally seen the benefits to the children I've taught.



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](mailto:pelifeskillsaward@youthsporttrust.org)