

PE Life Skills Award

Formby High School

Case study

Francine Melia from Formby High School in Liverpool explains why she chose to deliver the PE Life Skills Award.

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

We chose to introduce the PE Life Skills Award for Y11 core PE lessons to help the students understand all of the key skills they get from taking part in sport that they might not necessarily realise they are gaining when they are doing it.

We wanted them to have more purposeful and valuable experiences and understand the employability skills gained through taking part in the subject. We also wanted to encourage them to continue to take part in sport once they leave school.

How did you implement the PE Life Skills Award?

We focus on an area each fortnight for the students to think about. Staff and students are both made aware of the key focus and we discuss how the students use the skill both in and outside of lessons, and how developing the skill could help them in future- e.g. in the workplace, or in university.

The students fill in their progress on the sheets, which are not time consuming, so they can see the value in the work they have done in their PE lesson.



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

320 students in total - two years of year 11 cohorts.

How has the award been received by staff?

Staff already talk about values in KS3 lessons, so this continues this on into KS4 and they can confidently talk with the students about the different skills.

How has it been received by learners?

Students have received the award well and it makes them more mindful of the reasons why PE and physical activity are good for them.

What impact has it had on your PE curriculum?

We have considered lifelong activities to go alongside delivering this award, so the students are more likely to continue with physical activity beyond school.

For example, using local facilities and coaches in lessons: pilates, spin class, fitness gyms, going for walks, alongside the traditional games and activities.

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

It complements the school values and ethos.

Have you noticed any wider whole school benefits?

Students have now got the confidence to sign up to local gyms and providers.

What impact has it had on your learners?

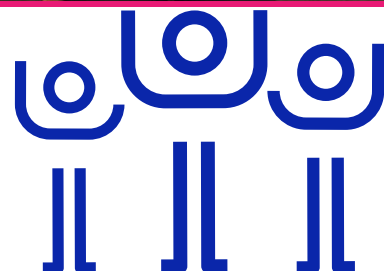
It has made them more aware of how the skills they learn in PE are transferable across lots of different situations and subjects.

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

We have used ClassCharts more effectively to communicate with students the details of the award.

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

I would encourage them to deliver the award more for the older students, and my advice would be to reflect on how you have delivered it each year on how to make it even better.



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