



## Successful and sustainable: PECS is the solution you've been looking for

Are all of your teachers and support staff confident to deliver high-quality PE?

Are you sure you've spent your primary PE and Sport Premium effectively?

These are difficult questions, and they can't be always answered with a simple 'Yes' or 'No'.

PE Curriculum Support (PECS) is a proven solution to the need for CPD that has a lasting impact. It also meets the criteria for spending the PE and Sport Premium (link to <https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>).

Sounds good, doesn't it?

### What is PECS?

PECS is a holistic approach to embedding PE across your entire school and is the only programme of its kind recognised by the Association for Physical Education (afPE) Professional Development Board (link to <https://www.afpe.org.uk/physical-education/professional-development-board/>).

Primarily a mentoring process, PECS offers regular and ongoing support to empower teachers to raise physical education and activity levels in a way that lasts.

But what does the process actually look like?

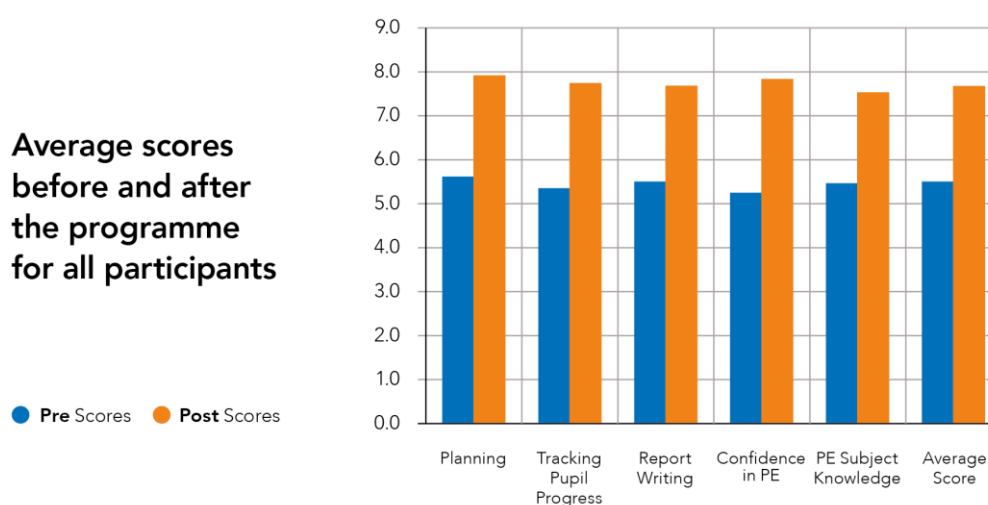
- Teachers who sign up to the programme will be assigned an **expert mentor** who will provide ongoing support, modelling and challenge.
- Teachers and mentors work together to identify the **areas for development** and the programme's flexibility means each participant's starting point will be unique, matching their needs.
- There is no need to rearrange your school timetable to accommodate the PECS programme as mentoring sessions take the form of **team teaching**. This way, children as well as the teacher benefit from expert guidance.
- PECS is focused **on improving and evaluating pupil outcomes**. The programme involves activities designed to sustain and embed practice, including collaborative teacher activity, formative planning and assessment, and expert primary school PE input.

## How do we know it works?

We measured the impact of PECS on 162 primary school teachers in 2020/2021, asking them to rate themselves on a ten-point scale on the following aspects pre- and post-programme:

- Planning
- Tracking pupil progress
- Report writing
- Confidence in PE
- PE subject knowledge

Prior to the programme the overall average score was 5.47. When asked to rate themselves at the end of the programme, the average score was 7.83 revealing a significant 43.1% increase in performance.



Planning		
<b>93%</b> of teachers improved their ability to plan		
Average pre-score	<b>39.6% increase</b>	Average post-score
5.7		7.96

Tracking Progress		
<b>95%</b> of teachers improved their ability to track pupil progress		
Average pre-score	<b>46.1% increase</b>	Average post-score
5.36		7.83

Report Writing		
<b>88%</b> of teachers improved their ability to write Physical Education reports		
Average pre-score	<b>39.8% increase</b>	Average post-score
5.53		7.73

Confidence		
<b>98%</b> of teachers improved their confidence in delivering Physical Education		
Average pre-score	<b>52.8% increase</b>	Average post-score
5.23		7.99

Subject Knowledge		
<b>93%</b> of teachers improved their subject knowledge		
Average pre-score	<b>38.5% increase</b>	Average post-score
5.54		7.67

Average Progress Score		
<b>99%</b> of teachers improved their overall average progress score across all aspects (planning, tracking progress, report writing, confidence and subject knowledge)		
Average pre-score	<b>43.1% increase</b>	Average post-score
5.47		7.83

### Don't just take our word for it

The data shows that PECS works, but if number crunching isn't telling you enough, here are some real opinions from real people who have tried PECS.

“

At first I was a little nervous, however, it soon became clear that I could move at a pace comfortable and useful to me, getting as much or as little support as I needed.

I found the lesson plans really easy to follow and adapt and I soon grew in confidence.

The lessons progress clearly and the children are engaged and learning safely. The steps for my development were clear, manageable and I feel that I am able to manage the pace of PE lessons better now as a result.

Lyndhurst Primary School

”

“

I have thoroughly enjoyed taking part in the PECS programme with my class. I have observed a gymnastics lesson, cricket lessons and the beginning lessons for athletics. I have gained more confidence in teaching PE by getting involved in the lessons taught by Mr Green. I have stopped the lesson to give teaching points and worked with small groups to provide challenge or support. I have also planned a warm up activity for an athletics lesson. I have become familiar with the physical developmental skills the children are developing in lessons and how to explain that in a lesson.

Greenfields Primary School

”