

Read Laura's story...

Name: Laura Duncalf

School: Vale of York Academy

Current Role: PE Teacher and Pupil Premium Coordinator

What was the focus for your development?

The focus for my development was to gain qualifications and/or acquire new knowledge in how to teach more 'current' activities which would help to engage a core group of Yr10 and 11 pupils (particularly girls) who didn't enjoy the traditional competitive games. I wanted to provide professional development opportunities for my colleagues to assist with improving our department and look to source some new resources to support the new curriculum activities. The final focus, longer term, would be to implement some of the activities within the pastoral system to support pupils mental health and well being.

What impact has the programme had on you and your school/students?

The impact the programme has had on my school has been significant. I have trained to be a qualified Boxercise Instructor and we have bought gloves and pads that the pupils can use within Boxercise lessons in school. Boxercise lessons have already taken place with a number of groups, including a whole year group approach during Enrichment days. Myself and a female colleague within the department were able to attend a Yoga course for the day. This gave us a great starting block for introducing Yoga lessons within our KS4 curriculum. We had been looking at developing our knowledge within Handball as an alternative activity we could offer to our GCSE students due to recent changes in the syllabus. Again the Sport England programme provided the funding and therefore the opportunity for myself and a male colleague to attend a Handball course specifically aimed at GCSE pupils. This activity has proved successful with a number of our current GCSE pupils and allowed us to form a network with other attending local schools who we have since completed GCSE PE internal moderation sessions with. Aside from all this I attended a Zumba course, gaining the qualification of beginner instructor. This has yet to be included in the curriculum but is an area I am continuing to develop in the hope to include it within the curriculum at KS4 very soon. Our Head of Department was able to attend a Parkour course. This is another activity identified by our pupils as one they would like to try and would like to be offered within PE lessons. This has since been taught within some lessons, with the intention that it will be incorporated in the programme of study more comprehensively next academic year. Most of the training we have had, we have then taught to the other members of our department so we can fulfil our focus as much as possible by offering a more extensive, and in some ways more modern, KS 4 curriculum.

How has EborHope supported you with this programme?

EborHope colleagues were a great support throughout the entirety of the programme. Communication was a strength, with swift replies to any contact made regarding queries or support. The meetings were well organised, with a clear focus and lead but still allowing time for discussions, networking and colleague support across all schools involved. The programme leaders within Hope Learning Trust were excellent at sourcing contacts, getting information on where courses were being held and what the cost implications would be. When deadlines were approaching they were reliable in reminding us what was required and when and they also were a fantastic support when it came to the financial aspect of the course. At times this could get a little complicated or was an aspect many of the teaching colleagues were not too accustomed to being responsible for, but EborHope were happy to spend time sorting this with us, or even with colleagues responsible for finances within the school, which was a great assistance.

