



BRISTOL
SPORT
FOUNDATION

WE LOVE SPORT

ROADSHOW

OUR INTENT

The We Love Sport Roadshow (WLSR) is Bristol Sport Foundation's physical literacy assessment and intervention programme. The programme aims to help children who have low physical literacy to fall in love with sport and physical activity.

OUR IMPLEMENTATION

We assess pupils in Year 3 and Year 6 on three key indicators of physical competence - agility, balance, and co-ordination. Following the assessments, we provide participating schools with a clear breakdown of each participating pupils' strengths and areas for development. WLSR is delivered to two classes in a morning in a carousel format with each lesson lasting one hour.

Following the assessment morning your head coach will share the results with you and use the data, together with your knowledge of the children, to identify a group of Year 3 pupils and a group of Year 6 pupils for lunchtime intervention clubs, which will focus on developing each child's agility, balance, co-ordination, and confidence in a child-centred, fun, and inclusive environment during terms 5 and 6.

SUMMARY

- Morning physical competency assessment lessons (9 – 11.30).
- One hour per lesson and targeted at Year 3 and Year 6 pupils.
- Each lesson comprises of five tests in a carousel format - target throw (co-ordination), figure of 8 balance test (balance), agility run (agility), speed bounce (co-ordination, agility, and balance) and standing long jump (co-ordination and power).
- The results will be shared and discussed with the school.
- Two intervention lunchtime clubs.

OUR IMPACT

We are confident that we can take the identified children on a journey which leads to them falling in love with sport and being physically active. Through raising their physical competence in a small group setting, we will increase their self-confidence and motivation to support lifelong participation in sport and physical activity. Where relevant we can help reshape any perception that they are not sporty or that PE isn't something that they are good at.

The assessment data can also be used by your school to identify class or year group trends so that your PE lessons and focus sports can be targeted to improve the identified physical competencies.

FIND OUT MORE:

If you would like to find out more about the programme please contact Phill Morgan, Participation Officer, at phill.morgan@bristol-sport.co.uk.



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