

REMOTE LEARNING @SSAPE



South Shore Academy
BRIGHT FUTURES EDUCATIONAL TRUST



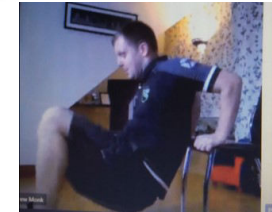
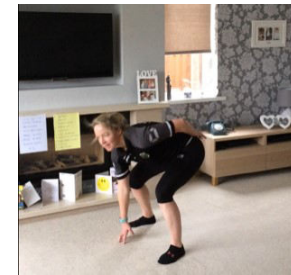
FITNESS LESSONS

We have had to get our thinking caps on this term and come up with some innovative ways to deliver engaging remote fitness sessions to our students. We have done heads or tails, rock, paper scissors—even I'm a celebrity. Mr Horrocks has entertained students with a different wig each practical session and staff have been setting Medal Challenges to push students to achieve their best.



MESSAGE FROM OUR HEAD OF PE MR HORROCKS

2021 is proving to be a very unique, bizarre and challenging time for both staff and students alike. In my humble opinion the role of physical activity in life has never been greater, not only in terms of its physical benefits, but more importantly its contribution to mental health. I am very proud to say that we have managed to keep in touch with our pupils, getting our faces "live" in houses across the community. I have been genuinely touched by the photos/videos SSA pupils have sent our faculty showing them engaging in our lessons alone, with siblings and even mums and dads. It has helped us a faculty with staff supporting each other as well, working to lead and support live sessions whilst developing their own physical mental and social health



FITNESS V MENTAL HEALTH

So how were our lessons? Were they engaging? Are students enjoying them? Has their fitness levels improved? How do they feel about themselves before and after exercise? These were some of the questions that we asked our students in a recent online survey, to ensure that we were delivering a remote curriculum that benefitted the students we asked for their input.

Our findings were brilliant.

86% of students felt happy motivated and positive after the sessions

69% of students felt their stress levels decreased after their exercise session

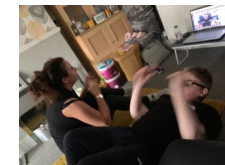
80% of students increased their fitness scores in the 2nd tests compared to the 1st 4 weeks ago

90% of students felt their fitness has stayed the same or improved since Xmas despite being in lockdown



REWARDS AND HOME VISITS

Wow what a term—huge thanks go to all the students for engaging so well in our lessons. To show our thanks and recognise personal achievement, PE staff have been conducting REWARD visits. Prizes bags were made up of table tennis bats, skipping ropes, achievement cards and lots of goodies. They were hand delivered by staff to those students they felt have gone above and beyond each practical session



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