Frequently Asked Questions (FAQs)

real PE
real learning
real evidence

Giving all children the physical literacy, emotional and thinking skills to achieve in PE, Sport and life

www.createdevelopment.co.uk
What is ‘real PE’?
The ‘real PE’ programme provides fun and simple to follow Schemes of Work and support for Early Years Foundation Stage, Key Stage 1 and Key Stage 2 practitioners that give them the confidence and skills to deliver outstanding PE.

How does ‘real PE’ link to the new curriculum?
It is fully aligned to the new Curriculum and Ofsted requirements and focuses on the development of agility, balance and coordination, healthy competition and cooperative learning through a unique and market leading approach to teaching and learning in PE. The foundations of the Schemes are based on Fundamental Movement Skills (FMS) of agility, balance and coordination, inclusive competition and broader essential holistic skills.

Why is it called ‘real PE’?
‘real PE’ aims to address the failings of the past where we taught sport rather than children and focused on present performance rather than equipping children with the key essential abilities to maximise potential and long term participation. Traditional PE programmes have often failed to create an environment where everyone feels a sense of belonging, while many children have not developed the key FMS to access many sports and physical activities as they got older. Teaching styles have focused on sport specific skills rather than encouraging creativity, cooperation and self challenge and a narrow approach to competition has made PE and Sport sometimes seem elitist. We believe that this outdated model didn’t really teach PE hence the name ‘real PE’.

What makes ‘real PE’ different/unique?
The ‘real PE’ programme is based on a holistic approach which recognises the key abilities children need to be successful both within PE and Sport and across the curriculum. It is the only Scheme of Work with a curriculum map, clear learning journeys, integrated assessment framework and tools to evidence and celebrate rapid sustained progress.

The philosophy for delivery is provided by our groundbreaking ‘Learning Nutrition’ programme which aims to give teachers the confidence and skills to transform their teaching in order to deliver outstanding PE. We are certain the ‘real PE’ programme and philosophy will lead the way in terms of making a real difference to the quality of provision.

Why should I choose ‘real PE’?
Despite all the investment and initiatives over the years, activity levels of children are down, physical literacy is down, health problems are on the up with costs spiralling. All the evidence suggests that the present delivery of PE and Sport fails the majority of children and, in many cases, make the problems worse.

It is critical therefore, that we get children’s early experiences of physical activity right and PE in primary schools plays a critical role in this. The first ten years of life provide children with a blueprint for their adult lives as this is when they develop the critical FMS that act as the foundations and building blocks for future activity. Unfortunately, too many children leave primary school lacking the fundamental skills that will set them up to be active for life.

‘real PE’ recognises the challenges faced in schools and has been developed to provide teachers and coaches with the tools and skills to give ALL children the physical literacy, emotional and thinking skills to achieve in PE, Sport and life.

What age groups does ‘real PE’ cover?
While the underpinning philosophy for ‘real PE’ is relevant across the whole curriculum and beyond with an assessment model to reflect this, the initial focus for ‘real PE’ is primary schools. Schemes of Work with a curriculum map, lesson plans and supporting activities are provided for all year groups from Reception to Year 6.

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Who can access ‘real PE’ training?
‘real PE’ training is appropriate for anybody responsible for delivering PE within a school, whether it be a teacher, coach or TA. ‘real PE’ programmes are currently being delivered either to clusters of schools via a local partner or through a school based approach.

How does ‘real PE’ link to the new curriculum and Ofsted requirements?
The new curriculum places an emphasis on many of the areas that are central to the ‘real PE’ programme. These include the development of FMS (agility, balance and coordination), basic skills such as running, jumping and throwing, cooperative and collaborative learning and healthy competition with a focus on Personal Best. Through our Learning Nutrition programme, integrated assessment and the progressive nature of ‘real PE’, we are confident that the programme aligns with Ofsted requirements, with a real focus on evidencing progress, Assessment for Learning (AfL) and a shift of responsibility to create more independent learners.

What do I get if I attend a ‘real PE’ training programme?
Each delegate receives:

- 3 days training
- A box containing an Introduction Booklet and a full Scheme of Work for their year group made up of 6 booklets (one per half term)
- Relevant additional supporting resources (see ‘real PE’ Fulfilment document for details)
- Access to the online Create Development Wheel for their class to assess and celebrate progress

(note: the details above relate to centrally hosted training rather than school based training)

To find out more about the various resources that make up the programme, click here

How much does it cost to attend a ‘real PE’ training programme?
The standard price for a school to book a delegate onto the programme is £485 plus VAT. Different pricing structures are in place for school based programmes. Contact us for more information on school based programmes and pricing.

Can ‘real PE’ be delivered through a whole school approach?
Although our preferred model is to bring teachers together to a central venue as a way to create a community of learning and share best practice across schools, we recognise that some schools will want to access training for all staff as part of a broader package of support. We therefore have whole school models in place for Infant, Junior and Primary Schools and can provide further details on request.

How does ‘real PE’ link to Create’s other programmes?
The foundations of the ‘real PE’ Schemes are based on FMS (agility, balance and coordination), inclusive competition and broader essential holistic skills. Activities to support this are all taken from our market leading resources - ‘FUNS for everyone’, ‘First FUNS’ (stories, adventures, songs and games), ‘Raising the Bar’, and ‘Learn to Compete, Compete to Learn.’ In this sense, ‘real PE’ pulls together all our programmes and resources into a coherent package to support schools more effectively.

To find out more about these resources, click here

What is the integrated assessment framework based on?
The ‘real PE’ programme is built around an integrated assessment framework made up of clear learning journeys. This assessment framework is based on a multi-ability* approach which recognises the key essential abilities to maximise potential and long term participation and is made up of the following strands:

Balance, Coordination & Agility, Personal skills, Social skills, Cognitive skills, Applying Physical Skills, Creative skills and Knowledge and Understanding of Health and Fitness.

The framework directly supports AfL and the supporting tools enable you to communicate more effectively to the learners and shift responsibility to them so that they ultimately take more ownership of their learning.

Can I buy additional Schemes of Work and resources? If so, how much do these cost?
Schools involved in the ‘real PE’ programme can access additional Schemes of Work. We have tried to keep these costs down as much as possible and they will only be available as standalone resources to those schools involved in a ‘real PE’ training programme. Pricing for individual Schemes of Work and bundle prices can be found in the Pricing document. (Contact us to receive pricing document).

Can I buy ‘real PE’ resources without attending the training?
Following a review, we have made the decision that the ‘real PE’ Schemes of Work can only be accessed alongside the training programme. This is to ensure that those accessing the programme have the best possible support to make the programme a success in their school. Where ‘real PE’ training isn’t available in an area where a school wants to access the programme, we will either try to find a course nearby or we will try and set up a training programme in the area.

What support will I get in between formal training?
As part of our work with local delivery partners, we are exploring different ways to create a community of learning both at local and national levels. Nationally, are developing a web based forum which will enable teachers and schools to share best practice and post questions and challenges. At a local level, partners will be providing different types of support. These will range from school based visits as part of a broader package of support; establishing beacon schools that will demonstrate best practice, and buddying up teachers/coaches from different schools to support each other.

How does ‘real PE’ align to traditional sport provision?
The ‘real PE’ programme deliberately focuses on a multi-skill and multi-ability approach, with the aim to provide all children with the physical skills necessary to access more traditional sports as they develop. This aligns with the proposed new curriculum, particularly for Key Stage 1. As we move into Key Stage 2, we have used non-traditional games and activities from our ‘Raising the Bar’ programme as we believe that this will provide more opportunities for all children to engage in and be successful in PE. It should be pointed out however, that the Schemes of Work provide the content for one hour per week of your PE curriculum, with the assessment framework enabling you to then provide a focus for your other provision as appropriate, whether it be swimming, gymnastics, athletics, games, dance or any other alternative.

What assessment tools will be available?
A number of assessment methods and tools have been created to support the programme, all of which align to the assessment framework previously outlined. These will support ongoing assessment, evidence progress, celebrate success, set targets, identify gaps and support pupils to practise away from structured sessions if they wish. These include a downloadable PDF which pupils can use to track their progress and also the groundbreaking Create Development Wheel (CD Wheel).

What is the Create Development Wheel and how will it be used?
The CD Wheel is a unique online ‘Assessment for Learning’ programme which accelerates the development of the learner and evidences rapid sustained progress. It provides learners with access to every step of their learning journey and a visual record of exactly where they are and where they need to go next. As part of the programme, each teacher/coach will have access to the CD Wheel for their class and will receive training and support as part of the ‘real PE’ programme.
The CD Wheel’ can be accessed anywhere with an internet connection and includes the following features:

- Visual, personalised and editable profiles for all learners
- Specific identification of strengths and weaknesses, targets and next steps
- Saved and recorded assessments that show progress and evidence value added
- A written report for each learner printable at any time
- A table view showing progress for every learner in a group
- Group summaries
- Facility to upload and attach supporting evidence and examples e.g. video, pictures, documents, blog, web links
- Compatibility with a wide variety of PCs and mobile devices

To see an online tour of the Create Development Wheel click here

Can I get more classes / pupils onto the Create Development Wheel?

Although each teacher/coach will have access to the CD Wheel for their class, we anticipate that some will want to add additional classes as the programme progresses. The cost for this will be £30 plus VAT per year for a class. A simple process for doing this will be communicated during the training.

Create Development provides Solutions to Accelerate Learning which will change the way you teach and transform the way your pupils learn.

To find out more contact us on:
020 8863 0304