

# Time to Move

Summer term 2023

## Using the power of movement to strengthen learning.

We know school budgets are tight. We can help you make the most out of your PE and sport premium funding, so it makes an impact on the children in your school.

### Moving Forwards

Since Covid, we have all noticed that many children now lack basic co-ordination skills, have poor core strength or struggle with well-being. I have had time to develop a new product called Moving Forwards, that is delivered as an intervention to small groups of children, or on a one-to-one basis. It is designed to be led by TAs in school. Some of the ideas can be adopted by teachers to improve whole class core strength.

The core strength and co-ordination programme all include activities that cross the midline which aids those with dyslexia by firing up neural pathways between brain hemispheres. This makes it easier to recall previously learned material. In fact, activities that cross the midline are important to help improve many co-ordination skills and tracking when reading. Improving core strength and co-ordination through games and activities can improve handwriting, concentration and the ability to work with others. The well-being programme concentrates on learning how to communicate. We have loved putting this programme together and seeing it make a difference.

### Move More; Learn More.

Movemore Learnmore was created by me: Kerry Tinsdale. Many of you have now met me in my new role as a PE consultant. I have been into schools delivering to pupils, staff and assisting at School Games competitions. I'm not sure if creating a new PE curriculum for a school, watching a child realise they can, enthusing a teacher or being a trampoline judge has been the highlight of this year so far.

So, who am I? Where have I come from? And most of all, why am I qualified to do what I'm doing now? I finished training as a PE teacher, with English as my second subject, way back in '92. Since then I have taught PE to all age pupils from Early Years to Year 13, as well as the full National Curriculum to Year 5 and 6. I played an active part in the working party for the new PE National Curriculum pre-2014, presenting research and initiative ideas at national conferences. I was seconded to the role of Partnership Development Manager for the Wyre Forest School Sport Partnership, which included being the School Games Organiser. This furthered my passion for learning through movement. When I returned to life as a classroom teacher, I followed PE development, attended conferences and became inspired by John Ratey, the author of "Spark: The Revolutionary New Science of Exercise and the Brain." His findings seemed to validate everything I had understood about physical education, activity and sport. It changed my teaching.

Movemore Learnmore is about me pouring my passion for movement into education.



#### Email

kerry@movemorelearnmore.co.uk

#### Phone

07450 375012

#### Website

www.movemorelearnmore.co.uk

### Take 5!

Your busiest term, so first of all, you'll need to create time...let's have 26 hours in a day instead of 24!! Or we could borrow the Ministry of Magic's time turner? After all, anything is possible when you're a teacher!

#### PE Leads Summer Term reminders.

- Audit the PE needs of your pupils and staff, through conversations.
- Book staff CPD courses for the Autumn Term.
- Record how your PE and sport premium funding has been spent alongside the impact statements.
- Plan how you will be part of National School Sport Week, 20 - 26 th June, 2023.
- Apply for your School Games Mark.

"I would highly recommend Kerry as an outstanding individual who has the skills, knowledge and passion to significantly enhance the quality of your schools PE, School Sport and Physical Activity offer."  
Ben Robertshaw, Worcestershire West School Games Organiser

