

## PE Sport and Health Action Plan

School	St George's CE Primary School	2018/2019
Total for financial year = £18190		
<b>Achievements</b>		
<ul style="list-style-type: none"> <li>• Whole school running the Daily Mile.</li> <li>• Change for Life Club is established, and a club has taken place each half term.</li> <li>• Sports TA's have been employed and run regular after school clubs and escort children to competitions across Chorley.</li> <li>• NQTS have had experience of team teaching and feel more confident and equipped teaching the PE syllabus.</li> <li>• We had a Healthy Mind, Healthy Body, Healthy World Week to raise the profile of health and fitness across school.</li> </ul>		
<b>Future Improvements</b>		
<ul style="list-style-type: none"> <li>• To further increase the percentage of children participating in L2/L3 competitions. With numbers on roll increasing, we narrowly missed out on a GOLD award because we didn't have enough B teams entered in competitions.</li> <li>• To introduce children to new competitive sports by entering more development festivals.</li> </ul>		

Actions and strategies	Impact and sustainable outcomes	Evidence	Funding Use	Funding Allocation
<ul style="list-style-type: none"> <li>• Key indicator 1: The engagement of <u>all</u> pupils in regular physical activity - Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school.</li> <li>• Key indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement</li> <li>• Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport</li> <li>• Key indicator 4: Broader experience of a range of sports and activities offered to all pupils</li> <li>• Key indicator 5: Increased participation in competitive sport</li> </ul>				
<p><b>Continue to buy into the Chorley School Sports Core package</b></p>	<p>A block of specialised coaching each half term. This includes 2hrs curriculum time and 1hr extra curricular.</p>	<p>Athletics Y6 - 35 Y3/4 - 27 afterschool Y5/4- athletics - 24</p> <p>Hockey - Y5 - 35 Y6 - 35 Afterschool multiskills - 25 Dance - Year 5 - 35 Year 6 35 Afterschool 25</p>		£8160 cost of whole package.

		<p>Dance Year 1 - 22 Year 1 23 After school 25</p> <p>Tag Rugby - Year 4 - 29 Year 3 - 23 Afterschool Y4,5,6 - 15</p> <p>Cricket - Year 5 - 35 Year 6 - 35 Basketball - 31</p>		
<p><i>To introduce Cricket across Key Stage One and Two</i></p>	<p>All pupils in Y1,2,3, 4, 5, 6 completed a half term block of specialised coaching from either Lancashire Cricket Club or the Schools Sports Partnership.</p>	<p>Lancashire Cricket Club came into school for a term. He delivered lessons to Years 1 (45), 2 (35), 3 (23), 4 (29). He talked with newly appointed staff about how to plan lessons linked to striking &amp; fielding. This also enabled to school to form good links with Chorley Cricket Club. Following the success of 132 children across school accessing curriculum Cricket from Lancashire, 20% (26 children) went on to ALL STARS cricket and followed up the sports outside of school.</p> <p>70 children in Years 5/6 had curriculum coaching from the Chorley SSP.</p> <p>Now all children have had experience of the game, we hope next year to enter a team for the first time into a cricket league/competition.</p>	SSP COACHING	Included in SSP £8160

*To introduce and embed the 'MUGA mile'*

All staff attended an inset based on research that stated the advantages of children running a mile a day. The AHT spoke to a local primary school in Wigan who had been in the media due to their outstanding practice.

JL/GB launched the initiative with an assembly emphasising the importance of children setting their own goals and making continuous improvements. Following the success of the daily mile, the sports council (school council) asked whether we could run a lunchtime running club in preparation for the Chorley SSP Cross Country Competition.

Initially, staff set the children a time of how far they could get in 5 minutes. This was gradually increased to ten minutes. Over the course of the year, JL has monitored the average number of laps each child in the specific year group could achieve.

Y5 in ten minutes = 12/13 laps  
 Y2 in ten minutes = 9/10 laps  
 Reception in ten minutes = 5/6 laps

90 children signed up for a running club at lunchtime. Due to the volume of children wishing to participate, teachers and sports TA shared the load. Children were invited to attend a session every three days for a term.

Following the success of the running club. 16 children from years 3,4,5,6 represented the school in the Chorley SSP Cross country Competition. An additional 20 children from the same year groups participated in a non-competitive fun run.

With the competition being on a Saturday, not all children who were invited to attend could make the date. JL decided that we should do an intra competition in school. We did this as part of our Annual KS1 & KS2 sport days in collaboration with Cancer Research.

125 infants (Reception, Y1 and Y2) ran just short of one mile for Cancer Research.

150 Junior children (Y3,4,5,6) ran a mile for Cancer Research.

Supply so LD could visit local school in Wigan.

Additional hours to Sports Tas to support lunchtime clubs.

Total spend on TA's and supply = £7690

To introduce a Change for Life Club across the key stages.

Due to changes in staffing, we struggled to set up and regularly deliver the Change for Life Club. Our priority this year was to target less active children and to promote health, fitness and wellbeing. We invested sports premium money into the Chorley SSP health package. Health Professionals from Chorley SSP delivered half termly sessions this year and modelled how to deliver the club to newly appointed Sports TA. This will continue next year with school staff who have been trained.

Each year group has had a club run over a half term. The sports TA has shadowed the SSP Professional to gain ideas of how to continue the club next year.

Specific children have been invited to attend the club, these were children who we felt would benefit from further involvement in health and well being awareness. Other children who showed an interest in the club were also able to join.

Resources that were used by Chorley SSP have been given to us to help us run the club in the future.

Members of Chorley SSP ran an afterschool club for children from Y1-Y6, one-year group at a time. They were able to provide a variety of specialist sports as taster sessions for the children. They educated them about the dangers of sugar and the importance of a balanced diet.

The sports TA and the PE subject leader shadowed the SSP staff to improve their own knowledge and practise, so they felt equipped to lead the club in future years. The PE subject lead (JL) has collated resources to be able to continue the club next academic year.

40 children attended the clubs and were introduced to a range of sports and their understanding of a healthy lifestyle raised. These children were engaged in these clubs and 60% of them choose another sports club in the year to take part in.

The uptake wasn't as great as we first hoped. We worked hard to tackle parent's perception of the club. On evaluation, we endeavour to target children in the early years/lower end of school when children are less body conscious and influenced by peer pressure.

School has been nominated in the Health and well being category at the Chorley SSP sports awards for increased provision and impact on the children.

Chorley SSP led after school sessions.

Sports TA income.

Included in TA budget of £7690

Included in SSP package of £8160

To increase confidence, knowledge and skills of all support staff in teaching of Dance & Gymnastics.

<p>An audit of staff skills, knowledge and confidence has been completed. We used this data to help us to specify with year groups would benefit most from specialist teaching and coaching.</p> <p>We yet again used the Chorley SSP to lead PE lessons. All teachers have been supported by PE experts in class through team teaching. Results showed that staff lacked confidence in the areas of dance and gymnastics. This mirrored last years questionnaire however we have had huge staffing changes this academic year with 4 new staff joining.</p> <p>New teachers to school have had dance lessons taught to their class by specialist dance teachers. School teachers are involved in the lesson and this is used to support their own CPD.</p>	<p>6/12 teachers (50%) specified they needed support with dance teaching. The SSP were booked in for a term and they delivered sessions with two Y1 classes (both staff new to school), Y3/4 (teacher new to split age class) and Y5 teacher who wanted to update her knowledge of Les Mills and how it could be used across school. 2 NQTS also shadowed the sessions after school to build confidence because they expressed an interest in delivering a dance club next academic year.</p> <p>Dance Y1 (45) Year 3/4 (27) Year 5 (35) 107 children accessed curriculum dance across school.</p> <p>25 children from (Years 5/6) attended an after-school club that was specifically targeted at gifted and talented and working towards a competition. 22 girls and 3 boys represented the school in the annual Chorley SSP Dance competition. One child was scouted and attended Gifted and Talented camp. She represented the school at the Lancashire School Games.</p> <p>3/12 teacher (25%) specified they lacked confidence delivering gymnastics. Many feared the dangers of using equipment. In school, one member of staff (AF) has coached gymnastics at a club for many years. She was released throughout the school year to model lessons and to team teach with less confident staff. For a half term, she delivered a unit of work for years 2,</p>	<p>Supply for specialist Gymnastic teacher in school</p> <p>SSP Coaching</p>	<p>Part of £7690 supply budget</p> <p>Included in SSP package of £8160</p>
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<p>To increase the percentage of children attending sporting after school clubs</p>	<p><b>Sports TA's have been employed to lead after school sports clubs. They have attended trainings led by sports specialist to increase their knowledge, so they can lead clubs with the children.</b></p> <p><b>This enabled us to offer a wider range of sports to target more children across more year groups.</b></p> <p><b>Following discussions with the children via the school sports council, they expressed an interest in alternative sports to what we currently offered. As a result of this conversation we offered Judo, tennis, table tennis, basketball, tag rugby (following specialist teacher departure) and rounders as extra curricular activities.</b></p> <p><b>Morning clubs are not as well attended by the older pupils in school so to increase impact next year we will endeavour to run extra curricular activities for KS2 after school.</b></p>	<p>Table tennis club Year 4 and year 5 Year 5 - 22 Year 4 - 20</p> <p>Rounders club Year 5/6 - 28</p> <p>High 5 netball - Year 4 and 5 (Summer)- 34 Year 5/6 (Autumn) - 39 - 12 represented school in a L2 league competition.</p> <p>Football -- 25 Y5/6 - 14 represented school in L2 league.</p> <p>Cross Country club - 90 children 16 children from years 3,4,5,6 represented the school in the Chorley SSP Cross country Competition. An additional 20 children from the same year groups participated in a non-competitive fun run.</p> <p>Tennis - Reception - year 3 - 63 Year 4 - 6 - 37</p>	<p>Extra hours for TA's to run clubs.</p>	<p>Part of £7690</p>

		Basket ball – year 1 and 2 - 31		
<p>The profile of PE and sport being raised across the school as a tool for whole school improvement</p> <p>Increased confidence, knowledge and skills of all staff in teaching PE and sport</p>	<p><b>New PE subject leaders have attended trainings throughout the year. She hopes to attend the new Lancashire scheme of work inset in the new academic year</b></p> <p>Following the appointment of three NQTS who had limited experience of delivering a broad and balanced PE curriculum. We utilised outside agencies to deliver tasters of different sports. This not only updated teacher's knowledge but it also gave the children of St G's an opportunity to participate in sports that are less frequently played at school.</p>	<p>Chorley SSP have led PLT days for PE subject leaders. These have been attended by the PE Subject lead to improve knowledge of the current PE curriculum and also to keep up to date with current initiatives. These have been disseminated back to school staff.</p> <p>Sessions were provided by Lancashire cricket and Chorley tennis club. Classes who had access to these sessions, led by sports specialist from the clubs, were those currently new to the school.</p>	<p>Supply cover provided to release Subject lead.</p> <p>No additional cost to school as these activities were provided free to school.</p>	<p>Part of £7690</p>
<p>To provide an additional terms swimming to the children in Y5</p> <p>To increase the number of children who reach the minimum distance of 25 metres unaided</p>	<p><b>35 children in Y5 go swimming on a Monday afternoon for two terms.</b></p> <p>The children have an opportunity to take part in the annual Swimming Gala. 12 children from Y5/6 will be chosen.</p> <p>Children deemed to be less confident in the water and working below age related expectations will be invited to the Aqua Splash competition during the Chorley SSP swimming Gala.</p>	<p>32 out of 35 achieved aged related expectations for swimming. 91% of the cohort were able to swim 25 metres unaided.</p>	<p>The school swim from February half term until the end of the year.</p> <p>35 children go swimming on a Monday afternoon.</p>	<p>£2,500</p>

<p>Broader experience of a range of sports and activities offered to all pupils</p>	<p>School held a <b>Healthy world, Healthy body and Healthy mind week in school. This focussed on the children improving their health and well being and been given the opportunity to try new sports in school.</b></p>	<p>All children in school had sessions on yoga, skipping and an inflatable obstacle course.</p> <p>KS2 also had sessions on a climbing wall, football and healthy eating choices.</p> <p>This week included our annual school sports days where all children competed in year group events.</p>	<p>Payment of the outside agencies providing the sports new to school.</p> <p>Yoga was provided by Chorley SSP in addition to our annual spend with them.</p>	<p>£500</p>
	<p>Resources have been updated for leading PE sessions in school and also to be used at play time. Play time games are led by y5 and y6 play leaders to encourage active participation in exercise each day.</p>	<p>Play leaders set up and resources bought to sustain exercise and fun games for over playtime to increase children activity time each day.</p>	<p><b>Payment of new resources and replacing those that have broken.</b></p>	<p>£340</p>