

Impact of the Spending 2016-2017

From April 2016 our school will continue to receive our 'Primary PE and Sport Premium Grant'. In our school the funds will amount to £8,753. We intend to use this to provide excellent Health and Well-being opportunities for all our children. To do this we will improve confidence amongst staff in the delivery of high quality PE lessons across the school, offer some additional sports clubs, offer support in the form of a club to our least able children in terms of fine and gross motor skills, improve resources, support our teachers to involve an increased number of children in skipping and become involved in The Children's Health Project. We feel that this is the most effective and efficient way for the funding to have a long lasting and positive effect on future learning and physical development of children within our school.

Expenditure	Impact – see the 5 Key Indicators of Improvements below.... For further details of how we have made these investments sustainable see below.	Data – before investment	Data – after investment
Golf club subsidy	1, 2, 4, 5	Before funding in 2013: 39 children per year were participating in golf club - across KS1.	60 children per year are participating in golf club - across EYFS and KS1. 240 children across 4 years
Gym trail	2	Before funding in 2013 - Club had no funding to run so no children were benefitting from this support.	After funding in 2013 - Gross motor group: 5 children per week are supported per term. That is 15 children per year and 60 children in the last 4 years. Fine motor group: 10 children per week are supported per term. That is 30 per year and 120 children supported over 4 years.
PE coordinator training and release time	1, 2, 3, 4, 5		
Dan the Skipping man – sessions	1, 2, 4, 5	7% of children are regularly skipping as part of a PE session, skipping club or independently at playtime	36% of children are regularly skipping as part of a PE session, skipping club or independently at playtime

Rolls and inversions training – for all staff	3	13% of pupils experienced lessons involving rolls and inversions	We now have 17 teaching and support staff trained and able to share techniques with others. All staff feel more confident as a result of the training. Teaching staff – 100% started at a confidence level of 2 and after training have a confidence level of a 4 – (out of 5). Support staff – 67% of staff have moved from a 1 to a 4 in confidence levels and 33% of staff have moved from a 1 or 2 to a 3.
Play Leaders	4, 5	0% of pupils involved in leading play in an official capacity	10% of pupils in years 1 and 2 involved in leading play in an official capacity
Purchase of skipping ropes for all children in the school	1,2,4	7% of children are regularly skipping as part of a PE session, skipping club or independently at playtime	36% of children are regularly skipping as part of a PE session, skipping club or independently at playtime
'The Children's Health Project'	1,2,3,4	On-going	On-going

Qualitative data can be found....

- below
- on our PE board
- on responses from staff and pupils questionnaires - See PE folder

Here are our reasons and further explanation about The Children's Health Project - Over the last few years we have been very fortunate to have ring-fenced money specifically for sports in our school. We have used this money very wisely, investing in staff training that sustainably benefits our children. The investments we have made in dance and gym, skipping, golf, gym trail, subsidies for clubs, new online schemes of work etc have made a huge difference to the teaching of PE in our school. However, children fitness is only one part of a child's health and we felt that in order to increase the overall health of the children in our school we really needed to look at other areas such a nutrition, lifestyles and mental health. The Children's health project is a non for profit all encompassing programme that has been written by Ilse Fullerton (who has delivered our fantastic gym and dance training). It covers the areas of nutrition, lifestyle, mental and physical health. We have bought a package that includes - health ambassador training (I have been on this training and am very keen to disseminate all I have learnt to the staff), access for 3 classes to a blog where children can take part in daily challenges, talk to each other and children from other schools (securely) about the healthy choices they are making etc, x2 parent workshops where parents can get involved in the overall health of their children, class workshop for x3 classes and a scheme of work for the whole school that coverage science, PSHE, DT and PE areas of the curriculum. As

a school we are also planning to have a Children's Health Project week where we can use many aspects of the S of W and blog to inspire and involve the children in their own health and the health of their family and friends. I am also planning to start a 'health' club where the children can get involved further. I feel very strongly that this is a very valuable use of our money and the health message will be very strongly delivered across our school. This is also sustainable as children are already beginning to get involved in their classrooms and at home with the blog - ensuring the health message is continued beyond the classroom. This S of W that has been purchased can be used for years to come, to inspire further pupils. The staff are also gaining new knowledge and information that they will be able to drip feed into their lessons, across the curriculum. We are pleased to let you know that as part of our aim to improve all areas of our children's health we are taking part in 'The Children's Health Project'. The project offers a cross-curricular approach to Health and Wellbeing in EYFS and Key Stage 1, combining movement, nutrition, lifestyle and mindset education in our school and online. 'Health' is described in four ways: **Healthy Movement, Healthy Eating, Healthy Habits and Healthy Thoughts**. Throughout our website, in our Scheme of Work, and in the school workshops, parents and children will meet four Health Champions© that represent each area of health: **Captain Kinetic©, Nutrition Ninja©, Agent Lifestyle© and Mindset Warrior©**. Each one has a story to tell, and each one has advice to encourage children to improve their health. Our vision is for all children to have greater respect for their bodies, have the knowledge and confidence to make sustainable healthy choices, and have a true understanding of why it is important to be healthy. We aim to make a sustainable change in health education, with an emphasis on cross-curricular teaching in PE, Science and PSHE, and offer real-life support for parents and families.

The project offers our children to be part of a health blog with like-minded children and staff from other schools, health workshops for pupils but also parent workshops. These parent workshops will take place - on Monday 24th April 2017 (3.25-4.25) and Wednesday 10th May (3.25-4.25). The parent workshops include ideas and strategies for improved family health. Well researched, evidence based knowledge will be delivered in both active and theory sessions, which include ideas for healthy movement in the garden, or at the park, nutritious meals for each part of the day, the health habits that will most benefit you as a family, and how to discuss healthy thoughts such as body image with your children. You will be further supported in a Facebook group, where you can learn from each other and work in cohesion to create the healthiest lifestyle possible for the whole family. During the session you will be food tasting and you will leave with an eBook of recipes. Further resources will be sent on to you and shared on the Facebook page in order to provide sustainable advice.

The blog:

As part of The Children's Health Project the children in RMN, Y1NT and Y2G currently have the opportunity to access a secure health blog as part of their school day. The children can blog about anything related to health and well-being - categorised by the four key elements - healthy movement, healthy eating, healthy habits and healthy mindsets. Children can like each others' posts and comment on posts, take part in challenges and ask questions.

In class the children have engaged enthusiastically so far, viewing the blog daily and posting comments, asking questions to the health champions and complete challenges. We wish to extend this enthusiasm into your homes. The blog allows pupils the opportunity to learn, be inspired and share their health experiences in a safe, moderated social setting. Each child in the above three classes has their own login where they can access the Children's Health Blog from home.

5 Key Indicators of Improvements.....

1. The engagement of all pupils in regular physical activity – kick starting healthy active lifestyles
2. The profile of PE and Sport being raised across the school as a tool for whole school improvement
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport
4. Boarder experience of a range of sports and activities offered to all pupils
5. Increased participation in competitive sport

How we have made our investments sustainable

1. **The engagement of all pupils in regular physical activity – kick starting healthy active lifestyles** –The investment in club subsidies have helped sustainability by ensuring the amount is affordable for families so they may continue to sign their children up for the same/alternative sports club the following term. It is also enough of an investment that families are committed and likely to be interested in further clubs, but it also ensures that there is enough money in the Sports Premium budget for future children to get involved and for us to support a range of clubs. Our staff training has been invaluable in raising staff confidence when teaching across the PE curriculum. We have invested in rolls and inversions training for all our staff (inc. support staff) this year so that everyone is involved in the teaching and support of our children. This will really help with staff confidence in this area.
2. **The profile of PE and Sport being raised across the school as a tool for whole school improvement** – The investment in club subsidy ensures that all our children get access to a range of sporting activities at an affordable rate. There is a higher rate of pupil involvement and participation due to the parents being involved in the cost commitment they are making. If the child then shows a flair or interest in a certain activity then the parents are more likely to follow this up. Our tennis coach (Hit tennis) easily identifies children who have a flair for the sport and he is very good at speaking to parents in order to get the child involved in his club, out of school hours. Parents are also aware of our staff training and we have had a comment from a parent governor about the staff training we have under-taken. (See governor comment on the PE display board - 2015-16) I believe the profile of PE in our school is high – if parents are familiar with the sporting opportunities that our children have they are more likely to recommend our school to others (a big draw for our school) and we will foster a reputation for giving children the best start in life. Again, the opportunities gained from our visit from Dan the Skipping Man and our planned multi-skills competition will raise the profile of PE and Sport within our school. To promote inclusion we are continuing to target a specific group of children who are in need of extra support with their fine and gross motor skills. This club – gym trail – supports a range of children and our funding ensures a trained member of staff runs the group and that high quality resources are available for our children.
3. **Increased confidence, knowledge and skills of all staff in teaching PE and sport** – Other than extra-curricular clubs we do not employ any outside coaches to teach our children during our curriculum time. We do this because we believe that not regularly teaching one very

important area of the curriculum, such as PE, de-skills our staff. We feel that it is important for our staff to be actively involved in the teaching their children all areas of the curriculum and actively involved in their physical development. We invest money in the training of our staff regularly, (post questionnaire so we know where the need is) and staff feedback shows us that afterwards, staff have gained confidence, knowledge and have developed a range of new ideas in the areas we have been trained in, therefore pupil involvement and activity levels have increased. (See data above) We feel that the children are learning more and the increase in staff knowledge is helping to provide clear progression of skills for our children.

4. **Boarder experience of a range of sports and activities offered to all pupils** – Our staff training has helped us to be more aware of the new national curriculum requirements and therefore encourage our children to engage in healthy active lifestyles. Throughout the last 3 years our children have had access to tennis, golf and basketball through school. This year we have introduced fencing and cricket. Some of these clubs would not have been possible without the School Sports Premium funding as we use it to ensure the weekly fees for clubs are capped – enabling our clubs to be an affordable option for a wide range of children in our school. Interest within school also encourages children to become interest in the sport they are already involved in or other sports that may not have been an option before. We are also using the funding to buy in the expertise of ‘Dan the Skipping Man’ again this year. In addition we are setting up a group of 16 children to be our ‘Play Leaders’. They will be leading and supporting play and small competitions during play times and lunch times. This will help with the children’s leadership and organisation skills, their ability to work in a team and involve the development of many more skills too.
5. **Increased participation in competitive sport** – We aim to encourage our children to be involved in competition. Whether that is against another school, another class, year group or team within their own class. We are in the process of setting up an inter-school multi-skills competition for our KS1 children with a neighbouring infant school. Children are involved in competition by scoring how many tags they could collect during a certain length of time and then these results were recorded and compared to others, the number of baskets scored by each team during a basketball match. Many classes also operate a 2 stars and a wish system or a marks out of 3 system where children give their peers comments (2 stars and a wish) or points (marks out of 3) linked to the success criteria as a result of their performance. When I have more information on this I can track the participation of our children. We believe that, when done well, the inclusion of competition in children's lives can impact on the children in many ways.....

It drives us to perform at a higher level.

It teaches us to bring our best effort.

It teaches us to manage our nerves.

It teaches us that it does not have to be feared.

It teaches us to take risks.

It teaches us to cope when things do not go our way.

It helps us with goal setting.

It teaches us to play by rules.

It helps us to learn to win and lose with grace.

It is fun.

It can build self-esteem and resilience.

It teaches commitment.

It gives us another community.

We believe that this impact is invaluable to our children.

As part of our 'birthday' assembly once a week we are regularly sharing the sporting achievements of children (achieved outside school - e.g. swimming certificates or badges). This will help children who perhaps are not involved in sporting clubs outside school to gain an idea of what opportunities are available locally and speak to peers, the PE coordinator or their parents about the possibility of joining a club of their interest. Eventually, with the opportunity of participating in competitions. We are setting up a group of 16 children to be our 'Play Leaders'. They will be leading and supporting play and small competitions during play times and lunch times. This will help with the children's leadership and organisation skills, their ability to work in a team and involve the development of many more skills too.

Where the focus of our funding lies for the academic year 2017-2018:

- Involvement in termly inter-school competitions with St. Helen's
- Continuing and increasing our involvement in the Children's Health Project