

Competitive Sport. We will spend our Sport Premium grant: £9,476 on the following which will boost our existing Physical Education and sporting provisions:

Physical Education	Raising standards of all our children in Physical Education.		
<u>Objectives</u>	<u>Outcomes</u>	<u>Action</u>	<u>Cost</u>
Improve staff subject knowledge and confidence in P.E.	<p>A strategic approach to CPD across the school to support the development of PE and Sport</p> <p>Staff deliver high quality PE lessons</p>	<p>Based on an audit conducted Oct 2015, teaching staff where requested (FS1 to Y6) to receive support working alongside PE specialists to deliver high quality lessons in at least one area of activity (Dance, Gymnastics, Games).</p> <p>Staff to observe one another in PE, sharing good practice</p> <p>Access to schemes of work previously purchased. Access to planning and peer planning with PE coordinator. Teachers to attend various sporting competitions with children to learn rules for games.</p> <p>Teachers to understand principles of sport and apply these to their lessons. Children in upper KS2 to become aware of these.</p>	
	Staff have a good understanding of PE, Sport and Physical Activity	<p>Staff meetings with a PE and Sport focus to be led by PE coordinator to provide training to raise confidence and competence in teaching and assessment in PE and school sport</p> <p>PE coordinator to deliver training to support staff.</p> <p>PE coordinator to deliver training to NQT's.</p> <p>PE lesson observations carried out by PE coordinator</p> <p>PE Co-coordinator to attend network meetings with LEA.</p>	£300
	All staff use standardised form of assessment in PE	Working with staff and LEA, the PE coordinator will develop a system of assessment which will inform pupils and staff about pupil attainment and performance	
Offer children a more diverse P.E curriculum.	<p>A curriculum designed to engage and facilitate better participation in sport from a young age.</p> <p>Improve percentage of children participation in sport out of school.</p> <p>Use of iPads to offer a more engaging and challenging curriculum.</p>	<p>Improve our sports equipment to enhance engagement in PE lessons.</p> <p>Teachers to use specialised equipment to enhance their PE lessons to cover elements on theoretical understanding</p> <p>Use of ICT to analysis tactics and techniques to improve thinking around sport and PE and also to improve performance.</p>	£450

		<p>Links to be made to coaching and facilitating sport to engage all children of all levels.</p> <p>Children to become consistent with self-evaluation. Looking at SWOT analysis for sport in upper KS2.</p>			

## Healthy Lifestyles Awareness

## Ensuring all our children have access to regular exercise.

<u>Objectives</u>	<u>Outcomes</u>	<u>Action</u>	<u>Cost</u>
Increase pupil's fitness levels	Pupils' health and wellbeing improved impacting positively on whole school improvement	A focus on fitness training in PE lessons for all KS2 pupils.  KS1 and EYFS to focus on fundamental movement and multi skills – linking to fitness.	£700
	Pupils to sustain physical exercise for longer periods of time- impacting positively on sporting ability and performance.	Circuit training for year 3 and 4  Year 5/6 to be fitness tested at start of programme and retested at the end to show progress.  Links made to secondary school fitness testing to bridge gaps between transitions for Y6.  Children and teachers to understand the areas of fitness to focus on each area of PE. i.e. fitness need for sprint runs- anaerobic exercise  HIIT training, endurance training, power, strength, flexibility.	
Increase activity levels for all children.	Increased number of pupils have access to active playtimes and after school clubs	A range of sporting clubs to be offered for all children Y1-Y6.  Use of external agencies to offer sports club. i.e. judo, rugby, dance, cookery, and NUFC.  Use of sport leaders to facilitate and lead sport and fitness during break times.	£1000
	Focus on fundamental skills in EYFS to develop into sporting activities in future years.	KS1 and EYFS to focus on fundamental movement and multi skills – linking to fitness. - Make links through all areas of PE i.e. dance, gymnastics, games. Planning available to EYFS teachers and support staff. Schemes of work. Assessment levels to be given Technique models to be advised to all staff.	

	Use of NUFC to target children be more active.	Children to take part in an extra-curricular club promoting healthy lifestyles. Children to then teach other children in school about their findings.	£500
Improve understanding of the link between health and well being and physical fitness.	Pupils' health and wellbeing improved impacting positively on whole school improvement	<p>Health week to take place in Autumn term for all children. Health and Sport week in Summer term for all children.</p> <p>Mixed key stage health afternoons to focus on physical and theoretical aspects of heath and fitness.</p> <p>Science topics based around health and fitness and understanding the body.</p> <p>Links made in lessons to theoretical understanding of why we exercise, which muscle we are using and the impact upon the body and mind.</p> <p>Teachers and children to understand in more depth the positive relationship between healthy bodies and lifestyles and healthy mind.</p> <p>KS1 to look at how to have a healthy diet.</p> <p>KS2 look at impact diets have upon the body.</p> <p>Use of ICT to analysis physical performance to see effect on body.</p> <p>PE coordinator to work alongside class teachers to deliver programmes on healthy eating.</p> <p>Sport leaders to be trained to give out information about being healthy and train younger children.</p> <p>Children to make links between discipline, determination and commitment shown in sport and their academic life.</p>	£890

<b>Competitive School Sport</b>	<b>Increasing and sustain pupils' participation in extra-curricular sport.</b>		
<u>Objectives</u>	<u>Outcomes</u>	<u>Action</u>	<u>Cost</u>
Offer a range of sporting opportunities for all.	Improved numbers including pupils not currently participating in competitive sport	Staffing/transport to enable pupils to participate in inter school sports festivals and competition  Introduce variety of sports i.e. skiing for year 5/6 children, full contact rugby, and street dance.	£2300
	Improved percentage of children competing in sports.	Intra and inter competitions for all children (Rec-Y6)  More children to access competitions in and out of school for a variety of sports.  More children to be referred to sporting provision in the local community. i.e. rugby, football clubs.  Attend sports competitions delivered by the LEA.	
Increase participation rates across the school.	Every child Nursery-Y6 to participation sporting activities in school.  Most children Y1-Y6 to attend sporting club (school or externally).	A range of sporting clubs to be offered for all children Y1-Y6.  Use of external agencies to offer sports club. i.e. judo, rugby, dance, cookery, and NUFC.  Curriculum map of sports covered for all ages.  Use of sport leaders to facilitate and lead sport and fitness during break times.  Sports day in summer term for all children.	£740

		Participating in a range of sports- independent and team based sports.	
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## Evaluation

### Raising standards in all our children across P.E

- Offer children a more diverse P.E curriculum.

	<u>Aut1</u>	<u>Aut2</u>	<u>Spr1</u>	<u>Spr2</u>	<u>Sum1</u>	<u>Sum2</u>
<u>Reception</u>	Multi Skills	<u>Multiskills</u>	Dance	Gymnastics	2 Outdoor <u>sessions</u>	
<b>Year 1</b>	Multi Skills	Multi <u>skills</u>	Dance	Gymnastics	2 Outdoor <u>sessions</u>	
<b>Year 2</b>	Multi Skills Fit- ness Circuits	Multi Skills Fit- ness Circuits	Dance	Gymnastics	2 Outdoor <u>sessions</u>	
<b>Year 3</b>	Circuit Training	Dance	Gymnastics	Badminton	2 Outdoor <u>sessions</u>	
<b>Year 4</b>	Circuit Training	Dance	Gymnastics	Badminton	2 Outdoor <u>sessions</u>	
<b>Year 5</b>	Fitness Testing	Dance	Gymnastics	<u>Dodgeball</u>	2 Outdoor <u>sessions</u> Fitness tests to be completed again and <u>analysed</u>	
<b>Year 6</b>	Fitness Testing	Dance	Gymnastics	<u>Dodgeball</u>	2 Outdoor <u>sessions</u> Fitness tests to be completed again and <u>analysed</u>	

	<u>Aut1</u>	<u>Aut2</u>	<u>Spr1</u>	<u>Spr2</u>	<u>Sum1</u>	<u>Sum1</u>	<u>Sum2</u>	<u>Sum2 Olympics Theme</u>
<b>Reception</b>	Multi skills	Multi skills	Multi skills	Multi skills	Multi skills linked to teams	Multi skills linked to team sports	Athletics	Sports Day
<b>Year 1</b>	Multi skills (prepare for games activities)	Multi Skills (prepare for games activities)	Football	Tennis	Cricket	Cricket	Athletics	Sports Day
<b>Year 2</b>	Hockey	Hockey	Football	Tennis	Cricket	Cricket	Athletics	Sports Day
<b>Year 3</b>	Tag Rugby	Tag Rugby	Basketball	Table Tennis	Golf	Rounders	Track 100m, 200m	Field vertical jumps
<b>Year 4</b>	Hockey	Hockey	Football	Volleyball	Skipping	Rounders	Track 400m, hurdles.	Field vertical jumps
<b>Year 5</b>	Football	Netball	Tennis	Tennis	Outdoor Adventures	Rounders	Cricket	Track and Field 800m, relay horizontal jumps
<b>Year 6</b>	Football	Netball	Tennis	Tennis	Outdoor Adventures	Rounders	Cricket	Track and Field 1500m, relay horizontal jumps

Fundamental movement skills (basis of all sports).

balance  
sprint run  
vertical jump  
side gallop catch  
kick

hop  
skip  
leap  
overarm throw  
two-hand strike  
dodge.

At the start of the year a focus was placed on fundamental movement for younger children to help facilitate a better experience for them in future sport. Fundamental skills are the foundation for all sport, therefore ensuring children at a young age are better equipped to participate in a range of sports in future. This is an area we have developed from previous years but we need to continue to do so and further train our EYFS staff on appropriate progression games and activities to ensure we meet the needs of all children to capture their interests in sport from a young age.

We have offered a variety of sporting opportunities such as golf- to try to capture the interest if non-participants in extra-curricular or out of school sport by offering opportunities to engage in sports other than the usual football, netball and rugby. This has proved effective with many non-participants becoming involved in evaluating technique and supporting others, however, this occurs more in upper KS2 than other year groups.

The use of termly intra-competitions for all year groups has greatly improved attitudes and participation rates within school sport for all children. A 100% increase on in-school participation from previous years, other than sports day.

## Ensure all children have access to regular exercise.

- *Increase activity levels for all children.*
- *Improve understanding of the link between health and well-being and physical fitness.*

All children have access to at least 2 hours of P.E each week. One indoor slot and one outdoor. We have also looked at carrying out theoretical lessons when physical PE cannot take place. This has looked at coaching styles and health and wellbeing to improve the overall performer. Year 4 attend weekly swimming lessons in addition to their two PE lessons. EYFS and Year 1 participate in regular 'Wake and Shake' activities and Go Noodle.

We have run termly 'Health Afternoons' where children participate in cross-key stage health and fitness activities. These have been extremely popular amongst all children- further helping to promote health and wellbeing and offer children greater understanding and opportunities to be involved in a variety of sports and develop a better understanding of the importance of PE and healthy lifestyles. This has also helped create better relationship between children of different ages and helped children understand the process of growing up in more detail.

We need to focus on better provisions at playtime and lunchtime sports activities for all ages and have a consistent use of Sport Leaders in Year 6 initially, from September. This training will begin in Summer 2 from NF for Year 6 children.



Need to address overweight and obese children through rowing machines and break time provisions. Fitness tests need to administered by all year groups teachers from Year 3 upwards in September 2016 and checked in Summer 2017.

**Increase and sustain pupils' participation in extra-curricular sport.**

- Offer a range of sporting opportunities for all.
- Increase participation rates across the school.

Autumn Health and Fitness Club List

Monday	Tuesday	Wednesday	Thursday	Friday
Basketball Year 3/4	Football 3/4	Judo Year 3,4,5,6	Football Year 5/6	
	Boys football League Year 5/6			
	Dance club Year 5/6			

Spring Health and Fitness Club List

Monday	Tuesday	Wednesday	Thursday	Friday
Judo Year 3,4,5,6	Football Year 5/6		Football Year 3/4	
	Dance Year 5/6		Basketball Year 3,4,5,6	
	Boys football League Year 5/6			

Summer Health and Fitness Club List

Monday	Tuesday	Wednesday	Thursday	Friday
Netball Year 5/6	Football Year 5/6	NUFC Matches Year 3,4,5,6	Football Year 3/4	
Hockey Year 3/4	Healthy Cooking Club Year 4		Basketball Year 3,4,5,6	
	Athletics Year 2/3/4		Rugby Year 5/6	
	Aerobics Year 1/2		Girls Football League Year 5/6	

We have used external providers to help target specific non-participants through NUFC MatchFit. This helped with percentages scores of getting previously non-participants, participating in a school led sporting activity. Dance club was also a good club to help involved some non-participants, however it only targeted Year 5/6. NUFC football for Year 1 was useful to improve participation rates for younger children, however the percentage is still significantly below those in KS2. 21% in Year compared to 100% participating in school sport in Year5. This could be due to the lack of clubs offer to year 1 compared to KS2. Full contact rugby for Year 5/6 has been very well received. This has seen some non-participants become involved in school sport for the first time in their school journey.

We need to focus on SEN participation rates in extra-curricular sport and KS1 rates in the coming year. We also need to address children categorised as overweight or obese- ensure they are actively involved in at least 2 clubs and provide suitable provision for sustainable exercise during break times. We are trialing 'Lap of Fun' in the summer term and are looking to purchase rowing machines to begin to target and address this issue.