

# PE and School Sport Action Plan

## Fourlanesend CP School 2022–2023

**Background** - The primary school sport premium investment goes direct to primary school Head Teachers and is designed to support improvements in the quality and depth of PE and school sport. In 2017/18 the amount schools receive each year has doubled.

**Key Indicators** - The Department for Education vision is that all pupils leaving primary school are physically literate and have the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport. The objective is to achieve self-sustaining improvement in the quality of PE and sport that delivers high quality provision of a balanced and holistic PE and school sport offer. There are 5 key indicators that schools should expect to see improvement across:

1. The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
2. The profile of PE and sport is 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. Broader experience of a range of sports and activities offered to all pupils
5. Increased participation in competitive sport

**Funding** - Individual schools will receive circa £16K –17K per annum (depending on the number of pupils) which they can use to support these outcomes through various options including; release of staff for CPD, employing specialists to work alongside teachers, cluster work with other schools and partnerships, transport, equipment, hall and pool hire etc.

The total funding for the academic year – £23,048.00	2022/23	Funding allocated -£13,834.20
Lead Member of Staff – Ayesha Gillespie	2022/2023	Governor responsible – Piers Taylor
Total fund allocated - £13,834.20	To be Updated – July 2024	

Key achievements to date:		Areas for further improvement and baseline evidence of need:	
<ul style="list-style-type: none"><li>• ARENA have continued to support the leadership of PE and have delivered Beach tribe and Healthy Movers sessions to key stage one.</li><li>• Year 6 children attended a leisure center to perform safe self-rescue.</li><li>• Key stage one and key stage two have both been able to attend after school clubs. Annual: 67.4% children have attended at least one sessions. 76% Pupil Premium children have attended at least one session.</li><li>• GB athlete came to visit the children and take part in a circuit with them. Black History month focus for next year's athlete.</li><li>• Wildtribe unit delivered to year 3 / 4 who didn't receive a unit last year.</li><li>• Bikeability has taken place for years 4 and six and is booked in for next year to focus on 1:1 riding sessions with year six children and balanceability with EYFS.</li><li>• Absolute educations has been used to monitor school club participation.</li><li>• Children have taken part in cross-country running competitively with other schools and the small school football league.</li><li>• Year 3 / 4 teacher has taken part in Wildtribe CPD.</li><li>• All Teachers have taken part in Fencing CPD and new equipment purchased.</li><li>• SEN participation in swimming competition.</li><li>• Plymouth Argyle have been in to deliver units in the Autumn term to every class and deliver an after school club.</li></ul>		<ul style="list-style-type: none"><li>• Setting up more opportunities for children to take part in competitions and in a variety of sports. Competitions have been happening in running and football and we have taken part in an SEN swimming competition. Next year we will work with Torpoint Cluster group to engage in more local competitions</li><li>• More variety of after school clubs on offer. Based on our location it is hard to find people/groups who will deliver after school clubs without us agreeing to have unit of work delivered alongside.</li></ul>	
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			
Intended Actions with impact on children (INTENT/Implementation)	Funding allocated	Evidence and Impact Pupil-Impact on pupils participation Impact on pupils attainment Any additional impact	Sustainability and next steps

		Whole School Improvement	
The whole school takes part in break and shake and wake and shake sessions daily as well as re-using the 5-aday approach that we used pre-covid.	£274	Children are having at least 15 minutes of physical activity a day as an extra to PE sessions and break and lunchtimes.	<b>Next steps</b> Continue to keep this going and allowing the older children to create new dances to keep everyone motivated.
Use Absolute Education platform to monitor what/how much physical activity/clubs children throughout school attend.	Included in Arena membership. £450.	This will give us a clearer picture of which children don't engage in regular physical activity/clubs and will enable us to target specific groups to encourage extra throughout school. Annual findings: 67.4% of all children have attended at least one sessions. 76% Pupil premium children have attended at least one session.	<b>Next steps</b> This year has seen a decline in SEN children attending clubs – conduct survey to find out why/what they would like to have on offer to encourage them to join more clubs.
EYFS children have had a large sandpit installed and filled in their outside area as well as items to use in it. They have also had some new brooms	£61.70 £52.50 £249	Children who often chose to play indoors are now more motivated to play outside and use the new equipment.	<b>Sustainability</b> Assess results each time and discuss with staff team to decide how to respond to ensure children are receiving the same opportunities and whether their children have expressed anything they would like.
			<b>Next Steps:</b> Continue to model activities that can be done in the

purchased to encourage them to develop their gross motor skills during their continuous provision time.		SEN children have spent a lot of time in the sandpit using large movements such as digging and creating narratives.	sandpit and how the resources can be used as a new cohort of children join us.  <b>Sustainability:</b> The sand pit is a sturdy and permanent feature that is covered when not in use. The equipment to use in the sandpit is stored under a shelter.
---	--	---	---

**Key Indicator 2 : The profile of PE and sport being raised across the school as a tool for whole school improvement**

Intended Actions with impact on children	Funding allocated	Evidence and impact	Sustainability and next steps
Inspirational Athlete to visit the school in the Summer Term 2 to engage children in a variety of fitness circuits to raise the profile of PE and school sport as well as take part in fundraising to support other athletes and raise some money for school too.	Free	All children and staff took part in the fitness activities and were inspired to aim high and participate in future events. Lots of children were so excited after the visitor last year and kept asking about who was coming to visit us this time.	<b>Next Steps</b> A review of the visit shows it was successful, staff and students enjoyed the visit and were motivated. Gymnastic fans were very motivated and more children were doing gymnastic related activities on the field during break and lunch times such as handstands and cartwheels.  <b>Sustainability:</b> After two successful years of having a GB athlete we feel children have been motivated and inspired and shown what they could achieve. Next year we have chosen to book another GB athlete

<p>Bikeability instructor in to work with years 4 and 6 on bike safety and for children to achieve a level 1 or 2 award.</p>	<p>Included in ARENA membership</p>	<p>Some children in school have stated that they cannot ride a bike and children that do, have not had sessions on safety by a trained person. We feel being a rural, Cornish school that this is an important skill/knowledge to have.</p>	<p>but one linked to Black History Month to raise more awareness.  <b>Next steps:</b> After another successful year of the delivery of this, we have once again booked for years 4 and 6 to undertake levels 1 and 2 next year but we shall also be focusing on the 1:1 sessions for children that cannot ride a bike and for the instructor to deliver balanceability sessions to the EYFS children to start raising confidence and balance early on.</p> <p><b>Sustainability:</b> Once taken part, these are life skills that remain with children.</p>
<p>Celebration assemblies take place where children have their sporting activities and achievements, celebrated.</p>	<p>£0</p>	<p>Children bring their own certificates in to be presented by the Head Teacher in the Friday celebration assembly.</p>	<p><b>Next Steps</b>  Ensure the new children know about this taking place.  <b>Sustainability</b>  Celebration assemblies are a weekly occurrence and children often bring in swimming and sporting certificates etc.</p>

**Key Indicator 3 : Increased confidence, knowledge and skills of all staff in teaching PE and sport**

Intended Actions with impact on children	Funding allocated	Evidence and impact	Sustainability and next steps
Saints Southwest membership – coach to come in and deliver PE for each class 1X a week in line with curriculum map. The coach will also hold an after-school club based on what the majority of children request. The PE sessions are intended to upskill staff (Teachers and TA's) and raise their confidence across areas of PE that they don't feel as secure with and ensure lesson pace is fast etc.	£6500	<p>Children enjoy lessons and often ask when the Coach will be in again. They have enjoyed a range of sports also but staff have enjoyed working alongside an experienced coach who can offer a range of strategies, skills, knowledge and range of activities. Due to the positive relationships established within PE lessons, more children are inclined to attend after school clubs led by someone they know.</p> <p>AG has undertaken observations and children were all engaged, lessons were a good pace and assessments were taken and sent to teachers. Coaches also adhere to curriculum map to ensure correct coverage.</p>	<p><b>Next Steps:</b> Once children have been surveyed about what clubs they would prefer, work alongside coach to try to come up with an after school club that can cater to more children to encourage participation.</p> <p><b>Sustainability</b> Staff have expressed a growth in confidence and now support more alongside coach. Some staff have expressed how they have now changed their own teaching style after observing coach. Coaches booked for next year too.</p>

Key stage two teacher attended a 2 day Wildtribe course.	Included in ARENA membership  Resources purchased and units of work: £600	We now have a key stage one and a key stage two member of staff trained to deliver Wildtribe sessions.	<b>Next steps:</b> Year 3 / 4 teacher will be delivering a unit of Wildtribe to class in the Autumn term and will be using our newly purchased resources.  <b>Sustainability:</b> A member of staff trained in each key stage means more children will be able to receive Wildtribe/outdoor learning sessions safely.
Fencing CPD to all staff and equipment for key stage one and two to take part.	£1350 Fee next year to have access to training resourced TBC	We wanted something new and exciting on the curriculum map to encourage and motivate children to get involved with a new activity as not everyone attends after school clubs.	<b>Sustainability:</b> After receiving the training, the year 5 / 6 children have has a unit of fencing delivered to them by their class teacher in summer 2. Children have enjoyed themselves and it has now been added to our whole school curriculum map to be taught.

**Key Indicator 4 : Broader experience of a range of sports and activities offered to all pupils**

Intended Actions with impact on children	Funding allocated	Evidence and impact	Sustainability and next steps
Silver ARENA membership purchased for next year – 4 x support days, 1 x 6 week block of sugar smart, healthy and wellbeing or wild tribe, 1 x 2 hour CPD,	<b>£3300</b>	ARENA staff have always supported our school by keeping us up to date with competitions/events/training.	<b>Next Steps:</b> This year we aim to utilise the competition information/opportunities but due

sustainability and climate change training, absolute education platform		Staff also regularly check in to offer support/guidance. Children always enjoy sessions delivered. This year key stage one children enjoyed a beach tribe day and year 1 / 2 enjoyed a healthy movers sessions which they found very informative.	to staffing and location we can't always make events.
Plymouth Argyle in to deliver a unit to each class for a term on a rotating basis and to deliver a mixed age after school club.	£680	This was a very popular after school club and children really enjoyed their sessions. This was also alongside their normal PE and coaching sessions so was an additional physical activity for a term. Children attended both this and their usual school after school football club.	<b>Sustainability:</b> Children developed their skills and many then went on to take part in the small school's football league matches.
Yoga offered as an alternative after school sport and to support health and wellbeing of pupils in key stage one and two.	£240	We offered a key stage one and a key stage two group again but this year only key stage two wanted to take part.	<b>Next steps:</b> Ask coach if they are happy to open up to EYFS children also to ensure everyone has access to mindfulness and gross motor development.



Year 6 children had an outdoor day of adventure at Trethorne Leisure centre.	£120	Children had a great day of fun and adventure which was great after the stress of SATs – very good for mental wellbeing. Everyone was able to attend as no-one had to worry about financing it.	<p><b>Sustainability:</b> Mindfulness strategies will stay with the children once they have been taught them. The skills they acquire from the yoga-based activities strengthen their bodies and minds.</p> <p><b>Next steps:</b> Provide more opportunities for other classes to take part in adventure/outdoor days off site.</p>
Badminton added to curriculum map so we needed new equipment to ensure whole classes could take part. We purchased new shuttlecocks, racquets and nets.	£192	Children enjoyed their unit of Badminton and used the new equipment.	<p><b>Sustainability:</b> School now has enough equipment for classes to continue having units of badminton taught to them. Equipment has a bag to neatly put away to protect equipment.</p>
New class set of basketballs due to wear and tear of previous ones and not having enough for a whole class to have their own ball.	TBC	Basketball was on the curriculum map for key stage two children and we	<p><b>Sustainability:</b> Balls are stored in their bag in the PE shed. Children are not to use them for break and</p>

		therefore needed enough balls for a large class to be able to take part in this sport.	lunch time activities and keep them solely for PE sessions.
--	--	--	---

**Key Indicator 5 : Increased participation in competitive sport**

Intended Actions with impact on children	Funding allocated	Evidence and impact	Sustainability and next steps
<p>East Cornwall Harriers – Cross Country Affiliation. Key stage two children to take part in running events with other schools.</p> <p>We also paid the £1 per child for each child to take part.</p>	£70	Children are inspired to take part in running competitions and activities. More children have signed up/shown an interest to participate, throughout the events.	<p><b>Next Steps</b> Set up a cross country running club. <b>Ongoing – struggled due to location and lack of local running clubs in the area.</b></p> <p><b>Sustainability</b> As this is only open to key stage two, key stage one children express excitement about being able to take part when they are in key stage two. Certificates are given out in assembly and children find this very motivating.</p>
<p>School football club happens weekly and school entered the small school football league and took part in matches with other small schools.</p>	£20	This is always the most popular after school club and children are always very excited to take part in matches.	<p><b>Next Steps</b> Work with parents to ensure that all children who are chosen can attend matches as some have struggled with travel due to some of the locations of the away fixtures.</p>

			Our football coach has now left at the end of this academic year so we are working with the local area to source a new coach.
Self-Rescue for year 6 – this took place last year but the figures weren't available.	£120	Year 6 children went to the leisure centre for a life-saving skills session.	Swimming is a fundamental life skill in our area. <b>Sustainability</b> All children took part and performed safe self-rescue.
<b>Meeting national curriculum requirements for swimming and water safety</b>			<b>Please complete all of the below:</b>
What percentage of your Year 6 pupils could swim competently, confidently and proficiently over a distance of at least 25 meters when they left your primary school at the end of last academic year?			100%
What percentage of your Year 6 pupils could use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] when they left your primary school at the end of last academic year?			100%

What percentage of your Year 6 pupils could perform safe self-rescue in different water-based situations when they left your primary school at the end of last academic year?		100%
Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming but this must be for activity <b>over and above</b> the national curriculum requirements. Have you used it in this way?		Yes – self-rescue session.
Total funding - £23,048.00	Total funding allocated to date – £13,834.20	Total funding to be Carried forwards – £9213.80