



## PE Strategy 2018/2019

Lent Rise School's PE Action Plan	
Headteacher name:	Jill Watson
Chair of Governors name:	Maggie Young
Date last reviewed:	Sept 2018
Date of next review:	Dec 2018

PE Profile 2018-19	
Number of eligible pupils:	450
Amount per pupil:	£43.33
Total PE budget:	£19,500 TBC

Barriers to Learning	
Access to and lack of facilities and equipment.	
Crowded curriculum and timetable. Short session for access to hall.	
Gender stereotyping of certain activities.	
Perceptions of the value of PE and its role in the wider curriculum. Priority of other subjects.	
Access to competitions, either within school (inter-house) or outside of school.	
Confidence of teaching in staff in PE, including training and staff development.	
Previous personal school experiences and attitudes towards PE.	

Lack of student engagement, through a dislike of PE or a feeling of being unable to access PE activities taught.

Low fitness level, or low motivation.

G&T and HA students taking control in games and matches.

## **Executive Summary**

### **Lent Rise School**

#### **Sport Funding Information 2018/19**

The PE and sport premium must be used to fund additional and sustainable improvements to the provision of PE and sport, for the benefit of primary-aged pupils. This is aimed to encourage the development of healthy, active lifestyles, combatting physical inactivity, increasing parental engagement and ensuring PE is fully inclusive to all children. The DfE have confirmed that the amount of funding received for the academic year 2018/19 will remain doubled, with schools receiving funding based on the number of pupils on roll. Schools with 17 or more pupils on roll will receive £16,000 and an additional payment of £10 per pupil. Lent Rise School will receive £16,000 plus an additional £4030 (£10 x 443 pupils on roll), making a total of £20,430.

#### **Sports Premium Funding Allocation expected for 2018-19 £19,880**

- **In 2018/19 we will be using the funding to:**
- Participate in the Bucks Sports Partnership.
- Roll out RealPE curriculum across the school.
- Support teachers in the implementation of the RealPe curriculum.
- Professionally develop staff through team teaching opportunities with expert practitioners – dance, gymnastics, rugby, football and swimming
- Train staff in specialist and comprehensive P.E. first aid training for Sports Clubs.
- Maintain and purchase specialist P.E. equipment and general play and leisure equipment.
- Allow access to the school outdoor gym to all children before, during and after school.
- Access competitions through different sports and for a variety of students and year groups, including inter-house and inter-school
- Promote health, wellbeing and fitness through various schemes including Fit in 5. Including allowing families to access the walk before school.
- To continue to develop the Fit in 5 active scheme, providing year round access by building an all-weather path.
- Look to increase parental engagement through healthy living schemes.

- Providing PE kit for all children.
- Increase outside coaching to promote PE
- Promote PE and active lifestyles for all children.
- Allow all children to access, participate, learn, enjoy and improve through the PE curriculum.

**The school will continue to commit to:**

- engage and enthuse pupils to participate in high quality, meaningful school competition, supporting them in achieving their personal best in school and life.
- continue to provide access to a range of opportunities for pupils to take part in competitive and non-competitive sports inside and outside of school.
- continue to provide opportunities for pupils to develop leadership skills and aspects of citizenship through volunteer roles as sports leaders. Sports Leaders support and implement playtime initiatives to support physical activities and play for all students.
- work with the Bucks Sports Partnership to enhance a range of opportunities for the pupils, including before and after school clubs.
- Support from experienced sports professionals in enhancing the sports curriculum throughout the school.
- promote a healthy attitude towards being physically active.
- increase physical activity levels in less active children
- provide opportunities for young people with limited mobility the opportunity to take part in a variety of sports.
- purchase new and exciting sports equipment to engage all students across the school.
- enhance teaching through specialist staff training provision:
  - Links with local sports clubs to identify how to support G&T students and to encourage children to attend sports clubs outside of school.
  - Key staff to continue to develop Sports and P.E. knowledge by attending sports training days.
  - Staff training twilight session based on games and executing a whole class game.
  - One – to – One work with teachers from each year band over the course of the year to build skills and knowledge.
  - After school clubs -football, netball, athletics.
  - Cycling skills for Y6.

## **Conclusion of 2017-2018**

### **Measuring Impact:**

Please see a summary below of how we have measured the impact of PE funding for the academic year 2017/18. For full details please see the school's PE strategy for 2017/18.

Within the last year we have ensured effective use of funding in the following ways and will commit to continuation of this in the forthcoming year.

- We have continued to develop and improve the number of internal school competitions. These have included football, netball and athletics.
- We have participated in external competitions across a number of sports and activities.
- We measure student involvement in extracurricular clubs and funding clubs to allow access to a variety of sports to all children.
- We monitor children's ability to successfully swim a minimum of 25m at the end of Year 6.
- We use pupil questionnaires to gain feedback from pupils.
- Initiated the realPe curriculum to improve PE for all children, with the PE coordinator attending extensive training in order to support staff.
- We record and compare competitions and evaluate impact on individual children as well as the school as a whole.
- Students attend swimming lessons in Year 3, 4 and 5. The school monitors swimming attendance, G&T swimmers and identifies whether or not children can swim 25m.
- Children are assessed against the National Curriculum by all teachers to monitor improvement and development in all areas of P.E and Games.
- We have increased sports day sessions to increase participation.
- We have implemented the Fit in 5 scheme to increase daily activity in all children, with a focus towards achieving 30 minutes every day.
- Increased participation from outside clubs and agencies in developing PE lessons across the school. This has included support from Alfriston School, Sports4Champions athlete visit and Chance to Shine Cricket.
- Achieved the Bronze School, Games certificate.

#### **KEY ISSUE/FOCUS FOR DEVELOPMENT: 2018/19**

##### **Our priorities are:**

- To develop the Real PE Curriculum.
- To enhance and improve teaching and learning across the school.
- To evaluate the Sports Trust value for money
- To be fully inclusive for all children.
- To continue to develop competition within and out of school, to involve students in all areas of organisation of sport.
- To promote a positive, healthy and active lifestyle, aiming to ensure children are active for 30 mins a day every day when they are at school.
- To build an all-weather track for the Fit in 5 activity scheme.
- To provide additional Top-up swimming sessions for those children who have not met the Government's standards.

Strategy	Outcomes and success criteria	Owner	Milestones	Impact	Review date	Total cost
Join Sports Trust	<ul style="list-style-type: none"> <li>- Sports Trust joined.</li> </ul>	PE Coordinator	Sept 18 - July 19	<p>July 18 - Sports Partnership joined, Premium Package.</p> <p>Sept 18 - PE Coordinator attended PE Coord meeting. Meeting updated PE funding. PE and Sport Premium and Health Wheel to show current impact of funding and its impact.</p>	July 19	£6250
Evaluate Sports Trust	<ul style="list-style-type: none"> <li>- Compare costs versus amount of support received.</li> <li>- Research alternatives.</li> </ul>	PE Coordinator	July 18		July 19	£0
PE and Sport Premium and Health Wheel	<ul style="list-style-type: none"> <li>- Use of Wheel as a baseline pre-funding increase</li> <li>- Use throughout yr to monitor curriculum</li> </ul>	PE Coordinator	Termly updates		Dec 19	£0
PE coordinator curriculum hours staff support training assessment curriculum development	<ul style="list-style-type: none"> <li>- Courses attended</li> <li>- Allow PE coordinator to attend training, develop PE curriculum understanding and share important information</li> <li>- Allow other staff to develop their understanding of the</li> </ul>	PE Coordinator All staff	Sept 18 - July 19 Updates given to staff at meetings.	PE Coordinator monitoring to understand the curriculum and identify areas of concern whilst promoting staff understanding of assessment.	July 18	£1800

	PE curriculum.					
Maintain variety of inter-house competitions.	School Games Day Rounders, Netball, Football, Boccia tournaments, athletics	PE Coordinator All staff	Sept 18 - July 19	Measure the number of children participating. This will increase the children's drive to compete and succeed in a variety of sports. Extend to other inter-house competitions.	July 19	£500
Inter-school competitions	<ul style="list-style-type: none"> <li>- Competitions entered and their impacts.</li> <li>- Child questionnaires.</li> </ul>	PE Coordinator All staff	Termly checks	<p>This will increase the children's drive to compete and succeed in a variety of sports. Measure the number of children participating.</p> <p>July 18 - Boys and Girls football leagues entered. Boy's cup entered.</p>	July 19	£1000
PE Assessment	<ul style="list-style-type: none"> <li>- TT</li> <li>- Real PE assessment</li> </ul>	PE Coordinator All staff	Half termly		July 19	£0
Staff training in use of equipment and assessment	<ul style="list-style-type: none"> <li>- Courses attended</li> </ul>	RS	Sept 18 - July 19	Better teaching of PE. NQT training.	July 19	£0
Sports clubs	<ul style="list-style-type: none"> <li>- Clubs running</li> <li>- Matches played.</li> </ul>	PE Coordinator All staff	Sept 18 - July 19	Girls and Boys football club Netball club Afterschool club	July 19	£0
Implementation of the Real PE curriculum	<ul style="list-style-type: none"> <li>- Monitor impact.</li> <li>- Evaluate lessons</li> <li>- Child voice.</li> </ul>	PE Coordinator	Sept 18 - July 19	July 18 - All teachers received 1 day RealPe training as part of Inset. PE Coordinator to set up drop-in sessions and timetable to support staff further.	July 18	£0

Present Sports funding and impact to school Governors	- Presentation to Governors.	PE Coordinator	Termly	RS to present funding, where the funds are spent and their impact on the children's development to Governors. <b>Dec 18 - PE Coordinator to report to Governors</b>	Dec 19	£0
Fit in 5/ Daily Mile	- Teacher and pupil evaluations. - Case study. - 3S times.	PE Coordinator	Sept 18 - July 19	Implementation of the Fit in 5/ Daily Mile for all children. PE Coordinator to monitor the impact. Possibility of being a case study for the Daily Mile. <b>Sept 18 - Quote and company confirmed</b>	July 19	£5100
Equipment and PE kit	- Order new equipment where required	PE Coordinator	Sept 18 - July 19	<b>Sept 18 - £450 ordered</b>	July 19	£450.00
EYFS Equipment and PE kit	- Order new equipment where required	PE Coordinator	Sept 18 - July 19	<b>Sept 18 - £709.92 ordered</b>	July 19	£709.92
Outside coaching to enhance PE	- Coaches in school for PE - Sixth Formers	PE Coordinator	Termly	<b>Sept 18 - High Wycombe Rugby Club PE session for Year 5, drop-in session for Yr 5 and 6 during lunch.</b>	July 19	£0
School Games Mark	- Bronze minimum	PE Coordinator	Sept 18 - July 19	<b>June 18 - School Games Mark received, Bronze award.</b>	July 19	£0
Swimming top-up	- Year 5 top up - Not met 25 metres	PE Coordinator	Autumn - Spring		July 19	£712
Swimming top-up coach travel	- Year 5 top up - Not met 25 metres	PE Coordinator	Autumn - Spring	5 journeys at £295	July 19	£1475
<b>Swimming top-up</b>	<b>- Year 6 top up - Not met 25 metres</b>	<b>PE Coordinator</b>	<b>Summer</b>		<b>July 19</b>	<b>£712TBC</b>

Swimming top-up coach travel	- Year 5 top up - Not met 25 metres	PE Coordinator	Summer	5 journeys at £295	July 19	£1475TBC
Sports Relief/ Olympic visit	-	PE Coordinator	June 19	PE Coordinator to organise visit of Olympian through Sports for Champions programme. Measure the number of children participating. Booked for June 19	June 19	£480
Total Expenditure:						£20,664 £18,457



### Academic

- A large amount of research and studies have looked at the impact of PE of academic achievement.
- Now a firm belief that physical health is important for academic success. This is linked with brain activity and health
- Available evidence suggests that mathematics and reading are the academic topics that are most influenced by physical activity.
- Strongly associated with higher concentration levels, self-discipline and improved behaviour.
- Improved brain function; a number of sports require team work and problem solving.
- See:
  - <https://www.theguardian.com/teacher-network/2015/sep/03/fit-for-learning-what-research-says-about-the-benefits-of-sport>
  - [http://activelivingresearch.org/sites/default/files/ALR\\_Brief\\_ActiveEducation\\_Jan2015.pdf](http://activelivingresearch.org/sites/default/files/ALR_Brief_ActiveEducation_Jan2015.pdf)
  - [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/370686/HT\\_briefing\\_layoutvFINALvii.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/370686/HT_briefing_layoutvFINALvii.pdf)

### **How PE can impact other subjects**

### PSHCE, Wellbeing

- Improved physical health reducing risks of disease and obesity.
- Personal health, including nutrition and fitness.
- Self-discipline and personal bests.
- Social skills, team work and shared goals.
- Sense of achievement and confidence.
- Rules and regulations to follow.
- Improved mental health.
- Outlet for energy allowing increase in focus.
- Personal development and growth.
- See
  - <https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>
  - [http://www.getberkshireactive.org/library/client/Research/Education/20140416\\_Evidence%20on%20physical%20education%20and%20sport%20in%20schools.pdf](http://www.getberkshireactive.org/library/client/Research/Education/20140416_Evidence%20on%20physical%20education%20and%20sport%20in%20schools.pdf)