



ALVESTON CofE SPORTS PREMIUM 2015 - 2016

TOTAL AMOUNT RECEIVED THIS YEAR £8,874

Together with a carry forward from last year, the school has a total of £12,667 to spend. This money is being used in a number of different ways to develop the physical and mental well-being of our pupils.

Our Sports Premium will be used once again to benefit from the expertise of the specialist coaches we worked with last year. Now that the children have had experience of the various disciplines (Pilates, Hula-Hooping, Circuit Training, Zumba and Bokwa), a more structured approach will be implemented whereby each class will have a series of developmental lessons in one discipline before moving on to another. Teachers will also play a fundamental role in order to enhance their professional development in leading sessions themselves in future. We also aim to start up some after-school clubs to enhance what we already provide. Staff training will also take place and children will choose and order equipment for lunchtimes to make their play more active and enjoyable. Impact will be reported at the end of the school year.

Breakdown of costs:

Resource / Action	Cost
Specialist Coaches to enhance pupil provision and develop school staff expertise (weekly)	£7,000
Subsidising fitness club	£75
Forest School training – whittling and wood work	£200
Forest School resources – spades and whittling knives	£200
TA Training on making lunchtimes more enjoyable	£210
Training pupils to be Playground Leaders	£400 ongoing
Sound system for outdoor PE	£500



IMPACT

We are very pleased with the impact of our initiative on both pupils and staff. It has been particularly pleasing to see the enthusiasm amongst children who do not particularly enjoy competitive team sports. The challenge of competing against themselves has been more pleasurable: *'I'm not good at football but I like the circuit training.'* *'Hooping is really fun!'* Many children have continued to use the hoops during their lunch breaks.

The hooping element of the sports specialist programme was so popular that a Hula Hooping club was added to our range of after school clubs.

A member of staff commented, *'The sessions were extremely enjoyable and a great fitness boost for all the children. These, too, gave the children and me new insights into a range of activities: Pilates, Hula-Hooping, Circuit Training, Zumba and Bokwa - some of which I now feel confident to incorporate into my own practice.'* Some members of staff even purchased their own professional weighted hoops to pursue the activity in their own time. Others have been so inspired that they have taken up evening fitness classes!

The Forest School training has given our Forest School leaders greater depth and knowledge in this area of outdoor learning. Children in both Key Stages have benefited from the training by working with the specialist teachers to create willow structures on small and large scales.

Learning in this way has ensured children have more opportunities to enjoy the fresh air, experience nature first hand, work cooperatively and appreciate the awe and wonder of the world in which they live.

In addition, this work has had a positive impact across the curriculum eg. Year 1 made a willow reading wigwam for their outdoor area. They then made willow figures and decorations at home to enhance their special area. Year 5 used the willow to make a scaled representation of the planets as part of their science and D&T work.

