

PE and School Sport Action Plan

South Petherwin Primary school 2020–2021

Background - The primary school sport premium investment goes directly 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 doubled and was continued into the year 2018/2019, 2019/2020 and 2020/2021.

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	2020/2021	Funding allocated - £16893
Lead Member of Staff – Hayley Paynter/ Theresa Mills	2020/2021	Governor responsible – Caroline Franklin
Total fund allocated -		

Key achievements to date:

- All staff upskilled in the teaching of gymnastics
- All staff upskilled in the teaching of football, basketball and cricket through ongoing tuitions and weekly lessons
- Playground leaders used to ensure active playtimes to promote health and well-being
- Increase in the number of different sports offered in curriculum time and after school
- Successful sports days delivered on a yearly basis
- Subject Leader in PE - awarded subject leader accreditation and this has supported the leadership of PE
- Supported the development of increasing the size of the school Hall to improve the space to deliver high quality PE. The upskill of staff to use the new hall space effectively and efficiently
- Purchase of PE equipment to deliver a range of activities
- Participation in more competition and inter school events and virtual competitions
- The introduction of a variety of programmes to increase the number of children active for 30 active minutes. Eg active maths/active classrooms and ensure a range of programmes are on offer.
- Support with ensuring all children can swim the required distance by the end of year 6.
- The development of the playground marking to ensure active break and lunch times.

Areas for further improvement and baseline evidence of need:

- To continue to ensure there is continuity and progression in the delivery of curriculum PE and there is an engaging, broad and balanced curriculum in place.
- To continue to upskill key members of staff within the school to increase knowledge, understanding and confidence in the delivery of PE school sport and physical activity. Ensuring all teachers are ensuring they are following the active timetable every day in addition to the 2 hours of PE a week.
- To continue promoting health and well-being throughout the school - focusing on healthy snacks at break times and mental health for all. (www.sugarsmart.org)
- To further improve the equipment and resources available to ensure we are able to offer and deliver high quality PE lessons and also active play and lunch times with new huff and puff equipment.
- Use PE to enhance and support the recovery curriculum.
- Support the introduction of the new RSE curriculum.
- Creative thinking to ensure competitive sport carries on post pandemic in its various forms.

Key Indicator 1 : The engagement of all 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	Funding allocated	Funding Carried Over	Evidence and impact	Sustainability and next steps
<p>Support teachers and playground leaders with running of break time and lunchtime activities using the new playground markings.</p> <p>Support teachers and playground leaders with running of break time and lunchtime activities in a Covid safe way.</p>	£500		<p>Purchased colour coded playground packs to ensure there is no cross contamination of equipment during the pandemic. The sports council and playground leaders have taken responsibility for the packs and lead activities every lunch time for each class.</p>	<p>Playground leaders and lunchtime staff have been trained to utilise the line markings and playground equipment effectively. There has been lots of positive feedback from the playground bags and behaviour at lunchtime has noticeably improved.</p>
<p>Target less active children to participate in physical activity at break times using the new equipment and utilise the knowledge gained from the Funfit CPD to engage all children in physical activity.</p>	Arena Membership (£500)	£50 - additional member for Funfit training.	<p>All Key Stage 2 children were assessed against basic skills.</p>	<p>Assessments highlighted individuals in need of PE top up sessions. The lockdown teaching period was utilised to target more specific needs of those children to ensure they become physically literate. Top up sessions for those targeted children to be repeated again in 2021 - 2022.</p>
<p>To purchase a range of new equipment e.g cricket bats to prevent sharing of equipment during PE. This equipment can also be used during our wrap around care to promote physical activity.</p>	£50		<p>The school council requested that we use some of the funding to update/ purchase new equipment which can be</p>	<p>While school-led afterschool clubs have been limited, we have seen an increase in the number of children attending</p>

<p>Subscription for Jumpstart Jonny (Continue to ensure the running of our Active Timetable)</p> <p>Change4Life 10 Minute Shake Up activities to help children stay active at school and at home.</p>	<p>£165</p>		<p>used within PE lessons but also during active play and lunchtimes/ after school clubs. This will hopefully raise attendance at after school clubs as well.</p> <p>To ensure our active timetable is engaging and exciting for all chn, it is important to be able to offer jumpstart jonny in addition to our mile a day activity to fully engage and motivate.</p>	<p>the after school clubs run by external coaches and a significant number of children attending the coaches off site sport clubs after school and at the weekend.</p> <p>100% of EYFS and KS1 chn participating in JumpStartJonny activities three times a day (energiser, challenge and chillout). HP to ensure all continue to follow the active timetable. KS2 have reported that they prefer to create their own active challenges using the new playground markings.</p> <p>The active timetable has been updated and is successfully running within all classes. All chn participating in a range of activities to ensure an active 30 minutes on top of their daily break and lunch times. Chn continue to receive certificates during celebration assembly on a Friday for every 5 miles (KS1)</p>
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<p>Continue delivering the Arena monthly challenges run by the PE council to offer a range of engaging and exciting activities for children. To engage children in a broad range of activities and make break times more active.</p>	<p>Arena Membership</p>		<p>The PE Council have restarted the monthly challenges and are currently running them once a week.</p>	<p>and every 10 (KS2). Next steps will be to create class challenges e.g. the first class to run the distance of South Petherwin to London etc. Chn to use the field when dry enough.</p> <p>Teachers have reported that children settle better to writing tasks after having a quick activity break.</p> <p>Yr 6 chn to introduce Yr 5 council to the monthly challenges and during the second half of the summer to begin taking control of the setting up and running of activities.</p>
<p>To offer bike ability to Years 3,4,5 and 6.</p>	<p>Arena Membership</p>		<p>Teaching life skills for the children to be able to ride a bike safely.</p>	<p>Life skills to enable all chn to ride bikes safely and be able to access future bikeability sessions.</p>
<p>To offer balance ability for 12 children Follow up balanceability lessons delivered by HP.</p>			<p>Aid children in increasing the amount of physical activity they partake in and allow them the</p>	<p>16 EYFS chn confidently participated in the balance</p>

<p>Purchased 2 more balance bikes for the EYFS class.</p> <p>Look into resources/ training to ensure all teachers are using PE and sport in all curriculum lessons, for example active maths and literacy.</p>	<p>£100</p>		<p>opportunity to improve their bike riding skills. The current balance bikes have had a positive impact on the number of children being able to ride a bike and in building core stability.</p> <p>Teachers continue to use BBC Supermovers and regularly share ideas to make curriculum lessons more active.</p>	<p>ability sessions and 55% of the class can now ride a bike without stabilisers. Chn that participate in bikeability sessions benefit from the opportunity for active travel to school.</p> <p>Consolidate learning and build strong foundations.</p>
<p>Development and maintenance of the new outdoor classroom and EYFS outdoor learning area to allow for children to learn outside and be active during lessons.</p>	<p>£200</p>		<p>The new outdoor classroom has enabled teachers to teach more regularly outside in all weather. Teachers have noted that children have been more engaged in lessons and the behaviour has improved during active lessons.</p>	<p>A positive start to school and engagement and enjoyment of physical activity will start the children on a positive physical literacy journey.</p> <p>The outdoor classroom is stimulating and encourages children to move frequently.</p>
<p>To improve play areas around the school, create zones to ensure a range of physical activity and also health and well-being activities.</p>	<p>£2568</p>		<p>A cost effective and sustainable traversing wall/climbing wall has been developed on site to fit alongside our heart line. Due to longevity, a traversing wall is more cost effective than hiring sport coaches for lunchtime clubs. Especially considered in</p>	<p>The children were overjoyed at the arrival of the new climbing wall and it is used regularly by the whole school. Some children have now expressed an interest in joining a local climbing club.</p>

			the long run, linking back to the stipulation “you must build capacity and capability within the school to ensure that improvements made now will benefit children in future years.”	
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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	Funding Carried Over	Evidence and impact	Sustainability and next steps
Continue to develop playground leaders	Arena Membership		Chn able to continue to develop and set up a range of playground activities to continue to build and offer a range of physical activities.	The playground leaders have really enjoyed and taken good care of the new playground equipment. They have reported that each class looks after their equipment well, knowing that it belongs to them.
Use PE as a tool to enhance and develop team cooperation following the return after lockdown.			The children had lost/ forgotten how to use their social skills during the lockdown period. Teachers have used PE and team activities to improve social skills.	Better cohesion and cooperation between the children has led to less squabbles, fall outs, disputes among each other.
Continue to apply for the Sugar Smart and Healthy Schools award and promote healthy eating and well-being further within the school.	School council (BL & HP)		We're promoting healthy snacks, water and sugar free drinks. Providing information for parents on how to live a more active and healthy lifestyle. The school council, sport council	The school cook has provided taster samples to encourage the children to eat a broader range of meals.

<p>Healthy Hearts Healthy Minds</p> <p>Continue the development of notice boards in school to raise the profile of PE and School Sport for all visitors and pupils – achievement notice boards that the sports council will contribute to. Use of the school Twitter page to continue to raise the profile of PE and sport.</p> <p>Continue to use celebration assemblies to recognise and reward achievement in PE and school sport. Invest and introduce prizes for house trophies/ rewards for the first house to reach 100 miles or similar.</p> <p>Use of supply to allow PE co-ordinator time to monitor and measure the impact of all of the above.</p>	<p>Time and Resources £100</p> <p>£225</p>	<p>£325</p>	<p>and playground leaders have been heavily involved in achieving the healthy schools award. They have met with each year group and the school cook to ensure everyone is onboard.</p> <p>In response to the rise in anxiety amongst children, they are provided with exercises which help them with their thoughts and feelings.</p> <p>Sports council contributing to the notice boards. HP to update Twitter and the school website.</p> <p>See above.</p>	<p>The quality of snacks being brought into school has improved.</p> <p>Children experience less emotional reactivity and have a greater ability to listen and communicate more thoughtfully and effectively when calm and relaxed.</p> <p>The Celebration display board continues to include sporting achievements. Sporting achievements are also shared on the school website and Twitter page.</p> <p>Friday celebration assembly continues to last for 30 minutes to allow time to recognise and reward all achievements in PE and sport within and outside of school.</p>
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<p>Outdoor learning has been given a high priority since lockdown, with areas of the school designated for daily outdoor learning experiences.</p> <p>TIS (Trauma Informed Schools) update/refresh course was attended by all teachers and some LSAs. A TIS adult was kept readily available and identified children were offered sessions on return from lockdown.</p> <p>Development of outdoor TIS space. This helped to support staff and pupil welfare. Additional TIS support for those children during the height of lockdown via Zoom sessions. Resources purchased to support this.</p>	<p>£1000</p> <p>Included in above. Included in above.</p>	<p>The school has a wealth of outdoor spaces and these have been timetabled and used extensively since the start of lockdown and on our transition back to school.</p> <p>Children made a very positive return to school and anxieties were lessened due to this approach and support we were able to offer them. Our TIS practitioners developed an outdoor area to enable them to take groups of children and individuals on their return to school. TIS staff signposted parents and families in need of additional support during lockdown to outside services.</p>	<p>Areas to continue to be timetabled from September to ensure the best use of our wonderful school grounds to promote physical and mental wellbeing.</p> <p>Continue additional TIS provision during the Autumn term for those children who will be returning to school for the first time since the start of the Covid outbreak or to those who have missed out on transition.</p>
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Key Indicator 3 : Increased confidence, knowledge and skills of all staff in teaching PE and sport

Intended Actions with impact on children	Funding allocated	Funding Carried Over	Evidence and impact	Sustainability and next steps
<p>CPD training for staff to include gym, dance, swimming and other courses.</p>	<p>Arena membership</p>		<p>2 members of staff attended the online PE conference. As a result, more ideas for how to introduce alternative sports and promote health and well-being across the school.</p>	<p>Greater expertise in areas of development for teachers. Class teachers' confidence in teaching and delivering high quality alternative PE lessons has improved.</p>

<p>Upskill staff in how to deliver outdoor, wild tribe style lessons.</p>	<p>Arena membership</p>		<p>One teacher and one LSA attended the Wildtribe course in March. Both were very motivated to deliver outdoor sessions together and have requested that the school buys into the Wild Tribe award scheme.</p>	<p>Members of staff have formed plans for an outdoor club to start in September.</p>
<p>Support teachers with using equipment and resources efficiently and appropriately with new Covid 19 regulations.</p>	<p>PE Leadership Time £50</p>		<p>Staff have been shown how to clean down equipment and where to store it once used.</p>	
<p>PE subject leader updated all SOW, PE curriculum provision map, curriculum map and PE policy. Subject Leader in PE to support with confidence to deliver Arena SOW, Real PE and all other lessons in a Covid safe environment.</p>	<p>Arena membership</p>		<p>PE leader to observe PE lessons and feedback on effective use of equipment and resources. PE lead provided All sow updated with a clear progressive plan in place which identifies curriculum content and skills being covered. Developed areas of the PE curriculum with new teaching and learning strategies.</p>	<p>Staff understand the regulations in place to ensure maximum safety during PE. Teachers have adapted well to teaching all PE lessons outside and have reported that the children have enjoyed themselves more and been more creative in dance lessons when working outside.</p>
<p>Employment of specialist coaches to upskill staff and deliver PE and school sport.</p>	<p>£8000</p>		<p>External coaches from Plymouth Argyle, Go Active, Brendon Worth Cricket Academy and Jenny Nash have worked</p>	

improve the motivation and enjoyment of PE, specifically football, among girls.				and space in an effective way. Good practice has been shared and used by all.
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Key Indicator 4 : Broader experience of a range of sports and activities offered to all pupils

Intended Actions with impact on children	Funding allocated	Funding Carried Over	Evidence and impact	Sustainability and next steps
Wide range of clubs to be planned. The use of Sports Council and Learning Forums to gain ideas. Equipment and resources to allow teaching staff the opportunity to offer broader experiences and a range of sports and activities all year round.	Funding of new equipment from above. Funding of new equipment from above.		We currently have external coaches leading our after schools. The Sports Council planned inter house events with the support of PAFC. Learning forums used to garner wider participation levels and shape the future development of intra-school competitions for the remainder of the year. 100% participation in inter house festivals and competitions.	Our next step is to restart our teacher led clubs in the autumn term to increase the participation capacity and offer of activities. All KS2 children had the opportunity to take part in these festivals. The collaboration and teamwork shown by the sports council members in organising and supporting their teams was excellent and has inspired next years' sport council to repeat the events.
Across the year a range of PE/ Sport after school clubs are being delivered open to all age groups. Investigate the opportunity of offering alternative activities. Eg climbing club. A Table Tennis lunchtime club has been requested during learning forums.	£250 Included in the price above.	£500 (for either a climbing club or climbing to be introduced as a curriculum PE lesson)	Resources purchased (based on pupil and teaching input, through consultation and questionnaires). Due to Covid the climbing club has not been able to take place. We have seen a growing	Wider range of clubs offered, pupil consultation carried out gave us an idea of what clubs chn would like and how we can ensure we are offering a range of clubs to include and increase chns physical activity. We have a high percentage of chn who

<p>Range of alternative opportunities offered to children during our 'Let's Get Physical' WOW weeks - large focus on the restart of sport, e.g. Olympics and the Euros.</p> <p>Awareness of health related issues e.g. children obesity & mental health and support in these areas. Focus within all areas of PE although</p>	<p>£200</p>		<p>interest for this club and will ensure it happens next year.</p> <p>We offer 8 after school clubs. 8-12 chn attended these clubs.</p> <p>The aim is to introduce a new alternative sports club off site and a local climbing wall.</p> <p>Pupil consultation and questionnaire, pre week and post week to measure the impact of the activities in raising awareness with the children. Olympic Diver, Tonia Couch, sent a motivational and informative video to encourage and inspire the children.</p>	<p>attend physically active clubs outside of school and are regularly signposting children to clubs. We use itrack to monitor all chn and identify those who are in need of extra -curricular clubs, we will continue to monitor and implement this throughout the following year. 8 KS2 and 7 KS1 girls attended the PAFC after school club.</p> <p>Official running of the news club to start in September. Covid halted plans.</p> <p>The children have requested another week similar to this after the enjoyment experienced by all. The children have shown a real interest in the routes into professional sport and wish to learn more.</p>
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special attention during future wow weeks/ alternative/ broader experience of activities.				
Wild Tribe award.	£150		Purchased the resources necessary to deliver the Wild Tribe Award.	Staff training planned for the autumn term.
Class 4 Activity Week (including sports day and a trip to Camel Creek Adventure Park)	£300		As an alternative to the usual Yr 6 residential, the whole of Class 4 experienced a school based activity week. Unfortunately, the trip to Duchy College and the Launceston sports tournament was cancelled. The children instead experienced Zumba, yoga and golf lessons on site. Took part in a full outdoor learning day and a trip to the woods.	Staff and parents feedback suggested the week provided a huge boost in their children's mental wellbeing and motivated them to see out the school year.
Time2move Summer Programme has been actively promoted by the school. Families have been encouraged to take advantage of the opportunities on offer.			Increased participation in a broad range of activities being experienced by children from less advantaged backgrounds.	To gain feedback from these families and work closely alongside them to continue providing similar opportunities.

Key Indicator 5 : Increased participation in competitive sport

Intended Actions with impact on children	Funding allocated	Funding Carried Over	Evidence and impact	Sustainability and next steps
Transport to events and competitions	£300 contribution for minibus use.			

<p>Plymouth Argyle inter house competition</p>	<p>PAFC</p>		<p>All KS2 children (62 children) entered an inter house competition in the winter term. The children showed real enjoyment.</p>	<p>The cooperation between the two KS1 classes has supported transition into the next class.</p>
<p>Arena Competitions and Festivals Cornwall Virtual School games took place.</p>	<p>Arena Membership</p>		<p>All children were encouraged to participate in the CVSG whether at home or in school. The children were more motivated to participate in competitive challenges.</p>	
<p>Introduce Arena monthly challenge.</p>	<p>Co-ordinator to run</p>		<p>Target of 75% to take part in the Arena monthly challenges.</p>	<p>Playground leaders continue to develop, set up and run the monthly arena challenge weekly and the results are shared in celebration assembly. The number of participants taking part in the monthly challenges is increasing each month. The children have shown a sense of pride when receiving their certificates in assembly. We are continuing with the Class competitions to see which class gets the most entries.</p>
<p>Apply for school games mark</p>			<p>Target is to achieve gold. (retained)</p>	

Run a successful sports day that all children can participate in.			Two stages of sports day were developed this year. The Yr6s delivered a carousel of sporting activities in the morning for all ages and then the traditional style sport races were held in the afternoon. Activities were planned for children to participate in at home should they be isolating. However, we had 100% attendance and participation at school.	To continue to run sports day in the same style as this year, Positive feedback on the running of the day from children and staff.
Swimming programme to support an increase in the number of Year 5/6 who can swim 25m.		£1300	Target 100% of Year 6 children to achieve the 25 metres. Funding to be carried over to ensure an additional intensive swim teach block can be offered to KS2 who have not received swimming lessons yet.	Children have not attended swim lessons with the school this academic year. Year 6 parents have been contacted regarding the need for swim lesson vouchers and there has been no response. 100% of Year 6 could confidently swim 25m when attending swim lessons in Year 5.

Meeting national curriculum requirements for swimming and water safety	Please complete all of the below:
What percentage of your Year 6 pupils could swim competently, confidently and proficiently over a distance of at least 25 metres 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 over and above the national curriculum requirements. Have you used it in this way?	Yes

Sustainability

The impact of the sports premium money will have a long term lasting effect and impact on South Petherwin Primary school. The use of the money to hire sports coaches has had a huge impact to date on staff confidence and capabilities to teach a variety of high quality PE across the school. We intend on continuing to build on this CPD to enhance and enable all teaching staff to deliver high quality PE. The use of the money to date has had a great impact on the sustainability of high quality PE, and will continue to improve PE throughout our school.

Total funding - £16,893.00	Total funding allocated to date – £ 14,658	Total funding to be allocated - £16,883
Funding to be carried over due to the Covid 19 Pandemic - £2225		