



PE Strategy 2022/2023

Lent Rise School's PE Action Plan	
Headteacher name:	Jill Watson
Chair of Governors name:	Maggie Young
Date last reviewed:	July 2023
Date of next review:	Autumn 2023

PE Profile 2022-23	
Number of eligible pupils:	450
Amount per pupil:	£44.24
Total PE budget:	£19,910

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.

Covid-19 lessons and use of equipment

Executive Summary

Lent Rise School

Sport Funding Information 2022/23

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 2021/2022 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.

This is the last confirmed year for the additional funding.

Sports Premium Funding Allocation expected for 2022-23 £19,880

- **In 2022/23 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.
- Develop sporting opportunities for disadvantaged pupils (rugby and football)
- 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.
- 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.
- Increase activity in children throughout the school day.
- Promote healthy eating through a Healthy Eating Week
- Focus on leadership and personal best in PE lessons
- Provide additional physical activity to children in-line with Government guidelines
- Hold a Physical Activity Week and look to provide children with further sporting and physical activities.

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.

Measuring Impact:

Please see a summary below of how we have measured the impact of PE funding for the academic year 2022/2023. For full details please see the school's PE strategy for 2022/2023.

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.

- Increased the total time of PE and Physical Activity for all children to 2 hours.
- 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 voice through our Sports Council and PE leaders.
- Continue to develop the RealPe curriculum to improve PE for all children, this included increased support and training for all staff. We also initiated RealGym and RealDance to improve and broaden the PE curriculum.
- 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.
- Organised a Sports Festival, which included local Sports Clubs.
- Increased participation from outside clubs and agencies in developing PE lessons across the school. This has included support from Alfriston School, Chance to Shine Cricket and Wycombe Wanderers Football Club and Wycombe Rugby Union.
- Achieved the Silver School, Games certificate.

KEY ISSUE/FOCUS FOR DEVELOPMENT: 2022/2023

Our priorities are:

- To continue to broaden the PE curriculum with a focus on dance and gymnastics.
- 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.

- Increase Physical activity in children through active lessons, Fitin10 and increased physical activity lessons.
- Identify least active children and provide extra provision
- Continue to forge links with the local community, aiming at organising another Sports Fair.
- Identify large scale equipment, in line with improving the playground.
- Develop sporting opportunities for disadvantaged pupils throughout the school.

Strategy	Outcomes and success criteria	Owner	Milestones	Impact	Review date	Total cost	KI
Join Sports Trust	- Sports Trust joined.	PE Coordinator	Sept 21 - July 22	<p>Provided pupils with more opportunity to participate and engage in sporting events with other local schools (primary and secondary).</p> <p>Support from the SGO to further develop sport within our school and School Games Mark.</p> <p>Developed communication and relationship with different schools within the local Sports Trust.</p>	July 22	£6,250	2,3,4,5
Evaluate Sports Trust	Compare costs versus amount of support received. Research alternatives.	PE Coordinator	Sept 21 - July 22	Ensured all support was received throughout the year, Real PE coaching and training, specialist PE teaching, Healthy Lives Workshop, teacher training and sporting events.	July 22	£45	1-5
Maintain variety of inter-house competitions.	School Games Day Rounders, Netball, Football, Boccia tournaments, athletics	PE Coordinator All staff	Sept 21 - July 22	<p>Children of different ages and abilities have had the opportunity to participate in different sporting festivals and competitions for a range of sports.</p> <p>Continue to encourage PP and SEN inter-house competitions.</p>	July 22	£175	2, 4, 5
Inter-school competitions	<ul style="list-style-type: none"> - Competitions entered and their impacts. - Child questionnaires. - This will increase the children's drive to compete and succeed in a variety of sports. - Measure the number of children participating. 	PE Coordinator All staff	Termly checks	<p>Children of different ages and abilities have had the opportunity to participate in different sporting festivals and competitions for a range of sports.</p> <p>Continue to encourage PP and SEN inter-house competitions.</p> <p>Pupil voice supported the selection of sports that children are interested in which increased pupil engagement and drive.</p>	July 22	£0	4, 5

PE Assessment	<ul style="list-style-type: none"> - TT - Real PE assessment 	PE Coordinator All staff	Termly	<p>Monitoring of Target Tracker progress and ARE has provided next steps and children to target.</p> <p>Assessment training has supported more accurate judgements and how to support staff further with supporting and extending different abilities.</p>	July 22	£114	1
Staff training in use of equipment and assessment	<ul style="list-style-type: none"> - Courses attended 	PE Coordinator	Sept 21 - July 22	<p>Modelled PE lessons from Real PE and PE lead to coach ECTs and less confident members of staff.</p> <p>Teachers and HLTA are now more confident with teaching the lessons and navigating the Real PE online platform. Regular monitoring and observations to continue to maintain the high-standards.</p> <p>Trained ECT and new staff at the start of the year on how to use equipment such as the wall bars.</p>	July 22	£212	2, 3
Sports clubs	<ul style="list-style-type: none"> - Clubs running - Matches played. 	PE Coordinator All staff	Sept 21 - July 22	<p>Children within all Key Stages have been given the opportunity to attend after school sports clubs (outdoor games, cricket bikes and trikes, girls and mixed football teams and netball).</p> <p>This has developed engagement and passion towards a variety of sports and the opportunity to attend external competitions. Pupils have advanced their fundamental skills, gross motor skills and sportsmanship through these clubs and competitions.</p>	July 22	£3,745	4, 5
Present Sports funding and impact to school Governors	<ul style="list-style-type: none"> - Presentation to Governors. 	PE Coordinator	Termly	<p>Data, regular updates and next steps to inform the governors of the sports funding and impact within the school.</p>	July 22	£196	1-5
Outside coaching to enhance PE	<ul style="list-style-type: none"> - Coaches in school for PE - Sixth Formers 	PE Coordinator	Termly	<p>10x hours of specialist sports coaching in Autumn Term to support ECT with how to deliver effective and individualised lessons for all abilities. From</p>	July 22	£0	2, 3, 4, 5

	- WWFC			observations of staff members this training has had a positive impact on the teaching and learning of PE across the school.		*inc of Sports Partnershi p	
School Games Mark	- Bronze minimum	PE Coordinator	Sept 21 - July 22	Professional advice and guidance from the SGO enabled an accurate School Games Mark and through discussion with our PE lead identified clear next steps for the future.	July 22	£0 *inc of Sports Parntershi p	4, 5
Target provision for least active children	- Identify least active children - Additional club targeted at those chn	PE Coordinator	Sept 21 - July 22	Identified 'least active' children and targeted through invitation to sports clubs. Pupils also invited to external sports festival (Primary Stars Football)	July 22	£123	1
PE equipment order for large items	- Improve provision of PE and clubs - Larger items for the playground	PE Coordinator	Sept 21 - July 22	Larger items and range of equipment ordered has developed PE lessons further and improved the provision of clubs and break times. Regular stock-checks and communication with staff/sports leaders has helped to keep resources maintained. Children are participating in active games during lunch breaks (timetabled on fortnightly basis so all year groups get the opportunity). Children have learnt new skills, teamwork, coordination and confidence with using different equipment. All year groups have access to their own box or bag of equipment to use during breaks.	July 22	£800	1, 2
Active week	- Active week to include different sports and activities	PE Coordinator	Sept 21 - July 22	Children being exposed to different sports and organisations outside of school develop a love for sports. The sports festival provided pupils the opportunity to try new sports which have now joined different sporting clubs.	July 22	£0 *Volunteer s from local	1 - 5

				<p>Sports week with an active theme of Olympics encouraged all pupils to try different sports rather than just the traditional races.</p> <p>Whole-school competitions e.g. rounders and netball</p>		sports clubs	
Healthy Eating week	<ul style="list-style-type: none"> - Focus on healthy eating week 	PE Coordinator	Sept 21 - July 22	<p>Year 3 Healthy living workshops modelled and taught pupils about how to live a happy, healthy lifestyle.</p> <p>Activities have been used throughout the school with other cohorts and staff to support pupils in different year groups with adopting a healthy lifestyle.</p>	July 22	<p>£0</p> <p>*inc of Sports Partnership</p>	1, 2
Get Active Costs	<ul style="list-style-type: none"> - Improve and develop active break and lunch times. - Develop pupils fundamental skills, encouraging new sports and gross motor skills. 	PE Coordinator	Sept 21 - July 22	Developed sports and active games during both KS1 and KS2 lunches, targeting PP and less active pupils.	July 22	£8,250	1-5
Total Expenditure:						£19,910 £19,910	

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
- 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