



PE Strategy 2019/2020

Lent Rise School's PE Action Plan	
Headteacher name:	Jill Watson
Chair of Governors name:	Maggie Young
Date last reviewed:	Sept 2019
Date of next review:	March 2020

PE Profile 2019-20	
Number of eligible pupils:	450
Amount per pupil:	£43.33
Total PE budget:	£19,880

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 2019/20

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 2019/20 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 2019-20 £19,880

- **In 2019/20 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.
- 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.

Conclusion of 2018-2019

Measuring Impact: Please see a summary below of how we have measured the impact of PE funding for the academic year 2018/19. For full details please see the school's PE strategy for 2018/19. 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.
- Completed Fitin5 track to allow increased access
- Developed Active Blasts in lessons to increase children's physical activity

KEY ISSUE/FOCUS FOR DEVELOPMENT: 2019/20

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.
- Increase Physical activity in children through active lessons, Fitin5 and increased physical activity lessons.
- Identify least active children and provide extra provision
- Engage all children through an Active Week to include taster activities for children

Strategy	Outcomes and success criteria	Owner	Milestones	Impact	Review date	Total cost	KI
Join Sports Trust	- Sports Trust joined.	PE Coordinator	Sept 19 - July 20	Autumn 18 - Sports Partnership joined, Premium Package. Legacy 2 Year package. Sept 19 - Final year sign up through Real Legacy	July 20	£6250	2,3,4,5 £1562.50
Evaluate Sports Trust	Compare costs versus amount of support received. Research alternatives.	PE Coordinator	July 20		July 20	£24	1-5 £7.40
PE and Sport Premium and Health Wheel	Use of Wheel as a baseline pre-funding increase use throughout yr to monitor curriculum	PE Coordinator	Termly updates		July 20	£20	1-5 £7.40
PE coordinator curriculum hours staff support training assessment curriculum development	Courses attended Allow PE coordinator to attend training, develop PE curriculum understanding and share important information Allow other staff to develop their understanding of the PE curriculum.	PE Coordinator All staff	Sept 19 - July 20 Updates given to staff at meetings.	PE Coordinator monitoring to understand the curriculum and identify areas of concern whilst promoting staff understanding of assessment. Sept 19 - PE coord mtg at Alfriston Nov/ Dec 19 - Real Gym training	July 20	£1000	1-5 £400

Maintain variety of inter-house competitions.	School Games Day Rounders, Netball, Football, Boccia tournaments, athletics	PE Coordinator All staff	Sept 19 - July 20	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 20	£500	4, 5 £250
Inter-school competitions	- Competitions entered and their impacts. - Child questionnaires.	PE Coordinator All staff	Termly checks	This will increase the children's drive to compete and succeed in a variety of sports. Measure the number of children participating.	July 20	£500	4, 5 £500
PE Assessment	- TT - Real PE assessment	PE Coordinator All staff	Half termly		July 20	£50	1 £100
Staff training in use of equipment and assessment	- Courses attended	RS	Sept 19 - July 20	Better teaching of PE. Sept 19 - drop in sessions Nov/ Dec 19 - Real gym training for all staff, incl watching realgym lessons	July 20	£50	2, 3 £25
Sports clubs	- Clubs running - Matches played.	PE Coordinator All staff	Sept 19 - July 20	Girls and Boys football club Netball club Afterschool club Rugby club Rugby tots club Sept 19 - Netball league entered £40 cost	July 20	£100 £40	4, 5 £70
Implementation of the Real PE curriculum	- Monitor impact. - Evaluate lessons - Child voice.	PE Coordinator	Sept 19 - July 20	Sept 19 - drop in sessions Nov/ Dec 19 - Real Gym training	July 20	£100	1-5 £40
Sports funding and impact to 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.	July 20	£0	1-5

Outside coaching to enhance PE	<ul style="list-style-type: none"> - Coaches in school for PE - Sixth Formers - WWFC 	PE Coordinator	Termly	<p>Sept 19 - met with WWFC to start Spring term</p> <p>Oct 19 - Rugby Tots sessions - EYFS and Yr 1</p> <p>Autumn 1 - Support from Alfriston</p> <p>Nov/ Dec 19 - Real Gym training</p> <p>Jan 20 - WWFC Premier League Primary Stars</p>	July 20	£100 £1000 charitable donation	4, 5 £50
School Games Mark	<ul style="list-style-type: none"> - Bronze minimum 	PE Coordinator	Sept 19 - July 20		July 20	£100	4, 5 £50
Activity top-up	<ul style="list-style-type: none"> - Timetable and plan to ensure all chn receive 2 hours of physical activity 	PE Coordinator	Sept 19 - July 20	<p>Summer 19 - Draft timetable proposed, 2 companies contacted</p> <p>Summer 19 - Meeting with Cood and SLT, Get Active for initial Autumn term with a view for a possible TA or work experience to take over from Spring.</p> <p>Autumn 19 - Additional 30 min timetable for all chn implemented</p>	July 20	£6000	1, 2, 3 £2000
Target provision for least active children	<ul style="list-style-type: none"> - Identify least active children - Additional club targeted at those chn 	PE Coordinator	Sept 19 - July 20		July 20	£50	1 £50
PE equipment order for large items	<ul style="list-style-type: none"> - Improve provision of PE and clubs 	PE Coordinator	Sept 19 - July 20	<p>Sept 19 - Orders sent to finance</p> <p>Oct 19 - GLS order received</p> <p>Jan 20 - Second order sent</p>	July 20	GLS £2562.08 £3000 allocated GLS 20.01.20 £897.73	1, 2 £1500
Active week	<ul style="list-style-type: none"> - Active week to include different sports and activities 	PE Coordinator	Sept 19 - July 20	<p>Jan 20 - Local clubs emailed, awaiting responses.</p>	July 20	£1500	1, 2, 3, 4, 5 £300
Healthy Eating week	<ul style="list-style-type: none"> - Focus on healthy eating week 	PE Coordinator	Sept 19 - July 20		July 20	£50	
Total Expenditure:						£19,394 £19,880	

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