

# **All Saints Catholic Primary**



## **Physical Education, Sport and the impact of the Sports Premium Policy**

## **What is the Sports Premium Funding?**

The government is providing funding of £150 million per annum for the academic years 2013/14 and 2014/15 to provide new and substantial primary school sport funding. The funding is being jointly provided by the Departments for Education, Health and Culture, Media and Sport, and will see money going directly to primary school head teachers to spend on improving the quality of sport and PE for all their children. Each school will receive £7,535 plus an extra £5 per pupil each year for the next two years. Schools will have to spend the sport funding on improving their provision of PE and sport, but they will have the freedom to choose how they do this.

At All Saints, we recognise the essential role that Physical Education plays in promoting the health and well-being of our pupils. We believe that an innovative and well-designed PE curriculum along with varied extra-curricular opportunities have a positive influence on our children's confidence, concentration and academic achievement. We strongly believe in the role that competitive sport can play in children's ability to value their own and others' efforts and to deal with success and disappointment. In addition we see participation in PE and Sport as a key means of strengthening children's affiliation to their school community and giving them the skills and confidence to engage in sporting activities out of as well as in school. Situated within a five minute walk from Bootle Leisure Centre and the Brunswick Sports Academy, we want our children to be equipped to use their leisure time productively and make the most of the local facilities. The Governors of our school have prioritised the employment of a specialist PE teacher as the best use of this additional funding. As well as teaching children from Nursery to Year 6 the following gives a flavour of the impact on sports provision.

## **How will the funding be spent and the impact of the spending:**

At All Saints we believe in a holistic approach to the development of sport and physical activity for all. We want to encourage collaboration and partnership working to make the best use of resources to enhance PE and sport provision in order to raise participation and achievement for all pupils. We continue to develop our Sports Premium plan to raise standards and participation levels in PE throughout the school. Our rationale for the use of Sports Premium funding, are that it must be used so that:

1. All pupils are engaged in regular physical activity – kick-starting healthy active lifestyles.
2. The profile of PE and sport is raised across the school as a tool for whole school improvement.

3. There is an increased confidence, knowledge and skills of all staff in teaching PE and sport by accessing training opportunities and continued professional development.

4. There is a broader experience of a range of sports and activities offered to all pupils with all benefitting regardless of sporting ability.

5. We have increased participation in competitive sport ensuring the most able children are given the opportunity to compete in tournaments with other schools.

### Sports Premium Spending

<b>Expenditure</b>	<b>Cost</b>	<b>Impact on PE and Sport Participation</b>
Employment of a Sports Apprentice to work alongside our specialist PE Teacher whilst also training to gain an NVQ Qualification in Activity Leadership.	£6206	Increased the number of extracurricular sport clubs on offer and therefore increased the percentage of children taking part in extracurricular sport. Able to provide extra sports provision during lunch times and therefore increase the number of children attending sports clubs.
Extra-Curricular Clubs		Increased the range of extra-curricular clubs on offer that promote physical activity and are accessible to all. Children of all ages will have access to a range of different sports clubs, led by a fully qualified professional. Provides the opportunity for children to participate and have fun with their peers and friends.
Lunch Time Sport Provision – Orienteering Clubs		A high number of children participating and experiencing a range of sports in a safe and positive environment. Improvement in behaviour at lunchtimes. This has been highly successful. Children enjoy being able to participate in organised sports at lunchtime led by an enthusiastic PE Specialist and Sports Apprentice. Reduction of behaviour issues.
Introduction of the '1 Mile Run' to the daily routine within the school		Employing a Sports Apprentice at our school has provided our PE specialist with the support and help needed to get the '1 Mile Run' up and running within our school. We have now dramatically increased the number of children taking part in daily physical activity by engaging them within this exercise programme. All classes take part from reception right up to Year 6.
Netball Court painted onto the Key Stage 1 playground.	£600	Improvement of Netball provision within the school. We are now able to play home fixtures on an appropriate sized netball court and have an improved playing area for the extra-curricular netball club and PE lessons.
A range of PE/Sport based equipment including: footballs for extracurricular clubs, hurdles, hoops and medals for sports days.	£166	Improved quality of the PE/Sport on offer within the school. Improved quality of the school sports days.
Registration to the Bootle & District Primary Schools Football Affiliation	£70	Increased pupil participation in competitive sport competitions. Giving the more able children the opportunity to compete in league and cup fixtures throughout

		the school year against other local primary schools.
South Sefton School Sports Partnership	£2000	This partnership has allowed the PE leader to develop confidence in their role by providing network days and CPD. This will ensure the subject is being led to a high standard in school. Being part of the partnership also enters the school to be part of the vast competitive sporting competitions which are held throughout the year.
Develop staff expertise in teaching primary PE by providing additional training and professional development for our specialist PE Teacher (CPD).		Increase the quality of PE provision on offer in the school. Knowledge will be increased and shared across the school. Increased confidence of staff teaching PE.
Competitive Sport – South Sefton School Sports Partnership and Bootle & District Primary Schools Football Affiliation		Children participating in competitions will gain experience representing their school, as well as learning how to both win and lose. They will develop an understanding of key aspects of competitive sport e.g. learn and develop sportsmanship, team spirit. This will have a positive impact in the playground e.g. children being able to manage situations.
Registration to the Bootle & District Primary Schools Football Affiliation	£70	Increased pupil participation in competitive sport competitions. Giving the more able children the opportunity to compete in league and cup fixtures throughout the school year against other local primary schools.
Providing supply teacher cover to release PE Specialist to attend competitive sporting tournaments.	£300	Increased pupil participation in competitive sport competitions.
Contribution towards travel costs to competitive sporting tournaments and fixtures.	£60	Increased pupil participation in competitive sport competitions.

## **Impact of the Sports Premium Funding at All Saints:**

### Delivering a Broad and Varied Physical Education Curriculum

#### Early Years Foundation Stage

Between the ages of 3 and 6 children develop fundamental movement skills which include; running, jumping, hopping, skipping, climbing, throwing, catching, kicking and striking. They are the building blocks that enable them to progress and develop a full range of skills. The Physical Education programme at All Saints Catholic Primary School enables Early Years and Foundation Stage children to develop physical literacy and these all important fundamental skills which form the foundation for more complex skills to be developed in later years.

#### Key Stage 1 and 2

Pupils are given the opportunity to demonstrate their learning through a range of activities and will be encouraged to take on the roles of performer, coach and official. As individuals and often working in small groups, they will access all of the facilities on site, acquiring, developing and refining physical skills. This will allow pupils to develop physical and social skills, enabling them to make positive contributions to the wider school community.

At All Saints Catholic Primary School we offer a wide and varied curriculum within Physical Education which is delivered by a Physical Education specialist teacher.

Each term pupils are provided with the opportunity to develop a knowledge and understanding of a different sport / activity. They learn the rules of the sport and also develop the skills needed to compete within that particular sport. The sports / activities included within the curriculum are:

- Football
- Basketball
- Netball
- Tag Rugby
- Cricket
- Rounders
- Gymnastics
- Athletics
- Handball
- Swimming
- Dance
- Multi-Skills
- Hockey

The opportunities within Physical Education are also extended to Extra-Curricular sport with after school clubs such as Football, Dance, Basketball, and Netball being made available throughout the year for pupils.

#### Increased Number of Extra-Curricular Clubs

Extra-Curricular sports clubs have always proven to be very popular with children in our school. This school year there has not only been an increase in the number of clubs on offer but also the number of children attending the already existing clubs. Since September our PE specialist Mr Tyson, with the help of our Sports Apprentice Mr Woods has introduced an extra football club for Year 3/4 children after school on a Monday night. The club has proven to be very popular with both boys and girls and will continue to run all year round. September 2015 saw the introduction of Orienteering Club which takes place during lunch times on Monday (Year 6), Tuesday (Year 5), Wednesday (Year 3) and Thursday (Year 4). The numbers attending the Orienteering Clubs are impressive with nearly all children in Years 3, 4, 5, and 6 taking part (see table below).

<b>CLUBS (September 2015 – July 2016)</b>	<b>TERMS</b>	<b>NUMBER OF CHILDREN TAKING PART 2014/2015</b>	<b>NUMBER OF CHILDREN TAKING PART 2015/2016</b>
Year 5/6 Football	Terms 1 to 6	20	24
Year 3/4 Football	Terms 1 to 6	N/A	28
Year 5/6 Netball	Terms 5 & 6	16	Pending
Year 5/6 Basketball	Terms 5 & 6	10	Pending
Year 3 Orienteering	Terms 1 to 6	N/A	18 (3A) 19 (3S)
Year 4 Orienteering	Terms 1 to 6	N/A	20 (4A) 22 (4S)
Year 5 Orienteering	Terms 1 to 6	N/A	28
Year 6 Orienteering	Terms 1 to 6	N/A	16
Year 6 Dance	Terms 1 to 6	30	17
MOVE IT Programme	Term 5	32 (Year 4)	Pending

Clubs currently running or have been completed within the last year include:

- Year 5/6 Football
- Year 3/4 Football
- Year 5/6 Netball
- Year 3/4/5/6 Orienteering
- Year 6 Dance

- Year 5/6 Basketball
- Change4Life Sports Club
- MOVE IT Programme

#### Increased Participation in Competitive Sporting Events

- Year 1 Football - Everton Football Club Academy Tournament
- Year 2 Football - Everton Football Club Academy Tournament
- Year 3 Football - Everton Football Club Academy Tournament
- Year 4 Football - Everton Football Club Academy Tournament
- Year 5 Football - Everton Football Club Academy Tournament
- Year 6 Football - Everton Football Club Academy Tournament
- Year 5/6 Football - Bootle & District Primary Schools League
- Year 5/6 Football - Bootle & District Griffith Cup
- Year 5/6 Football - Dowd Cup Tournament
- Year 4 Cricket
- Year 5 Cricket
- Year 6 Cricket
- Year 5/6 Tag Rugby
- Year 5/6 Quad Kids Athletics
- Year 1 Mat Ball
- Year 5/6 Basketball
- Year 3/4 Tri-Golf
- Year 5/6 Tri-Golf
- Sefton Schools Swimming Gala
- World Cup / Commonwealth Games Celebration
- Rounders Tournaments

Below is a table containing the number of children selected to take part in competitive sporting events this school year. Some of the children will be involved in more than one team so are therefore counted twice.

<b>Competitive Sporting Events (September 2015 – July 2016)</b>	<b>TERMS</b>	<b>NUMBER OF CHILDREN TAKING PART 2015/2016</b>
Year 6 E.F.C. Football	Terms 4/5	10
Year 5 E.F.C. Football	Terms 4/5	10
Year 4 E.F.C. Football	Term 4	10
Year 3 E.F.C. Football	Term 2	8
Year 2 E.F.C. Football	Term 2	8
Year 1 E.F.C. Football	Term 2	8
Year 5/6 Netball League	Terms 5 & 6	14

Year 5/6 Bootle & District Football League & Cups	Terms	14
Year 5/6 Girls Football Tournament	Term 2	10
Year 5/6 Basketball	Term 2	8
Year 5/6 Swimming Gala	Term 4	10
Year 5/6 Tag Rugby	Term 2	10
Year 3/4 Tri Golf	Term 6	6
Year 5/6 Tri Golf	Term 6	6
Year 5/6 Quad kids Athletics	Term 5	8
Year 5/6 Cricket	Term 6	10
Bootle Schools Olympics	Term 6	Pending
<b>TOTAL</b>		<b>150</b>

Our school has grown from strength to strength in terms of competitive sport over the last few years. Increasing not only the number of events we attend but also increasing success rate we achieve at the events. Below is a taste of the sporting success the school has achieved already this school year.

### **Football**

The 2015/2016 school year has started in the best possible way in terms of sporting success with the Year 3 football winning the Everton F.C. Academy Tournament held at GOALS Soccer Centre. During the tournament the team played four games in Group A and won all four, qualifying for the final as group winners. They then progressed to the final where they played against the winners of Group B, Lander Road. Despite conceding an early goal they showed great character and attitude to come back and win 6-2. Winning the tournament now means the team will compete in a Champion's Tournament during the spring term at Finch Farm, the training ground of Everton F.C. This is such a great achievement for the team, made even more impressive by the fact this year group also went to Finch Farm as champions when they were in Year 1 and only very narrowly missed out when they were in Year 2.



### **Tag Rugby**

In 2015 a team of Year 6 children competed in the Sefton Schools' Tag Rugby Tournament and were narrowly beaten in the final by Springwell Primary. During the

group stages we won all four of our matches and therefore progressed into the semi-final. After winning the semi-final we then progressed to play in a final match which was very close right until the final whistle but we were beaten by last year's winners Springwell Primary.

## **Swimming**

Every year during the Sefton Schools Swimming Gala we have a number of pupils progressing to the final heats of various swimming races. To qualify for the final heat you must place in the top 4 in your qualifying race. We have recently signed up to attend this year's swimming gala in March 2016 where we hope to continue to challenge for the swimming trophy.

## **Basketball**

This school year a team of Year 6 children had their first taste of competitive Basketball competing in the Sefton Schools' Basketball Tournament held at The Hawthornes. This was an opportunity for the children selected to put the skills and knowledge from curriculum lesson into practice playing competitively against other local primary schools.



On the day we played some excellent Basketball which resulted in two victories but also two defeats. All of the children selected to play really enjoyed playing competitively and were a credit to the school with their competitive attitude and sporting behaviour.

## **Sports Apprenticeship Scheme**

Recently All Saints became involved in the training of aspiring sports coaches by signing up to be part of the Jaime Carragher 23 Foundation Sports Apprenticeship Scheme. This means we now employ an apprentice on a full time basis who works alongside our specialist PE teacher in order to complete a NVQ qualification in Sports Coaching.

The idea of the apprenticeship is to give young students the opportunity to not only complete a NVQ qualification but gain valuable experience working alongside a trained professional. This qualification provides learners the opportunity to be assessed in their own work environment to confirm occupational competence in Activity leadership. This qualification can also be accessed as part of the *Intermediate Apprenticeship in Activity Leadership*.

This qualification can lead to paid or voluntary employment in roles which involves leading activities for adults or young people. It could also be used as a progression to a sports specific coaching qualification. The skills and knowledge developed through this qualification may also be used to enable learners to progress to other industry-relevant qualifications in activity leadership, leisure operations or operational services.

Our apprentice is progressing well as a sports coach/teacher and is now organising and running lunch time sessions to ensure that pupils are participating in fun active sporting activities during their lunch time. He is developing a full understanding of all the roles involved with being a school PE teacher and setting a positive example as a role model for the pupils within our school. Some of the major benefits of employing an apprentice at our school to work alongside our specialist PE teacher have included: being able to increase the number of extracurricular clubs on offer both during lunch time and afters school. Setting up and implementing the '1 Mile Run' into the daily routine at the school. Contributing to the competitive sport programme by helping with the organisation of school teams.

Since the beginning of the Sports Apprentice scheme we have introduced extra lunch time provision in the form of sports clubs, This has in turn had a positive impact on the number and percentage of children we now have attending extracurricular sport clubs. Working closely with our PE specialist we have been able to introduce a daily exercise programme we have called the '1 Mile Run' which has vastly increased not only the amount of physical activity the children within our school are participating in on a weekly basis but also greatly increased the number of children involved in physical activity, with all children participating from reception right up to Year 6.

#### Outdoor and Adventurous Activities

Outdoor Activities are not only going from strength to strength within the school but also proving very popular with all of the children taking part. Since September 2015 we have been running lunch time Orienteering Clubs on Monday (Year 6), Tuesday (Year 5), Wednesday (Year 3) and Thursday (Year 4) and we are now in the process of organising schools trips to local indoor rock climbing centres. The Sports Premium funding will help with this and not only provide many of our children with their first experience of rock climbing but also strengthen the Outdoor Activities programme being run at our school.

#### Lunch Time Sports Provision - Orienteering

Our PE specialist Mr Tyson has created a map of the school grounds and runs the sessions along with Mr Woods our sports apprentice. The session have been up and running since September 2015 and the percentage of pupils opting to take part in this extra-curricular club during their own lunch time is high (see table below). Less active children who would not normally be so enthusiastic about attending a club of a traditional sport such as Football are now choosing to attend the Orienteering

Clubs. This has increased the number of children participating in physical activity and extra-curricular sport within our school.

The sessions involve different tasks which are sometimes completed as an individual and sometimes as a team. Using the map they must run, jog or walk around the school grounds to find locations. At the locations they will have a question or number problem which they must try to answer. We have been working on capital cities, national flags and numbers, therefore creating cross curricular links within the club. Points are awarded for first finding the location and extra points are awarded for the correct answer.

<b>Year Groups Taking Part</b>	<b>Number of Pupils Taking Part</b>
Year 3	38
Year 4	33
Year 5	12
Year 6	12

### Indoor Rock Climbing

We are currently in the process of organising indoor rock climbing sessions at one of the local centres in order to strengthen the Outdoor Activities programme at our school. Our PE specialist has an indoor rock climbing qualification and is a member of both climbing centres: Awesome Walls and The Climbing Hangar. Organising the rock climbing sessions will ensure that children will gain an experience of rock climbing in a safe and fun environment. They can be can be taught the basic skills needed to climb and practise them with a certain amount of freedom.

### '1 Mile Run'

Since returning to school in September many of our Year groups have been participating in a daily exercise programme which we have called the '1 Mile Run.' The idea was taken from St Ninian's Primary School in Stirling who received lots of media coverage for the introduction of a 'Daily Mile.' The idea being that children within the school complete a mile a day. They down their pencils and head out of the classroom to start running laps around the school field. For three-and-a-half years, all pupils at St Ninian's primary have walked or run a mile each day. They do so at random times during the day, apparently happily, and despite the rise in childhood obesity across the UK, none of the children at the school are overweight.

After reading this newspaper article and seeing the story reported on the news, it was decided that we as a school would mimic this idea due to the many benefits described as being achieved by the reports. The '1 Mile Run' has been well received by a large number of children within the school with many of them enjoying leaving the classroom for a brief period to complete the task. Some complete the full mile running as fast as they possibly can without stopping while others sometimes walk and jog. Not all can complete the mile running but the idea is that they set targets to progress and improve their fitness.

Employing a Sports Apprentice at our school has provided our PE specialist with the support and help needed to get the '1 Mile Run' up and running within our school. We have now dramatically increased the number of children taking part in daily physical activity by engaging them with this exercise programme (see table below)

<b>Year Groups Taking Part</b>	<b>Number of Pupils Taking Part</b>
Reception	39
Year 1	52
Year 2	36
Year 3	41
Year 4	47
Year 5	30
Year 6	23

### Netball

Recently the school re-evaluated provision for girls in order to extend the provision already on offer and to enjoy and achieve in sport. The appointment to the staff of Mrs Glynne-Jones, herself a netball player, has led to an extension of the school netball club which is now able to run all year round. It has also raised the profile of the sport with uptake increasing year on year.

The Year 6 Girls' Netball Team has been competing in regular league fixtures against other local primary schools for the last three years now. Last year's squad included every girl in Year 6 with all showing a keen interest in attending training and playing for the team. The interest in netball this year from Year 6 girls has been just as impressive, with all girls from year 6 attending weekly training session throughout the year and showing a keen interested in being selected for competitive school games.

### Dance Club

Every Thursday after school Miss Hanley, our Year 6 teacher, runs a Dance club for all pupils in Year 6. The club proves to be very popular with both boys and girls. The dance club also acts as rehearsal for performances during many of the school shows throughout the year such as the Christmas / Easter production and the leavers' assembly. The percentage of children choosing to attend the Dance club is always high and this year is no exception with 17 of the 23 children in Year 6 participating every week.

### Fundraising through Sport

This school year (2015-2016) All Saints have already enrolled with the British Heart foundation to not only help raise funds and awareness for their charity but to also

encourage increased physical activity. Jump Rope for Heart is a popular skipping initiative that encourages boys and girls to take part in physical activity that is fun, rewarding and heart healthy. It is educational and helps to raise money for the school/youth and the charities fight for every heartbeat. We have recently received the skipping rope pack which includes £100 worth of free skipping equipment and sponsorship forms. The event is now in the process of being planned and will take place during the spring terms. It will include pupils and staff from years 5 and 6 taking part in such events as a 'Skipathon', most skips within a minute and most unbroken skips.

### New and Developing links

Mindful of Ofsted's 2014 report highlighting good practice in the use of PE and Sport Premium, we want to widen the scope of our work to improve pupils' health and well-being, aware of local and national data on childhood obesity and lifestyle we have established good links with Chester University's Sport and exercise Science Department to monitor in depth all children's typical activity during the school day and their perceptions.

We have good links with a newly formed football club within the area, Litherland REMYCA. They have recently started running football session for a wide variety of age groups starting from boys under 7's, which we promote around school along with girls' football from school Years 2 through to 6. They are rapidly establishing teams for a wide variety of age groups to compete in league and cup competitions.

### MOVE IT Programme

We have teamed up with Sefton's Active Lifestyles Team to deliver this exciting 6 week programme focusing on physical activity health and nutrition. The six sessions will incorporate the main healthy eating and physical activity messages, in the hope of making small sustainable lifestyle changes.

Below is an overview of the sessions:

- Session 1: Introduction, goal settings and water. Mini health assessments.
- Session 2: Physical activity and exercise.
- Session 3: Food groups and the Eat-well plate.
- Session 4: Fruit and vegetables and 'eating a rainbow'.
- Session 5: Fat, salt and sugar.
- Session 6: Congratulations. Mini health assessment.

The MOVE IT Programme has now been completed and proved to be very popular with all of the Year 4 children who participated. They really enjoyed not only the exercise and physical activity but seeing the health, diet and lifestyle links as well. We are now looking to organise a further six week programme with a different Year group later in this school year.

The impact of organising such as programme within our school means we have increased the number of children participating in physical activity and also increased the amount of time spent each week participating in physical exercise (see table below). Both of these increases occurring alongside educating the children taking part about eating healthy and controlling their diet.

<b>Year Group Taking Part</b>	<b>Number of Pupils Taking Part</b>	<b>Time Spent Each Week</b>
2014/15 Year 4	32	15 minutes education on healthy eating. 45 minute physical exercise.
2015/16 Year 4	30	15 minutes education on healthy eating. 45 minute physical exercise.