

PE and School Sport Action Plan –2017 – 2018



Carbeile Junior School

Background - The primary school sport premium investment goes direct 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 has doubled.

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 £8000-9000 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	2017/18	Funding allocated: £22,975
Lead Member of Staff – Miss E. Thomas	2017/2018	Governor responsible -

Total fund allocated - £22,975	To be Updated – Jan 2018
Key achievements to date:	Areas for further improvement and baseline evidence of need:
<ul style="list-style-type: none"> • ‘Absolute Coaching’. A scheme in which to track and monitor pupils participation in extra-curricular activities. • Offering children the opportunity to participate in some alternative sports by having an alternative sports day. • Maintaining our membership with ARENA which provides us with planning, assessment, CPD, playground leaders and bikeability training. 	<ul style="list-style-type: none"> • Introducing whole school action plan for allowing all children to be active for an extra 30 minutes per day. • To raise the profile of PE and sport across the school as a part of the whole school improvement plan. • Work alongside the local sports clubs in the area (YMCA and Torpoint Secondary School sports section).

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	Evidence and impact	Sustainability and next steps
<ol style="list-style-type: none"> 1. Wake up Shake up. This is done every morning for 10 minutes by year 3 and 4 before the children come in to start the school day. The Wake up Shake up aims to get the children moving and active before they come into the classroom. 2. Playground leaders. This is provided through ARENA. The children chosen to become a playground leader are given 8 hours of training where they learn how to organize and teach 	<p>6. £48 7. £20 per hour</p>	<ol style="list-style-type: none"> 1. All Year 3 and 4 children are getting 10 minutes of exercise before they start the day in the classroom. This gets them active, awake and alert before coming in for the morning lessons. 2. The playground leaders have had the training provided by ARENA which has taught them how to organise small, active games in the playground with different children at lunch time. This is 	<ol style="list-style-type: none"> 1. This is a free activity that can be carried on until we feel necessary. As a school our next step is to start to change some of the routines so that children are fully engaged in the Wake up Shake up. 2. This service is provided at part of our ARENA package and is one of the reasons we use

<p>games suitable for different ages and abilities. They then work on the different playgrounds to allow opportunities for other children to join in with active games at lunch time.</p> <p>3. Fun fit. This is for children with SEN who need time for their sensory needs, using deep pressure exercises. This is done with a trained TA for 15 minutes every afternoon. The children who go for Fun Fit really benefit for this time to be active.</p> <p>4. Sports equipment on the playgrounds. Both playgrounds are provided with play equipment to be used at lunch times. This gives the children chance to use equipment that requires coordination, different skill sets and sometimes team work.</p> <p>5. Log climber/obstacle course. Both playgrounds are equipped with some climbing equipment which is used every lunch time by all the classes. Fun fit also use the climbing frames.</p> <p>6. Sports leaders UK. This is a scheme that has provided lots of different activities to try and help encourage reluctant children in PE to become active in some way.</p> <p>7. Swimming. Year 5 and 6 have half an hour a week additional to their PE lessons at the swimming pool. A qualified instructor is used to boost the children that struggle with their swimming.</p>		<p>encouraging active play at lunch time.</p> <p>3. Fun Fit allows children that need to release stress and energy to do so every day in a safe and fun environment. It allows these children to be active half way through the afternoon and helps them re-focus once they come back into the classroom.</p> <p>4. The sports equipment in the playground gives all children the opportunity to be active at playtime or lunch time. The equipment is also used by the playground leaders that set up active games for the other children.</p> <p>5. The log climber and obstacle course is used by all children throughout the week and lunch times and play times. It is also used as part of some P.E sessions. The children are being active when climbing and completing the obstacle course.</p> <p>6. The Sports Leaders UK resources are being used in Fun Fit and as activities in P.E lessons. All these activities are designed to engaged all children into doing something active. We have found that children that do not normally like to take part in sports or team games activities usually enjoy joining in with these games.</p> <p>7. Have the qualified instructor allows</p>	<p>ARENA as we feel it is important that the children take ownership of being active in school.</p> <p>3. Fun fit is run by one of our paid TA's who is trained in delivering Fun Fit. We will always have a member of school who is trained to delivery this to the children. Currently we are using the Sports Leaders UK activities as part of the Fun Fit sessions to make them fun and engaging.</p> <p>4. All this equipment has be brought and kept on the school site specifically for these purposes.</p> <p>5. The log climber and obstacle course has previously been paid for and it set up on the school ground for the children to use when ever given the chance. They are built to sustain the weather and last.</p> <p>6. These resources are paid for and we now have the in school to use whenever felt necessary.</p> <p>7. Our teachers are able to use the strategies that the qualified instructor uses and get advice</p>
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		the teachers to observe and use strategies that are being used by the instructor. This ensures a high standard of delivery in all of our swimming lessons. This is evident by the fact that 99% of last year's Year 6 children could swim at least 25M.	about how to help children in their swimming lessons. This ensures high quality teaching and CPD.
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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	Evidence and impact	Sustainability and next steps
1. Absolute coaching. This scheme is being used throughout the school to monitor the participation of all children in extra-curricular sporting activities.	1. £325	We started using Absolute Coaching as a whole school in Autumn 2. All teachers are now trained in how to use the software. This is allowing the staff to see which of their children are active or not active and therefore knowing which children may need more support in P.E lessons.	Using Absolute Coaching is allows the school to have secure monitoring system of all the children in our school so that we can see which children are regularly attending the active clubs on offer at school. From this we can plan high quality P.E lesson, knowing which children to focus on and which children to push. We can also plan different active clubs for these children that may not enjoy the team sports that are mainly available.

Key Indicator 3 : Increased confidence, knowledge and skills of all staff in teaching PE and sport

Intended Actions with impact on children	Funding allocated	Evidence and impact	Sustainability and next steps
1. P.E conference. 2 teachers attended this at the beginning of the year. 2. P.E coordinator course. This is a 4 day course	1. £50 2. £425 3. £100	1. The idea of using Absolute coaching came from attending the P.E conference which has	1. The ideas taken from the P.E conference have been passed on to all the teachers in our

<p>focusing on everything around being a P.E coordinator.</p> <p>3. Swimming CPD. All NQT's that teach swimming went on a swimming course in December.</p>		<p>improved our school system of tracking the activity of children in our school.</p> <p>2. Having a new P.E co-ordinator the course has provided information and support that is needed when taking on this new role and learning how to effectively carry out the job. This has provided the P.E coordinator with support of resources and information of how to improve P.E in our school.</p> <p>3. As all children need to be able to swim 25m by the end of Year 6 it is vital that the swimming lessons we are providing are of a high quality. The NQT's that we have in our school felt they needed some extra support in this area and therefore the course provided them with lesson ideas and taught them how to provide high quality swimming lessons.</p>	<p>school making sure the good practice and information provided at the conference is being used by all the teachers at Carbeile.</p> <p>2. The information and good practice is being used to improve P.E at our school by all members of staff.</p> <p>3. The staff are now able to pass on any information they got from the course to other members of staff and high quality swimming lessons are being taught across the board.</p>
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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	Evidence and impact	Sustainability and next steps
<p>1. Alternative sports day. Every year group is having an alternative sports day where they get</p>	<p>1. £1,300 2. £15 per hour for ASC / £25 per hour</p>	<p>1. The alternative sports days offer an opportunity for those children who normally disengage with PE</p>	<p>1. The alternative sports day will be sustainable to all the teachers are also taking part in</p>

<p>to try out 4 different sports throughout the day.</p> <p>2. Argyle Football coaching. All year groups have the opportunity to attend Argyle football training throughout the year. In Autumn 2 Year 6 also had Argyle for 2 hours a week Curriculum time for their football lessons.</p> <p>3. Cornish Cricket company. All year groups have had 2 hours of curriculum time and an hour after school club throughout the year. Year 3 = Tag rugby/ Cricket Year 4 = Cricket/ Tag rugby Year 5= Tennis/ Cricket</p> <p>4. Field gun. Year 5 and 6 all year</p> <p>5. Cross country. Run for all year groups in the Autumn and Spring term</p> <p>6. Netball club. Run all year for all Year groups.</p> <p>7. Football team. All year for Year 5 and 6.</p> <p>8. Sticking and fielding/ Go Noodle/ Yoga/ Bench ball. Run every other half term for all Year groups.</p> <p>9. Duchy residential trip. This is run every year for the Year 5's who spend 2 nights at Duchy to experience lots of alternative sports.</p> <p>10. Sports day for our Gifted and Talent students. This is being run as an indoor athletics day with added competition to allows our PE G&T pupils to try different activities.</p> <p>11. Fun Fit. New equipment had been brought this year for the fun fit sessions to allow the pupils to have a variety of different sessions to suit</p>	<p>for curriculum time</p> <p>3. £600 per half term</p> <p>4. £100</p> <p>5. Free</p> <p>6. Free</p> <p>7. Free</p> <p>8. Free</p> <p>9.</p> <p>10. £180</p> <p>11. £250</p>	<p>or sports to try something different they may encourage them to become more active. It also gives the sporty children an opportunity to try their skills in a different area of sports that they may not have had the opportunity to do before.</p> <p>2. The Argyle football coaching is offered to all children in all year groups throughout the year which therefore gives the opportunity to any child that wishes to take it.</p> <p>3. Using the Cornish Cricket Company allows us to offer a range of different activities as afterschool clubs throughout the year. Children of all ages are given the opportunity. We all use the Cornish Cricket Company in curriculum time to take one part of the PE curriculum for one term. This is done the children get a high level of coaching and the teachers take on board and learn new ways of teaching a sport they may not have been confident in before. The sports change every year to make sure</p>	<p>the sessions, therefore learning how to coach these different sports. If we find that a specific sport has really engaged the children we will then look into getting the equipment needed for that sport to use in curricular and extra-curricular time.</p> <p>2. All the outside coaching is observed by all members of staff therefore all teachers are able to run and deliver a high quality lesson or club in that sport.</p> <p>3. All other clubs are run by members of staff.</p> <p>4. The Dutchy trip is partly paid for by parents and partly paid through the PE funding.</p>
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their specific needs.

the teachers are getting CPD in different sports and using the skills they have learnt from the previous year.

4. Field gun is an alternative sport offered to the older children of our school. Field gun practice makes the children work as a team and builds communication.
5. Cross country is offered to all abilities and all ages. Members of staff take different groups to allow all abilities to participate at the correct level.
6. The Dutchy residential trip is offered to all Year 5 students. The trip allows the children to try sports we cannot offer in school such as rock climbing and abseiling.
7. The sports days for gifted and talented are organised to cater for those children achieving highly in any aspect of sport. The day celebrates the children's achievements and gives them an opportunity to push themselves in different sports.
8. Fun fit is given to specific children that have been identified as

		<p>needing deep pressure exercise as a sensory relief, to practice gross motors skills as they have dyspraxic tendency. These children have 15 minutes of fun fit every day. The money has been spend on new equipment for these specific activities.</p> <p>Using the absolute coaching website, teachers and the PE coordinator have been able to identify children that are not participating in any extra- curricular sporting activities and from this we can aim to cater for the children better.</p>	
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Key Indicator 5 : Increased participation in competitive sport

Intended Actions with impact on children	Funding allocated	Evidence and impact	Sustainability and next steps
<p>Any actions the school needs to take on Swimming</p> <ol style="list-style-type: none"> 1. Cross country races 2. Rame/ Peninsula High Five Netball Tournament 3. Football league 4. Tag rugby tournament 5. Sports day 6. Gifted and Talented sports day 	<ol style="list-style-type: none"> 1.£1 per student per race 2.Free 3.Free 4.Free 5.Free 6.£180 	<p>1-5: More children are able to get involved with competitive sports that teach them about sportsmanship and healthy lifestyle. We have found that children enjoy attending the clubs at school when they have competitions to work towards.</p>	<p>1-5: All these competition a run in the local area making them easy to attend. The next step is to try and organise more competitions at our school as we are lucky enough to have the space to do so.</p>

