

Armathwaite School PE and School Sport Fund Strategy Plan for 2018-19 ~ with Evaluation to Evidence the Impact of the Fund

In 2018-19 the PE and School Sports Premium total funding was: £16,399

Key achievements to date:

Standards in swimming raised and maintained over time. Established swimming lessons for ALL children in school ~ 2 week daily block in local outdoor swimming pool. See impact over time below.

Standards in cycling raised over time and becoming established through the provision of bikes and a cycling track on the school field for use every day during play and lunch time breaks.

All pupils have the opportunity to represent their school in festivals and competitions.

Fruit and milk provided for all pupils each morning break, developing and establishing healthy eating patterns.

The range of equipment and resources available on the school field to be physically active during break times has increased year on year. All development plans have been made and applied in full consultation with all children in school. All developments are accessible to all children and will remain available for new pupils in the future.

All children are physically active during break times.

Areas for further improvement and baseline evidence of need:

Following on prior successful inclusion in opportunities to represent school in festivals and competitions, can we develop this with the aim that 100% of pupils have the opportunity to be involved during their time in primary school. We have achieved this with dance and the U-Dance festival. Can we extend it beyond this?

Through discussion and cross-curricular learning can we further develop and establish clear and positive links between healthy diet and the impact it has on physical health?

Storage facilities on the school field need to be improved in order to make resources more accessible and stored in such a way that they can be easily returned (use a shadow storage\label system, to ensure equipment doesn't become damaged and\or lost.

Swimming Results 2019

- 100% of Year 6 cohort can swim competently, confidently and proficiently over a distance of at least 25 metres.
- 100% of Year 6 cohort use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.
- 100% of Year 6 cohort perform safe self-rescue in different water-based situations.

Armathwaite School PE and School Sport Fund Strategy Plan for 2018-19

What we want to achieve 2018-19

In consultation with all pupils in school through student voice assembly time and democratic majority decision making we have agreed that these are the areas of priority and focus for us in the 2018-19 academic year. We will:

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

1. Monitor, evaluate and further develop healthy living behaviours with a focus on diet. Provide a variety of fruit for all at playtime and develop awareness of the need for fluid (water) intake. Link this to work in food technology lessons to ensure all pupils know how to look after their physical and mental health through what they eat and how this links to the physical activity they are involved. The intention is that all pupils in school will make links and connections between healthy eating and being physically active, learning how to develop early positive habits, awareness and skills to establish and maintain life-long healthy lifestyles.
2. Maintain and further develop physical fitness and well-being during break times by extending the range of equipment for playtimes ~ balance and coordination focus ~ wheeled equipment and collaborative\cooperative play. Equipment and storage are a priority.
3. More well-being and physical development opportunities outdoors through use of the school garden and installation of a tree bench.
4. Provision of bikes for use on the new bike track. Research costs and organise purchase of bikes with maintenance, using a local bike seller if possible. New, secure bike storage is needed. Provide this.

Key indicator 2: The profile of PESSPA being raised across the school as a tool for whole school improvement

1. Monitor and review the impact of previous actions, both recent and longer term over time ~ ie balance bikes through student voice evaluation and review.
2. When the chin up and jungle bars have been fitted, monitor the impact they have on upper body strength. Impact of cycle track and bikes.
3. Provision of swimming intervention lessons for identified pupils. Swimming lessons from Year Reception to ensure all children gain NC swimming in Y6

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

- 1 Maintain high quality sports coaching sessions, CPD opportunities and through this develop and extend access to festival/competitions through continued Eden Valley School Sports Partnership Membership. Again, further training opportunities through feedback to partnership; particularly any training opportunities for Smart Moves Intervention member of staff.

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What we want to achieve 2018-19 continued

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

1 Maintain high quality sports coaching sessions, CPD opportunities and through this develop and extend access to festival/competitions through continued Eden Valley School Sports Partnership Membership. Again, further training opportunities through feedback to partnership; particularly any training opportunities for Smart Moves Intervention member of staff.

2 Provide access to Healthy Movers training for two members of staff through involvement in the government funded Diminishing Disadvantage Initiative. Implement this programme for all children in Year Reception and involve children in Year 1. This will include use of PE and School Sport premium to provide cover for a second member of staff and home-school resources for children in Year 1 (Year Reception resources provided through the project).

3 Health and well-being. Employ a professional school nurse to support class teacher in delivering health and well-being and sex and relationships education in upper KS2 with the importance of being physically active and eating healthily a key area of focus.

Key indicator 4: Broader experience of a range of sports and activities offered to all pupils

1. Explore further development of the range of after school sport and physical activity, particularly opportunities for younger children. Explore the possibility of a cycling club. Smart Moves club.
2. Provide alternative activity experiences ~ climbing wall, squash, wheel chair basketball, dance, gymnastics etc. Year 4, 5 and 6 residential outdoor and adventurous learning opportunities.
3. Audit and action plan further gymnastics equipment needed with a particular focus on climbing, balancing, sliding and jumping.
4. In student voice assemblies identify games and activities for break times ~ stilts, box it, large board games etc.
5. Plan and action an outward bound and adventure day for all children in school and also EYFS\KS1 healthy day out trips~ walking etc opportunities.
6. Opportunities to be physically active through chi gung exercise

Key indicator 5: Increased participation in competitive sport

1 Continue to increase access to festivals and competitions ~ lacrosse, netball, football, orienteering, swimming, multi skills, dance, cross country running....

2 Experience visit to watch the netball world championships in Liverpool in July.

3 Active, inclusive sports day in school.

Armathwaite School PE and School Sport Premium Fund

Action Plan and Review 2018-19

What we want to achieve	How we will do it	Who\ when?	Projected Cost	Review ~ have we achieved this objective? Why\why not?	Cost\sustainability and future actions
<p>Key indicator 1 and 2</p> <p>Healthy eating policies in school, informing and encouraging healthy eating at home ~ working together in partnership.</p>	<p>Monitor, evaluate and further develop healthy living behaviours with a focus on diet. Continue to provide free milk and a variety of fruit for all at playtime and, with individual water bottles for all, develop awareness of the need for fluid (water) intake. This will include providing staff water bottles and staff joining children for morning snack. Positive modelling by adults. Create a school food policy with packed lunch guidance.</p>	<p>Fruit and vegetables for all children in school.</p> <p>HH lead</p> <p>ALL staff will support</p> <p>Daily</p>	<p>£150 per half term</p> <p>£900 per year</p> <p>£4.73 per day</p> <p>7p per child per day</p> <p>Policy development 1 day</p>	<p>The provision of fruit and vegetables has impacted so very positively on all children in school because all children stop and eat together for 5 minutes before they go out for morning break. Staff now sit with children and eat fruit too, supporting their health and providing positive role models for children. This investment demonstrates that the importance of fruit and vegetables (and drinking water) as part of a healthy diet is valued. 100% of pupils are having at least one or two of their 5+ fruit and vegetables at this time. Younger children are trying and eating more, developing healthy eating habits. Pupils are also trying a wider variety of in season products ~ spinach has been a popular addition this year. Children have more energy, better focus and active break times.</p>	<p>Continue to provide fruit and vegetables daily for all children in school.</p>
<p>Key indicator 3:</p> <p>Maintain high quality sports coaching sessions, CPD opportunities and through this develop and extend access to festival/competitions through continued Eden Valley School Sports Partnership.</p>	<p>Provide feedback to partnership in order to access relevant training for our staff, particularly any training opportunities for our Smart Moves Intervention member of staff.</p>	<p>KH ~Smart Moves training</p> <p>HH ~ feedback</p>	<p>Membership</p> <p>£2955</p>	<p>Coaching provided in netball for Year 2 to 6, orienteering Years 2-6, Fundamentals Year Reception and 1. Participation in a wide range of competitions with opportunities for all children to participate. All children in upper KS 2 were involved in and attended some of the competitions this year. Inclusivity and opportunities for all to participate are a high priority.</p>	<p>Continue to provide opportunities for all through participation in an expanding range of sporting competitions.</p>

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<p>Key Indicator 1, 2, 3</p> <p>Access to Healthy Movers training through involvement in the government funded Diminishing Disadvantage Initiative. Implementation of this programme for all children in Year Reception and 1. This will include use of PE and School Sport premium to provide home-school resources for children in Year 1 (Year Reception resources provided through the project).</p>	<p>HH and KH to attend training, familiarise themselves with the programme and resources required. Acquire bags for Y1 children and make time to deliver the programme 2 to 3 times each week with take home activities.</p>	<p>HH KH</p>	<p>Possible supply cover to enable access to training for two members of staff (some cover sourced through participation in the initiative.</p> <p>Cost of healthy movers bags\resources for Y1 children. £100</p>	<p>This objective was successfully achieved with opportunities expanded in school, meaning all children in Year 1 as well as Year Reception were able to participate.</p> <p>CPD training was provided for two members of staff.</p> <p>Healthy Movers bags were provided for all children. Bags contained balls, scarves and other equipment for children to use at home. Activities were delivered in school with information cards sent home for parent\carers to use with their children. Feedback was very positive. All children really enjoyed the fun active sessions. Home cards illustrated how items in the home can be used for fun active games.</p>	<p>Cover for training and bags £255</p>
<p>Key Indicator 1, 2, 4</p> <p>Explore further development of the range of after school sport and physical activity, particularly opportunities for younger children. Explore the possibility of a cycling club.</p>	<p>Research cycling and other ideas provided by children through discussion in student voice assemblies.</p> <p>Organise times and dates, share with families through letter home and get started.</p>	<p>HH Children</p>	<p>Subsidised costs as required. £30 - 40 per week</p>	<p>Cycling club began in the summer term and has been very well attended. It has been available for children from Reception through to Year 6 and delivered by a trained cycling coach who is also an experienced teacher. The club has been subsidised as required. Very positive feedback from all involved.</p>	<p>Subsidising this club more heavily in future and providing use of school bikes could encourage even wider participation.</p>

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<p>Key Indicators 1 and 4</p> <p>Provide a cycle track on the school field.</p>	<p>Consult children and grounds maintenance contractor, then report back to governor working environment committee. Arrange for work to be carried out.</p>	<p>ASAP as this is a target brought forward from 2017-18</p>	<p>£1200</p>	<p>The cycle track has been installed and is in full use during break times. It has provided an area of focus for cycling and is designed to provide challenge for the youngest through to older children.</p>	<p>£880 from 2017-18 fund. A donation of soil and subbase reduced the anticipated cost of £1200</p>
<p>Key Indicators 1, 2, 4</p> <p>Provision of bikes for use on the new bike track.</p> <p>Research costs and organise purchase of bikes with maintenance, using a local bike seller if possible. New, secure bike storage is needed. Provide this.</p> <p>All children will have somewhere to safely develop cycling skills (no local parks etc for cycling due to rurality)</p>	<p>Purchase of sturdy, quality bikes for use during playtimes ~ 8 bikes to be purchased.</p> <p>Need to organise safety check and maintenance contract for these bikes.</p> <p>Bikes will be stored securely in a purpose built shed which will mean they are at less risk of damage.</p>	<p>Purchase of bikes to be made once the cycle track has been installed.</p> <p>Spring term</p> <p>Spring\Summer term</p>	<p>Bikes £2000</p> <p>Storage sheds for bikes £1000</p>	<p>These bikes have been purchased ~ three initially with another three added. We bought in threes as there are three sizes and have now added another 2 of the larger size. Advice was sought from professionals and an agreement made for safety checks and servicing.</p> <p>The bikes are in full use all break times. Cycling and balance skills are improving significantly building on the success we had last year in supporting our youngest pupils to transition from balance bikes to being able to ride a pedal bike independently.</p> <p>Cycling also offers an alternative way of keeping active for children who are not as interested in other break time activities available. Storage has been purchased.</p>	<p>£2039.94 (769.97 from 2017-18 fund)</p> <p>£800</p>

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<p>Key Indicators 1 and 4</p>	<p>Outdoor play equipment PE equipment Outdoor play storage ~ 2 small sheds for PE lesson equipment. 2 sheds for playtime equipment</p>	<p>HH and all children</p>	<p>£400 £400</p>	<p>Outdoor play equipment has been identified by children and is being ordered alongside storage sheds. A further storage shed may be necessary to house this equipment securely.</p>	
<p>Key Indicators 1, 2, 4 Audit and update gymnastics equipment with a specific intention of ensuring we are providing continuity and challenge for upper Key Stage 2.</p>	<p>Audit the equipment considering size, purpose and quantity. Identify equipment needs, specifically in terms of fixed frames, beams and gymnastic tables. Consult children, contact suppliers, request quotes and organise fitting of chosen equipment.</p>	<p>HH to complete audit in consultation with pupils and BA</p>	<p>£5000 to £6000</p>	<p>Children have been consulted, company has been contacted and made a visit before preparing a quote. Instalment of this equipment is planned. A balance beam and bench have also been ordered for use in gymnastics lessons. We await delivery of these items as there is a wait from order to delivery.</p>	

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<p>Key Indicator 1, 2, 4</p> <p>Explore further development of the range of after school sport and physical activity, particularly opportunities for younger children. Explore the possibility of a cycling club.</p>	<p>Research availability of the club and cost to provide it.</p> <p>Contact possible providers and organise a day of the week for it to take place.</p>	<p>HH to re-search and contact coach to deliver these sessions.</p> <p>Session delivery over 8 week period £280</p>	<p>Costs to subsidise the running of the club. Keep attendance prices as low as possible to make this club accessible for all. Provide attendance for disadvantaged pupils.</p>	<p>Cycling club began in the summer term and has been very well attended. It has been available for children from Reception through to Year 6 and delivered by a trained cycling coach who is also an experienced teacher. A small charge has been made for attendance of this club with funded places offered to disadvantaged pupils. Further subsidy may make this opportunity available to low income families. Explore this option.</p>	<p>Costs were just covered this term, however possible future additional costs to subsidise this club in order to make it accessible to all.</p> <p>(£120 per term?)</p>
<p>Key Indicator 1, 2, 4</p> <p>More well-being and physical development opportunities outdoors through use of the school garden and installation of a tree bench.</p>	<p>Audit the garden and find out what is needed to make it as accessible as possible at all times while remaining well organised. To do this we need planned focus gardening times in lessons and healthy living club and accessible resources for use in break times.</p>	<p>HH and all children in student voice</p> <p>Assembly in consultation with staff.</p>	<p>Tree bench and tree ~ £400</p> <p>Gardening shed and equipment £1000</p>	<p>The Lucy tree bench was chosen during student voice assembly. It was purchased through use of a donation to school. A tree to grow in the bench was donated by a local business. Children enjoy playing and talking on the bench. Good for quieter play.</p> <p>The garden needed more gravel, a new gardening shed for tools etc, plants for the herb and vegetable gardens, bulbs and seed for the wild flower bee and butterfly raised bed. Children really enjoy tending the</p>	<p>Lucy bench and tree donated £0.00</p> <p>New gardening shed has been ordered along side more tools.</p> <p>£375.00 ~ shed</p> <p>Tools ~£150</p> <p>Gravel\plants £100</p>

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Continued from previous page.				garden during break times as well as lessons and at club. Strong links in learning are developing and using tools to weed and harvest crops is beneficial to physical health , healthy eating and mental health and well-being. The garden is offering an alternative opportunity to be physically active during break times. It is very popular with younger children in school.	
<p><u>Swimming and water safety</u></p> <p>All children will achieve at least the expected standard by the end of Key Stage 2.</p> <p>*swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>*use a range of strokes effectively [ie, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p>	<p>Provision of swimming intervention lessons for identified pupils.</p> <p>In order to continue to reduce the need for intervention when children are older continue to provide swimming lessons for all children in school starting from Year Reception.</p> <p>This means children will be confident successful swimmers from an early age rather than having to catch up in learning to swim when older.</p>	<p>HH</p> <p>Swimming teacher CS</p>	<p>£600</p>	<p><u>Swimming</u></p> <p>* 100% of Year 6 cohort can swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>*100% of Year 6 cohort use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</p> <p>*100% of Year 6 cohort perform safe self-rescue in different water-based situations.</p> <p><u>Impact over Time</u></p> <p>The impact on swimming in school since the whole school began to have a fortnight block of daily swimming lessons at the local outdoor pool is extremely positive. Lessons</p>	<p>£600</p>

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Review ~ have we achieved this objective? Why\why not?

Cost \What next?\Sustainability

continuedbegan when the school changed from a first school to a full primary, so the oldest children were Year 4. The first whole school swimming lessons in 2012 had over 50% of children unable to swim, with a significant number of children afraid of the water (50% of our Year 4 children at the time couldn't swim and had a fear of the water). Additional intervention lessons were planned and took place each year, using PE and SS funds. These included lessons for high end special needs children, which took place as well as standard lessons. The result over time has been that 100% of children have made excellent progress with 100% of pupils achieving the national standard swimming award in all 3 areas in 2019. Many of our younger pupils achieve this standard before they reach Year 6 and this is due to the investment made in early swimming. These lessons are not a requirement but, with the support of the fund, we are able to provide them alongside curriculum KS2 standard lessons. The governing body and staff are proud of this positive progress and high percentage of outcomes. Feedback from swimming is extremely positive. All children (and staff) have over half a day outside and the planned outdoor learning includes time in the local play ground area. Use of this local outdoor pool for lessons has resulted in many of our families making use of the pool and a percentage of our parents using it for their own exercise and well-being needs.

Continue to fund early swimming lessons from Year Reception up.