

Armathwaite School PE and School Sport Fund Strategy Plan for 2017-18

What we want to achieve 2017-18

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 2017-18 academic year

1. Monitor, evaluate and further develop healthy living behaviours with a focus on diet. Provide fruit for all at playtime and develop awareness of the need for fluid (water) intake.
2. Maintain high quality sports coaching sessions, CPD opportunities and through this develop and extend access further 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.
3. Explore further development of the range of after school sport and physical activity, particularly opportunities for younger children.
4. More well-being and physical development opportunities outdoors through use of the school garden.
5. Explore the possibility of regular swimming intervention lessons for identified pupils.
6. Continue to deliver and develop healthy living club for a block each half term.
7. 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.
8. Provide outdoor monkey bar type equipment to provide opportunities for children to develop upper body strength.
9. Explore the possibility of alternatives to traditional team games in order to meet interests of all student sport ~ ie climbing wall, squash, trampolining
10. Plan and action an outward bound and adventure day for EYFS\KS1 and further healthy day out trips~ walking etc opportunities.
11. Outward bound day on Ullswater for children in Years 4 to 6.
12. More bikes and scooters for playtimes.
13. Provide a bike track\course around the edge of the school field for use during break times.
- 13 Monitor and review the impact of previous actions, both recent and longer term over time ~ ie balance bikes through student voice evaluation and review.
- 14 Purchase 4 new iPads with the capacity to film PE in school for evaluation and improvement of performance and a large screen for the hall for class viewing, teaching and evaluation purposes. Begin with gymnastics sessions.
- 15 Host a free mental health and well-being course provided through the NHS by providing the venue and a range of healthy refreshments.

Armathwaite School PE and School Sport Fund Action Plan Review 2017-18

What we want to achieve	<u>What was involved?</u>	<u>Impact on school sport and PE in school</u>	<u>What next ?</u>
1. Monitor, evaluate and further develop healthy living behaviours with a focus on diet. Provide fruit for all at playtime and develop awareness of the need for fluid (water) intake.	A wide selection of fruit and vegetables are available daily for all children in school. Children are actively encouraged to drink water throughout the day as well as during morning break. Milk is provided for all children in school who want it.	Making time for healthy daily snack before morning break has encouraged all children to develop healthy eating habits. This has involved challenge as some children were so keen to go out to play that they are missing their snack.	Work towards full staff involvement and modeling. Make time to sit together and enjoy sharing fruit\vegetables and milk\water socially.
2. Maintain high quality sports coaching sessions, CPD opportunities and through this develop and extend access further 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.	<p>Organisation of timetable to make time for coaching to take place including teacher time to participate in the sessions (CPD).</p> <p>We attended a number of festivals and competitions.</p> <p>Training opportunities have been limited this year. No Smart Moves training was available.</p>	<p>Experience of a wider range of physical activities has benefitted both children and adults.</p> <p>Performance in competitions has been strong. All children who wanted to represent school in competition have had the opportunity to do so. We got through to the North of England lacrosse championships for the second year running. We expanded our competitions into swimming galas\festivals {Penrith Pool and Lazonby festival.</p> <p>Feedback has been given on training requirements.</p>	<p>Capitalise on training opportunities that arise.</p> <p>Continue membership of Eden Valley School Sports Partnership (EVSSP).</p>
3. Explore further development of the range of after school sport and physical activity, particularly opportunities for younger children.	<p>Smart Moves club</p> <p>Healthy living club</p>	Smart Moves club has started on Friday after school, replacing tennis club. This club is subsidised through use of the fund when required.	Explore other opportunities we could provide.
4. More well-being and physical development opportunities outdoors through use of the school garden.	The garden and gardening equipment including tools made available during break times.	Children have enjoyed digging in the garden during break times, particularly younger members of school. It has provided lots of opportunities to explore and talk.	We need to do some maintenance work on the garden pathways.

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<p>5. All pupils leave school in Year having achieved the National Curriculum Swimming Standard.</p> <p>Explore the possibility of regular swimming intervention lessons for identified pupils.</p>	<p>All children Year Reception to 6 had a two week block of daily swimming lessons in the summer term. New additional cost for the hire of a Lazonby Pool lifeguard.</p> <p>Additional discreet intervention lessons were not provided this year due to a change in swimming and teacher and a reduced need. However, having a teacher in the water for the first 4 lessons each day, with our new swimming teacher also accompanying the children in the water provided very positive quality of teaching.</p>	<p>In 2018 89% of pupils achieved the National Curriculum Swimming Award. Intervention provided for 11% not achieving (SEND). Better than expected progress made in swimming by this 11%.</p> <p>Children who have a fear of water, difficulty with movement in the water, or don't access swimming at any other time during the year have benefitted significantly from previous interventions delivered over time. The standard of swimming for all children has risen and the inclusive approach means that all children are provided with an equal opportunity to learn to swim during school swimming lessons. The positive impact of lessons and interventions during school swimming over previous years is now delivering the intended results. Block sessions and teacher support in the water make a significant difference to progress. Intervention sessions have been planned \booked for summer 2019.</p>	<p>Continue to provide swimming lessons in 2019.</p> <p>Continue to provide this intervention and explore the opportunity to develop it further with our new swimming teacher Claire Spruce.</p>
<p>6. Continue to deliver and develop healthy living club for a block each half term.</p>	<p>Organising and</p>	<p>Healthy living club is a fun and interesting way for children from 4-11 years to learn about good health and well-being in a holistic manner, linking healthy eating, with being physically active and learning how to develop and maintain good health through sleep, etc.</p>	<p>Continue this club, offering free access to pupil premium pupils.</p>
<p>7. Maintain and further develop physical fitness and well-being during break times.</p>	<p>by extending the range of equipment for playtimes ~ balance and coordination focus ~ wheeled equipment and collaborative\cooperative play. Equipment and storage are a priority.</p>	<p>Everyone is active every playtime. The range of choices children can make has expanded due to the purchase of additional equipment. Storage is still an issue with bike storage a priority.</p>	<p>Plan for new bike storage and general equipment storage.</p>

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8. Provide outdoor monkey bar type equipment to allow opportunities for children to develop upper body strength.	This has been planned and choices have been evaluated and discussed. We have decided together that jungle bars and 3 tier chin up bars will be the best choice for us. We have browsed websites in assembly times to inform our choices.	The equipment has been fitted and has been in full use every playtime. It appeals to all ages of children and although used by everyone, is particularly popular with girls. It has been hugely beneficial to upper body and core strength development, whilst also building perseverance and stamina	Installation and use!
9. Explore the possibility of alternatives to traditional team games in order to meet interests of all student sport ~ ie climbing wall, squash, trampolining, kayaking.	We made contact to organise squash and climbing wall. Although dates were provisionally postponements were made. We did manage to arrange kayaking.	Only kayaking has taken place so far. Feedback was very positive. See point 11 below.	Plan other activities in 2018-19
10. Plan and action an outward bound and adventure day for EYFS\KS1 and further healthy day out trips~ walking etc opportunities.	This adventure day was combined with the outward bound trip for Year 4 to 6, making the day a whole school visit and reducing costs. Children and staff travelled to Derwentwater, Keswick by coach. Younger children took a launch across the lake with their teddy bears and had fabulous adventures in the woods and on the lakeshore. Year 4 to 6 spent the morning canoeing on Derwentwater at the Outward Bound Centre. All met up and picnicked and played by the lake before returning to school by coach.	This was a wonderful, active adventure for everyone involved. We sailed across the lake with members of the public and then played in the woods and on the lake shore on the quiet side of the lake. We took our teddy bears and they loved it! Well-being and physical health benefits.	Plan another visit for next year. Maybe
11. Outward bound day on Ullswater for children in Years 4 to 6.		Year 4 to 6 had an exciting adventure kayaking on the lake. The whole day and experience was very positive for all involved. Particularly good for stepping out of our proximal zone, trying new adventures, sense of achievement and well-being. This is something all children know they could do again.	More of the same next year.

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12. More bikes and scooters for play-times.	Children were involved in the choice and purchase of 2 transforming, height adjustable scooters\bikes and an ELS racer.	Put into immediate use on the school field during break times. Accessible to all ages of children due to adjustment levers, which can be used independently by children.	Create a bike\scooter track on the school field.
13. Monitor and review the impact of previous actions, both recent and longer term over time ~ ie balance bikes through student voice evaluation and review.	Student voice assemblies to discuss. Playtime observations.	Student response to bikes, both balance and with pedals is very positive. Younger children are developing the balance and coordination to be able to ride a wheeled bike through use of the balance bikes. Introducing balance bikes onto the school field as well as in the early years outdoor play area has had a very positive impact. Use of bikes requires risk assessment, spatial awareness and peripheral vision. Some of the bikes are getting damaged. Storage boxes are not ideal.	Student voice assembly identified and agreed the provision of a bike track with banks and bumps as a future action. Plan to purchase more sturdy off-road bikes and organise a maintenance package with the bike supplier (local if possible).
14. Purchase 4 new iPads with the capacity to film PE in school for evaluation and improvement of performance and a large screen for the hall for class viewing, teaching and evaluation purposes. Begin with gymnastics sessions.	4 new iPads were purchased and immediately put into use. Valuable for recording and playing back to evaluate and improve own\group performance.	Initial positive response. Need to put into regular use to see impact. Also, consider best use for different age groups and PE focus. Build this into action plan for 2018-19.	Download airserver onto teacher laptops so that iPad can be mirrored onto large screen in the hall. This will allow whole class evaluation and teaching without the need to transfer video from iPad onto laptop.
15. Host a free mental health and well-being course provided through the NHS by providing the venue and a range of healthy refreshments.	Organisation for the event with NHS practitioners delivering and provision of refreshments. Cover for staff to attend. Invite colleagues from schools outside our cluster to attend.	This was a very positive training event, attended by the head teacher\PE lead and nurture STA. valuable information regarding mental health and well-being.	Mental health and well-being audit in partnership with NHS.

PE and School Sport Spending Overview 2017-18

Focus Area	Details of Spending	Amount
Membership of Eden Valley School Sports Partnership	Coaching in schools, training for staff and access to competitions and festivals	£2,955
Equipment for use in PE lessons	Balls, iPads for use in evaluating and improving performance £1269.49	£1269.49
Access to wider range of physical activities\sports	Lacrosse coaching, hire of Lazonby swimming pool	£877.50
Outdoor learning ~ physically active, mental health and well-being	Forest School, Gardening equipment and outdoor learning	£284.00
Healthy living ~ physical activity at playtime	Chin up bars, jungle bars, cycle track and bikes for playtime on the field Backpacks for Healthy Movers EYFS Y1	£5451.62
Healthy living ~ healthy eating Healthy eating ~ food technology equipment DT	Fruit\vegetable and milk provided for all children in school each day. Food storage, ingredients for food tech lessons	£971.15
Healthy living ~ mental health and well-being	Transition support ~ shared cost of bus for Y6 camp, Life Education Bus for all children in school with parent visit opportunity, sex and relationships education , trip to Derwentwater	£784.00
Experience of a wide range of physical activities	Kayaking, lacrosse, Emergence dance company workshop and theatre visit subsidy, U-Dance, Wheelchair basketball	£899.56
Training and teaching resources	Drawing and talking training , Healthy Movers training cover	£389
Intervention work including resources ~	SMART Moves, cycling intervention	£250
Maintenance and equipment inspection	Safety inspection of indoor and outdoor equipment, grounds markings and ground maintenance ~ running track and football field, bike track maintenance.	£1114.00