

Armathwaite School PE and School Sport Fund

Action Plan Review 2015-16

What we want to achieve	<u>What was involved?</u>	<u>Impact on school sport and PE in school</u>	<u>What next ?</u>
<p>Implementation of staff training CPD and JPD</p> <p>High quality gymnastics learning across school. Confidence, enjoyment and skill development by all children.</p> <p>The development of persistence through drive and motivation to achieve, seeking challenge and self-improvement. Reflection on the positive experience involved in achieving progress</p>	<p>This year has seen a big focus on using and applying what we have learned during CPD and JPD, particularly in gymnastics and invasion games.</p> <p>Teachers and support staff confidently teaching more technical gymnastics skills such as forward rolls, handstands , cartwheels etc.</p> <p>Purchase of further Continental gymnastics equipment to enhance the equipment we already have and increase opportunities for swinging and climbing. This followed discussion with the gymnastics consultant providing our training and student voice assemblies to decide which equipment we would buy.</p>	<p>Following a strategic meeting between the three teachers delivering high quality PE across school a timetable was agreed that would continue to provide clear and consistent PE lessons across school. Long term plans were made to ensure all areas of PE continue to be delivered with a particular focus on gymnastics following the joint CPD delivered in school by a gymnastics specialist last year.</p> <p>Children accessing a wide range of games opportunities delivered by specialist coaches. Skill development. Access to range of provides opportunities to develop new interests. Teacher knowledge and skills developed.</p> <p>This means that all staff involved in teaching PE and physical development in school are trained, which provides consistency for all children.</p> <p>Gymnastics has a high profile in school. Staff are skilled in teaching gymnastics which means pupil learning experience is improved.</p>	<p>Gymnastics sequence performance for parents at the end of the summer term by Year 5 and 6, including the use of our new equipment</p> <p><i>Future Action:</i></p> <ul style="list-style-type: none"> <i>Access to sports clubs for children interested and/or demonstrating particular talent</i> <p><i>Teachers gain knowledge and have opportunities to observe children</i></p>

Armathwaite School PE and School Sport Fund

Action Plan Review 2015-16

What we want to achieve	<u>What was involved?</u>	<u>Impact on school sport and PE in school</u>	<u>What next ?</u>
<p>Opportunities for children to receive coaching from visiting coaches to school</p>	<p>Subscription to Eden Valley School Sports Partnership providing opportunities to work with and learn from specialist coaches through membership of Eden Valley School Sports Partnership. Coaching in the 2014-15 season included Quicksticks hockey, dance, football, cricket, tennis and bikeability.</p> <p>Also through the school sports partnership four members of staff attended a full day of training in the Basic Moves programme which is used in our school.</p>	<p>Children accessing a wide range of games opportunities delivered by specialist coaches. Skill development. Access to range of provides opportunities to develop new interests. Teacher knowledge and skills developed.</p> <p>This means that all staff involved in teaching PE and physical development in school are trained, which provides consistency for all children.</p>	<p>Continue to use this highly skilled and effective resource.</p>
<p>Further develop the very successful Smart Moves Programme in school</p>	<p>In-house training for TA apprentice , working alongside experienced specialist TA to develop skills and understanding of core movement skills and coordination, balance, ball skills. Within all of this developing skills of focus, self-regulation , control and cooperation/collaboration.</p>	<p>Children now have two members of staff delivering the Smart Moves Programme in school providing opportunities for personalised support for every child who would benefit from it.</p>	<p>Joint planning, delivery and assessment.</p>

Armathwaite School PE and School Sport Fund

Action Plan for 2015-16

What we want to achieve in 2015-16

Maintain high quality sports coaching sessions, CPD opportunities and through this develop and extend access to festival/competition through continued Eden Valley School Sports Partnership Membership

Acquire the equipment needed for lacrosse, hockey and other physical education and school sports activities

Develop the range of after school sport and physical activity, particularly opportunities for younger children

Develop club links for children interested and signposting opportunities for talent .

Development of healthy lifestyle club.

Maintain and further develop physical fitness and well-being during break times.

Maintain and extend the range of equipment for playtimes.

Global Learning sports link

Confidently use and apply skills and knowledge acquired during our gymnastics training, delivered to all staff in school last year by a gymnastics consultant. Make use of gymnastics equipment to acquire and develop the skills needed to plan, compose, rehearse and perform a gymnastics sequence to a parent/community audience

Explore the possibility of alternatives to traditional team games in order to meet interests of all student sport ~ ie climbing wall etc.

Armathwaite School PE and School Sport Fund

Action Plan Review 2015-16

What we want to achieve	<u>What was involved?</u>	<u>Impact on school sport and PE in school</u>	<u>What next ?</u>
<p>1. Maintain high quality sports coaching sessions, CPD opportunities and through this.....</p> <p>2.develop and extend access to festival/ competition through continued Eden Valley School Sports Partnership Membership</p>	<p>Coaching experiences:</p> <p>Balance bikes Y1\2</p> <p>Bikeability Y5 (6)</p> <p>Quicksticks hockey Y2,3,4 , 5, 6</p> <p>Football ~ Year 3, 4 and 5</p> <p>Tennis</p>	<p>Positive impact is clearly evident. Feedback has been sought from students, staff and leadership perspectives.</p> <ol style="list-style-type: none"> Subscription to Eden Valley School Sports Partnership provides a wide range of sporting activities, delivered by well-trained coaches. Pupil feedback through student voice review suggests that pupils feel that the coaches are able to add depth in their specialist areas. They appreciate this and can see the impact it has on their learning experiences and progress. Staff also feedback very positively with regard to coaching. Coaches are consistently well-trained and prepared. Not only are they knowledgeable in the sport they are coaching they are also aware of how to manage and organise the class and the time management of lessons. Progress is clear and a pattern of consistency is emerging in the progress children are making year on year. We entered and attended additional festivals and competitions this year with clear success evident. Entry to the lacrosse festival by Year 3 and 4 students resulted in progress from the local to the area final. Entry to the tennis festival resulted in success in the Year 3 and 4 tennis competition. Our running club competed in three competitions ~ Hunter Hall, Patterdale and Caldew. Runners were highly ranked in all three races and all involved completed their race with personal best performances. 	<p>Renew our membership for next year and attend joint partnership and Active Cumbria meetings wherever possible.</p> <p>Build on the number of competitions we enter with a continued focus on inclusion and accessibility for all pupils expressing an interest.</p>

Armathwaite School PE and School Sport Fund Action Plan Review 2015-16

What we want to achieve	<u>What was involved?</u>	<u>Impact on school sport and PE in school</u>	<u>What next ?</u>
<p>Develop lacrosse in school through continued coaching blocks with the North of England Lacrosse England development officer.</p>	<p>8 weeks of coaching sessions for children in Years 2,3 4 and Y5 and 6.</p> <p>Entry to the local area lacrosse festival with success leading to progress to the north of England championships, narrowly missing progression to the All England Championships in Sheffield. We are thrilled with these positive results.</p>	<p>We are now experiencing the positive impact of consistent coaching over time. This has a far more positive impact on skill development and developing an awareness of strategies and tactics involved when playing team games than one off coaching experiences.</p> <p>The impact is evident in the progress made by all pupils in sending and receiving the ball, attacking goal and applying strategies and tactics as a team. Competitions entered are fully inclusive for all wanting to attend.</p> <p>Other evidence of impact is the success experienced in the local festival which led to attendance of the north of England championships in Lancashire, narrowly missing qualifying for the national championship in Sheffield. It has also provided opportunities to attend a local club.</p>	<p>1. Continue coaching next academic year and attend the competitions with a view to getting through to the nationals this time!</p> <p>2. Make sure we balance sporting activity with other strands of physical education in teacher led PE lessons.</p>
<p>Acquire the equipment needed for lacrosse, hockey and other physical education and school sports activities</p>	<p>Netball posts and pole protectors purchased and set into tarmac. Also lacrosse sticks and goals, gym equipment, hockey sticks and balls, netballs and footballs and a ball store for the shed.</p>	<p>Same equipment used in coaching is available for use in lessons and practise/playtimes.</p> <p>Netball club is great with the new fixed posts and marked court. It is well attended by children from Year 3 through to 6. we have competed in two netball competitions this year. Making equipment available for playtimes is having a positive impact, providing opportunities for practise.</p>	<p>Evaluate the use of this equipment to ensure it is being made use of. Consider other equipment needed.</p>
<p>Develop the range of after school sport and physical activity, particularly opportunities for younger children</p>	<p>Organise tennis club for Year Reception to Year 2 inclusive run by a parent volunteer.</p> <p>Start healthy living club, run by HH, BA, HG.</p>	<p>Children have very much enjoyed the early tennis activities using resources acquired by school for this purpose. The club is run by a parent with tennis experience. Positive response with regular attendance by 33% of children eligible to attend. Also, healthy living club has been very well received by younger children. The mix of physical activity, cooking, gardening and fun are good for health and well-being.</p>	<p>Continuing in the 2016-17 academic year with a change of day to coincide with and complement football which is available for Year 3 to 6.</p>

Armathwaite School PE and School Sport Fund Action Plan Review 2015-16

What we want to achieve	<u>What was involved?</u>	<u>Impact on school sport and PE in school</u>	<u>What next ?</u>
<p>Swimming ~ increase confidence and independence for all.</p> <p>Aim ~every child leaving school has passed their national curriculum award.</p>	<p>Swimming lessons provided for all with sustainability in mind. Whole school attendance every day for 2 weeks, with opportunities for outdoor learning and use of local play equipment daily. Well-being and physical health was a priority.</p> <p>Additional booster classes available for identified students, funded by PE and School Sports fund.</p>	<p>This was another continuing targets which began when full primary status was achieved in 2011. At this time a large proportion of pupils were unable to swim with some having a significant fear of water. This year we had very few children wearing armbands and the impact of consistency in lessons was evident in the rise of standards in swimming. The impact of booster intervention sessions was tangible, with student feedback highlighting the impact it has had, particularly on their confidence and in turn enjoyment of swimming.</p>	<p>Continue to build this whole school, inclusive approach to swimming. Monitor numbers of pupils requiring intervention across school, particularly older year groups as this should have diminished significantly over time.</p>
<p>Development of healthy lifestyle club.</p>	<p>Planning of club and delivery by team of teachers . Open to all children in school from Year R to 5. The focus is on fun health and fitness, both mental and physical. Activities include gardening, cooking, healthy snack, exploring different types of fruit and vegetables, playing collaborative games, film club, dancing, well-being.</p>	<p>Healthy living club has been a huge success, enjoyed by all involved. Attendance was consistently high with over one third of all pupils in school attending regularly.</p>	<p>More healthy living club each term next year ~ blocks of sessions with a holistic approach to healthy living.</p>
<p>Develop club links for children interested and signposting opportunities for talent .</p>	<p>HH made contact with local secondary school and clubs to signpost running opportunities for a student identified as gifted and talented in this area, with potential to excel.</p> <p>Lacrosse club was also signposted for all students in KS2, run in Penrith.</p> <p>Tennis links through a Year 4 student and family.</p>	<p>Opportunities to further develop skills and talents, meet new people and enjoy sporting activities.</p> <p>Successful signposting with student involved attending clubs to extend and develop her natural talent.</p>	<p>Could do a lot more to seek out and signpost clubs for all ~ not just as a pathway for talent, but also to extend opportunities for fun physical activity for all.</p>

Armathwaite School PE and School Sport Fund Action Plan Review 2015-16

What we want to achieve	<u>What was involved?</u>	<u>Impact on school sport and PE in school</u>	<u>What next ?</u>
<p>Confidently use and apply skills and knowledge acquired during gymnastics training, delivered to all staff last year by a gymnastics consultant. Use gym equipment to acquire and develop the skills needed to plan, compose, rehearse and perform a gymnastics sequence to a parent/ community audience</p>	<p>Gymnastics</p> <p>Mrs Dowes and I have organised quotes from two companies for additional gymnastics apparatus including rope swings. This will support the development of balance and upper body strength, areas we have identified as needing action.</p> <p>Also we have ordered a wall ladder and bars to add to the climbing frame in the hall and an additional balance bench.</p>	<p>Finding time alongside regular coaching slots is the challenge. One lesson per week during focus rather than the timetabled two. Pupil feedback supports this view. This has meant parent performance has not yet taken place. Plan in for the future.</p> <p>A significant investment to support the development of balance and upper body strength, identified as needing action.</p> <p>Chosen by student voice and very well received by all students.</p>	<p>Do more! Monitor the impact of this apparatus not just on gymnastic abilities but also on the development of balance, coordination, core strength and strong shoulder girdle all of which are important in the shorter term for things such as writing but also in the longer term for general health and well-being</p>
<p>Explore the possibility of alternatives to traditional team games in order to meet interests of all student sport ~ ie climbing wall etc.</p>	<p>We had planned a visit to the squash club in Carlisle but were unfortunately stopped by the winter floods which led to the club being flooded so we couldn't go.</p> <p>Orienteering ~ Year 5 and 6 attended competitions with Mrs Yates.</p>	<p>Orienteering was well received and provided opportunities for success for students who may not be as interested in competitive team games.</p> <p>No impact for activities which didn't take place.</p>	<p>Need to plan in climbing wall/squash for next year and consider other opportunities.</p>
<p>Global Learning sports link</p>	<p>Still latent. We will work on this next year, linking closely to our Rights Respecting school work.</p>	<p>No impact.</p>	<p>Plan into next year.</p>

Armathwaite School PE and School Sport Fund Action Plan Review 2015-16

What we want to achieve	<u>What was involved?</u>	<u>Impact on school sport and PE in school</u>	<u>What next ?</u>
<p>Maintain and further develop physical fitness and well-being during break times in response to student voice.</p>	<p>The new 'skyward summit' climbing mountain has been purchased for use in the outdoor play area for children in Year Reception and 1.</p> <p>Impact of log clamber stack was reviewed and is available on the school website.</p> <p>Additional gardening equipment has been purchased and is available for use during playtime.</p> <p>New playtime equipment has been purchased through the use of student</p> <p>Netball post on school field.</p> <p>CPD Playmaker training for TAs and lunchtime supervisors from school and made available to other local schools.</p>	<p>This equipment , specifically for early years is for the same purpose as the gymnastics ropes and ladder, encouraging children to step out of their comfort zone, learn to manage risks and experience the reward of challenging and stretching themselves. It also provides a great den area underneath which should provide hours of creative and imaginative pretend play opportunities! Healthy living and well-being are important elements provided by this equipment for our children.</p> <p>The new playtime throwing and catching equipment arrived before Easter. Time was spent organising how to store it effectively in the shed on the field. This is genuine student voice and ownership of the management of our school. It's a privilege to see how interested our children are in doing this and how mature they are in their approach. It provides ownership of the development of citizenship and active healthy lifestyles and positive well-being which of course is a significant part of our school vision and ethos.</p> <p>The playmaker course was attended by all relevant staff from school. This was a free course as we provided the venue but is an important part of our whole school PE and healthy living plan.</p>	
<p>Additional unplanned!</p> <p>Healthy whole school trip.</p>	<p>We decided together to have a healthy whole school summer trip. This involved sailing across Ullswater Lake to climb a mountain and raise money for British Heart Foundation just walk campaign. Fund money was used to pay for the steamer crossing.</p>	<p>This was a wonderful day out for all involved. For a number of children it was the first time they had been on a boat and up a mountain. They grew in confidence before our eyes. The sense of achievement and enjoyment by all children as they played on the mountain top, paddled in the lake and sailed on the steamer was tangible. Feedback was excellent ~ see the display in the entrance hall.</p>	

Armathwaite School PE and School Sport Fund Strategy Plan for 2016-17

What we want to achieve in 2016-17

1. Developing 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. Seek further training opportunities through feedback to partnership; particularly early years physical development training for key staff.
3. Explore further development of the range of after school sport and physical activity, particularly opportunities for younger children.
4. DANCE! Dance focus for Year 5 and 6. apply to U-Dance with a view to composing and performing to an audience at Theatre at the Lake or The Sands Centre. Organise and subsidise opportunities to see a live performance by a professional dance company.
5. More well-being and physical development opportunities outdoors through garden development,
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. EYFS ~ outdoor play area development ~ review safety and future of wooden balancing equipment. Source natural climbing materials such as tree trunks etc!
9. Global Learning sports links.
10. Confidently use and apply skills and knowledge acquired during our gymnastics training, delivered to all staff in school by a gymnastics consultant. Make use of gymnastics equipment to acquire and develop the skills needed to plan, compose, rehearse and perform a gymnastics sequence to an audience.
11. Explore the possibility of alternatives to traditional team games in order to meet interests of all student sport ~ ie climbing wall, squash, trampolining
12. Explore the possibility of an outward bound and adventure day for EYFS\KS1 and further healthy day out trips~ walking etc opportunities
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 new iPads 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.