

# Arnside National School

## Long Term Physical Education Development Plan 2021-2023

### VISION FOR THE PRIMARY PE AND SPORT PREMIUM

ALL pupils leaving primary school **physically literate** and with the **knowledge, skills and motivation** necessary to equip them for a **healthy, active lifestyle** and **lifelong participation** in physical activity and sport.

#### Reflection: How do we measure the impact of School Sports Premium spending?

- Through self-evaluation and tracking of pupil progress.
- Annual written reports that identify next steps and celebrate achievements.
- PE coordinator assesses the impact of the SSP and amends practice accordingly.
- Head Teacher, Governing Body and SLT maintain an overview of the impact of the SSP.
- Participation in competition at all levels is higher than in previous years, as is the participation in the number of extra-curricular activities being offered.
- Pupils show a good understanding of the benefits of exercise and healthy lifestyle
- They have a well-developed skills, attitudes and values when involved in sporting activities.

#### Where next: We aim to continue to improve:

- ✓ The engagement of all pupils in regular physical activity- kick starting healthy active lifestyles
- ✓ The profile of PE and Sport being raised across the school
- ✓ Increased confidence, knowledge and skills of all staff in teaching PE and Sport
- ✓ Broader experience of a range of sports and activities offered to all pupils
- ✓ Increased participation in competitive sport
- ✓ Increase awareness of the link between exercise and physical and mental well-being through positive messages and examples
- ✓ To build closer links with local sports and activity clubs
- ✓ Introduce more intra-school competitions

#### We aim to do this by:

1. Increasing the variety of sports taught within school by teachers and coaches and develop staff confidence in delivering lessons. More PE curriculum focused time.

*Action: In school training provided by either School Specialist PE teacher (Steve Hoare) or National Governing Specialists. Sports coaches to deliver skills lessons and teachers to deliver shorter but more frequently fitness sessions. Yoga CPD training qualification booked in for up to 10 staff in Autumn Term'21.*

*Timescale: Ongoing*

*Cost: Sports Premium*

2. Sports and P.E. Coordinator (Jeanette Shipperd) and Sports and P.E Governor (Steve Kershaw) to monitor and observe lessons taught and take feedback from staff regarding professional development. Gain opinions from children, parents and staff on the current physical education within the school. Use questionnaire to ascertain levels of participation in sport and exercise in both children and staff.

*Action: PE Coordinator to design questionnaires for both staff, parents and children. April'21 Audit questionnaires; provide results and feedback on areas of improvement. PE Coordinator to review and make changes where necessary.*

*Timescale: Completed May'22      Cost: N/A*

3. To improve the profile of sport and healthy lifestyle by ensuring all children are wearing the correct kit and teachers encourage this by also wearing a kit.

*Action: Class teachers and PE Coordinator to monitor and ensure letters are sent home or reminders on PE and Sport Dojo page to those children with the incorrect kit or no kit. New PE uniform to be introduced on Coniston School uniform shop for September'21*

*Timescale: Ongoing- gradual phasing in of new uniform      Cost: Parental/Sports Premium*

4. Introduce a variety of after school sports clubs and lunch clubs to ensure there is at least 1 club taking place each week. Supplied by either staff or out of school specialists.

*Action: Target non-engaged children by providing activities which encourage them to participate and enjoy a healthy lifestyle e.g. treasure hunt to raise money for the school, exploring Arnside walking/nature group (Possibly a parent/child event). New lunch time Sports clubs to introduced from September'21 with coaches. Run two sports clubs a week on Mondays and Wednesdays.*

*Timescale: Ongoing      Cost: Sports Premium*

5. Target the parents. Ensure both parents and children understand the benefit of a healthy, active lifestyle. Introduce Change4life theme days and clubs to promote better lifestyles.

*Action: PE Coordinator or Specialist Sports Coach to arrange a healthy living day in the Autumn term 2022. Parents invited to take part in a fun activity with their child and promote healthy eating by having an after school healthy food taster session. Explore the possibility of local food providers, for example ASDA / Tesco, and offer them the opportunity to support the activity.*

*Timescale: Autumn term 2022      Cost: Sports Premium*

6. Develop a values based, whole school approach to physical education.

*Action: Teachers to deliver 'Healthy Me or Physical Well-Being' assemblies across the course of the year. Examples include teacher giving an account of a day spent doing an activity such as walking up a mountain or going for a cycle. PE Coordinator to arrange one off assemblies from local sports performers such as mini display from Kendal School of Gymnastics, local Rugby team, local horse-riding stables, the FA, Lancaster Trampolining group etc.*

*Timescale: Ongoing*

*Cost: Sports Premium*

7. Improve PE equipment in school.

*Action: Audit and sort of PE resources in PE cupboard. Replace / new equipment to be ordered- each class to have their own set.*

*Timescale: September'22*

*Cost: Sports Premium.*

8. Develop links with professional organisations and the local community groups.

*Action: To attend network meetings and continue to develop professional development and training (Active Cumbria, SLRP, Dallam Cluster). Make links with the local Tennis Club, Football Club, Bowling Green and Sailing Club to offer taster sessions for the pupils to encourage community links and involvement. Attend the AFPE Sports conference to identify tool kits and ideas to promote PE and Sport in school and spend Sports Premium money effectively.*

*Timescale: Ongoing*

*Cost: Sports Premium*

9. Improve breaktime and lunchtime activity provision.

*Action: Themed break/lunch times to be delivered by Year 6 Play leaders. Year 6 to do training during summer term 2021 and arrange for younger children to be involved.*

*Timescale: Ongoing Cost: Sports Premium*

10. To continue to increase participation in both competitions and after school clubs.

*Action: PE co-ordinator to arrange inter and intra sports events. E.g. Football matches against other local schools, whole school intra gymnastics competitions and enter more competitions at Dallam (local feeder school) and South Lakes. Audit participation levels on a termly basis.*

*Timescale: Ongoing*

*Cost: Sports Premium*

11. To inspire a whole school healthy lifestyle change.

*Action: SPORTS EXERCISE LEAGUE TABLES: 'Top Gun Sports Stars. 'To We are going to explore the idea of introducing class tables which use a point system based to reward engagement in sport and exercise in and out of school. Children will be able encouraged to be active partners in this process. At the end of the academic year all children that have demonstrated an improved motivation and engagement increase will receive a reward, it will also anticipated that the extra exercise will have a positive outcome for tackling obesity and general health. The walk/Bike to school initiative will receive new imputis from this award. Reward examples: Water Slide Day, Sports Trip.*

*Timescale: Ongoing Cost: Sports Premium*

12. We anticipate that with the increase in clubs, exercise league table, intra-school and increased inter-school sport that we will be in a strong position to apply for the School Games Gold Mark.

*Action: To liase with Sharon Nicholson (School games officer) for support with application process for School Games Gold Mark.*

*Timescale: July'22 Cost: N/A*

13. To promote Active 30 throughout school:  
Breakfast sports/athletics clubs, Walking/Biking to school, Daily Mile, Wake up/Shake up, Active maths/Maths of the day, Sports leaders delivering activities at break times, PE lessons, Listen and move- for less able students, Activity story time, After school sports clubs, Kung Fu Punctuation, Active Science- Pulse rate etc, Morning PE lessons to increase focus, BBC Maths Super Movers, Jump Start Johnny, Go Noodle, Activate, Cross-curricular lessons e.g. Maths/Rugby

*Action: 'Every primary school child should get a least 60 minutes of moderate to vigorous physical activity a day. At least 30 minutes should be delivered in school every day through active break times, PE, extra-curricular clubs, active lessons, or other support and physical activity events. Remaining 30 minutes supported by parents and carers outside of school time.'*

*Timescale: Ongoing Cost: N/A*

14. To purchase outdoor gym fitness equipment and trim trail:  
This will be used in both PE lessons and during playtimes, to increase physical fitness. We will ensure the equipment is inclusive to all pupils.

*Action: Quotes for new outdoor gym equipment. Discussions with head and finance governors to discuss options ready for instalment of outdoor gym equipment.*

*Timescale: Summer 2021 Cost: £3500 carried over from Sports Premium 2021/2022 Sports Premium money once all expenses have been paid.*

15. To purchase or lease school minibus

To be used for trips, residentials, outdoor events and sporting activities. Also available for the community to hire out.

*Timescale: Summer 2023  
donations and sponsors.*

*Cost: This will be funded through grants, local*

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