

Folkestone St. Mary's Church of England Primary Academy

P E and Sports Plan 2020/21

This expands on and is linked to the objectives of the overall Academy Improvement Plan

To enable us to achieve our vision of an academy in which all children achieve their full potential, we see participation in physical activity and sport as a very helpful tool to promote the health and wellbeing of our children. Moreover, the provision of high quality physical education can improve pupils' concentration and attitudes and helps develop the resilience and self-discipline that is essential for effective sustainable learning within all aspects of life.

Throughout the course of the year, we will aim to provide high quality PE lessons, along with the opportunity for pupils to engage in both competitive and non-competitive sporting activities, Covid-19 dependent. This will ensure a variety of pupils will be given the opportunity to experience competitive sport taught effectively and in a manner that is sensitive to individual need and emotional development. Pupils will be introduced to PE and sport from a non-competitive perspective, particularly in KS1, and these opportunities will be given equal importance as competitive sport. Pupils will be encouraged to recognise their own levels of performance and given support to set themselves achievable improvement targets. Children will have the opportunity to take part in competitive intra-school competitions at the end of a unit of work in order to allow them the opportunity to experience competitive sport during curriculum time, particularly in KS2.

Where a child demonstrates a particular talent or potential, we will strive to ensure that they have every opportunity to benefit from high level teaching and coaching in order to develop their skills and confidence. This will be developed with a network of local coaches and gateways to clubs and training facilities.

PE and Sport is linked to the development of personal, social and health education, as they are regarded as playing a key role in the overall well-being of our children and providing a sound basis for the development of self-esteem and wider learning skills. We are continuing to place an increased emphasis on encouraging healthy eating, which was introduced in the 2014/15 Academy Improvement plan.

We believe that our children's experience of and enjoyment of sport and physical exercise at primary school will positively affect their future lifestyle choices and lead to improved health and social relationships for the rest of their lives.

We will aim to continue to make use of our links with other schools and organisations to build links with local clubs and providers, to whom children and their families can be sign posted or from whom we can commission direct support. We will continue to work closely with the Shepway Sports Trust this year, who will deliver a significant number of the activities and events. This part of the package will account for a large portion of the funding we receive. Dependent on the current Covid-19 restrictions, we hope this will also allow children to access competitive sport at differing levels, including county and regional levels. We will continue to receive support from specialist coaches to up-skill staff and support team teaching. This is planning for the long-term, leading to improved teaching and learning as a result of a long-term coaching project. With the funding in place indefinitely, the idea is to develop the teaching of staff at the school, rather than spend large chunks of this to bring in coaches to deliver lessons without teachers present or as PPA cover. Therefore, we are in a strong position to have skilled staff to deliver high quality PE sessions when the funding may no longer be in place.

As with all aspects of our work, the PE plan will be delivered in accordance with our safeguarding policy. This is particularly important as the PE and Sports plan involves wide levels of engagement with adults and organisations outside of the Academy.

We will encourage children to build on their links with local clubs and also trial new clubs in the Shepway area.

We will use assessment to help provide information regarding the fitness and skills children are demonstrating in specific year groups, enabling us to measure the impact of PE and sport, as well as show how the funding is moving fitness forward in school. The 'Run a Mile' challenge has had a positive impact with this, enabling distance covered in a certain timeframe to be tracked, evidencing progress with fitness. Therefore we will continue with our Run-a-Mile challenges within school. Assessment within swimming will continue to be monitored, although due to Covid-19 restrictions this will be in Term 2 to ensure pupils meet the NC targets by the time they leave primary school.

PE and Sports Evaluation 2019/20

Key achievements to date:	Areas for further improvement and baseline evidence of need:
<ul style="list-style-type: none"> • Children improving their fitness with the implementation of the 'Run a Mile' challenge. • Fitness assessments showing an average increase in fitness of 34% in testing across the course of the year. • Opportunities for year 6 children to receive a boxing qualification. • Entering more Level 2 competitions and above than ever before. • Entering our first gymnastic competition as a school. • Winning a regional football event and qualifying for a level 3 event as a result of this in London. • More children having the opportunity to attend clubs and competitions than previous years. 	<ul style="list-style-type: none"> • Provide CPD and support for new NQT staff to enable them to deliver the curriculum effectively. • Run a Mile challenge to be established in KS1 more consistently. • Tie in clubs with competitions to allow greater success in some events, running these at specific times of the year to link with competition calendar. • Extend opportunities for KS1 children to attend more competitive events where possible. • Swimming top up sessions for children in year 6 who have yet to meet the National Curriculum requirements for swimming. • CPD opportunities for as many staff as possible throughout the course of year, linked to skills audits.

Meeting national curriculum requirements for swimming and water safety	Please complete all of the below:
<p>What percentage of your current Year 5 cohort swim competently, confidently and proficiently over a distance of at least 25 metres?</p> <p>N.B. Even though your children may swim in another year please report on their attainment on leaving primary school.</p> <p>The data for the current cohort has been severely affected by wider events, which has had a negative impact on the data. In recent years, rapid progress takes place in the final terms, with NC testing taking place in term six.</p>	58 %
<p>What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?</p>	58 % front crawl and backstroke and 25% at least three different strokes.
<p>What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?</p>	58 %
<p>Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming but this must be for activity over and above the national curriculum requirements. Have you used it in this way?</p>	Yes/No – to run and organise swim gala opportunities for St. Mary's and schools in the Shepway area.

Academic Year: 2020/21			Date Updated: October 2020		
Key indicator	Intent	Implementation		Impact	
	<i>School focus with clarity on intended impact on pupils:</i>	<i>Actions to achieve:</i>	<i>Funding allocated:</i>	<i>Evidence:</i>	<i>Sustainability and suggested next steps:</i>
Key indicator 1: The engagement of <u>all</u> 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	To improve participation and enjoyment of sports for all pupils, with a focus on those who are currently reluctant exercisers.	<ul style="list-style-type: none"> • Improve fitness, confidence and self –esteem within all pupils. • Give children opportunities to engage with the 'Run a Mile' challenge. • Extend the Run a Mile challenge to KS1, focusing on enjoyment. • Encourage an active break and lunchtime with Play Leaders and staff to engage with sports outside (provide training for those who are not confident). • Purchase balance bikes (KS1), scooters (KS2) and helmets for pupils to engage with at break times. 	£1000 (for purchase of equipment)	<ul style="list-style-type: none"> • More pupils will be engaged with sports and PE and be excited for their lessons. • Pupils to show a higher level of fitness during Run a Mile. • Pupils to be active during their break times. 	
	To ensure all pupils achieve the NC requirements for swimming.	<ul style="list-style-type: none"> • Provide additional swimming sessions for our Year 6 as they missed many swimming lessons due to the Covid-19 outbreak. Look into this for Term 3/4. 	£1300 (additional cost of staff member for these sessions)	<ul style="list-style-type: none"> • All pupils to have the access to complete NC expectations. 	
Key indicator 2: The profile of PESSPA being raised across the school as a tool for whole school improvement.	To embed physical activity within the curriculum.	<ul style="list-style-type: none"> • Run a mile to become embedded within KS1. • To encourage physical activity to be used in other lessons, e.g. hooks. AL to model examples to staff. • Encourage staff to run a club for PE/Sport. • Ask all staff to be involved with PE. (Monitor Covid-19 guidelines to ensure social distancing and pupils not crossing bubbles). • Complete a pupil survey to understand what pupils would like to do within PE lessons. 		<ul style="list-style-type: none"> • All staff to be encouraged to take an afterschool club. 	
	To encourage independence for Year 5 and 6 pupils to support transition into secondary.	<ul style="list-style-type: none"> • Encourage Year 5 and 6 pupils to become Play Leaders. • Train these pupils to engage in sports on the playground. 		<ul style="list-style-type: none"> • 	

Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport	To improve teaching of PE and sport within the school, allowing greater opportunities for children to develop their sporting talents.	<ul style="list-style-type: none"> • Shepway Sports Trust Coach to work with teachers, developing observation and team teaching strategies to ensure staff are building confidence within a range of sports – ensure these are across the key stages. • Provide support to NQTs and less confident staff when planning for PE sessions. 	£7,400	•	
	To ensure staff are prepared and confident when teaching.	<ul style="list-style-type: none"> • Provide support for planning and using a range of equipment. • Encourage new physical activities. • Provide staff with PE hoodies to show pupils the importance of being prepared. 	£500	•	
Key indicator 4: Broader experience of a range of sports and activities offered to all pupils	To give opportunities for children to access a range of sports both inside and outside the school setting.	<ul style="list-style-type: none"> • Utilise opportunities from Shepway Sports Trust package that will provide children with a range of wider opportunities, e.g. Sailing taster sessions. • Invite a range of enthusiastic sports stars with activities to engage pupils in a different activities, e.g. BMX, Parkor, Roller Skating. • Order new equipment to allow for opportunities to access a wider range of sports. Ask pupils what equipment they would like within our pupils survey. 	£600 £589 £2500	•	
	To develop Forest School Sessions to include physical activities.	<ul style="list-style-type: none"> • Encourage a range of activities within the Forest School, including Archery. • Develop the area to include a range of outdoor educational and physical activities to promote wellbeing. 	£5000	•	
Key indicator 5: Increased participation in competitive sport.	To increase the number of children having the opportunity to participate in competitive sport and activity.	<ul style="list-style-type: none"> • Children to have the opportunity to train/practice for a particular sport or event. • Ask pupils what sports they will be interested in. • A member of staff to run a Football Club for the Herald Cup. 		<ul style="list-style-type: none"> • SST competitions will be held virtually. • Year groups will be actively encouraged to participate. 	

Expenditure

Area of expenditure	Planned expenditure	Actual expenditure (due to external factors)
Shepway Sports Trust Package	£8,170	
Equipment	£3,500	
Cover for CPD/ team teaching/ running events/ course fees	£3,000	
Additional coaching fees/ external opportunities	£600	
Forest School Development	£5000	
Additional Y6 Swimming Sessions	£1300	
Staff Uniform	Awaiting quote	
Pupils PE Kit	Awaiting quote	

Balance remaining stands at £2,205. This is due to the pandemic and planned facilities/ activities being closed or cancelled. The remaining budget will be used to replenish equipment for the new academic year, matching the curriculum map and planned clubs.

Report on Swimming for academic year September 2020 - Updated 30.09.20

Due to the restrictions of Covid-19, pupils have not been able to access swimming lessons in Term 1. However, arrangements have been made for Year 5 to begin swimming sessions in Term 2. One class will be going once a week and then swapping to the other class the following term.

Swimming Galas - The FESI Galas planned have been currently cancelled due to the Coronavirus outbreak. This will be monitored in the coming terms.

Water Safety - This will be followed up and addressed poolside with the Year 5 cohort or completed via online video messaging, e.g. Teams or Zoom.

Teaching - Freya Coughlan will be joining Colette Cotton, Darren Warner and Joy Wilson with each class when they attend their swimming sessions.

Signed off by:

Head Teacher:		Date:	
Subject Leader:		Date:	
Governor:		Date:	

