

PE and Sport Premium 2018-19

Rationale:

At St. Bede's we believe that Physical Education, Sport and Physical Activity (PESPA) has the power to be used as a vehicle to improve all aspects of school life. We strive to produce physically literate children, who have the knowledge, skills and motivation needed to keep active every day.

St. Bede's provides an inclusive, engaging programme of high quality Physical Education, which is vital part of a child's development. Children will experience a wide range of carefully planned sporting activities. During learning, all children are encouraged to develop leadership skills through pairs, group or whole class settings. We aspire to ensure that children enjoy PE, which will then help us to raise participation levels both in and out of school and therefore in turn, promote healthy lifestyles.

We seek to deliver high quality PE and sports teaching in both curriculum and after school clubs. There will be the opportunity for all to compete, whether against themselves for personal best performances; or in a team sport through District and County competitions. We aim to establish that within their own level of ability all children can achieve and experience success, thereby enabling them to reach their full potential.

PE and Sport can develop the personal discipline and determination to succeed, the resilience to keep going and respond positively to adversity, the self-confidence to play with creativity, and leadership skills to communicate messages clearly and collaboratively in a team. These skills cannot simply be read and rehearsed.

As a school, we are committed to using the Sport Premium to develop and add to Physical Education, Sport and Physical Activity opportunities for our children. We intend to build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years. St. Bede's will raise the profile of the subject by celebrating each other's individual and team achievements, then using these as an inspiration.

Sports has the ability to provide the tools for success in all aspects of school life and therefore bring about whole school improvement. We passionately believe that sport can change lives.

St. Bede's RC Primary PE & Sports Premium 2018/19

Total number of primary aged pupils between the ages of 5-11 = 179

Total amount of Sport Premium Grant received = £17 790 Total amount Spent £17 730

Intent	Implementation		Impact	
Objective	Actions to Achieve	Funding Allocated	Outcome	Sustainability
Engagement of all pupils in regular physical activity – 60 minutes a day, of which 30 minutes should be in school	<ul style="list-style-type: none"> Develop Infant/Junior Active Lunch/Play – Train Lunchtime supervisors and Young Play Leaders. Purchase a variety of new stimulating active play resources. 	£2170	The lunchtime supervisors and young sports leaders will acquire the knowledge and skills to promote active play at break at lunchtimes. Both the junior and infant yard will be full of a variety of new stimulating resources and activities.	Lunchtime supervisors and Play Leaders will develop and encourage pupils to use skills taught. This will ensure that all children will continue with healthy, active lifestyles during lunch and break sessions. Lunchtime supervisors and Play Leaders will receive further training in the future so they have more ideas to disseminate for active play.
	<ul style="list-style-type: none"> Develop activity breaks within the classroom by subscribing to Jump Start Jonny. Fantastic for 'energizers' and 'chillouts'. 	£200	Children will be provided with the opportunity to stay active within the classroom during the school day. Jump Start Jonny 'energizers' will help children to be more alert and able to process new learning. Meanwhile, the 'chillouts' will	Children will notice the positive impact of exercise on their body and learning and consequently take more responsibility in the future for their physical and mental health.

	<ul style="list-style-type: none"> • Purchase spare PE kit for all classes from Reception to Y6. 	£1047	<p>promote calm and positive mental health where necessary.</p> <p>All children participate in PE lessons every week; gaining access to a broad, balance curriculum and the health and well-being benefits of this crucial subject. The school will help prevent inactivity and obesity.</p>	<p>All children will have the opportunity to discover their most favourable sporting pathway, which they could look to pursue in the future. All borrowed kit is returned at the end of a session so it can be used again where necessary.</p>
	<ul style="list-style-type: none"> • Develop shorts activity burst breaks outside of the classroom with the introduction of the Daily Mile. Brief staff on organisation of Daily Mile activities and rationale behind initiative. Construct a safe, accessible course around the school grounds. 	£50	<p>Children develop their stamina, engage with the seasons and take more responsibility for their health and well-being.</p>	<p>A well organised and effective Daily Mile that produces positive health and well-being outcomes will be maintained so future children can benefit from the initiative.</p>
	<ul style="list-style-type: none"> • Purchase Y1/2 Skipping Ropes and provide class teachers with skipping training. 	£100	<p>Staff have an alternative way of providing a short activity bursts outside during the course of a day. Children will develop their</p>	<p>This robust equipment will benefit future classes, while teachers will be more confident leading short skipping activity bursts.</p>

	<ul style="list-style-type: none"> Engage Parents in St. Bede's 30/30 Activity Vision (30 minutes activity in school and 30 minutes after school daily). Set up Whole School Meeting & provide good practice handouts. Purchase Home/School Active Balls. Change4Life Easter & Summer Sport Club 	<p>£78</p> <p>£1498</p>	<p>individual and teamwork skipping skills.</p> <p>Parents and school take collective responsibility for their children's health and fitness.</p> <p>Children experience a variety of fun, engaging sporting activities at a time when they might not have simple access to physical activity.</p>	<p>Parents keep fit with their children promoting healthy lifestyles for the future.</p> <p>Good early experiences will provoke a lifelong interest in sport.</p>
<p>The profile of PE and sport being raised across the school as a tool for whole school improvement</p>	<ul style="list-style-type: none"> Liase with representatives from Newcastle Eagles Healthy Living Roadshow, Durham CC Chance2Shine Cricket Roadshow, South Shields FC Player Visit, Hoopstarz Workshop & Skipping Show. Prepare Junior Sports Community Celebration Assembly by : finding photographs of all winners doing 	<p>£419</p> <p>£1055</p>	<p>Professional sportsmen and sportswomen have delivered eloquent healthy lifestyle messages that have inspired our children to live them out. The immediate uptake in these sports rise sharply.</p> <p>Our annual Sport Celebration Community Assembly brings children, teachers and parents</p>	<p>Children who have attended lessons/ assemblies have their future sporting aspirations raised alongside their self-belief. They are encouraged to dream and be ambitious.</p> <p>Every year children leave the assembly</p>

	<p>school sport, order and collect medals and trophies, prepare notes on reasons for success of winners, find suitable inspirational videos, write parents invitational letter.</p>		<p>together to celebrate the sporting successes of our children. It helps our children to aspire to represent our school in competitive sport. Outstanding Effort and excellent achievements are acknowledged, while new aspirations are made.</p>	<p>proud that their efforts have been recognised and determined to improve again in the future. Disengaged children are encouraged to become involved in school sport in the future.</p>
	<ul style="list-style-type: none"> • South Tyneside Awards 2018. Letter to parents explaining the school related nominations and the organisation of the awards evening. 	£250	<p>A wonderful night was enjoyed by the St. Bede's community family celebrating the sporting achievements of two of our children in a borough wide 'young sports person of the year' category; while our Regional champions basketball team were in the 'team of the year' section.</p>	<p>We sought to inspire our future sports children with a whole school assembly after the event, and by displaying images of the awards ceremony on the school website and the school social media.</p>
	<ul style="list-style-type: none"> • Produce School Games Values Certificates. 	£50	<p>Children who display School Games Values which are transferrable skills throughout the curriculum are distinguished in a weekly assembly.</p>	<p>Sport is a used as a vehicle for whole school improvement by awarding School Games Values Certificates for teamwork, determination, honesty, self-belief, respect and passion.</p>

	<ul style="list-style-type: none"> Organise School Games Day – Whole School. Write Sports Reports/Share photographs/Events & Dates on Website. Buy sports cameras. 	<p>£50</p> <p>£1266</p>	<p>Our School Games Day brings everyone in our community together to celebrate and raise the profile of sport.</p> <p>Children and parents can read about and view images of their child’s sporting endeavours on our website.</p>	<p>Active Parents often have active children and our School Games Sports Day brings everyone together.</p> <p>Our children’s sporting pursuits feature heavily on the website to inspire the children.</p>
<p>Increased confidence, knowledge and skills of all staff in teaching PE and sport.</p>	<ul style="list-style-type: none"> PE Co-ordinator attend CPD Training (Active 30/30 / Active Lessons & Activity Bursts / Ready to Write / Parental Engagement/ Putting the Physical back into PE). PE Co-ordinator delivered INSET Training sessions for all Staff. PE Lead teaches Y5 and supports/mentors staff who lead after-school sport opportunities. Provide staff with new teaching resources /lesson plans and relevant training. 	<p>£2450</p> <p>£1331</p>	<p>PE Lead has attended a variety of high-quality CPD this academic year and has been able to disseminate information to staff so they can be up-skilled. Staff have also been provided with training related to new resources and will receive more next academic year. Support and development has also been provided for staff who lead after school sport clubs.</p>	<p>Teachers build up increased confidence, knowledge and skills to deliver improved PE lessons through training and working alongside PE specialists.</p>

	<ul style="list-style-type: none"> • A Teaching Assistant has supported the PE lead to deliver sport team training sessions and Holiday clubs. • Y5 Basketball Coaching alongside Teacher. • Y4 Skipping Coaching alongside Teacher. • Y3 Hoopstarz coaching • Y1/Y2 Chance2Shine Cricket Coaching in Partnership with Durham CC & South Shields CC alongside Infant staff. 	<p>£650</p> <p>£150</p> <p>£200</p> <p>£100</p> <p>Free</p>	<ul style="list-style-type: none"> • She has developed the ability to lead team sessions and curriculum PE lessons. • Teachers throughout the school have worked alongside specialist sports teachers to improve subject knowledge. 	<p>Staff being upskilled will benefit our future children and give them more confidence to teach high quality PE in the present.</p>
<p>Broader experience of a range of sports and activities offered to all pupils.</p>	<ul style="list-style-type: none"> • Introduce children to different sports through stimulating launch events. Organise Cheerleading and Parkour event at Urban factory. Similarly arrange Hoopstarz, Outdoor and Adventurous Activities launch events by liaising with relevant people. 	<p>£410</p>	<p>Children discovered an aptitude for a different sport, while some of the disengaged children enjoyed new activities. Several children joined cheerleading at the Urban Factory.</p>	<p>New sports created new interests and pathways for the children. Meanwhile, teachers created new links to local community clubs that can be utilised in the the future.</p>

	<ul style="list-style-type: none"> Two Teaching assistants have developed dance to new levels this year. They have organised teams for both the infants and juniors, as well as an after school club. New resources such as a beatbox and pompoms have been acquired. 	£303	Dance has been further developed with more staff involved with the running of multiple teams. The purchase of a beatbox has enabled sessions to take place outside at lunchtimes when the hall is unavailable. Fantastic performances were produced at local theatre and in school productions.	Better resources, great productions and an increasing number of dance enthusiasts will only inspire more children to be involved.
	<ul style="list-style-type: none"> Develop a wider range of sports provision by purchasing new resources and staff receive training from PE lead on implementing activities within the PE Curriculum and in Extra-curricular activities. 			
	<ul style="list-style-type: none"> New Games – Dodgeball 	£80	<p>A broader range of sports will now be provided so that children can be engaged in different ways. Research suggests that at a young age, children cognitively develop better when they experience a wider range of activities.</p> <p>The new resources will consequently mean that teachers can plan more exciting lessons throughout the whole school. As a result, behaviour will improve.</p>	<p>The resources for the new activities will benefit children who attend our school in the future. Teachers will be more experienced by then to develop excellent sessions.</p> <p>Children will have the opportunity to find an aptitude in a different sport. This in turn can lead to new aspirations.</p>
	<ul style="list-style-type: none"> New Game - Futsal Resources 	£639		
	<ul style="list-style-type: none"> Sportshall Athletics Resources 	£192		
	<ul style="list-style-type: none"> Gymnastics Resources 	£575		
	<ul style="list-style-type: none"> Key Stage 1 Resources (Agility, Balance, Co-ordination) 	£330		
	<ul style="list-style-type: none"> Net/Wall Games Resources 	£155		
<ul style="list-style-type: none"> Striking & Fielding Games 	£688			
<ul style="list-style-type: none"> Invasion Games (Hockey/Tag Rugby) 	£224			

Increased participation in competitive Sport	<ul style="list-style-type: none"> Enter multiple teams in a wide variety of different competitions and continue to develop partnerships with local community clubs and providers. 		<p>The school have entered children in a vast range of competitions, where more children than ever have represented our school. Children of all abilities have had the opportunity to excel and aim to achieve personal best outcomes.</p> <p>Meanwhile the competitions have provided a sporting pathway to provide high attaining teams (District Winners) the opportunity to go on and compete at both County and Regional level.</p>	<p>Children that represent their school are shown to have a good chance to stay involved in sport and lead healthy lifestyles.</p> <p>Those children will develop their teamwork, sportsmanship, perseverance, respect and character.</p> <p>Children and Parents will be given advice on how their child can stay involved with any favourite sports at local community clubs.</p> <p>Children that learn to compete and achieve personal best performances develop key life skills that can help them to improve in other areas of the curriculum.</p>
	Y4/5 Basketball (4 teams)	£100		
	Y5/6 Football (1 team)	£80		
	Hebburn & Jarrow AC Y4,Y5, Y6 Cross Country (6 squads)	£88		
	District Y5/6 Tag Rugby (2 teams)	£100		
	District Y3, Y4,Y5, Y6 Cross Country (x8 teams)	£100		
	District Skipping Competition (x30 children)	£100		
	<ul style="list-style-type: none"> School Games Competitions 			
	Y3/4 Quicksticks (x 5 teams)	Free		
	Y5/6 Sportshall Athletics (x20 children)			
Y3 Tennis (x2 teams)				
Y4 Tennis (x2 teams)				
Y3/4 Summer Athletics (x2 teams)				
Y5/6 Summer Athletics (x2 teams)				
<ul style="list-style-type: none"> Durham Cricket Club Competitions (Our partner) 				

	Y5/6 Boys Cricket (x2 teams)	Free		<p>Children wear their school kit with a sense of pride and achievement. Multiple teams wear the same kit and are encouraged that they can achieve.</p> <p>Younger children aspire to represent their school. Children who represent St. Bede's are encouraged to be role models which helps them to step up to high levels of behaviour and to inspire younger children.</p>
	Y5/6 Girls Cricket (x2 teams)			
	<ul style="list-style-type: none"> Y1/2 Multi-Sport (Partnership with St. Wilfrid's) 	£50		
	<ul style="list-style-type: none"> Purchase additional kit for multiple teams. Additional Cricket Whites – Boys & Girls B teams 	£252		
	<ul style="list-style-type: none"> Quicksticks / Hockey Mouthguards / Swimming caps. 	£50		
	<ul style="list-style-type: none"> District / County Final Transport 	£100		

Swimming

At St. Bede's children learn to swim in Y3 and Y4, while they return to the pool in Y6.

Meeting national requirements for swimming and water safety	%
Percentage of current Y6 pupils who could swim 25m in Y4	43%
Percentage of current Y6 pupils who could swim 25m at the end of Y6	93%
Percentage of Y6 cohort that use a range of strokes effectively (front crawl, backstroke and breaststroke)	80%

Percentage of Y6 cohort that can perform safe self-rescue in different water-based situations	63%
Additional provision for swimming? (over and above the national curriculum requirements)	No