



## St Cuthbert's C of E Primary School

The Chase, Great Glen, Leicester LE8 9EQ

Tel: 0116 2592764

*Committed to safeguarding children*



Artsmark  
Silver Award  
Awarded by Arts  
Council England



### PE, Physical Activity and School Sport at St. Cuthbert's.

#### Vision

We at St Cuthbert's Primary School, wish to provide the best Physical Education, physical activity and school sport provision possible. We aim to deliver a programme of high-quality PE lessons and to provide a pathway to participation that will enable all pupils to build their confidence and achieve their full potential.

The School Games will continue to make a clear and meaningful difference to the lives of even more children and young people, that is why we will always aim to provide our pupils with the most opportunities when collaborating with local sports partnerships (South Leicestershire School Sports Partnership and the South Leicestershire Collaborative Partnership).

#### Mission

We aim to put physical activity and competitive sport at the heart of our school and provide more young people with the opportunity to compete and achieve their personal best. PE, physical activity and school sport is for all our pupils.

#### Intent

- To build upon and enhance children's self-efficacy.
- To develop character & life skills.
- To develop different sport specific skills.
- To improve health.
- To increase motivation.
- To foster social connections.
- To develop physical skills.
- To support individual development.

#### Implementation



Our intentions are to develop the 'whole child' socially, morally, mentally and physically. One way we are aiming to achieve this is by our integration of the

school games values within our PE lessons. Our intent is to build upon children's self-efficacy aided by high-quality PE lessons which embed these six values at the heart of each lesson. On a weekly basis, we award children for demonstrating these values in their PE lessons by celebrating their efforts in assemblies with parents and the wider community. Pupils at St. Cuthbert's are given a voice through questionnaires about after-school club provisions and asked for feedback

about their PE lessons. Sports Ambassadors, Playground Leaders and Well- Being Ambassadors are at the forefront of their opportunities to voice their opinions about PE, physical activity, school sport, mental health, physical and mental wellbeing. We implement lunch time clubs as a pathway for pupils eager to get involved in school sport and intra/inter school competition. After-school clubs are provided and are rotated or changed termly depending on participation levels, to ensure there is a variety of different sports or physical activities on offer. Sensory circuits are provided for pupils on the SEND register. We aim to provide a broad-minded curriculum, ensuring the journey from EYFS to Year 6 is progressive (see document entitled 'curriculum map').

### **Impact**

- Behaviour of pupils
- Pupils' attendance
- Engagement in physical activity
- Participation levels
- Physical literacy of our pupils
- Competency of school staff to deliver high-quality PE and physical activity provision
- Mental and physical well- being of our pupils
- Quality of education at St. Cuthbert's
- Access to a wide variety of physical activity and sport
- Links to the wider community
- Preparing them for their learning journeys into secondary education and beyond

### Primary School PE and Sport Funding for 2021/22

The government provides additional funding to improve the provision of physical education and sport in primary schools. The funding is ring-fenced and therefore can only be spent in the following ways:-

- To develop or add to the PE, physical activity and sport activities that our school already offers
- To build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

Schools can use the premium to secure improvements in the following 5 key indicators:

- the engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
- the profile of PE and sport is raised across the school as a tool for whole-school improvement
- 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

St Cuthbert's has 310 eligible pupils and is due to receive £18,100 of primary school PE and sport funding for 2022/23 academic year.

## Planned Allocation of funding for 2021 -2022

**Key indicator 1:** The engagement of all 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

Action	Cost	Intended impact
<p><u>To maintain a structured provision of physical activities at lunchtime and after school</u></p> <p>Clubs based on questionnaires of children to see what clubs they would like. Clubs to target those that haven't participated in a lunch-time or after school club before.</p>	<p>Sports worker salary £10,100</p>	<p>More children involved in active lunchtimes.</p> <p>Improved behaviour on the playground</p>
<p><u>Active Golden Time – children to take part in structured fun activities during golden time on Friday afternoon</u></p> <p>Sports worker to structure games and activities to encourage children to be active during golden time.</p>		<p>Children are active during golden time</p>
<p><u>To mark out the new KS2 stage playground with markings to encourage physical activities throughout the school day</u></p>	<p>£3,920.40</p>	<p>Children are active during school day</p>
<p><u>Sports equipment- lunch time clubs, PE lessons, after-school clubs and sports competition</u></p>	<p>£2,090</p>	<p>Children to use every break time, golden times and for other physical activities planned in lesson time. PE lessons are fully equipped for all areas of the curriculum. After-school extra-curricular activities have well stocked equipment to use.</p>
<p>The school delivered the Girls Active Lifestyles project, 6 weeks of activity for less active girls in year 5/6. The activity was chosen by the participants. This included (insert example). The participants also took part in a GALs celebration event at the local leisure centre. The girls took part in a range of activities including</p>	<p>£2650 (South Leicestershire SSP Membership)</p>	<p>The aim of the event was to signpost the participants to local community exit routes.</p>

Inspire ALL students to get involved in 30 minutes of physical activity during school time and take part in physical activity outside of school.	£2650 (South Leicestershire SSP Membership)	
The school took part in the SLSSP Big Moves project designed for KS1 pupils who lack fundamental movement skills/physical literacy.	£2650 (South Leicestershire SSP Membership)	
The school participated in the SPARX. The 10 weeks of sessions delivered by SLSSP staff with inactive/less confident pupils in KS1. The sessions included fun physical games and mindfulness.	£2650 (South Leicestershire SSP Membership)	
The school took part in an Inclusive Sport Club targeting SEND pupils. A coach from SLSSP delivered a 6-week club alongside a member of staff.	£2650 (South Leicestershire SSP Membership)	
The whole school took part in the Move It March project. Each child was given a physical activity tracker to fill out during March 2022. Certificates and prizes were awarded to children who achieve physical activity milestones (250 active minutes=Bronze, 500 active minutes=Silver, 750 active minutes=Gold and 1000 active minutes=Platinum).	£2650 (South Leicestershire SSP Membership)	
Pupils were also given points for achieving milestones and the most active class won a trophy.	£2650 (South Leicestershire SSP Membership)	
We promoted SLSSP holiday resources to all parents and students. SLSSP produced resources to inspire children to be active and healthy over the Christmas, Easter and Summer holidays. SLSSP Membership		

**Key indicator 2:** The profile of PE, sport and physical activity being raised across the school as a tool for whole school improvement

Action	Cost	Intended impact
<u>Raising the awareness and profile of sport and PE across the school</u>		

<ul style="list-style-type: none"> <li>• Celebration assembly after each sports event to heighten whole school awareness of sport and to stimulate children's aspirations of being involved in school teams.</li> <li>• Participation celebrated in assemblies: awarding of certificates, medals, trophies, match reports.</li> <li>• School sports notice board to generate interest and enthusiasm to represent a school team.</li> <li>• Newsletter items to generate interest and enthusiasm from both children and parents to take part in sporting events to represent the school</li> <li>• Sporting events and results to be put into school newsletter and onto Twitter.</li> </ul>	none	Number of children representing the school and involved in sports teams increases
<p><u>Using PE as a tool for whole school improvement</u></p> <ul style="list-style-type: none"> <li>• Dance- to compliment the current dance provision with a greater depth performance for impact.</li> <li>• Big Moves sessions organised for reception children to encourage core stability. LSSSP teacher to run block of 8 sessions for reception children</li> <li>• Energise clubs to target less active children in year 3/4. Less active children feel more confident to take part in physical activity. LSSSP teacher to run block of 8 sessions for year 3/4 children</li> <li>• The school trained 4 students to become Sports Ambassadors to promote physical activity. The ambassadors formed a school sport organising crew and devised action plan to promote PE and physical activity in school.</li> </ul>	<p>£1080</p> <p>LSSSP funding Option 1 (£2600)</p> <p>LSSSP funding Option 1 (£2600)</p>	<p>Dance- to compliment the current dance provision with a greater depth performance for impact.</p> <p>Teacher assessment:- Children's core stability and body control assessed before and after sessions</p> <p>Questionnaire - Children enjoy sessions, positive feedback, children that have taken part in sessions feel more confident to take part in sporting activities.</p>

<ul style="list-style-type: none"> <li>• The ambassadors took control of a PE and school sport noticeboard. The notice board included the physical activity guidelines infographics. Younger students were encouraged to submit pictures of themselves taking part in physical activity, sporting achievements were included on the noticeboard.</li> <li>• Sporting achievements were also celebrated sport in assemblies. The school newsletter to contain information about physical activity, sports clubs and fixtures.</li> <li>• 4 students were trained to become Well-being Ambassadors to support mental health and internet safety in school. The Well-being Ambassadors have been supporting the Sports Ambassadors.</li> <li>• Took part in an Active Travel Month. During October 2021, students and families are encourage to walk to school. A wallchart was given to each class to record children actively travelling to school. A trophy was given to the class that actively travelled the most.</li> <li>• Student playground leaders and lunch time supervisor trained to make lunch times more active.</li> </ul>	<p>LSSSP funding Option 1 (£2600)</p> <p>LSSSP funding Option 1 (£2600)</p> <p>LSSSP funding Option 1 (£2600)</p> <p>LSSSP funding Option 1 (£2600)</p>	
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**Key indicator 3:** Increased confidence, knowledge and skills of all staff in teaching PE and sport.

Action	Cost	Intended impact
<p><u>Raise teacher's confidence, knowledge and skills in a variety of PE &amp; sports activities</u></p> <ul style="list-style-type: none"> <li>Sports worker to teach PE lessons – class teachers to observe</li> <li>PE co-ordinator to attend appropriate courses and network Meetings</li> <li>Promote a whole school approach to PE and School Sport -providing all staff with professional development, mentoring, appropriate training and resources to help them teach PE and sport more effectively to all pupils, and embed physical activity across your school</li> <li>Our PE co-ordinator has taken part in local PE Subject Leader meetings. The PE Co-ordinator shared the learnings with all colleagues during staff meetings</li> <li>The PE co-ordinator took part in the Leicestershire and Rutland PE Conference, taking part in a variety of workshops including a 'High Quality PE Leadership' workshop.</li> </ul>	<p>£10,100</p> <p>LSSSP funding Option 1 (£2600)</p> <p>LSSSP funding Option 1 (£2600)</p>	<p>Improved confidence of teachers to teach a range of PE and sporting activities. Teachers to record their observations of modelled PE lesson.</p> <p>PE coordinator is up to date with latest developments in primary PE and sport legislation.</p>



The PE Co-ordinator shared the learning points with all staff.		
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Key indicator 4: Broader experience of a range of sports and activities offered to all pupils		
Action	Cost	Intended impact
<u>Questionnaire to children to find out what sporting clubs and activities they would like to participate in</u> <ul style="list-style-type: none"> <li>Sports Coach to put on after school clubs for children</li> <li>Sports Coach timetabled- full time to deliver sensory circuits to SEND pupils and work with developing sports leaders (Playground leaders, Sports Ambassadors and Well-being Ambassadors)</li> <li>Tennis Club</li> <li>After school clubs to be put on to encourage participation</li> <li>Club to be subsidised (room hire costs) to encourage attendance</li> <li>Karate Club</li> <li>Dance Club- KS1 and KS2</li> </ul>	Sports worker salary. 10,100	Percentage of children taking part in physical activity raises
<u>Children to learn how to ride a bike</u> <ul style="list-style-type: none"> <li>Balance bike sessions set up to teach Reception children how to ride a bike.</li> <li>Bikeability training set up for year 6 children to allow children to reach safe standards to ride on the road.</li> </ul>	LLSSP funding Option 1 (£2600)	In school balance bike sessions take place for all reception children 24 children take part in training and reach required standard.
<u>GALs and LADs club set up to target less active children to be encouraged to take part in sporting and physical activity</u>	LLSSP funding Option 1 (£2600)	Children take part in sessions and sign up for after school club in next academic year  Less active/less confident children take part in after school clubs

Year 5 & 6 children to be taken to <u>Leicester Outdoor Pursuit Centre to take part in outdoor and adventurous activities</u>		Children take part in new and adventurous activities they haven't taken part in before.
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#### Key indicator 5: Increased participation in competitive sport

Action	Cost	Intended impact
<u>Subscribe to Leicestershire Learning South School sports partnership for access to intra-school sports competitions.</u> <ul style="list-style-type: none"> <li>Participate in as many competitions as possible from the partnership and the local family of schools</li> <li>Co-ordinate competition calendar with upcoming sports competitions to ensure children have necessary skills to compete in competitions.</li> </ul> <p>Continue to develop Sports Coach role to facilitate opportunities to increase participation in competitive sport</p> <p>Transport to sporting events to encourage attendance</p>	<p>Option 1 LLSSP Funding (£2600)</p> <p>£10,100 Sports worker salary</p>	<p>Increased number of children taking part in school team.</p> <p>Competition success</p> <p>Barriers to participation removed so all children can take part in sporting events</p>