



St. George's C of E School

NURTURE, LEARN, SUCCEED

2021/2022 Sports Premium Strategic Plan

Intent

1 Corinthians 9:26-27: So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

At St. George's, the Physical Education curriculum and wider opportunities provision inspires all pupils to participate, enjoy, succeed and excel at individually targeted physical challenges. The Programme of Studies and extra-curricular provision engages pupils in both team and individual competitive sports and activities, in addition to enabling all children to have access to 60 minutes of physical activity every day. By giving pupils the opportunities to participate, personally challenge themselves, or compete in sport and other activities it enables our pupils to build character, and helps reinforce our school values:

- Belonging: to a team
- Caring: working towards a shared goal, wanting to do our best
- Honesty: fair play and sportsmanship
- Independence: focusing on personal bests
- Perseverance: practising to develop skills and resilience
- Reflection: considering previous performances for positives and action points
- Respect: for our own bodies, our teammates, our competitors, the rules and officials

Whilst developing their competence to excel in a broad range of physical activities, St George's maximises opportunities for pupils to become physically confident in a way which supports their own health and fitness to lead, and be advocates for, healthy, active lives.

Number of children	207 inc Nursery
Allocation for September 2020 - July 2021	£17,500

Swimming Data- To be updated end of academic year 2021-22

Swim 25m = 71%	Use a range of strokes = 71%	Perform Self-rescue = 71%
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At St George's C of E School we are fully aware of the importance of Sport and PE. We are committed to providing our children with the opportunities to get participate in a variety of different sports and games in a competitive environment, to foster a love of sport that remains with them for life and opens up opportunities beyond what we offer at school. That we provide opportunities to develop healthy, active lifestyles through:

1. 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
2. The profile of PE and sport is raised across the school as a tool for whole-school improvement
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport
4. Broader experience of a range of sports and activities offered to all pupils
5. Increased participation in competitive sport

The DfE vision is that, "all pupils leaving primary school to be 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."

The Primary School Physical Literacy Framework, developed by Youth Sports Trust, Sport England, County Sport Partnership Network, Association of Physical Education and Sports Coach UK describe Physical Literacy as, "the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity. Enabling them to be physically literate supports their development as competent, confident and healthy movers."

Key Priorities:

- Improve the current Sport Premium Action Plan. Develop the current system to ensure that it has its best uses.
- Improve Assessment Policy to ensure that all children are aware of their current ability as a whole child (head, heart, hands).
- To ensure equal access to extra-curricular activities across the school for all children including PP pupils, and SEN- closing the gap between boys and girls participation in sport.
- Improve break and lunchtime provision for all children in order to be physically active for at least 60 minutes a day.

- To create a healthy and active ethos across the school through links with the canteen, school council and lunchtime activities.
- Quality assured CPD opportunities for staff coupled with the best use of specialist PE teachers at St George's
- Update the new curriculum to include more leadership/creative opportunities across a wider variety of sporting activities.
- Improve cluster links in sport supporting cluster schools with PE delivery whilst easing the transition to our school.
- Ensure transparency of Sport Premium funding and PE development to parents and the local community.

1. The engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles

At St George's C of E School we feel having a healthy active lifestyle is key to having positive mental health and as a result encouraging children to take up daily exercise and healthy eating is paramount. This viewpoint is supported by the Mental Health organisation who have produced a report that supports this. They believe that physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood.

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems.

Impact on our mood

Physical activity has been shown to have a positive impact on our mood. A study that asked people to rate their mood immediately after periods of physical activity (e.g. going for a walk or doing housework), and periods of inactivity (e.g. reading a book or watching television) found that the participants felt more content, more awake and calmer after being physically active compared to after periods of inactivity. They also found that the effect of physical activity on mood was greatest when mood was initially low. There are many studies looking at physical activity at different levels of intensity and its impact on people's mood. Overall, research has found that low-intensity aerobic exercise – for 30–35 minutes, 3–5 days a week, for 10–12 weeks – was best at increasing positive moods (e.g. enthusiasm, alertness).

Impact on our stress

When events occur that make us feel threatened or that upset our balance in some way, our body's defences cut in and create a stress response, which may make us feel a variety of uncomfortable physical symptoms and make us behave differently, and we may also experience emotions more intensely. The most common physical signs of stress include sleeping problems, sweating, and loss of appetite. Symptoms like these are triggered by a rush of stress hormones in our body – otherwise known as the 'fight or flight' response. It is these hormones, adrenaline and noradrenaline, which raise our blood pressure, increase our heart rate and increase the rate at which we perspire, preparing our body for an emergency response. They can also reduce blood flow to our skin and can reduce our stomach activity, while cortisol, another stress hormone,

releases fat and sugar into the system to boost our energy. Physical exercise can be very effective in relieving stress. Research has found that highly active individuals tend to have lower stress rates compared to individuals who are less active.

Impact on our self-esteem

Exercise not only has a positive impact on our physical health, but it can also increase our self-esteem. Self-esteem is how we feel about ourselves and how we perceive our self-worth. It is a key indicator of our mental wellbeing and our ability to cope with life stressors. Physical activity has been shown to have a positive influence on our self-esteem and self-worth. This relationship has been found in children, adolescents, young adults, adults and older people, and across both males and females.

Dementia and cognitive decline in older people

Improvements in healthcare have led to an increasing life expectancy and a growing population of people over 65 years. Alongside this increase in life expectancy, there has been an increase in the number of people living with dementia and in people with cognitive decline. The main symptom of dementia is memory loss; it is a progressive disease that results in people becoming more impaired over time. Decline in cognitive functions, such as attention and concentration, also occurs in older people, including those who do not develop dementia. Physical activity has been identified as a protective factor in studies that examined risk factors for dementia. For people who have already developed the disease, physical activity can help to delay further decline in functioning. Studies show that there is approximately a 20% to 30% lower risk of depression and dementia for adults participating in daily physical activity. Physical activity also seems to reduce the likelihood of experiencing cognitive decline in people who do not have dementia.

Impact on depression and anxiety

Physical activity can be an alternative treatment for depression. It can be used as a standalone treatment or in combination with medication and/or psychological therapy. It has few side effects and does not have the stigma that some people perceive to be attached to taking antidepressants or attending psychotherapy and counselling. Physical activity can reduce levels of anxiety in people with mild symptoms and may also be helpful for treating clinical anxiety. Physical activity is available to all, has few costs attached, and is an empowering approach that can support self-management.

For more details about how physical activity can help increase wellbeing and prevent or manage mental health problems, read the [full report](#), or get more information about how exercise can improve your mental health on the website: www.mentalhealth.org.uk.

School focus with clarity on intended impact on pupils (inc. Year Group)	Implementation/Actions	Cost	Lead	Resources	Monitoring	Timescale	Impact	Sustainability and suggested next steps
<p>Mental Health Through Yoga/relax kids</p> <p>To develop mental health awareness and provide children with strategies of how to cope in difficult situations. To encourage relaxation techniques and coping strategies for children identified as a child with mental health issues- up to 30 children.</p>	<ul style="list-style-type: none"> Source a qualified yoga instructor. Hold a meeting regarding the outcomes of the sessions and safeguarding procedures. Staff to put forward a maximum of 15 children per unit (5 session) to take part. 	<p>£350</p> <p>Money allocated to other project</p>	<p>PE Lead, Class Teachers, School Business Manager</p>	<p>None</p>	<p>Pupil voice</p> <p>Pupil questionnaire</p>	<p>Spring</p> <p>Summer</p>	<p>Yoga extra-curricular activity included relaxation techniques, breathing and yoga. It included _____ children</p> <p>Education Mental Health Practitioner ran 1-to-1 sessions for 12 children</p> <p>Group workshops for 12 vulnerable children</p>	<p>Yoga extra-curricular activity to be run for 30 children 2 x 15.</p>
<p>Playground Leader Lunchtime Supervisor</p>	<ul style="list-style-type: none"> Organise sports equipment for lunchtimes Organise a rota for football at lunch 	<p>£2943</p>	<p>PE Lead</p> <p>Assistant Head</p>	<p>None</p>	<p>Pupil Voice</p>	<p>Autumn</p> <p>Spring</p>	<p>All children (220) have had access to sports</p>	<p>Further CPD for children moving</p>

To provide suitable safe physical activity for the children at lunch	<ul style="list-style-type: none"> Organise play leaders 					Summer	resources at lunchtime assisted by 6 year leaders and staff. Organised rota for the climbing frame an football leading to an increased usage across the school and positive behaviours.	into year 6 to be play leaders. Further organisatio nal practice of equipment to ensure it is maintaine d and looked after.
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2. Raise the profile of PE and sport across the school as a tool for whole school improvement

3. Increased confidence, knowledge and skills of all staff in teaching PE and sport

At St George's C of E School all pupils have the opportunity to participate in football sessions led by coaches alongside their class teacher. The use of coaches within sports is a useful attribute within the school as it provides a clear focus to each lesson as the coaching is sports specific. The teacher works alongside the coach and is supported, rather than replaced or displaced. The teacher is able to develop their own skills as well as their confidence and competence within a particular area. The benefits can also be reciprocal as the coach is able to learn skills from the class teacher such as promoting positive behaviours, large group organisation and ensuring a safe environment. At Carnforth School the children enjoy having a range of coaches in school. Studies have shown that sports coaches can be very beneficial role models and bring many benefits to schools.

According to Wesport the benefits of using coaches in schools are that they:

- Provide additional capacity to help schools deliver a greater range of sports opportunities for children.

- Work alongside teachers to improve their knowledge around the development of core skills in young people such as locomotion, object control, stability, balance and co-ordination.
- Support teachers to develop fundamental movement skills in young people to help them to be more confident to participate in sport and physical activity as part of a healthy and active lifestyle.
- Promote lifelong participation in sport and physical activity to young people.
- Be role models and play a pivotal role in the mentoring and development of young leaders as coaches
- Contribute to the raising achievement agenda in schools through developing confidence and self-esteem in young people through sport and through educating young people on the importance and value of sport.
- Support the transition between school and community sport through helping to create and develop links with local community sports clubs.

School focus with clarity on intended impact on pupils (inc Year Group)	Implementation	Cost	Lead	Resources	Monitoring	Timescale	Impact	Sustainability and suggested next steps
Swimming To increase the number of children achieving the 3 national curriculum requirements for water safety at the end of KS2	<ul style="list-style-type: none"> • To provide additional top-up swimming lessons to meet the 3 national curriculum requirements. 	£1215	PE Lead	Pool hire Travel	Data analysis	Autumn Spring Summer	12 top up children in year 6 have been targeted for extra sessions. Further targeted support across KS2 to initiate swimming in other year groups	Children targeted earlier for 22/23 for extra top-up sessions in year 6 Year 6 top up swimmers to swim throughout the year-not just the Summer Term

<p>eWFSSP Membership Membership of Wyre Forest School Sports Partnership (WFSSP), providing advice, support, CPD to PE Lead and all staff, as well as thorough programme of competitive inter-school competitions across key stage 1 and 2.</p>	<ul style="list-style-type: none"> • Funding and time for the PE lead to attend all SSP conferences and sessions and utilise resources available to upskill. Access individual sessions to support development process as defined by school needs and subject action plan. • Identify CPD provision available through WFSSP and make accessible and available to staff, targeting key areas of need, as identified by PE lead through audits. • Access inter-school competitions fixtures list and promote participation across school. • Timetable staff meeting slots for PE Lead to inform staff of key guidance. • Renew Partnership Agreement with WFSSP until 2023, enabling 	£3000	PE Lead, Class Teachers	WFSSP Resources	Staff voice Pupil Voice	Autumn Spring Summer	<p>Access to Boccia KS2 tournament, targeting 20 children in year 3</p> <p>Access to CPD for PE lead to make links with other schools, developing the PE long term overview, PE displays and celebration of PE</p>	Possible removal of membership in order to develop further PE and Sport links across the Black Pear Trust.
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	continued access to training, CPD, resources and guidance on regulatory requirement reports							
<p>Staff Subject Knowledge To develop staff expertise to improve quality first teaching and increased quality of extracurricular provision. PE coordinator to support staff where necessary to ensure that quality first teaching is occurring. Four teachers to undertake a NGB qualification or teaching support from qualified coach/teacher-dance, gymnastics, hockey, tag rugby, athletics. Affiliation to youth sports trust</p>	<ul style="list-style-type: none"> • Staff skills audit to be returned to PE coordinator Support put into place for ECT through weekly lesson support and team teaching. • Learning Walks to be completed across the school. • Timetabled lesson support. • Staff attending courses are to create a coaching resource to filter information down to other staff. • Staff working alongside PE Lead and external coaches to upskill an achieve positive CPD. 	£1200	PE Lead, Class Teacher	NGB resources	Staff skills audit	Autumn Spring Summer	<p>Staff audits completed shows that gymnastics training needs to be completed.</p> <p>Staff CPD completed by working with dance teachers of Dance Exchange, football through working with Kidderminster Harriers and cricket working with WCCC.</p>	<p>Learning walks of the quality of teaching.</p> <p>Medium term plans.</p> <p>Timetabled lesson support.</p>

and other governing bodies.								
<p>Dance Exchange To raise the profile of dance and movement at St George's. To provide staff with CPD to develop subject knowledge. To provide an extra-curricular club in dance to develop a love of sport and exercise.</p>	<ul style="list-style-type: none"> 3 hours of dance per week- 2 hours curriculum time and 1 hour extra-curricular across the whole school (207 pupils) Staff to shadow the dance teacher to help upskill personal subject knowledge and delivery and planning. 	£3950	PE Lead	School Hall Dance Exchange provided materials	Teacher working alongside the coach Learning walk Pupil Voice	Autumn Spring Summer	10 staff targeted for Dance CPD	Further CPD in gymnastics
<p>Tennis Coach To raise the profile of tennis at St George's. To provide staff with CPD to develop subject knowledge. To provide an extra-curricular club in tennis to develop a love of sport and exercise.</p>	<ul style="list-style-type: none"> 3 hours of tennis per week- 2 hours curriculum time and 1 hour extra-curricular across Year 5/6 (207 pupils) Staff to shadow the dance teacher to help upskill personal subject knowledge and delivery and planning. 	£1200	PE Lead	Playground/ tennis courts Tennis equipment	Teacher working alongside the coach- T. Wright LTA Learning walk Pupil Voice	Summer		

<p>Renew Playground Markings To increase engagement in football, netball, hockey and tennis during extra-curricular and curricular times.</p>	<ul style="list-style-type: none"> Playground to be jet washed. Marking to be applied. Used during extra-curricular and curricular times. 	£2588.40	Assist Headteacher PE Lead	None	Pupil Voice	Summer	Playground has been prepared to ensure safety Marking to be installed July 2022.	Purchase of Netball posts and other football goals
<p>Cricket Coach To raise the profile of cricket at St George's. To provide staff with CPD to develop subject knowledge. To provide an extra-curricular club in cricket to develop a love of sport and exercise.</p>	<ul style="list-style-type: none"> 3 hours of cricket per week- 2 hours curriculum time and 1 hour extra-curricular across KS2 (207 pupils) Staff to shadow the cricket coach to help upskill personal subject knowledge and delivery and planning. 	£1200	PE Lead	None	Pupil Voice Learning Walk	Summer	Fun sessions of cricket given to all classes across the school to generate an excitement about cricket	Cricket coach to be booked for Summer 1 curriculum time and extra curricular opportunities

4. Broader experience of a range of sports and activities offered to all pupils

5. Increase participation in competitive sports

At St George's C of E School, we endeavour to enhance our pupils experience of sport by offering a range of opportunities to participate in both adventure and sporting activities because we feel it is key to our pupils academic achievement and wellbeing. According to Sport England physical activity can reduce stress and anxiety, with the mastering of new skills often increasing confidence and self-esteem. That there is much evidence that physical activity contributes to enjoyment and happiness, and more broadly to life satisfaction, with the element of social

interaction often cited as central to this. Also volunteers and sports fans also experience increased life satisfaction, associated with having a sense of purpose and pride. That self-esteem and confidence are known to increase through short- or long-term participation or volunteering, because of the opportunity to develop new skills and relationships. That there is general agreement that sport and physical activity has the potential to reduce anxiety and depression symptoms, with most evidence on this focusing on specific subgroups. Other positive outcomes include improved cognitive functioning, benefits for people with dementia, and impacts around emotion regulation.

School focus with clarity on intended impact on pupils (inc Year Group)	Implementation	Cost	Lead	Resources	Monitoring	Timescale	Impact	Sustainability and suggested next steps
Inter school competition at St George's	<ul style="list-style-type: none"> Plan and deliver a tag rugby tournament and athletics tournament at STG for BPT (60 children) Purchase medals and trophies for the event 	£200 Money allocated to other project	PE Lead	Release Time	Pupil Voice	Summer		To be scheduled in Autumn term