

SCHOOL	St George's Catholic Primary School	HEADTEACHER - PE Leader	Mrs D Monaghan Miss O'Hara	Academic Year	<b>2019 - 2020</b>
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**PE and Sports Premium (PESP) STATEMENT 2019 - 2020**  
**IMPACT OF THE PRIMARY SCHOOL SPORT FUNDING ON PUPILS' LIFESTYLES AND PHYSICAL WELL-BEING**

The PE and Sports Premium is part of the Government's legacy from the 2012 Olympic and Paralympic Games - it was a new funding of £150 million available to schools for physical education (PE) and sport. This funding is used to improve the quality and breadth of PE and sport provision.

In July 2017 it was announced that schools with 17 or more eligible pupils receive £16,000 and an additional payment of £10 per pupil. From September 2019, St George's have 350 pupils in Year 1 to 6 and therefore will be allocated a sports premium of £19,500 across the academic year.

Swimming at St George's:

Swimming and water safety has been a requirement of the curriculum since 1994. The aim is for all children to leave primary school with a basic ability to swim 25m competently. The data below shows the percentage of St George's pupils meeting the swimming requirements for this year (as per the 2017 statutory requirement for all schools to publish their swimming and water safety data).

Meeting national curriculum requirements for Swimming and Water Safety	
What percentage of your Year 6 pupils can swim competently, confidently and proficiently over a distance of at least 25 metres?	82% *
What percentage of your Year 6 pupils can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	77% *
What percentage of your Year 6 pupils can perform safe self-rescue in different water-based situations?	82% *

\* Please note: All data correct as of 18th July 2019 when our current Year 6 cohort were in Year 5.

Updated: July 2020			Total Funding allocated: £19,500	
Key Indicators	Action	Success Criteria	£ Cost	Impact Evaluation/Next Steps
1) <b>The engagement of all pupils in regular physical</b>	- Change 4 Life Club – employ coach to run club each week, targeted at specific children (Starting Spring 2).	- Promote healthy and active lifestyle. - Encourage children to take up new sports and activities.	(Proposed cost: £200)	C4L Club with targeted less-active children began Spring 2 for four weeks with 14 children who were considered previously inactive based on club participation data. Children took part in weekly 1-hour fitness

<p><b>activity</b> – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school</p>		<ul style="list-style-type: none"> <li>- Using the curriculum to develop pupils' knowledge, attitudes and skills about health and wellbeing.</li> <li>- Opportunities which attract less-active young people to participate in physical activity.</li> </ul>		<p>activity sessions via indoor and outdoor circuits (using the new outdoor gym equipment- see below). All children were given opportunities to improve fitness individually at their own pace and improve confidence by creating personal best scores through personal challenges.</p> <p><i>Club was cut short due to school closure from Covid19</i></p> <p><i>Targeted children will be invited to club again next academic year.</i></p>
<p><b>2)The profile of PE and sport being raised across the school as a tool for whole school improvement</b></p>	<ul style="list-style-type: none"> <li>- Installation of long-term, fixed Outdoor Gym PE equipment (Sovereign Design Play Systems Ltd): <ul style="list-style-type: none"> <li>~ Arm &amp; Pedal bike; Waist twister; Health Walker; Rower; Slalom Skier; Tai Chi discs; Sky Stepper – enough for 16 children at one time)</li> <li>~ Wetpour surfacing</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Increased participation in physical activity at break and lunch times.</li> <li>- PE coaches able to plan a variety of activities with a wider range of equipment available.</li> <li>- Provide more opportunities to take part in a wider variety of activities.</li> <li>- Better quality of PE teaching and learning – one piece of equipment per child ~ increased movement, participation and activity within lessons.</li> </ul>	<p>£11,680</p>	<p>Equipment used every day by children from Year 2 to Year 6. It has offered a different option of outdoor activity for play times and children have loved using the various pieces of equipment. Quieter children who do not take part in after-school clubs were seen investigating and trying out the new equipment. The percentage of children in each year group that use the equipment on their allocated rota consistently <b>every week</b> are as follows:  Year 2: 95% , Year 3: 88% , Year 4: 84%  Year 5: 90% , Year 6: 85%</p> <p>Sports Leaders have also been involved with leading and officiating games/time trials on the equipment and showing other children how to use the equipment safely. Equipment will be used as part of C4L Club next academic year to improve fitness and promote Personal Challenge activities.</p>
	<ul style="list-style-type: none"> <li>- Purchase of equipment for “Busy Bags” for each class. (Bags of simple equipment and games ideas to be sent home with a different child each Friday to encourage parental engagement in</li> </ul>	<ul style="list-style-type: none"> <li>- Improved health and wellbeing of our pupils through the active engagement of parents.</li> <li>- Active lifestyles promoted at home as well as school</li> </ul>	<p>£433</p>	<p>Equipment was purchased and bags were made for new initiative to be rolled out in Summer Term before school closure due to Covid19. This action is intended to improve the health and wellbeing of our pupils through the active <b>engagement of parents</b>.</p>

	the physical activity of children at home )			<i>Initiative to be introduced to teachers and children next academic year when government guidelines allow for equipment to be sent to/from school and home safely.</i>
<b><u>3) Increased confidence, knowledge and skills of all staff in teaching PE and sport</u></b>	<ul style="list-style-type: none"> <li>- Gymnastics coaching for PE teachers during curriculum time (Autumn Term) – specialist Gymnastics coaches sharing expertise with staff.</li> </ul>	<ul style="list-style-type: none"> <li>- Greater understanding, knowledge and skills in teaching and learning of Gymnastics and how to add more challenge within a lesson.</li> <li>- Increased confidence in PE teachers to plan a variety of activities with a range of equipment.</li> </ul>	£1,267	<p>PE coach gained increased knowledge of gymnastics skills and confidence in teaching gymnastics. Confidence in teaching gymnastics before training was 5/10 and after the training was 9/10.</p> <p>Lesson observations of gymnastics following the training showed significant improvement to previous observation – Lessons were more controlled, sequenced and had a calm learning environment. PE coach and children were using key vocabulary and focused on key skills tasks that were differentiated.</p>
<b><u>4) Broader experience of a range of sports and activities offered to all pupils</u></b>	<ul style="list-style-type: none"> <li>- ‘Gymnastics Team’ morning club (Northwood Gymnastics club link) from Sept 2019 – March 2020. Mon – Year 3 / 4 and Year 1 / 2 Thurs – Year 5 / 6</li> </ul>	<ul style="list-style-type: none"> <li>- Opportunities which attract less-active young people to participate in physical activity.</li> <li>- Exposure to new/a range of sporting activities.</li> <li>- Opportunities for talented young sports people specific support to help them to develop their sporting potential.</li> <li>- Increased participation in extra-curricular clubs.</li> <li>- Improving positive attitudes to being active and to sport.</li> <li>• Increasing knowledge of healthy lifestyles</li> </ul>	£1,524	<p>In Harrow Gymnastics Competitions: Year 3 Team came 5<sup>th</sup> out of 10 schools with one pupil placing 4<sup>th</sup> overall and one pupil placing 10<sup>th</sup> overall out of 11 participants. Year 4 Team came 4<sup>th</sup> out of 10 schools with one pupil achieving 2<sup>nd</sup> place overall out of over 30 participants. Year 5 Team qualified 5<sup>th</sup> out of 13 schools for the finals competition and placed 5<sup>th</sup> out of 6 schools overall with one pupil placing in the top ten out of 26 participants. Year 6 Team also qualified for the finals competition and placed 3<sup>rd</sup> out of 7 schools in Harrow, with two pupils placing in the top 10 out of 28 participants. Without the gymnastics club, our school would not have had a team to enter these competitions and perform so well. Children’s confidence has been boosted and various pupils were commended with outstanding effort awards from the competitions.</p>

	<ul style="list-style-type: none"> <li>- 'Yoga on a Cloud' sessions for each year group during 'Hello Yellow' day, raising the profile and awareness of positive mental health.</li> </ul>	<ul style="list-style-type: none"> <li>• Developing and improving physical skills</li> <li>• Improving confidence and mental wellbeing</li> <li>- Improving and growing children's minds, emotions and thoughts.</li> <li>- Relieving stress and promoting a greater awareness of the link between physical and mental well-being.</li> </ul>	£250	<p>The workshops enabled all children in the school from Reception to Year 6 to take part in a different type of physical exercise, different to their PE topics. The workshops promoted healthy stretching and exercise, and also encouraged children to focus on improving and growing their minds, emotions and thoughts. The removal of the competitive element of yoga encouraged less active children to take part and work at their own pace. Children gave positive feedback from the workshops, commenting it made them feel relaxed.</p>
	<ul style="list-style-type: none"> <li>- Yoga Programme by 'Yoga on a Cloud' – Year 6 weekly yoga sessions and lunchtimes sessions for KS2.</li> </ul>		£180	<p>Year 6 thoroughly enjoyed their yoga sessions. It was our aim to teach the children how to better deal with stress and anxiety, while moving and stretching their bodies. They all gave very positive feedback from their weekly sessions and said they would continue if given the opportunity. Following the sessions, Yr 6 teachers reported that 85% of the children came back to class more focused and calm. Up to 15 children from KS2 attended the lunchtime yoga sessions voluntarily and also gave positive feedback. The sessions also offered pupils an alternative physical activity during lunchtimes and the opportunity to practice mindfulness. 100% of these children said they would like to continue yoga, commenting that it made them feel calm and relaxed.</p>
<p><b>5) <u>Increased participation in competitive sport</u></b></p>	<ul style="list-style-type: none"> <li>- Buy into HTSA (Harrow Teaching School Alliance) PE package with Youth Sport Trust and HSIP.</li> </ul> <p><i>(also meeting Key Indicator 3 Increased confidence, knowledge and skills of all staff in teaching PE and sport)</i></p>	<ul style="list-style-type: none"> <li>- Children have access to good quality Sport and PE.</li> <li>- Children have continued opportunities to participate and compete in competitive sports locally, borough wide and nationally</li> <li>~ Competitions Calendar.</li> </ul>	£1,500	<p>Outcomes of the contribution to the PE SLA:</p> <ul style="list-style-type: none"> <li>- St George's Sports teams had opportunities to take part in local, borough and national competitions.</li> <li>- Membership to the Youth Sport Trust – support, online resources, Quality Mark, campaign updates.</li> </ul>

		<ul style="list-style-type: none"> <li>- Networking with colleagues and sharing of good practise.</li> <li>- Work with partners including HSIP, Youth Sport Trust, Healthy Schools London, London Sport, Harrow Borough Council as well as local clubs.</li> </ul>		<ul style="list-style-type: none"> <li>- CPD from the Harrow PE and Sports Hub: New ideas for implementing the new PE curriculum; networking; direct links to sporting organisations and clubs; increased capacity and sustainability of PESP; positive impact of health and well-being on whole school improvement.</li> </ul>
	<ul style="list-style-type: none"> <li>- Watford Community Sports &amp; Education Trust - cover for PE lessons for teachers to attend competitions with sports teams.</li> </ul>	<ul style="list-style-type: none"> <li>- Increased opportunities to access competitive sport within the borough.</li> <li>- Increased participation in out-of-school sports.</li> </ul>	<p>£240</p> <p>(x8 sessions Autumn &amp; Spring term)</p>	<p>Cover for PE lessons has enabled St George's teams to participate in as many Level 2, Borough competition as possible, in a range of sports, including B teams ensuring opportunity to increase participation numbers and inclusion. Many good results achieved from teams attending Level 2 school games fixtures: - Boys and Girls Football teams qualified from their league groups to play in finals. See above for great results in KS2 Gymnastics Borough competition. KS1 multi-sports festival won all games! Also, positive results from Swimming Gala, Rugby, Cross-Country and Hockey fixtures. Up to Easter 2020, we were able to attend 100% of fixtures that we planned on attending within the borough school sports calendar – 77% of possible Borough Events on offer.</p>
	<ul style="list-style-type: none"> <li>- Contribution to Football Pitch Hire at The Hive (6th &amp; 13th February 2020)</li> </ul>		<p>£55</p>	<p>Contribution to the pitch hire gave our girls football team the opportunity to play at Barnet F.C's ground, promoting girls football and inspiring girls to become involved in sport. 14 different girls were taken to play across A and B teams. Out of 5 matches played – won 3, lost 1, drew 1.</p>
<b>Total</b>			<p>£17,129</p>	