

Armathwaite School PE and School Sport Fund Strategy Plan for 2016-17

What we want to achieve in 2016-17

1. Developing healthy living behaviours with a focus on diet. Provide fruit for all at playtime and develop awareness of the need for fluid (water) intake.
2. Maintain high quality sports coaching sessions, CPD opportunities and through this develop and extend access further festival/competitions through continued Eden Valley School Sports Partnership Membership. Seek further training opportunities through feedback to partnership; particularly early years physical development training for key staff.
3. Explore further development of the range of after school sport and physical activity, particularly opportunities for younger children.
4. DANCE! Dance focus for Year 5 and 6. apply to U-Dance with a view to composing and performing to an audience at Theatre at the Lake or The Sands Centre. Organise and subsidise opportunities to see a live performance by a professional dance company.
5. More well-being and physical development opportunities outdoors through garden development,
6. Continue to deliver and develop healthy living club for a block each half term.
7. Maintain and further develop physical fitness and well-being during break times by extending the range of equipment for playtimes ~ balance and coordination focus ~ wheeled equipment and collaborative\cooperative play. Equipment and storage are a priority.
8. EYFS ~ outdoor play area development ~ review safety and future of wooden balancing equipment. Source natural climbing materials such as tree trunks etc!
9. Global Learning sports links.
10. Confidently use and apply skills and knowledge acquired during our gymnastics training, delivered to all staff in school by a gymnastics consultant. Make use of gymnastics equipment to acquire and develop the skills needed to plan, compose, rehearse and perform a gymnastics sequence to an audience.
11. Explore the possibility of alternatives to traditional team games in order to meet interests of all student sport ~ ie climbing wall, squash, trampolining
12. Explore the possibility of an outward bound and adventure day for EYFS\KS1 and further healthy day out trips~ walking etc opportunities
13. Monitor and review the impact of previous actions, both recent and longer term over time ~ ie balance bikes through student voice evaluation and review.
14. Purchase new iPads to film PE in school for evaluation and improvement of performance and a large screen for the hall for class viewing, teaching and evaluation purposes.

Armathwaite School PE and School Sport Fund Action Plan Review 2016-17

What we want to achieve	<u>What was involved?</u>	<u>Impact on school sport and PE in school</u>	<u>What next ?</u>
<p>Developing healthy living behaviours with a focus on diet. Provide fruit for all at playtime and develop awareness of the need for fluid (water) intake.</p>	<p>The purchase of water bottles for every child in school and sets of water bottle carriers (funded).</p> <p>Organisation for filling and washing.</p> <p>Promotion of drinking and development of the awareness of the health benefits.</p> <p>Purchase of additional fruit so that it can be available for all children (funded).</p> <p>Support to develop healthy habits and behaviours.</p>	<p>Purchase of additional fruit was beneficial and has provided opportunities for all children to expand the fruit and vegetables they eat. However the range of fruit available through the wholesalers was limited and through student voice review and monitoring it became clear we need a different approach. After school club fruit and vegetables are varied and tasty (initiated through healthy living club) so it was decided that we would rethink sourcing and serving of fruit and vegetables (see student voice and new action plan). Water bottles have made a significant difference to water intake and a positive impact.</p>	<p>Wider range of fruit and vegetables ~ list from children. Purchase from supermarket and serve so easy to eat. Wide range to expand taste and preferences.</p> <p>Water ~ regular reminders to drink water and why.</p>
<p>Maintain high quality sports coaching sessions, CPD opportunities and through this develop and extend access further festival/competitions through continued Eden Valley School Sports Partnership Membership. Seek further training opportunities through feedback to partnership; particularly early years physical development training for key staff.</p>	<p>Eden Valley School Sports Partnership annual subscription provides access to a range of coaches coming into school for 2 hour sessions for 6 week blocks each term. it also organises a range of sporting competitions and festivals. This year coaching included dance in early years, hockey, During the summer term PE lead\HT attended a training provided through Active Cumbria and Eden Valley Partnership. This introduced an assessment and tracking programme which school purchased.</p> <p>However the range of CPD available within travelling distance was limited.</p>	<p>Membership of the partnership provides opportunities for pupils to access a wider range of sporting activities with skilled coaches. Teachers benefitted from working alongside these coaches. Dance sessions were very much enjoyed by Year Reception and 1 and complimented the dance focus delivered by the teacher during PE lessons. These sessions contribute tot improving the general fitness of all children in school and is accessed by all.</p> <p>ACPAT training for tracking was a valuable session and has resulted in purchase of the programme and the Cambridge Gymnastics Curriculum teaching programme. During evaluation opportunities I have asked for improvement in the range of CPD available to staff.</p>	<p>Implement the ACPAT programme during the next academic year (2017-18)</p> <p>Introduce the Cambridge scheme to further enhance the whole staff in-school gymnastics training received in 2015-16</p>

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<p>Explore further development of the range of after school sport and physical activity, particularly opportunities for younger children.</p>	<p>Sourcing activities and people to provide it. Tennis club for Years Reception to 2 to run alongside Key Stage 2 football.</p>	<p>Tennis club is enjoyed by younger children. Need to provide further club opportunities if we have the capacity to do this. Positive impact from tennis but need to develop more club if possible (within capacity)</p>	<p>Explore opportunities to develop more physically active after school clubs.</p>
<p>DANCE! Dance focus for Year 5 and 6. apply to U-Dance with a view to composing and performing to an audience at The Sands Centre. Organise and subsidise opportunities to see a live performance by a professional dance company.</p>	<p>Applied to U-Dance. Two members of staff attended training. Dance project lasted over a term and involved exploring and learning a range of dance styles from around the world (funded).</p> <p>Also, booked Ace Dance, a Birmingham based company to come into school to deliver workshops linked to their evening performance (funded).</p> <p>Travelled to Kendal to see Ace Dance perform at the Brewery Arts Centre. (subsidised through fund).</p> <p>Composition ideas explored by Year 5 and 6 students. Refuge for refugees agreed upon. Composed, practised, evaluated and improved dance with music.</p>	<p>An excellent learning opportunity for children and the experience of performing to a large audience was hugely positive, stepping out of comfort zone, working collaboratively under pressure and thoroughly enjoying the experience. Very positive dance experience for all ~ full participation. Beneficial for health and well-being.</p>	<p>Repeat 2018-19 academic year.</p>

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<p>More well-being and physical development opportunities outdoors through garden development, Continue to deliver and develop healthy living club for a block each half term.</p>	<p>The garden has been re-fenced to make it safe, as the fence posts were rotting and resulting in the fence becoming damaged.</p> <p>Healthy living club has been delivered on a half or full termly basis. Numbers of children attending is monitored.</p> <p>Purchase of a wheeled pull along cart following consultation during student voice assembly.</p>	<p>The garden is accessed by children during all playtimes. Repairs have made access and use safe for children.</p> <p>Healthy living club is enjoyed by children attending but needs overhauling and updating. Additional staff will be involved to support this.</p> <p>The cart is in use every day, very much enjoyed by children using it. Encourages collaboration and is a fun way to develop strength and stamina.</p>	<p>Discuss the possibilities to take resources more accessible and provide a digging area separate to the growing segments to develop use.</p> <p>Develop food and nutrition side of healthy living club ~ staffing and costs of food products</p>
<p>Maintain and further develop physical fitness and well-being during break times by extending the range of equipment for playtimes ~ balance and coordination focus ~ wheeled equipment and collaborative\ cooperative play. Equipment and storage are a priority.</p>	<p>The purchase of off road scooters, balance bikes, ramps, safety helmets and secure storage for them has provided opportunities for all children to be physically active. Bikes and other wheeled vehicles are also available every playtime and are in full use on the large field. It provides alternatives to other activities such as the very popular football, stilts, clamber stack, traverse wall etc.</p>	<p>Providing bikes and scooters means that all children have the opportunity to practise and develop balance, coordination and skills so they should be able to successfully participate in Bikeability in Years 5 and 4. confidence through regular use is clear to see. Impact will be evident in future Bikeability sessions. Also, purchase and maintenance of bikes will mean that we have bikes available for use in these courses if pupils don't have their own bike which passes the safety test.</p>	<p>Student voice discussion has led to an interest in creating a cycling track around the outer perimeter of the field and the purchase of more BMX style bikes for use on it (appropriately sized for all ages of children ~ we need to increase larger bikes for older children).</p> <p>Explore the feasibility of providing cycling club. Plan regular maintenance.</p>

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EYFS ~ outdoor play area development ~ review safety and future of wooden balancing equipment. Source natural climbing materials such as tree trunks etc!	The outdoor ply equipment was assessed and small maintenance repairs made to ensure that it continues to be safe.	Children in Year Reception and 1 continue to enjoy using the equipment which clearly supports the development of climbing, balancing and coordination skills.	Audit and evaluate the area with children and staff to identify areas for future development.
Global Learning sports links.	Watching, discussing and performing dances from around the world as part of dance focus for children in Years 5 and 6.	Opportunities to see films of and learn about dances from around the world has been very much enhanced through the purchase of a screen in the PE hall. Watching discussing and learning to perform these dances.	Further develop the use of the screen to view sports and activities around the world and equipment available.
Purchase new iPads to film PE in school for evaluation and improvement of performance and a large screen for the hall for class viewing, teaching and evaluation purposes.	New iPads haven't yet been purchased but plans are in place (2017-18) to acquire and introduce between 4 and 6 iPads for regular small group work during PE lessons next academic year. Instead a screen has been purchased for the school hall. This will be used with the iPads to view and evaluate film clips of movements and films of professionals (ie dancers from around the world).	Having the screen in the PE hall really enhances and improves learning in PE lessons. It provides opportunities to focus on quality of movements by professionals in film clips and children during lessons. Once the iPads have been purchased with 2017-18 funds they will extend and embed this practise.	Purchase the iPads and introduce them.

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All pupils leave school in Year 6 having achieved the National Curriculum Swimming Standard.	All children Year Reception to 6 have a block of daily swimming lessons over a two week period in the summer term.	In 2017 100% of pupils achieved the National Curriculum Swimming Award.	Continue to provide additional intervention lessons as required.
All pupils leave school in Year 6 having achieved the National Curriculum Swimming Standard.	Intervention lessons additional to those provided for all pupils were funded through PE and School Sports fund to diminish gaps in swimming. 10 children across year groups benefitted from this intervention.	This was the fourth year of providing these intervention sessions. Children who have a fear of water, difficulty with movement in the water, or don't access swimming at any other time during the year have benefitted significantly, particularly as this intervention has been delivered over time. The standard of swimming for all children has risen and the inclusive approach means that all children are provided with an equal opportunity to learn to swim during school swimming lessons.	Continue to provide this intervention and explore the opportunity to develop it further during the school year.
Confidently use and apply skills and knowledge acquired during our gymnastics training. Make use of gymnastics equipment to acquire and develop the skills needed to plan, compose, rehearse and perform a sequence to an audience.	Teaching of gymnastics to the Year 2, 3, 4 class by teacher trained during in-school CPD. Technical gymnastics movements learned, developed and performed as part of a sequence to a school audience.	Confidence in knowledge and expertise to teach technical gymnastics movements accurately and skilfully.	Further development of PE skills using the large equipment next academic year.
Explore the possibility of alternatives to traditional team games in order to meet interests of all student sport ~ ie climbing wall, squash, trampolining.	Following the 2015 floods we re-organised squash experience at Carlisle squash club. Climbing wall experience has not yet been planned.		Organise these activities.

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<p>Explore the possibility of an outward bound and adventure day for EYFS\KS1 and further healthy day out trips~ walking etc opportunities</p>	<p>This visit was explored ~ we just ran out of time in the summer term. It will take place in the next academic year, with a visit to Derwent water, Keswick for years Reception to 3.</p>		<p>Trip to take place in the summer term 2018.</p>
<p>Monitor and review the impact of previous actions, both recent and longer term over time ~ ie balance bikes through student voice evaluation and review.</p>	<p>Balance bikes continue to be very popular. They are in constant use in outdoor play sessions and on the school field during playtimes. Log clamber stack is still very popular, as is football and wormy tunnel.</p>	<p>Balance, coordination and confidence are consistently being developed. Children have significant periods of active playtime each day ~ 2 x 15 minute breaks and 1 x 30minute lunch break, totalling 1 hour a day. The range of resources available provides options for all children.</p>	<p>Hanging\monkey bars for upper body strength. More bikes available. Audit balls and small equipment.</p>

PE and School Sport Spending Overview 2016-17

Focus Area	Details of Spending	Amount
Membership of Eden Valley School Sports Partnership	Coaching in schools, training for staff and access to competitions and festivals	£2,858.00
Equipment for use in PE lessons	Balls	£53.88
Access to wider range of physical activities\sports	Lacrosse coaching, hire of Lazonby swimming pool	£871.00
Training and teaching resources	ACPAT tracking resource, Cambridge Gymnastics Scheme for Years Reception to 6 Health Ed, Outdoor First Aid	£868.45
Healthy living ~ physical activity	Scooters, bikes, storage sheds and locks, sand for sand shed	£1114.31
Healthy living ~ healthy eating	Water bottles and carriers, fruit, vegetables and milk for morning break.	£564.99
Healthy living ~ mental health and well-being	Transition support ~ shared cost of bus for Y6 camp, Life Education Bus for all children in school with parent visit opportunity, Winter Woodland Adventure Day resources.	£140.41
Intervention work including resources ~	SMART Moves intervention work, swimming intervention, tricycle	£94.00
Maintenance and equipment inspection	Inspection of indoor and outdoor equipment, fencing repair for garden, outdoor play fence repair, grounds maintenance	£357.00

Armathwaite School PE and School Sport Fund Strategy Plan for 2017-18

What we want to achieve 2017-18

In consultation with all pupils in school through student voice assembly time and democratic majority decision making we have agreed that these are the areas of priority and focus for us in the 2017-18 academic year

1. Monitor, evaluate and further develop healthy living behaviours with a focus on diet. Provide fruit for all at playtime and develop awareness of the need for fluid (water) intake.
2. Maintain high quality sports coaching sessions, CPD opportunities and through this develop and extend access further festival/competitions through continued Eden Valley School Sports Partnership Membership. Again, further training opportunities through feedback to partnership; particularly any training opportunities for Smart Moves Intervention member of staff.
3. Explore further development of the range of after school sport and physical activity, particularly opportunities for younger children.
4. More well-being and physical development opportunities outdoors through use of the school garden.
5. Explore the possibility of regular swimming intervention lessons for identified pupils.
6. Continue to deliver and develop healthy living club for a block each half term.
7. Maintain and further develop physical fitness and well-being during break times by extending the range of equipment for playtimes ~ balance and coordination focus ~ wheeled equipment and collaborative\cooperative play. Equipment and storage are a priority.
8. Provide outdoor monkey bar type equipment to provide opportunities for children to develop upper body strength.
9. Explore the possibility of alternatives to traditional team games in order to meet interests of all student sport ~ ie climbing wall, squash, trampolining
10. Plan and action an outward bound and adventure day for EYFS\KS1 and further healthy day out trips~ walking etc opportunities.
11. Outward bound day on Ullswater for children in Years 4 to 6.
12. More bikes and scooters for playtimes.
13. Provide a bike track\course around the edge of the school field for use during break times.
13. Monitor and review the impact of previous actions, both recent and longer term over time ~ ie balance bikes through student voice evaluation and review.
14. Purchase 4 new iPads with the capacity to film PE in school for evaluation and improvement of performance and a large screen for the hall for class viewing, teaching and evaluation purposes. Begin with gymnastics sessions.
15. Host a free mental health and well-being course provided through the NHS by providing the venue and a range of healthy refreshments.