

Sacred Heart Catholic primary school Physical Education (PE) and Physical Activity (PA) Action Plan

Delivered by PE Lead

Version / Date Updated: __07.12.2022

Agreed by Senior Management – Lorraine Dolan - Walsh

Signed: _____

Agreed by Governor –

Signed: _____

Vision

At Sacred Heart RC we are committed to delivering a well-rounded Physical Education, which delivers on all the key aims set out in the National Curriculum.

Throughout key stage 1, our aim is to support children develop and master fundamental movements and skills including running, jumping, throwing and catching. We provide opportunities for the children to enhance their balance, agility and co-ordination skills. We aim for all children to become more physically confident, motivated, and engaged through physical exercise.

At KS2 we aim to develop children's confidence to engage in competitive sports and activities. We provide opportunities for the children to apply their skills through a variety of sports. Furthermore through our PE curriculum we hope to encourage the children to lead more active, healthy lives, to develop the ability to work collaboratively and communicate effectively.

For children who excel at particular sports, there are rich opportunities to represent the school and compete in the many inter-school competitions

Aims

- 1. PE Curriculum** (PPESP Key Indicator: 1)
Provision of at least 100 minutes of progressive, active and engaging curriculum PE per week (across 2 separate lessons on different days) for all children.
- 2. Physical Activity** (PPESP Key Indicator: 1)
All children are enthused and able to be physically active for at least 60 minutes per day (minimum 30 mins within school time). Encouraging and motivating classroom teachers to include more PA in their lessons throughout the day.(PPESP Key Indicator: 1)
- 3. Whole School Ethos** (PPESP Key Indicator: 2)
Raise the profile of and celebrating sport, PE, physical activity and wellbeing across the ethos of the whole school, highlighting the importance of respecting others, positive communication and fair play.
- 4. Range of Activity** (PPESP Key Indicator: 4)
Children have access to and enjoy a range of different sports, physical activities and leadership opportunities. Children are exposed to a greater range of sports and activities through taster sessions.
- 5. Competitions** (PPESP Key Indicator: 5)
All KS1 and KS2 children are able to access school sports competitions and pathways.
- 6. Swimming** (PPESP Key Indicator: N/A)
All children in year 6 are able to access swimming development, 75% to be able to swim 25m by summer 2023. To implement a term of Top up swimming in Summer term for children in KS2 who have not yet made the national curriculum swimming standards.
- 7. Workforce Development** (PPESP Key Indicator: 3)
Staff teaching PE or sporting clubs to receive the training and support to enable and inspire them to deliver effective sessions.

What we do well:

All children have 100 minutes of time tabled physical education through curriculum.

Adhere to current Government guidelines within Physical Activity and Physical Education.

We have developed a holistic approach to Physical activity and healthy living.

Areas we will develop further:

Staff development –PE lead and teacher training, TA training and PE teacher support training.

Continue developing wide range of sport exposure.

Silver Healthy Schools Award

Action Plan 2022/23

Allocated funding from the Primary PE and Sport Premium (PPESP): £26,221 (2021/22 c/f and 2022/23 allocation)

Deadline to update report online: 1st April

Schools must use the PPESP funding to make **additional and sustainable** improvements to the quality of PE and sport they offer. This means that we should use the Primary PE and Sport Premium to:

- Develop or add to the PE and sport activities that your school already offers
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

| 1. PE Curriculum - Provision of at least 100 minutes of progressive, active and engaging curriculum PE per week (across 2 separate lessons on different days) for <u>all</u> children. (PPESP Key Indicator: 1) | | | | | |
|---|------------------------------------|---|--------------------------------|-------------|--|
| Objective / Target / Focus Area | How will it be achieved / actions? | How will you measure the impact? | Costs | PPESP Costs | REVIEW <ul style="list-style-type: none"> • What was the outcome/impact for your pupils? • Next steps? • How will you sustain this? |
| All children have at least 100 minutes of PE across at least 2 separate lessons, on different days. | PE timetable updated half-termly | <p>Assessment at the end of each unit is kept up to date.</p> <p>Children will improve at each sport. Assessments carried out at the end of each half term to gauge standing.</p> | PE equipment updated £4,000 | £4,000 | |

| | | | | | |
|---|--|--|---|---|--|
| Excellent quality of PE lessons and leadership across school. | <p>PE lead will be observed by MSSP rep during the course of the year in order to ensure continuing high standards.</p> <p>Specialist instructors will be used in order to provide a diverse range of opportunities for students and to work with PE lead to increase their skill set.</p> | | Costs contained in salary of PE teacher costs. | Costs contained in salary of PE teacher costs | |
| An effective curriculum map and scheme of work is in place. | <p>PE curriculum Map developed in accordance with MSSP competitions and made available to all staff and highlighted within termly class letters.</p> <p>MSSP Affiliation to support the implementation of Health and PE in the school.</p> | Quality of PE in school is outstanding. | <p>£32.00 Online PE resources/ curriculum</p> <p>MSSP membership renewal £300</p> | <p>£50</p> <p>£300</p> | |
| PE lessons are observed as good or better and meet the NC expectations. | MSSP Rep will observe PE lead. | <p>PE observations will be outstanding.</p> <p>Observations over the year with improvements in each one.</p> | <p>PE teacher time</p> <p>£300 – MSSP courses</p> | £300 | |
| Effective measurement of pupils' progression is in place across school. | Assessment system in place and regularly updated. | Assessment at the end of each unit is kept up to date. | | | |

| | | | | | |
|---|---|---|--|--|--|
| Children are consulted with and enjoy their PE lessons. | Discussions in class. Surveys are used to tap in to pupil voice. Sports leaders are consulted with. | Include activities that children have identified into lessons. Pupil survey 2022/2023 will maintain high outcomes of either 97% (2018/19) or higher. | | | |
|---|---|---|--|--|--|

2. Physical Activity - All children are enthused and able to be physically active for at least 60 minutes per day (minimum 30 mins within school time). Encouraging and motivating classroom teachers to include more PA in their lessons throughout the day

| Objective / Target / Focus Area | How will it be achieved / actions? | How will you measure the impact? | Costs | PPESP Costs | REVIEW <ul style="list-style-type: none"> • What was the outcome/impact for your pupils? • Next steps? • How will you sustain this? |
|---|---|---|---|------------------|--|
| Less active children are identified and targeted. Barriers are removed to help them engage more in a healthy and active lifestyle | Identify less active children and ensure full participation in curriculum Lessons. Targeted and invited to afterschool clubs. Year 5 Student leaders to lead physically engaging activities during lunch and break time with focus put on particular students to encourage activity | The children will become more active over the academic year and this will be measured termly using various challenges and bench marks | Teacher club provision per year External club provision per year | £450 £450 | |

| | | | | | |
|--|---|---|--|--|--|
| Clubs and activities are enjoyable and available for <u>all</u> children to access including children with SEND. | 100% of children are able to access extra-curricular physical activity and sport. | Increase of children accessing extra-curricular physical activity and sport. Spaces reserved in clubs for PP students Tracking SEN and PP participation within clubs run by School Teachers | | | |
| Clubs are varied, of a good quality and meet the gold standard in the MSSM. | PE Leader to observe outside providers for quality of clubs and effective feedback given. | Quality and effectiveness of clubs will improve. | | | |

3. Whole School Ethos - Raise the profile of and celebrating sport, PE, physical activity and wellbeing across the ethos of the whole school, highlighting the importance of respecting others, positive communication and fair play. (PPESP Key Indicator: 2)

| Objective / Target / Focus Area | How will it be achieved / actions? | How will you measure the impact? | Costs | PPESP Costs | REVIEW <ul style="list-style-type: none"> What was the outcome/impact for your pupils? Next steps? How will you sustain this? |
|---|--|----------------------------------|--|------------------------------------|--|
| Health and wellbeing is promoted across the school and the 'Healthy Schools' accreditation is obtained. | Healthy schools award is developed. Silver Healthy Schools award will be applied for. | School achieves Silver award | OT sessions with experienced OT leader | £4,760 (Autumn Term) £4,080 | |

| | | | | | |
|---|--|---|--|---------------|--|
| | | | | (Spring Term) | |
| | | | | £4,080 | |
| | | | | (Summer Term) | |
| There are cross curricular links in place and utilised with PE and other subjects and active classrooms are encouraged. | During Black History Month, prolific Black Athletes will be discussed before or after activities. International Day of Disabilities Celebrated with a focus on Sport | Children more engaged in lessons and PE. Children able to make links in different lessons. | | | |
| Staff are encouraged to consider themselves as active, healthy and sporty role models. For example taking part in staff circuit training in view of parents and pupils and demonstrating a positive attitude towards PE and Sport at all times. | To promote a healthy lifestyle by participating in PA outside of school and role model appropriate behaviours. Encouraging members of staff to run athletic based clubs before or after school. | Staff enjoy and engage in Physical Activity. | | | |
| Fair play, sportsmanship and respect are promoted and expected across the school with the Respect campaign/awards being utilised during PE lessons and intra house competitions. | House points given to pupils who show great sportsmanship. Awards at each competition for Best and Fairest. | Children's fun and enjoyment. How children conduct themselves within sporting events when | | | |

| | | | | | |
|--|--|--|--|--|--|
| | <p>Points awarded during inter house competitions for team which displays outstanding respect qualities.</p> <p>Respect values promoted both within lessons and when attending tournaments.</p> | <p>they both win and lose.</p> | | | |
| <p>Sporting achievement, effort and progress is regularly celebrated across the school.</p> | <p>Certificates and awards given to all pupils who participate in interschool competitions during celebration assembly.</p> <p>Write up for competitions within the news letter to celebrate the work of the students.</p> | <p>More children competing in competitions as they are in school.</p> | | | |
| <p>The school website (as well as other correspondence and social media) displays and promotes the sporting ethos of the school and opportunities available to all children effectively.</p> | <p>Regular sports updates given on Twitter, school newsletter and sports board.</p> | <p>Parents, staff and children will be aware of sporting achievements.</p> | | | |
| <p>Promote a growing culture of teammanship which is linked to sporting events and teams throughout the school.</p> | <p>Fostering excitement of team name through further branding and reinforcement within lessons, assemblies and competitions.</p> | | | | |
| | | | | | |

4. Competitions (PPESP Key Indicator: 5)

All KS1 and KS2 children are able to access school sports competitions and pathways

| Objective / Target / Focus Area | How will it be achieved / actions? | How will you measure the impact? | Costs | PPESP Costs | REVIEW <ul style="list-style-type: none"> • What was the outcome/impact for your pupils? • Next steps? • How will you sustain this? |
|--|--|---|--|--------------------|---|
| School games day (sports day) delivered which engages <u>all</u> children in the school. | Using Sports captains and partnerships within the community (Raynes Park High School) a fun day will be delivered where children can compete and showcase their physical talents to their peers and parents. | | £300 | | |
| Intra comp programme in place for <u>all</u> children to meet the MSSP gold standard. | Each half term children will compete in intra-house comp for a sport being taught that term. | Record competition results. Feedback from children on how they found the competitions. | | | |
| Entry to inter school competitions and festivals takes place to meet the MSSM gold standard. | PE Lead will sign up for as many competitions as possible ensuring that as many students as possible are able to represent their school in sports throughout the year. Both competitive and festival style competitions will be entered to ensure that students of all physical skill levels are able to participate. | | Supply cover £3,600 Transport £1000 | | |

5. Range of Activity - Children have access to and enjoy a range of different sports, physical activities and leadership opportunities. Children are exposed to a greater range of sports and activities through taster sessions.

| Objective / Target / Focus Area | How will it be achieved / actions? | How will you measure the impact? | Costs | PPESP Costs | REVIEW <ul style="list-style-type: none"> • What was the outcome/impact for your pupils? • Next steps? • How will you sustain this? |
|--|---|--|-------|-------------|---|
| Clubs are varied, of a good quality and meet the gold standard in the MSSM. | Outside agents provide clubs. Teaching staff provide sporting clubs. C Donnelly to provide clubs for competitions. | Observations. Discussions with children in clubs. | | | |
| Keen sports leaders (Yr 5/6) are selected to be part of the MSSP (or similar) leadership academy where they can access additional opportunities to learn, lead and volunteer in sport and physical activity (with parental consent). | All Year 5 students will complete the leadership course in order to provide the opportunity to as many children as possible. Interested students will then sign up to the program and will be tasked with running activities for younger children during break and lunch times. Students who are noticeably less active will be encouraged to join in these activities to promote healthy lifestyles. | | | | |

| | | | | | |
|---|--|---|--|--|--|
| Children are exposed to a range of new sports through taster sessions and variety of clubs. | <p>Staff to offer new sports clubs.</p> <p>Taster sessions will be offered throughout the year to expose students to a wide range of sports.</p> <p>Outside specialists will come in to teach a variety of sports such as Taekwondo to provide a rich and varied sports based curriculum for the students.</p> | <p>Children's excitement and enthusiasm for new sports will improve.</p> <p>Children will take up and engage in new sports.</p> | | | |
|---|--|---|--|--|--|

6. Swimming - All children in year 3 are able to access swimming development, 75% to be able to swim 25m by summer 2019. To implement a term of Top up swimming in Summer term for children in KS2 who have not yet made the national curriculum swimming standards.

| Objective / Target / Focus Area | How will it be achieved / actions? | How will you measure the impact? | Costs | PPESP Costs | REVIEW <ul style="list-style-type: none"> • What was the outcome/impact for your pupils? • Next steps? • How will you sustain this? |
|--|---|----------------------------------|--|-------------|---|
| A swimming plan is in place to track and improve swimming ability. | <p>Swimming sessions will be booked in with the local swimming pool.</p> <p>PE lead will be in attendance for all of these sessions to ensure quality is delivered.</p> | | Booking the pool/teachers at the New Malden Leisure Centre | | |

7. Workforce Development - Staff teaching PE or sporting clubs to receive the training and support to enable and inspire them to deliver effective sessions.

| Objective / Target / Focus Area | How will it be achieved / actions? | How will you measure the impact? | Costs | PPESP Costs | REVIEW <ul style="list-style-type: none"> • What was the outcome/impact for your pupils? • Next steps? • How will you sustain this? |
|---|---|---|--|-------------|---|
| Upskilling of staff teaching and supporting PE or clubs. | MSSP will be contacted about coming in to deliver a personalised session to lunch time supervisors which will encourage them to promote physical activity during lunch times. | | Training for lunch time supervisors provided by MSSP | £350 | |
| The PE Coordinator is leading 'outstanding' PE effectively and confidently across the whole school. | <p>All PE lessons are of outstanding quality.</p> <p>PE curriculum map will be updated and followed.</p> <p>PE teacher to ensure best practice is followed.</p> | Children are engaged in lessons, improving skills and confidence. | | | |