

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

Delivered by PE Lead

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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 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.
- 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 – New PE lead and teacher training, TA training and PE teacher support training.

Continue developing social distance curriculum.

Silver Healthy Schools Award

Action Plan 2021/22

Allocated funding from the Primary PE and Sport Premium (PPESP): £33,696 (2020/21 c/f and 2021/22 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.</p> <p>Assessments carried out at the end of each half term to gauge standing.</p>	PE equipment updated £4,000	£4,000	<p>Students have thoroughly been engaged in their PE lessons with 99.5% of students saying that they enjoy PE lessons.</p> <p>All students from Reception to Year 6 have consistently received their allocated PE time.</p> <p>End of unit quizzes have begun to be implemented in order to assess children's knowledge of sports, rules and techniques.</p> <p>Next step is to increase the amount of PE time that nursery are allocated.</p>

<p>Excellent quality of PE lessons and leadership across school.</p>	<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>		<p>Costs contained in salary of PE teacher costs.</p>	<p>Costs contained in salary of PE teacher costs</p>	<p>Special instructors have been in to teach cricket, Taekwondo, tennis and golf.</p> <p>PE has observed and been observed by various teaching students in order to maintain high standards.</p> <p>PE lead has worked closely with MSSP to improve familiarity with PE lead procedures and forms.</p>
<p>An effective curriculum map and scheme of work is in place.</p>	<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>	<p>Quality of PE in school is outstanding.</p>	<p>£32.00 Online PE resources/ curriculum MSSP membership renewal £300</p>	<p>£50 £300</p>	<p>Progression of skills is clear across the year groups in regards to various skills within each unit.</p> <p>Topics of work were coordinated with MSSP competitions however this will be reviewed. It is believed that it will be more beneficial to have a unit covered in the half term before competitions in order to ensure it is completed before the tournament.</p>
<p>PE lessons are observed as good or better and meet the 2014 NC expectations.</p>	<p>MSSP Matthew will observe new recruited PE lead.</p>	<p>PE observations will be outstanding.</p> <p>Observations over the year with improvements in each one.</p>	<p>PE teacher time £300 – MSSP courses</p>	<p>£300</p>	<p>PE coordinator worked closely with MSSP reps and attended online training courses in order to ensure optimal understanding and carrying out of more clerical duties related to being the PE lead.</p>

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.			Units have been kept up to date providing data which can be analysed for deficiencies or trends. Next step might be to highlight and record specific PP and SEND trends as well.
Children are consulted with and enjoy their PE lessons.	Monthly meetings with PE leaders to discuss schools PE needs. Discussions in class.	Include activities that children have identified into lessons. Pupil survey 2021/2022 will maintain high outcomes of either 97% (2018/19) or higher.			PE is very well received within the school. Target of 97% has been exceeded with 99.5% of students enjoying their lessons.

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.	The children will become more active over the academic year and this will be measured termly using various	Teacher club provision per year External club provision per year	£450 £450	Year 5 student leaders were implemented within the second half of the year. It will be utilised earlier next year as hopefully there will not be COVID restrictions in place.

	Year 5 Student leaders to lead physically engaging activities during lunch and break time with focus put on particular students to encourage activity	challenges and benchmarks			PP students have been given spaces within clubs to help promote physical activity to all. Clubs have been tailored to suit the demands and preferences of students. Teacher clubs are well received and attended by students.
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.			A larger number of students (KS2 in particular) have been attending clubs.
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.			Outside providers are popular and of good quality.

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)	OT pilot project has been a great success. Students surveyed say they are more confident in PE and with their general physical activity. This will be continued next year with PE lead taking a more active role and becoming more specific with targets and

				£4,080 (Spring Term) £4,080 (Summer Term)	outcomes for particular students. Excellent improvement has been noted in gross motor skills. More of a focus on regulation will be implemented for certain students next year. A trial run of this year has been completed and the Silver Healthy Schools Award will be applied for with confidence next school year.
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.	Children more engaged in lessons and PE. Children able to make links in different lessons.			Successful links were made during Black History Month. This could be expanded to more areas/celebrations next year.
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.			Some athletic based clubs have been run by teachers. More of a culture around healthy choices and physical activity will be cultivated by the PE lead next year for staff.
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. Points awarded during inter house competitions for team	Children's fun and enjoyment. How children conduct themselves within sporting events when they both win and lose.			Sportsmanship is promoted within every PE lesson and competition. School has won 2 REFSPECT awards at competitions which we have participated in throughout the year and finished within the top 10 of schools for REFSPECT points awarded.

	which displays outstanding respect qualities.				
Sporting achievement, effort and progress is regularly celebrated across the school.	<p>Certificates and awards given to all pupils who participate in interschool competitions during celebration assembly.</p> <p>Write up for each competition within the news letter to celebrate the work of the students.</p>	More children competing in competitions as they are in school.			<p>Features within the newsletters are successful and well received. Would like to make these more regular next year.</p> <p>Good celebration within assemblies, a chance to further emphasise the 'Wolves' team spirit. Certificates given and celebrated.</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.	Regular sports updates given on Twitter, school newsletter and sports board.	Parents, staff and children will be aware of sporting achievements.			PE display is good but could be improved upon for next year. Newsletter is the main platform for sports updates. Twitter is used but could be further focused on for next year.
Promote a growing culture of teammanship which is linked to sporting events and teams throughout the school.	Completing the 'Name Our team' process in which students provide ideas for a school team name and vote across the school on their final choice. This will allow younger years, who are not always able to attend sporting events, to feel part of the team while building enthusiasm and excitement around sport.				<p>Name our school was successful and is promoted through newsletter write ups and celebration assemblies.</p> <p>Next step is to create a logo and some branded items and posters to further push the presence of the team name throughout the school.</p>

4. Competitions (PPESP Key Indicator: 5)

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

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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		<p>Students and parents had an enjoyable day on each of the three days delivered.</p> <p>Raynes Park students were unable to help due to a scheduling clash with their own activities. This will be ratified for next year.</p> <p>More staff will be allocated whose sole focus will be safeguarding.</p>
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 the sports being taught that term.	<p>Record competition results.</p> <p>Feedback from children on how they found the competitions.</p>			<p>Intra-house competitions were a success for the older year groups. Children enjoyed them and felt like they were working as a team with their other house mates.</p> <p>Would like to raise the profile of the results a bit next year.</p>
Entry to inter school competitions and festivals takes place to meet the MSSM gold standard.	<p>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.</p> <p>Both competitive and festival style competitions will be entered to ensure that students of all physical skill levels are able to participate.</p>		<p>Supply cover</p> <p>£3,600</p> <p>Transport</p> <p>£1000</p>		<p>Inter-school tournaments were very successful this year. All Year 6s were able to attend at least one competition and many PP and SEND students were given opportunities. We won two Refspect awards as well. Next Year our cluster has changed so hopefully more tournaments will be accessible and close.</p>

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.

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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.			Clubs were enjoyed by a range of students. Teachers provided some athletic clubs though it would be good if this increased next year. CD provided a club 4 times a week consistently. They were often paired with units of work and upcoming competitions. Many outside agents came in to deliver high quality sporting clubs as well.
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				All Year 5 students completed the leadership course through the scheme of work provided by MSSP. We were unable to start the program until later in the year due to Covid restrictions.

	<p>for younger children during break and lunch times.</p> <p>Students who are noticeably less active will be encouraged to join in these activities to promote healthy lifestyles.</p>				<p>A high percentage of students volunteered to participate in the program itself along with some Year 6 leaders.</p>
<p>Children are exposed to a range of new sports through taster sessions and variety of clubs.</p>	<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>			<p>The Taekwondo element of the curriculum was a big success with many of the students going on to participate in the club. We also had a try Golf workshop which saw one student identified as exceptionally skilful and offered a free place in the club. We also had a tennis coach come in for taster sessions which then translated to a successful after school club.</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		All students received their swimming lessons over the course of approximately 10 weeks. Teaching was of a good standard and the courses were enjoyed by all. Will look at changing the year group which goes swimming next year to ensure that those students who missed their swimming due to lockdowns receive the opportunity to attend.

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

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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	This was unable to be initiated this year and will be carried over to next year.
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.			Pe curriculum map has been followed which has led to high levels of engagement and progress. PE lead always ensures that best practice is followed.