



Evidencing the impact of the Primary PE and sport premium

Website Reporting Tool

Revised May 2021

Commissioned by the
Department for Education

Created by



**YOUTH
SPORT
TRUST**

Total amount for this academic year 2022/2023

Total to be spent by 31st July 2023 - £20,180

Y6 Swimming Data

St Teresa's Catholic Primary School Swimming Data 2021-2022			
Number of children in cohort 60	Number of children who can swim competently, confidently and proficiently over a distance of 25 metres	Number of children who can use a range of strokes effectively	Number of children who can perform safe self-rescue in different water-based situations
	(43)72%	(43) 72%	(43) %

			and healthier. They learn different skills in each discipline of the PE curriculum.	
Increase subject knowledge for class teacher Develop lesson provision incorporating key skills Develop organisational skills	Gymnastic support in lessons for teachers and after school club First Grade Sport provider to teach gymnastic lessons in YR1 in the spring term. Class teacher to observe structure, techniques and to evaluate own teaching.	£1,925	CPD – Teachers said they felt more confident setting out equipment and knowing how to use it correctly. Children can plan and perform a sequence of movements. They can improve a sequence based on feedback. Class teacher said ‘The children were always eager to attend the lunchtime club.’	To use Sports Specialist’s ideas, techniques and organisational skills in future gymnastic lessons.
Increase teacher’s knowledge, skills and organisation of fitness training in KS2	Fitness Training-KS2 Claire to deliver fitness lessons to KS2 as part of the curriculum programmes of study. Claire to teach fitness alongside the teacher to improve confidence and future delivery	Total amount for Claire £7,650	CPD – ‘Claire makes it fun by using motivational music.’ ‘Each set of exercise is built up throughout the lesson and children rise to the challenge’. Children feel ‘really proud of themselves’. Children challenge themselves to achieve their personal best.	To continue with fitness training over the summer term

			They can demonstrate stamina, combine running and jumping and can sprint over a short distance	
To teach dance steps and routines in YR2. To teach balance and coordination in FS To improve memory with small group in YR4	Irish Dancing-YR2, YR4, FS Claire to teach basic steps of a dance. Content to be revisited and added to each week. After School Club		Children can change rhythm, speed and direction in dance. They dance with control and coordination. They can make a sequence by linking sections together They can perform in front of an audience.	To continue Irish dancing over the summer term
To provide a workout using music, drumming and aerobic exercise	Stick Fit-KS2 Ben to teach Stick Fit fitness classes to KS1/KS2	£3,598	Children complete aerobic type exercises whilst beating a drum pad with a drum stick. Children enjoy moving to music and completing the challenges Ben sets. A child said 'I've never done anything like it before'. 'I can feel my heart beating fast and I feel really strong'. Stick Fit improves flexibility, strength and coordination. It also improves spatial awareness and motor	Children to evaluate their fitness levels after completing a course of Stick Fit exercise.

			control stability while your body is rotating.	
To promote a healthy life style and provide inspiration and ideas to continue skipping.	Whole School Skipping Dan the Skipping Man to work with all classes throughout the school over 2 days.	£773	Children started at a basic level of jumping over the rope. New challenges were demonstrated in quick succession throughout the session. Children worked at their own capability. This has impacted on the skipping at playtime and a large number of children bought ropes from the 'pop up shop.' The midday supervises received basic training in long rope skipping and this has impacted on behavior at lunchtime. Children are more confident to join in with skipping,	Children to use techniques taught by the skipping specialist in school and at home.
To start, stop, balance and ride a bike without help	Balance Bikes-KS1 <ul style="list-style-type: none"> • There are 15 bikes so there needs to be 15 children in each group. • It will take place on the KS2 playground 	£870	Children can ride a bike, pedal, freewheel and stop without the aid of another person.	Children to use skills to ride own bike at home

	<ul style="list-style-type: none"> • KS2 will have their break time around the balance bike activity 			
<p>To start, stop and ride a bike without help</p> <p>To improve riders' skills and confidence for cycling on small roads and junctions</p>	<p>Bikeability-YR6</p> <p>Level 1 course – a 2 hour session on the playground, riding their bikes to get them ready for cycling on the road.</p> <p>Level 2 course – 6 hours on road training, led by DBS checked Ridewise instructors.</p>	<p>£750</p> <p>£10 per Level one participant</p> <p>£15 per Level one/two participant</p>	<p>Children can ride a bike, pedal, freewheel and stop without the aid of another person.</p> <p>Riders' have improved skills and confidence when cycling on smaller roads and simple junctions without too much traffic.</p> <p>It prepares riders for cycling on larger and busier roads and more complicated junctions</p>	<p>Continue to work with Ridewise to ensure children have road awareness and can cycle in safety</p> <p>Bikeability booked for the present YR6 cohort</p>
<p>To repeat, remember and perform phrases</p> <p>To use dance to communicate an idea</p>	<p>FESA Dance-KS2</p> <p>Street dancing lessons to take place in the Art Block at lunchtime</p> <p>Children will enter the Big Dance Off competition</p>	<p>£900-YR6</p> <p>£600-YR5</p>	<p>Children can improvise freely and translate ideas from a stimulus into movement.</p> <p>They can compose their own dances in a creative way.</p>	<p>Continue to provide opportunities for different dance styles in KS2</p>

School Sport Nottingham Primary Competition & Festival Calendar 2022 / 23

Autumn Term	Spring Term	Summer Term
Me vs Me Challenge x 6 Schools Autumn 1 – w/c 12 th Sept – w/c 10 th Oct	Me vs Me Challenge x 4 Schools Spring 1 – w/c 16 th Jan – w/c 6 th Feb	Me vs Me Challenge x 6 Schools Summer 1 – w/c 17 th Apr – w/c 22 nd May
Yr 5/6 Cross Country Relay 20 th September, 1pm – 2:30pm, Harvey Hadden	Kurling Roadshow x 6 Schools Spring 1 w/c 9 th & 16 th January	Yr 5 Boys Active Sports Festival 25 th April, 1pm – 3pm, Harvey Hadden
Yr 6 Dodgeball Festivals 22 nd & 29 th September, 1pm – 3pm, Harvey Hadden	Yr 5/6 Cross Country Championships 18 th January, 1pm – 2pm, Wollaton Park	KS2 Boccia Championships 27 th April 1pm – 3pm Harvey Hadden
Yr 6 Boys Active Sports Festival 27 th September, 1pm – 3pm, Harvey Hadden	Yr 4 Boys Active Sports Festival 26 th January, 1pm – 3pm, Harvey Hadden	Yr 4 Dodgeball Festival 4 th May, 1pm – 3pm, Harvey Hadden
Yr 5/6 Inclusive Mega Fest 4 th October, 1pm – 3pm, Harvey Hadden	Yr 5 This Girl Can Sports Festival 31 st January, 1pm – 3pm, Harvey Hadden	Yr 3 This Girl Can Sport Festival 16 th May, 1pm – 3pm, Harvey Hadden
Yr 5/6 Sportshall Athletics (at Harvey Hadden) Heats : 6 / 11 Oct, 1/ 3 Nov Finals: 22/24 Nov, 6/8 Dec	Yr 3/4 Sportshall Athletics Festivals 2 nd 7 th 21 st & 23 rd February, 1pm – 3pm H Hadden	Yr 4 Handball Festivals 23 rd & 25 th May, 1pm – 3pm, Harvey Hadden
Me vs Me Challenge x 6 Schools Autumn 2 – w/c 7 th Nov – w/c 12 th Dec	Me vs Me Challenge x 6 Schools Spring 2 – w/c 20 th Feb – w/c 27 th Mar	Me vs Me Challenge x 4 Schools Summer 2 – w/c 5 th June – w/c 3 rd July
Yr 6 This Girl Can Sports Festival 8 th November, 1pm – 3pm, Harvey Hadden	Yr 5 Handball Festivals 28 th Feb & 2 nd March, 1pm – 3pm, Harvey Hadden	Yr 5 Track & Field Athletics (Quad Kids) 6 th & 8 th June, 1pm – 3pm, Harvey Hadden
Yr 6 Young Ambassador Conference 10 th and 15 th Nov, 9:30am – 12pm, Harvey Hadden	Inclusive KS2 Sportshall Athletics 9 th & 21 st March, 1pm – 2:30pm, Harvey Hadden	NFL Flag Football Tournament 7 th June , 10am – 2pm , Nottingham University
Yr 6 Handball Festivals 29 th Nov & 1 st Dec, 1pm – 3pm, Harvey Hadden	Yr 4 This Girl Can Sports Festival 28 th March, 1pm – 3pm, Harvey Hadden	Yr 6 Boys Football Festivals (non team players) 20 th June & 4 th July, 4pm – 5:15pm, Fernwood School
Yr 5 Dodgeball Festivals 13 th & 15 th December, 1pm – 3pm, Harvey Hadden	Infant Agility Festivals March (Dates TBC), Nottingham Trent University	Yr 6 Track & Field Athletics (Quad Kids) 20 th June & 20 th July, 1pm – 3pm, Harvey Hadden
		KS2 Kurling Festival 22 nd June, 1pm – 3pm Harvey Hadden
		Forest Games Festival 29 th June / 4 th July – 10am 12:30pm Sherwood Pines
		Yr 6 Young Ambassador Awards Festival 6 th July, 12:30pm – 3pm, Harvey Hadden
		Yr 5 Boys Football Festivals (non team players) 11 th July, 4pm – 5:15pm, Fernwood School
		KS1 /2 Go for Gold Fun Run 17 th July, 10:30 – 11:45am & 1:00- 2:15pm, H Hadden
		Yr 3 Boys Active Sports Festival 18 th July, 1pm – 3pm, Harvey Hadden

Key:

- Competition
- Festival
- Participation
- Inclusion
- Leadership
- Me vs Me



£20 entry fee per team per event,
charged in June 2023 – More info:
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<p>To take part in competitive sports and to experience winning and losing</p> <p>Festivals – emphasis will be on fun and enjoyment, and for pupils to ‘have a go’ regardless of their shape, size or ability</p> <p>Sports Ambassadors Children work as mini leaders throughout the school</p>	<p>Competitions and Festivals- whole school Children compete against other schools’ in games and sports activities.</p> <p>Children have the opportunity to participate in non-competitive sports, trying their best and playing in a team.</p> <p>Sports Ambassadors conference The Ambassadors will be involved in promoting, encouraging and supporting staff and other pupils, by developing your sport and physical activity programmes</p>	<p>£140</p> <p>£30</p>	<p>Competitions promote a healthy lifestyle and increase pace, stamina and athletic skills.</p> <p>Children see physical activity as something fun and beneficial to their overall wellbeing.</p> <p>Children develop the ability to win or lose.’ School Games’, help children to become more resilient and determined.</p> <p>Children use these skills on the playground when playing football and basketball.</p>	<p>Each year group to enter a competition per term in 2023-24</p> <p>Less confident pupils to take part in inclusion festivals.</p> <p>Continue to support the sports ambassadors programme as it benefits the play leaders and enhances the playtime for KS1 children.</p>
<p>To provide equipment of a good standard</p> <p>For teachers and sports specialist to deliver well-resourced PE lessons</p>	<p>PE and Playground equipment- whole school Broad range of PE equipment for teachers to provide well-resourced PE lessons. For example: footballs, tennis balls, netballs, basketballs</p>	<p>£1,000</p>	<p>Enhancing playground and playtimes including lunchtimes</p> <p>Children share and take turns with equipment.</p> <p>Groups work in teams to play football, learning the</p>	<p>Current YR6 play leaders to train up the YR5 children in preparation for next year.</p>

<p>To promote a well-balanced playtime where children share equipment and take turns</p> <p>YR6 Play leaders to provide stimulating games and challenging activities</p>	<p>Each class provided with a tub of playground equipment- skipping ropes, bats and balls, football and bibs, stilts, hoops.</p> <p>Outdoor stopwatches for KS1 skipping challenge</p> <p>Play leaders set up activities at lunchtime on KS1 playground</p>		<p>rules of fair play, communicating and listening to others.</p> <p>Play leaders develop their own leadership and communication skills.</p>	
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Total spent: £18,976 so far

Evaluation of Funding

- We continue to use the Get Set 4 PE scheme. This provides a comprehensive programme for PE through medium, and short term, plans. Lesson plans are clear and easy for teachers to follow. Assessment results for each class are recorded on OTRACK. The impact of this has been a clear progression of skills across the key stages and year groups. Alongside this, the children have a clear understanding of the skills and techniques associated with the different sports. All aspects of the PE curriculum will be covered across the school, ensuring coverage and opportunities for the children to build upon and develop their skills, co-ordination and team-work.
- Claire Regan, a fitness coach has worked with YR3, YR4, YR5 and YR6 to improve their fitness in a series of timed activities. The rationale behind a fitness coach was to improve the children’s physical and mental health and to show the children how their fitness can increase over a few weeks by doing simple activities. Each child started with the bleep test and then worked through several weeks of challenging fitness activities that can then be repeated during lunch and break times. The children mark down their progress week by week and then repeat the bleep test at the end. The children have really enjoyed seeing their scores improve week on week and beating their previous weeks score. Feedback from the children said ‘At first, I didn’t think I would be able to do it. But now I find it a lot easier.’ Year 6 pupil. The impact of this has been that the children feel more confident in their own abilities and are more determined to give it a go, and keep trying. It has shown the children the importance of resilience and a positive mind-set, which can only be beneficial.
- Dance is an important part of the curriculum. Irish dancing has been taught to Foundation and Year 2 and has proven to be very successful. Children look forward to their lessons. The routines have improved fitness, coordination and agility. It has also improved

listening skills, concentration and hand/eye coordination. Some children across the school struggle with their memory so a small 'dance memory group' was created for Year 4. The memory group are increasingly remembering simple routines. The impact of this has been that the children have become more confident, even practicing their routines in the playground. It has shown the children that with hard work and perseverance they can improve, giving them a sense of achievement and pride in what they have achieved.

- 23 Year 6 children have worked with a street dance teacher once a week for the academic year. In February, the children entered a regional dance competition called the big dance off. In the week running up to the competition, the children practised the dance daily and performed several times to the whole school. Since April, 20 Year 5 and 20 Year 3 children also have had the opportunity to take part in street dance lessons.
- We will continue to provide a wide variety of sporting activities, which benefit the health and well-being of all our pupils. By offering a wide range of after school clubs and taking part in the Local School Games programme.
- Playtimes run smoothly as each year group has a bucket of equipment for children to choose from. Alongside this at lunchtimes, the Midday Supervisors have the long skipping ropes. This has led to the children being more active at break times and there have been less incidents on the playground. It has also allowed the children to try new activities and practice their skills. The children have fully enjoyed the equipment, with Year 5 & 6 having basketball games and the tennis rackets have been extremely popular (helping to improve hand eye co-ordination).
- Bikability is very popular with the Year 6 children. They have the opportunity to learn how to ride their bike safely on smaller roads and junctions
- Gymnastics support for teachers, in lessons enables, the class teacher to plan, deliver and evaluate lessons.
- Skipping is an excellent way to increase a healthy life style. It is a fun way to increase stamina and fitness levels. Children can skip on their own, or take turns to skip using a long rope. They can also take part in the skipping challenge where the target is to skip 100 times in 3 minutes.
- Fitness Thursdays are very popular as children enjoy the 'Wake up, Shake up' at the beginning of the day. So far this year, the children have made a healthy sandwich and their own healthy snack bar – looking at the what makes a snack healthy and the nutritional value of them. In the Summer term, the children are designing and making a healthy meal. This promotes healthy choices and helps the children understand the benefits of a healthy lifestyle and the effects on their bodies. This has been further supported by each class planting their own vegetables, which will support the whole school drive to be healthy and encourage the children to try new foods.