

PE and Sport premium 2016-2017

What is the Primary PE & Sport Premium?

The government is providing additional funding of £150 million to improve provision of physical education and sport in primary schools. This funding is ring-fenced and therefore can only be spent on provision of PE and sport in school. Each school receives £8000, plus £5 per pupil on roll. At Forest Gate Academy we receive £9000 for the year 2016-2017.

How is the Primary PE & Sport Premium spent at Forest Gate Academy?

The Primary PE & Sport Premium action plan ensures that we not only spend, but we invest the additional funding to ensure the long term impact of our PE and Sports provision. Outcomes are listed for each of the PE and Sport Premium Key Outcome Indicators. The funding is invested in various ways and the impact is closely monitored by gaining feedback from all stakeholders and assessment of children's skills using the OTrack monitoring system.

Leader: Katy Higginson

PE and Sport Premium Key Outcome Indicators (*Evidencing the Impact of Primary PE and Sport Premium, AfPE / YST, 2015*)

It is expected that schools will see an improvement against the following 5 key indicators:

1. the engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles
2. the profile of PE and sport being raised across the school as a tool for whole school improvement
3. increased confidence, knowledge and skills of all staff in teaching PE and sport
4. broader experience of a range of sports and activities offered to all pupils
5. increased participation in competitive sport

Actions required for improvement	Amount of funding, Resources	Impact –monitoring & evaluation
1. The engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles		
<ul style="list-style-type: none"> ➤ provide all students with two hours of physical activity per week (within the curriculum only); and have extra curriculum provision in addition to this. ➤ Implement the Physical Education and Physical Activity Policy and provide opportunities across the curriculum for active learning. (Healthy Schools) ➤ MAD fitness company in for a term working with each year group with workshops and active lessons around healthy active lifestyles. 	<p>At least 2 hours of curriculum time (including PE time and other active lessons throughout the timetable)</p> <p>£2925</p>	<ul style="list-style-type: none"> • Children provided with 2 timetabled slots of Physical activity a week, some physical maths taught throughout KS2. Children starting to become more active during the day. • Extra curricular physical activity clubs have risen from 6 a year to 9 a year.

		<ul style="list-style-type: none"> ▪ Healthy schools not applied for this year. ▪ MAD fitness promoted an increase in physical activity with more children bringing their kits and wanting to take part in the PE lesson. ▪ Children's knowledge of healthy active lifestyles have improved and they are trying to become more active and make the right food choices.
2. The profile of PE and sport being raised across the school as a tool for whole school improvement		
<ul style="list-style-type: none"> ☛ PE and school sport section on the school website communicates key information. ☛ Provide opportunities for children, to have the chance to learn to lead. (Children must lead an activity, game or event in PE or physical activity and provide feedback or coaching to their peers. 	<p>Time with the IT team to upload important PE information.</p> <p>Staff meetings/discussions about making sure this is included in PE lessons.</p>	<ul style="list-style-type: none"> ▪ PE area on the website is currently up to date with all the relevant information and policies. ▪ This point has not been met. This is on the action plan for 2017-2018.
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport		
<ul style="list-style-type: none"> ➤ CPD training for all staff 	<p>CPD opportunities given (2 free slots on each training session) as part of the Trafford School Sport partnership £1000 for a tier 1 school.</p>	<ul style="list-style-type: none"> ▪ Staff have been on Maths of the day course, yoga courses and PE subject leader courses. ▪ Yoga staff meeting has been held for all staff by the staff who attended the CPD
4. Broader experience of a range of sports and activities offered to all pupils		
<ul style="list-style-type: none"> ☛ Provide children who are struggling to swim access to a swimming crash course (amount of sessions TBC) 	<p>Extra swimming lessons provided £948</p>	<ul style="list-style-type: none"> ▪ Swimming lessons booked for 8 afternoon sessions for year 6 to meet 25 metre objective.

<ul style="list-style-type: none"> ☛ Yoga instructor to teach each year group for a half term with an after school club. ☛ Fencing for year 5 & 6 	<p>Pay instructor £1225 (total £2500, half coming from school money)</p> <p>£800</p>	<ul style="list-style-type: none"> ▪ All year 6 children (28 children in total) achieved their 25 metre badge. 61% (17 children) achieved their 50 metres. ▪ Yoga has been taught to all classes. Staff feedback that children responded well and were able to concentrate easily after a session. The children were also calmer. Yoga has continued to be taught in some classes for focus and concentration support. Breathing techniques have been used in Year 6 to help with stress for SATs. ▪ Fencing delivered for Year 5 & 6. Children who normally don't enjoy PE, were enthusiastic and participated fully. 1 child has continued fencing outside of school.
5. Increased participation in competitive sport		
<ul style="list-style-type: none"> ☛ Use the School Games formats to provide the opportunity for both boys and girls to take part in the appropriate level of competition. ☛ Offer a wide range of extracurricular clubs that encourage increased participation in competitive sport 	<p>As part of the Trafford School Sports Partnership we have free access to a variety of different competitions.</p> <p>School staff and MAD fitness and Yoga instructors to lead after school clubs.</p>	<ul style="list-style-type: none"> ▪ So far children have participated in football, hockey, netball, rugby, inclusion festivals, sports hall athletics, multi skills sessions and cross country. ▪ After school clubs so far <ul style="list-style-type: none"> - Netball - Football - MAD fitness KS1/KS2 - Yoga KS1/KS2 - Hockey - Rounders - Multi skills

Other expenditure

- Safe practice in PE guides x 2 £96.23
- Sports kits/hoodies/coats for children to attend tournaments - £738.24
- Transport costs £250
- Shin pads - £64.93

Total spent £8047.40



PE Premium Impact Statement 2016-2017

Aspect: MAD fitness

Class: Year 1

Staff Member: Miss Evans

Date: 13.11.16

Staff Impact Observations/Evidence:

Year 1 have taken part in MAD fitness sessions during their PE lessons. At the start of the MAD fitness sessions, children struggled with coordination, following instructions and most of all working as a team.

Lynn recognised this as an area of development at the start of the sessions and after talking through a few ideas she adapted her plans to focus on these areas. Children then took part in dance routines which focussed on developing coordination through copying movements off the screen. These dance routines were then used at the end of each session as a reward for good listening and team work. Children remained focussed and on task as they wanted to achieve the dance routine at the end of the session.

Children took part in a variety of team building activities which required the children to work with different peers to achieve the same goal. Children struggled with this at the start as there was a large group of children who wanted to take the lead in each group. As a result of this roles were discussed and children learnt quickly that they must work together to achieve their goal.

Finally, children's listening skills developed through having to listen to Lynn and the instructions given. They also had to consider their teammates thoughts and ideas and listen and observe the moves needed for the dance routines. The new skills that the children have learnt have positively impacted upon the children

during lessons times. They work better together and support each other during group tasks, they look forward to taking part in the dance routines in class as a reward and they listen and follow instructions better before starting a task.

Pupil Observations/Evidence:

Children have shown a keen interest in taking part in MAD fitness. As a result of this there has been an increase in numbers of children that have attended extra-curricular MAD fitness sessions. Children have developed their coordination skills which has helped them with their fine and gross motor skills in class. They have been inspired to try different activities which has impacted upon their 'play' during break times.

Children displayed a good level of team work when completing tasks and are now more supportive of their peers, congratulating them on their achievements both during lessons and when in class.

Further Action:

Encourage children to further take part in different activities both in school time and outside of school hours.

Encourage children to support their peers working well together as a team.

To continue to use 5 a day, just dance and go noodle in class to further develop children's coordination.

To continue to provide children with extra-curricular activities for them to take part in.



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Forest Gate Academy

PE Premium Impact Statement 2016-2017

Aspect: MAD Fitness

Class: Year 2 AP & WW

Staff Member: Adele Petitt

Date: 13 November 2016

Staff Impact Observations/Evidence:

Through observing Lynn Wilson from Mad Fitness I was able to see how all children could be engaged in exercise which increased their stamina and movement through dance/movement. All the children were motivated to take part through simply increasing the difficulty of the movements. 1 touch the floor with right hand, 2 touch with left hand, 3 jump, 4 sit down/stand up, 5 star jumps etc.

Use of internet Let's Dance to teach movement and maintain motivation.

Using paired games and competition facing each other touch shins to develop dodging skills.

Games to develop team work cups game using markers.

Pupil Observations/Evidence:

Lynn established good relationship with the children (especially learning the names of the children and recognising children who needed extra support).

The sessions enabled children to develop:

1. Good listening skills
2. How to work in a team
3. An understanding of positive peer/self evaluation
4. Ability to follow up to 8 step instructions
5. Self control
6. A range of physical skills – stamina, flexibility, co-ordination

Further Action:

Ask for lesson plans to enable activities to be taught at other times.

PE Premium Impact Statement 2016-2017

Aspect: Yoga

Class: Yr 6

Staff Member: Katy Brow

Date: Feb 2017

Staff Impact Observations/Evidence:

- First session children were really engaged, listening skills were good and they learnt a lot of new movements.
- The focus after the session was incredible, the children came back into class calm and ready to focus on their maths.
- The maths they produced after the session was some of the best all year.
- They were taught methods to help them to calm down if angry (breathing techniques) and to calm them before their upcoming SATs tests.
- As the weeks went on the children were excited for their session and the progress in their focus from session to session really improved.
- A lot of the children wanted to attend the after school and saw the 5 weeks through.
- We have decided to carry on with yoga up until SATs and use some of the breathing techniques to help concentration in the run up to the SATs.
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Pupil Observations/Evidence:

I asked children what they thought of yoga and how they felt.

- “I have used some of the breathing techniques when I find my work too hard, this helps me stop worrying and gives me a clear head so I can try my ideas again.”
- “I thought yoga was going to be rubbish as I love football but I found it quite hard. The stretches were challenging and at first I struggled to hold the poses, but I kept trying and by the end I thought yoga was a tough lesson and it made my muscles ache a lot more than football did.”
- “I did yoga after school club as well as with the class. I loved it. The instructor Jen was so calm and explained things really well. I have started to do some yoga with my mum at home and we both try to do it together 3 times a week. (although I am better than my mum)

Further Action:

Year 6 will be carrying on with yoga up until SATs week to try and keep them calm and relaxed. We will be practicing the breathing techniques before MOCK SATS.



PE Premium Impact Statement 2016-2017

Aspect: Yoga

Class: Year 2

Staff Member: Mr Wardle and Miss Smith

Date: 10.2.17

Staff Impact Observations/Evidence:

The children have really enjoyed Yoga; it is something a lot of them had never heard of. Right from the beginning, children were really engaged and enthusiastic. Children learnt to move their bodies in different ways, which helped, relax their bodies and minds. I have even had a few children coming to me after the session talking about their bodies and pressure points Many children in the class also attended after school Yoga club.

Yoga has helped the children to:

- Think about how to relax their mind and bodies

- Improve concentration
- Taking turns
- Take risks
- Develop an increased awareness of how different parts of their bodies move,

In class especially in afternoon, we put on some relaxing meditation music, which helps children to concentrate.

Pupil Observations/Evidence:

Children have really enjoyed taking part in Yoga. It has helped children to learn about techniques to calm themselves and get their minds focused.

Oliver- I loved the stories in the Yoga.

Gracie- Yoga was fun because we did not even realise we were doing it, Gem made it fun by telling us stories.

Taylor- I have never done Yoga before, I liked it.

Further Action:

I really enjoyed taking part in Yoga and I would love to build some kind of relaxation/meditation as part of the daily classroom practise.

The children have really enjoyed the sessions and it has helped them to develop their balance and core strength.