



Physical Activity and School Sport Awards Application Form

Effective use of the Primary PE and Sport Premium

School Name	St James' C of E Primary
School Address	Merestones Road, Cheltenham, Gloucestershire
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Which category would you like this application to be considered under *(please tick one only)*

	Physical activity & health enhancing initiatives
X	Whole school improvement
	Upskilling Staff

What was your project and how did you do it?

(Please limit answer to 1000 words)

Our focus this year has been on general whole school improvement, using our PE and Sports provision as a vehicle to support targets. Our 2016/2017 PE Action Plan has focused on the following:

- Developing pupils' self- confidence, attitude and engagement in sports
- Increase engagement in Level 1, 2 and 3 team games
- Support attainment and development of staff teaching and learning

This has been a whole school project engaging all members of the school community; children, staff, parents, governors and outside providers.

It was important that our Action Plan clearly addressed our next steps using monitoring information and data from the previous academic year which informed us of gaps in provision. Engaging with the Cheltenham and North Tewkesbury School Sports Network was vital in supporting us formulate a clear and precise action plan, leading to the school community engaging with focused whole school improvement in PE and Sports provision.

From our Action Plan we were then able to strategically plan how our Sports Premium Funding

would be spent. The action and funding plan was shared with the following stakeholders to ensure that everyone was informed and clear about the outcomes we were planning to achieve during 2016/2017 academic year; Co-ordinator, SLT, SEND team, Staff and Governors including Parent Governors.

Capacity of the school to fulfil the action plan was a main priority to address, therefore a number of steps were put in place:

- ❖ Worked in partnership with SSN to use a 'Sports Apprentice' to increase capacity in provision in the following areas:
 - Run extra-curricular clubs in preparation for level 2 Schools Games fixtures
 - Engage with other schools to organise sporting fixtures
 - Increase pupils engagement in leading sports by training them in the 'Sports Leaders' programme and supporting them within this role throughout the year
 - Support staff in PE lessons to improve provision through higher teacher to pupil ratios and support staff lacking in confidence
 - Organise and run House competitions
 - Organise refereed football matches once a week with mixed year 5/6 pupils
 - Engage girls in football through running a girls football club and attending tournaments and matches
 - Support the PE Co-ordinator in feeding back each terms sporting provision, through writing sections of the 'PE Scoop Extra'.
- ❖ The role of PE Co-ordinator would be managed by two members of staff
- ❖ Making strong links with the School Sports Network to support us, as and when needed
- ❖ Ensuring the PE Governor who is also a Parent Governor is engaged in order to be a source of challenge and support throughout the year
- ❖ Engage with local sports providers to provide a wide range of extra-curricular activities

Steps taken to achieve our outcomes

Increased participation in Level 2 School Games events and carefully monitored provision has enabled a greater number of pupils to experience representing the school and try new sports.

Through engaging our SEND co-ordinator, Pastoral Support team, G & T Co-ordinator, teachers and sports apprentice we have been able to ensure **specific groups identified are targeted**: least active and disengaged pupils, those with low confidence and G&T pupils.

Children are at the heart of our future provision planning through giving them the opportunity to feedback on each event by completing a feedback sheet.

Careful planning of our sporting calendar has ensured that extra- curricular clubs, house events and bringing in external coaches have prepared pupils for Level 2 events and friendly matches, giving pupils **confidence and a positive attitude when participating**.

The introduction of **inclusive house events** each term, has **engaged the whole school** with Level 1 competitive sporting events. We chose activities where every child in the school from Reception to Year 6 would be able to take part: Football, Cross Country, Orienteering and Sports Day with a new format.

We have had two rounds of Sports Leaders training in Year 5 and then Year 4. The year 5 Sports

Leaders are now helping to train the year 4 pupils and have had an **active role** in helping run house events. They lead sporting activities every lunchtime, sometimes engaging with up to 30 children in their sessions.

Year 6 **confidently** lead Wake and Shake twice a week where pupils can choose to run for 10 minutes or join in with the Wake and Shake routine. We also **engage parents** once a term by inviting them to join in.

Year 5 and 6 pupils run a mile every day, sometimes at the start of the school day or during it, supporting the pupils in a **positive attitude towards a healthy lifestyle**.

Year 1 and 2 are gaining PE Chief awards through focusing on the **Olympic values**.

During the spring term, 19 of our 29 clubs were sports clubs, offering our pupils from Reception to Year 6 a **wide variety of sporting opportunities** which focused not only on **physical fitness** and sports skills but also **wellbeing** e.g. Tattybumpkins (yoga inspired movements through creative stories)

To ensure **strong foundations in gym** are in place, our Reception pupils are taught by a specialist Gym Teacher each week. The positive impact of this specialist provision is then reflected in pupils' **attitude to gym** in future year groups. We have also brought in the Balanceability programme to ensure all of our Reception pupils can **confidently** ride a bike by the end of the year. This has also led to the provision of an after school club Cycling club for the KS2 pupils.

Comments made by pupils during Pupil conferencing sessions with the PE Governor, has led to **working with the local secondary school** to provide specialist PE teaching by secondary school teachers to **engage** the more able through sessions which offer greater stretch and challenge.

Through engaging the PTA with **the health and wellbeing agenda** they have purchased a 'Smoothie Bike' which the whole school is enjoying using.

Staff CPD is carefully monitored for sustained confidence and competence.

The introduction of a 'Scrapstore Playpod' which the children use at lunchtime, supports the **values needed for sport; teamwork, problem solving, creativity, imagination and self-confidence within their peers**.

School pays for a weekly 5pm yoga session in the school hall for all teachers which supports the staffs **mental health, well-being and resilience** through relaxation and focused concentration.

The launch of our 'Scoop Sports Extra' celebrates PE and our sport. Pupils and providers contribute to this and **celebrate** the schools sporting successes, signposts outside clubs for children to **sustain their interests and go on their own personalised journey**. Gives dates of all future sporting events so parents can plan which ones they would like to attend. Sporting achievements in and out of school are also celebrated in our weekly celebration worship. [see attached Scoop Sports Extras](#)

Why did you know this project was required?

(Please limit answer to 500 words)

Last year, when applying for the Schools Games Mark it became apparent that there were gaps in our sports provision as we were unable to achieve the Bronze Award. After analysis of the criteria and provision last year we set a challenging Action Plan with the view to achieve a Silver Award at the end of the 2016/2017 academic year.

Our Christian Values are an important part of our whole school ethos and physical activity strongly supports these through providing opportunities for: leadership, challenge and creativity, confidence in their own ability. As a church school PE is able to support and give pupils the opportunity to put our Christian values into action.

The 2015 'Governor PE Review' highlighted next steps we needed to address, which has informed our on-going long term planning, aligned to the whole school Improvement Plan.

Tell us about the impact including evidence (stats, testimonies etc.)

(Please limit answer to 1000 words)

Participation levels in **Level 2 and 3 competitions have greatly increased**. 449 pupils in 2016/2017 have participated in level 2 School Games compared to 262 pupils in 2015/16 (187 more than 2015/16). We progressed into **two Level 3 School Games competitions** this year; Quicksticks Hockey and Debating. The on-going work has had a positive impact on a number of factors: there has been a significant increase in engagement levels as well as attainment / performance levels – as shown by the information above and Level 2 & 3 participation.

All pupils have had a **greater number of opportunities to experience Level 1 competitions** as a result of the introduction of whole school House Events. Events have increased from 1 House event (sports day) to 4 (Sports Day, Football, Orienteering and Cross Country). This is a growth area and plans are in place to sustain and increase the House activities on offer, to all children.

Our new termly **Sports Scoop Extra** newspaper evidences the increase in the number and variety of **Level 1 to Level 3 competitions** the school has engaged in. Reports are written by the pupils and coaches with quotes from pupils about their experiences. **See attached.**

This child centred method of communication reaches their parents, carers and the local community, raising the profile of the school's health opportunities, supports the children in their enjoyment of sport, on-going support and links to local community clubs, businesses and environments.

Pupil evaluations after each event shows pupils **increased levels of confidence, attitude and engagement**. One pupil who deemed himself as not being able to 'do sport' returned from the Panathlon buzzing!

The class teacher said that she had never seen him so animated. This is a common conversation we have with parents and teachers about the **impact** our sports provision is having on the pupils.

A few examples of comments made by pupils to one of the feedback questions are:

Would you like to participate again in this event and why?

Rugby: " 100% yes, because when we train we get better and can maybe win more."

"Yes, I like to improve in my sports."

"Yes, as it was fun playing in matches against other schools and playing with other people."

Teacher CPD surveys show that 60% of staff feel that their **confidence has greatly improved** since the CPD and 20% say that it **has improved**. High quality professional development is supported in school and monitored to track improvement in teaching and learning which has had significant impact on the sustained expectations of high quality provision at all levels.

Pupil conferencing with the PE Co-ordinator and PE Governor evidenced **a high level of engagement and enthusiasm** by all pupils questioned. They said that they had experienced a greater variety of sporting activities this year, compared to previous years' and **PE was rated very highly in comparison to other subjects**.

The number of pupils attending **external sports clubs has increased** due to providing clubs the pupils have asked for through pupil conferencing and offering a greater variety:

September 2015 there were 9 sports clubs during the Autumn Term and 177 pupils attended (this includes some children who may have attended more than one club.)

September 2016 there were 11 sports clubs during the Autumn Term and 265 pupils attended (this includes some children who may have attended more than one club.)

A recent parent questionnaire showed that a large majority of parents thought the PE/Games and extra-curricular provision was good or excellent. This shows improved engagement and attitude to the PE and sports provision in school from parents than in previous questionnaires. [see attached](#)

- *Great PE provision; my child has never been good at sport or liked it but going to an event last year fuelled his enthusiasm and he now plays for a team outside of school!*
- *Healthy balance of competitive and fun PE opportunities – love the scoop extra*
- *Excellent sporting provision with coaches.*
- *My children love the PlayPod and playing with the older children at lunchtimes!*

Parents have commented on **increased engagement** through informal comments – suggestions on how to make PE/Sport provision better has been taken on board with replies and actions given where appropriate.

Governor's report from spending time in a PE lesson comments on the fact that **all pupils were engaging and enjoying the PE lesson, even those pupils who consider themselves not as 'sporty'**.

Due to an increase in exposure to a greater variety of opportunities, there has been a marked improvement in **children's willingness to take a risk and have a go** on previous years.

Due to careful monitoring there has been an **increase in engagement within the targeted specific groups**.

Some targeted children **appear more confident due to the sporting opportunities** they have had – social, sense of achievement, sense of responsibility when representing the school.

Engaging with sporting community on our doorstep has **opened up opportunities** for pupils to engage with sport out of school e.g. Lilleybrook Golf Club, Cheltenham Rugby.

This is the first year we have trained pupils to be Sports Leaders. They have achieved their Gold PE

Chief award due to **sustained engagement** in this programme. This shows their commitment due to enjoying the challenge of **leading**, developing their **communication and social skills, creativity** when creating different activities to **engage the pupils**.

Fun Fit

Fun Fit, which is a 6 week intervention our year 4's experienced, practicing the fundamental movements needed for all sports, saw an increase in repetitions and quality of movements across the year group in all workouts: Burpees, lunges, skipping and box jumps. This intervention not only improved the quality of movement but also general fitness which was evident in the data showing increased number of repetitions the pupils were achieving. Pupil questionnaires and report written for the PE Scoop showed the pupils positive engagement with this intervention.

Overall, the school is pleased and proud of the positive impact of all the hard work of staff, parents and children, is having across a range of key, whole school areas: engagement, achievement, health, behaviour, engagement with parents and local community, Christian values and creativity.

Quote from the Head Teacher

(Please limit answer to 500 words)

PE has gone from strength to strength over the last two years at St. James'. Our focused use of Sports Premium means that we have been able to successfully employ two sports coaches and have enriched the opportunities available to the pupils both during class PE lessons, during lunchtimes and through after school clubs. The variety of activities offered has ensured that many pupils who don't like traditional sports have thoroughly enjoyed different opportunities such as ultimate Frisbee and mountain biking. By bringing in additional specialist coaching we have also up-skilled our staff to be able to teach more sport and at a better level - staff have thoroughly enjoyed these opportunities.

The strong link with SSN and opportunities for extra-curricular and competitive activities has meant that many pupils have adopted healthier lifestyles as a direct result. Parents of particular children have commented on their child's enthusiasm and change in motivation once they have joined in with activities. Sports participation has greatly increased with a large number of children taking part in a wide variety of sporting opportunities - this has never been as strong at St. James'.

Parents have recently commented in our yearly questionnaire about the good mix of fun and competitive activities offered to the children; this has included our inter-house games which include cross country and orienteering alongside the typical sports day. Twice weekly wake and shake and 'run a mile', alongside opportunities to play badminton or table tennis at lunchtimes mean that children are very active at St. James'. This is supported by our obesity data which shows that children at St. James' are well below the national average in years R and 6.

Please provide the school website link that details the PE & Sport Premium Spend for 2016/17:

www.stjamescofeprimary.co.uk

Anything else you would like to include?

(Please limit answer to 250 words)

This has been an exciting, significant year for PE and Sports at St James' C of E Primary School and will be a stepping stone for continued and sustained growth in this important part of our pupils' experience at our school.

It is an important factor contributing to the whole school's steady, sustained improvement across identified areas. Plans are in place to continue this dedicated work in years to come, as a focus area moving forward, developing further to increase the impact within the 5 Ways to Wellbeing, mental health, obesity and those young people with poorer health outcomes. The school aims to respond positively to the directives held within the Childhood Obesity Plan for Action 2016, as well as awareness factors held within the All Party Parliament Group's Fit and Healthy Childhood PE Report (Oct 2016).

The expectation is that this whole school focus will contribute to the children's positive relationship with physical activity at a young age which they can build on, to stay active throughout their lives.

Please attach any relevant photos to support your application.

Signed: Caryn Smith

Date: 26th May 2017

Applications should be returned to Tom Hall – tomhall@activegloucestershire.org by Friday 26th May 2017