

Developing the PE and Sports Premium Action Plan

The Background to the Primary PE and Sport Premium in schools

Since 2013/14 the Government in England has provided additional funding to improve PE and school sport in primary schools. The aim is to ensure that all pupils leaving primary school are physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport. Ofsted assess how this money is spent and require schools to publish information about the use of the premium on their websites. For 2016 /17, schools generally received £8,000 with an additional payment of £5 per pupil.

Since 2013, the school has planned how the Sports Premium is spent and has published the information as required. However there has been no long term plan as to the best use of the money, and very little input by the pupils. This has resulted in a low profile for the Premium, patchy benefits for the children and a lack of sustainability. The aim of this work was to raise the profile of the fund, seek to involve the children in the planning and assessment of the spending, and to develop a long term planning framework. The increase in funding, doubled for 2017 / 2018, highlighted the need for, and opportunity to make, long term plans with the aim of producing long term benefits.

In 2016 and 2017

Firstly it was decided to fund free out of hours sports clubs for all children (two clubs per term) in the belief that exposure to different sporting activities would help children's interest in lifelong sport and physical activity, with resulting developments to their health and wellbeing. This was an easily implemented and popular way to start. Parents appreciated the opportunities made available to their children, and many activities were oversubscribed. There was very little "dropping out" and the sports leaders reported good engagement. An assessment of the sports equipment showed a need for upgrade and replacement. New and improved equipment helped the delivery of activities throughout the school and aided the children's participation. For example, new basketball hoops helped with playtime and lunchtime activities and have been used in PE lessons. The purchase of a complete set of new PE mats made planning and delivery of gym lessons much more effective (efficient use of space, allows all classes to work with no more than two children on each mat, easy manoeuvrability for the children, allowing them to be fully engaged in setting up and putting away of their own equipment). CPD was provided for staff to improve confidence in teaching gym lessons.

Initial results

Children are becoming more skilled; staff now have to provide more challenge in PE lessons. Playground games, especially football, are more focussed, and the children are able to lead these games independently of adult help. Children are having much more success in inter-school competitive events. The children were asked about the changes to sport in school and gave very positive comments about the clubs and activities. However the most intriguing came from the question "How do you think the school has changed by having the clubs?" There were the predictable "getting better" and "really enjoying having fun" comments. But children also said "People are learning to be less aggressive when they are losing; they learn that it's just a sport." "It helps us improve any sport we do and helps us in our other lessons" and "It's good to meet new people coming to do sport with us." Further chatting indicated that the children understood that sport could help them improve and enjoy every aspect of their school life. Finally, in a vote, 14% of the school said that Sport and PE is only for school, but 86% said Sport and PE is forever, and you make more friends, friends forever.

So, into the future...

The profile of school sport has been raised with children, parents, and school leadership (including the chair of governors and the SIP). The children have more opportunities, greater success, better equipment and more positive attitudes. Future plans include similar work with our federated school, the upgrading of the outside play spaces to create more all-weather areas of interest which could be used for play times and lessons, and the continuation and improvement of the club opportunities. Research appears to show that that the children who maintain levels of fitness are those that have the highest levels of activity at the age of seven. Physical activity helps with mental well-being. We do our children great service by improving their P.E.