

# WELSH HOUSE FARM COMMUNITY SCHOOL

“Inspired to grow and flourish”



## PE & Sports Premium Action Plan 2021-2022 Recovery year Report, “Embedding a healthy lifestyle”

The PE and Sports Grant allocation for 2021-2022 is based upon **178** eligible pupils. The purpose of the grant is to fund improvements to the provision of PE and Sport, for the benefit of primary-aged pupils, in the 2020-2021 academic year.

### **Grant offsets part of the cost incurred to provide high quality sports and PE provision**

1	To ensure that part of the recovery process within school the PE premium is used to maximum effect throughout all key stages. To ensure that sustainability of the premium is clear to see in the coming years. “Embedding a healthy lifestyle “will be main focus of this year’s premium ensuring the children understand the importance of healthy lifestyle choices allowing them to grow and flourish throughout life.	
	Total Expenditure	<b><u>£17,852</u></b>

### How to use the PE and sport premium

**Schools must use the funding to make additional and sustainable improvements to the quality of their physical education (PE), physical activity and sport.**

This means that you should use the premium to:

- Develop or add to the PE, physical activity and sport that your school provides
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

**Schools should use the premium to secure improvements in the following 5 key indicators.**

1. **Engagement of all pupils in regular physical activity**, for example by:
  - a. Providing targeted activities or support to involve and encourage the least active children
  - b. Encouraging active play during break times and lunchtimes
  - c. Establishing, extending or funding attendance of school sport clubs and activities and holiday clubs, or broadening the variety offered
  - d. Adopting an active mile initiative

- e. Raising attainment in primary school swimming to meet requirements of the national curriculum before the end of key stage 2. Every child should leave primary school able to swim
2. **Profile of PE and Sport is raised across the school as a tool for whole-school improvement**, for example by:
    - a. Encouraging pupils to take on leadership or volunteer roles that support sport and physical activity within the school (such as 'sport leader' or peer-mentoring schemes)
    - b. Embedding physical activity into the school day through active travel to and from school, active break times and active lessons and teaching
  3. **Increased confidence, knowledge and skills of all staff in teaching PE and Sport**, for example by:
    - a. Providing staff with professional development, mentoring, training and resources to help them teach PE and sport more effectively to all pupils, and embed physical activity across your school
    - b. Hiring qualified sports coaches to work alongside teachers to enhance or extend current opportunities
  4. **Broader experience of a range of sports and activities offered to all pupils**, for example by:
    - a. Introducing new sports and physical activities (such as dance, yoga or fitness sessions) to encourage more pupils to take up sport and physical activities
    - b. Partnering with other schools to run sport activities and clubs
    - c. Providing more (or broadening the variety of) extra-curricular activities after school in the 3pm to 6pm window, delivered by the school or other local sport organisations
  5. **Increased participation in competitive sport**, for example by:
    - a. Increasing pupils' participation in the [School Games](#).
    - b. Organising, coordinating or entering more sport competitions or tournaments within the school or across the local area, including those run by sporting organisations.

### Impact Log

#### Sports Premium Action plan - 2021-2022

Intent	Implementation	Plans to be actioned this year- Impact	Review March 2022
<b>Engagement of all pupils in regular physical activity</b>	1. All pupils from Nursery to Year 6 including our Resource Base receive a detailed and planned PE lesson every week from the PE specialist.	This year within the PE lessons the process for Nursery and EYFS will be to reinforce learning through play. In KS1, the process will be mastering basic movements as well as developing balance agility and co-ordination and to begin applying these in a range of activities and combining this with the emphasis based on enjoyment. In KS2, we will focus on children developing their own identity in sport and building a teamwork ethos. They will start to develop a knowledge of how exercise has an impact on their	

	<p>2. Balance-ability bikes and lessons for Reception and KS1.</p> <p>3. Targets timetabled lessons for less active, low confidence and healthy eating programme.</p>	<p>body. They will start to apply learnt skills to competitive situations. Each lesson from Nursery to KS2 has an emphasis on creating positive sporting atmosphere and working within a team.</p> <p>Five bikes were initially purchased with the PE specialist completing an online course to teach Balance ability. Actions are in place to purchase a further 5 bikes with the programme being successful. This will enable children to progress to Bike ability in Year 2 and on the pathway to learning a life skill and building the foundations of a healthy lifestyle.</p> <p>Due to the success of the children in all three timetabled sessions last year the programme has been evolved this year to provide a greater assistance to a wider range of children. The evolution of the programme has meant the inclusion on KS1 children. The KS2 children that were on the programme last year have now become mentors and assist in these lessons. They have become ambassadors for the programme. They are active in discussion sessions and throughout the year they will discuss the barriers they see in sport and how together we can break them down and enable them to enjoy PE and Sport. More funding is to be allocated to this remit to allow more active trips to commence which will allow children who are part of these targeted sessions the chance to experience live sport and sport in different areas.</p> <p>The healthy eating programme will continue this year with further funding to allow children and parents on the programme to embed a healthy eating lifestyle. Advising parents and children on nutrition, healthy meals and healthy lifestyles. Awareness assemblies are due to commence with parents and children in the coming months to share awareness</p>	
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	<p>4. There is a calendar of active sport sessions every break time and lunchtime, with an active league table between the classes.</p>	<p>on healthy eating habits and a coffee mornings for all parents to discuss healthy meals and recipes.</p> <p>Funding will be provided to ensure new equipment is purchased throughout the year to encourage active break times. Equipment will be replenished and restocked to ensure the Welsh Cup programme for all classes can be maintained. IN KS2, new Basketball posts have been purchased and Netball nets replaced. Football goals and football nets have also been replaced. A further table tennis table will be purchased to ensure all year groups can participate at the same time. To further expand foundation of healthy break and lunchtimes new KS1 new football goals will be purchased in KS1 for the spring term. Sport Leaders will be attend virtual play leader training sessions delivered by Steve Groves. Part of the Sports Premium will go towards maintaining the play equipment so all year groups have exciting, active playtimes.</p>	
	<p>6. Wider variety of extra-curricular sport clubs.</p>	<p>Clubs have been expanded to morning and afterschool. Extra funding has been provided towards this area, which has meant Positive PE has been booked for a Friday morning slot all year. This will allow work with all year groups from 1-6. Each year group now receives a morning club and an afterschool club to ensure clubs are inclusive for all. New clubs this year which the sport premium has funded are Boxercise and Tri –golf. Each year group will have experience of trying these. We have introduced a Commando Jordan club in the morning to work on team building , this will further expand the variety of clubs on offer.</p>	

	<p>6. Further Embed Daily mile within KS1 and KS1 daily timetable.</p> <p>7. Attainment being raised in swimming to align with the national standards.</p> <p>8. Further implements Bike ability within the PE curriculum.</p> <p>9. Ensuring all children have no barriers to leading a healthy lifestyle.</p>	<p>Progression this year would be due to the lifting of the restrictions and mixing of classes will be the KS2 will take the KS1 children on their Daily mile. A rotation of children from KS2 classes will design a route for the KS1 classes to complete on their day. This will ensure that the children within KS2 further develop their leadership qualities. Funding will be provided to send the children on sport leader training.</p> <p>Funding will be provided for PE specialist and two other members of staff to attend a level 1 and 2 swimming training course. This will further enhance the learning opportunities due to the greater knowledge of the teaching staff. To raise attainment more funding will be placed towards encouraging and providing equipment to allow families to access swimming lesson for their children. This will be in the form of resources and equipment. Swimming will be encouraged as part of embedding a healthy lifestyle.</p> <p>To enhance the progression of Bike ability within school funding will be available for all KS2 children to complete level 1 and Level 2. Bikes purchased which will be loaned from school for children to use at the weekends. This will ensure that children who do not have access to a bike will be able to ensure a healthy lifestyle is maintained. Four bikes will be purchased, two for KS2 and 2 for KS1.</p> <p>We have many actions in place this year to ensure that all children can actively compete within PE. We have Villa vision coming in to test children in year 5 and 6; we will be running health-eating lessons with children and workshop with parents. Fitness classes will be run for children and adults and staff to ensure the healthy</p>	
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		lifestyle is embedded throughout the school.	
<b>Profile of PE and Sport is raised across the school as a tool for whole-school improvement</b>	<p>1. Welsh House Farm Sports Crew are present in KS1 and KS2, with Students taking on leadership roles.</p> <p>2. Captains and assistant captains taking on lead roles within their team.</p> <p>3. KS2 students help support KS1, EYFS and Nursery clubs and lunchtimes.</p> <p>3. Active lessons, ensuring a target 90% of the lesson is active.</p>	<p>Leadership roles within the sport crew in both key stages will be supported by extra funding to allow students to travel to other schools to receive training as part of the sport leader programme. The funding will allow Steve Groves to hold sessions with the sport leaders to further enhance their skills through leadership and games based training sessions. The Sport Crew meetings enable children to share their voice on school sport and discuss improvements on playtimes.</p> <p>The captains of each team will take an active role in training sessions and school lessons. They will run a small group game working on their leadership qualities.</p> <p>KS2 students will be volunteering in EYFS lunchtimes to lead safe and active play sessions from the Spring term once it is safe to do so. These students will work with EYFS children to create and play games. In KS1 clubs, Year 6 will be volunteering to help and lead within clubs. The programme promotes a leadership role and encourages a role model showing a healthy lifestyle choice.</p> <p>This is an increase of 10% from last year; this is due to an increased amount of equipment purchased from the premium. This ensures each child has individual equipment across all sports. The impact will be healthier pupils and more health focused activities to promote a healthy lifestyle for the future. Funding will be spent on providing extra kits to ensure all students have the correct kit for PE. Students now arrive into school in their PE kit, which then ensures all the lesson time can be spent learning, furthermore</p>	

	<p>4. Active travel endorsed throughout whole school. Travel to school scheme embedded into the school day.</p> <p>5. Fitness classes will be provided for the wider community, including parent's fitness classes.</p> <p>6. Embed successful active learning approaches in other subjects.</p>	<p>embedding a healthy lifestyle in all lessons.</p> <p>All students will take part in Balance Ability and Bike Ability programmes throughout year. The balance ability programme will be aimed at EYFS and KS1. They will all pass a balance ability course ran by the PE specialist. When they have completed this, they will continue onto the Bike ability course. All students in KS2 will take part in level 1 and the Level 2 Bike ability. We have signed up to living streets a walking to school tracker, which encourages more students to walk to school including staff. We have conducted a survey and already had a walk to school week to promote this throughout the school. We have started the process of applying for a park and stride location.</p> <p>Commando Jo enterprise will be providing fitness classes alongside the PE specialist. These will run In the spring and summer term. They will available for people of all ability .There will be two separate classes, one for parents, and a further one where children can join in with their parents. This is to ensure that sport and fitness is enjoyed by all the family, and allows the community access to free health and fitness.</p> <p>Funding will be provided to access online learning platforms to help classes achieve active learning lesson. Further analysis of Active maths and Active Phonics will continue this year.</p>	
<p><b>Increased confidence, knowledge and skills of all staff in teaching PE and sport</b></p>	<p>1. Providing staff with professional developments, training and resources for PE. CPD provided to areas of improvement</p>	<p>The CPD for staff within PE this year will be based around Gymnastics and Dance. Positive PE will be running the Gymnastics. ACE dance will be running a dance tutorial for all staff. Staff this year have already received a CPD from Steve Groves, a Sport Leader Specialist who</p>	

	<p>signalled by staff through questionnaires.</p> <p>2. Applied for the PE Quality Mark award.</p> <p>3. Increase staff confidence in delivering extracurricular clubs.</p> <p>4. Ensuring dinner support staff have up-to-date training and resources available to deliver an active lunchtime.</p>	<p>provided the staff with CPD in Non-equipment games part 1 and 2. Staff will be filling in questionnaires regarding what further development and training they would like from PE and training will be aligned to meet their answers. Staff which take swimming classes will be placed on a teacher swimming course level 1 and level 2 to ensure up-to-date specialist swimming knowledge. CPD will be provided to help address staff motivation and relationship with PE.</p> <p>This process will start again this year, with the view of gaining the award by the end of 2022.</p> <p>The PE Lead will work with staff to provide resources to encourage them to display their talent in their chosen sport or topic area. They will deliver either a morning, lunchtime or afterschool club for a select amount of children.</p> <p>All teaching staff have already received resources provided by Steve Groves around non-equipment games; this was provided by a handout and training from the PE Lead.</p>	
<p><b>Broader experience of a range of sports and activities offered to all pupils</b></p>	<p>1. Introduce new sports and physical activities to encourage more pupils.</p>	<p>Using the funding each year, we aim to broaden the range of activities each student can access, We have already purchased tri golf and Boxercise equipment .These are inclusive sports, which can be enjoyed by all. These sports have been highlighted to encourage a greater number of children to be involved with PE and Sport. We have started to invest within cross-country; this will be targeted to start In the spring term. The investment would be buying equipment for children to wear on a course and taking regular trips out for the children to</p>	



	<p>2. Introduction of Outdoor Adventure Activity trip for KS2 students.</p> <p>3. Partner with other schools to run activities and clubs</p> <p>4. Providing a broader range of afterschool clubs.</p>	<p>experience a cross-country course before competing.</p> <p>Two outdoor activity trip will be arranged for the Summer term there will be an organised trip to Outdoor Adventure Activities Centre to promote team building and social skills but will be expanded across the year groups. This will involve children from all lower KS2 and upper KS2. They will experience one outdoor events and one indoor event this year.</p> <p>We have collaborated with two other schools to run a range of activities across the year; these will run alongside the school games competitions. We have also entered into a girls and boys football league. We aim to launch a Harborne Netball league from the spring term. There will be two leagues, one league will be a competitive league, and one will be friendly league. The friendly league will be based around encouraging less active children and children who have low confidence in sport.</p> <p>Funding will be provided to further strengthen the link with the Harborne golf club, who will be providing an afterschool programme for Year 5 and 6 students in the spring term. The link with Postive PE has also been strengthened with them expanding from 1 term to 3 terms and covering all year groups from Year 1-6 for a morning club. The Priory tennis will be starting a Tennis afterschool club in the summer term for year groups 3-6.</p>	
<p><b>Increased participation in competitive sport</b></p>	<p>1. Increased participation in school games to maintain commitment to</p>	<p>To attend every school games event which is hosted by the Birmingham SGOs. The plan this year will be to ensure that we increase the amount of B and C</p>	

	<p>attending all school games in person.</p> <p>2. To host competitions for other schools. Resource base fixtures. To organise more competitions within the local area and with local teams and schools.</p> <p>3. Increase additional challenges for the G&amp;T students both internally and externally.</p> <p>4. Mini bus expenditure</p>	<p>teams, which enter the events to ensure that more children get the opportunity to represent the school in more activities. To achieve this funding will be provided to ensure transport is always available.</p> <p>Our aim this year is alongside school games to attend events outside of this and link with other schools and teams to increase the amount exposure the children get to competitive competitions. Another aim for this year is to merge with other schools and form a friendly competition calendar for our Resource Base. To engage them in more regular completion and with other children and schools.</p> <p>Increased funding has been placed within this area to allow G&amp;T children a pathway for future sporting engagement outside of school. Funding has been placed towards subscription and equipment for particular children. Regarding the G&amp;T children, pathways within their sport have been sourced and opportunities made available in and outside of school to allow opportunities for growth.</p> <p>To look into purchasing a Mini bus to provide more opportunities for the children to attend fixtures with more ease and the ability to take more children to tournaments.</p>	
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