

Lakenheath Primary School

Physical Education Sports Premium Action Plan and Intended Grant Spend – September 2022 to July 2023



Estimated Sports Premium Grant	£ 18352.00
Total number of pupils on roll (Y1-6)	225

Objectives	Specific Actions	person/s responsible	Success criteria	Timescales , including detailed dates of meetings and deadlines	Cost	Impact
<p>1. The engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles</p> <p>To ensure all children achieve 30 minutes of physical activity in school each day in line with government guidelines.</p>	<ul style="list-style-type: none"> Purchase more PE equipment to be used at play/lunch time for chn to engage with. Year 5/6 children to participate in Bike ability EY children/ Year 1 to participate in Balance ability Chn to engage in classroom based activities as additional activity throughout the day – active lessons, cosmic yoga, exercise videos. Promote healthy lifestyles and eating through snack choices, water etc. Use external coaches (Premier Sports) to encourage 	<p>MB</p> <p>MB/MT</p> <p>MB/LL</p> <p>All class teachers</p> <p>MT/MB</p>	<p>More children to be active during play time through the use of equipment and space provided. Chn to be playing games effectively.</p> <p>EY & Y5/6 to participate in the Balanceability/ Bikeability schemes in order to promote bike safety and encourage chn to further their own skills by biking/scootering to school etc.</p> <p>Class teachers to ensure chn are engaging in physical activity throughout the day and not just in PE.</p> <p>Tighten the school policy on snacks allowed at school and encourage children to drink water at school.</p> <p>Getting more children active during the school day by offering a range of activities at lunchtimes and a variety of after school clubs.</p>	<p>September 2022 – July 2023</p> <p>June 2023</p> <p>EY – November 2022</p> <p>All year round.</p> <p>All year round.</p>	<p>Bikeability: £ 648</p> <p>Balance ability: £ 920</p> <p>Purchase of own balance ability bikes £2844</p>	<p>Y6 children took part in Bikeability and all passed the qualification. This provided them with the skills to ride their bike safely, and can actively bike to school providing them with more opportunity to be physically active.</p> <p>EY children all participated in balance ability training which again was successful. We hired an external coach to deliver the sessions and provide the EY children with some early physical activity, with the intent of them progressing with using balance bikes or normal bikes. Following the training, we decided to purchase our own set of balance bikes. We feel the impact this will have will mean the EY chn with have increased access to the bikes, providing them with more opportunity to be physically active. School policy saw a big change</p>

	<p>and offer more opportunity for physical activity.</p> <ul style="list-style-type: none"> Introduce personal challenge boards to engage chn to actively engage and improve. 	<p>MB/MT</p> <p>MB to provide – CT to run.</p>	<p>Potential to use funding to buy balanceability bikes for school to train EY chn all year round and increase activity and competence.</p> <p>Personal leader boards for each class will encourage chn to take part in activities weekly and aim to improve their personal best.</p>	<p>September – July 23 (lunchtimes, afterschool.</p>	<p>Sports leaders course £360</p> <p>Premier Sports cost: (coaches) £6875</p>	<p>in its healthy eating policy, only allowing fruit or veg to be eaten at break times. As the year passed, it was evident that the impact was positive as it was having an effect, and all staff and children were abiding by the rules. This promotes healthy eating and lifestyles for the children.</p> <p>Premier sport coaches were used effectively at lunchtimes where they set up numerous activities on our playing surfaces. The impact of this meant that their activities engaged large audiences of children where they got to participate in a range of activities such as badminton, archery, basketball, tennis and more. The children love the coaches as it gives many of them the opportunity to play sport and be active with their friends.</p>
<p>2. The profile of PE and sport being raised across the school as a tool for whole school improvement</p>	<ul style="list-style-type: none"> Enter high quality competitions available through membership with Forest Heath School Sports Partnership culminating in Suffolk School County Games. Increase number of teams entered to 	<p>MB</p>	<p>More children will have the opportunity to participate in high-level competitions and feel involved, and proud to represent the school.</p> <p>Opportunities to participate in a differing range of competitions and sports.</p>	<p>September 2022 – July 2023</p>	<p>School Sports Partnership £905</p>	<p>As a school we have continuously made efforts to raise the profile of PE as a whole school improvement. We have seen a large increase in the number of competitions and teams entered through our sports partnership. This year we have been able to enter 24 teams into 16 different competitions. The range of</p>

	<p>provide more opportunity for more children.</p> <ul style="list-style-type: none"> Actively engage G&T chn to help promote physical activity across the school, provide opportunities for these to excel and share their experiences. Celebrate sport throughout school, and promote school sport into the public eye / parents via social media, newsletter, assemblies. Offer intra-school based competition as family groups, to encourage competitiveness and togetherness through physical activity. Organise and create a sports week with a focus on all children participating in sport, raising awareness and increasing enjoyment of sport Promote sport and activity through 	<p>MB</p> <p>MT/MB</p> <p>MB</p> <p>MB</p> <p>MB +</p>	<p>Providing opportunities and celebrating gifted and talented children.</p> <p>Opportunity for children to build confidence in a variety of activities – can then lead younger children during lunchtimes.</p> <p>Update noticeboards of achievements in school.</p> <p>Produce reports relating to competitions that we have participated in for website/Facebook page. Also, use pictures as evidence.</p> <p>Celebrate achievements in assembly of both individual and team sporting greatness.</p> <p>Provide write ups of events and post pictures/video content on school social media page to promote success and engagement.</p> <p>Sports week will ensure whole school participation, and raise awareness to PE and sport in school.</p> <p>Increase the use of sport through national charity days to encourage chn to be active – Children in need, Sports</p>	<p>Courses TBC by FHSSP</p> <p>All year round.</p> <p>Spring/Summer terms.</p> <p>Summer term (June 23)</p>		<p>activities is broad such as; football, athletics, multi-skills, SEND festival, orienteering.</p> <p>The impact of these competitions have increased our performance levels and as a result won various medals, again an increase of before. This has given more children the chance to celebrate success and promote our school sport as a result. We won 6 medals overall, and our aim is to win a gold and more next year.</p> <p>We now have a large gathering of parents on our Facebook page, where we report on each sporting event with pictures. This is always received greatly and has had a positive impact in bringing the community together.</p> <p>Our children had the opportunity for intra school competition during our school sports week. In this week, the children represented their family group and competed against each other in a variety of multi skills events. Additionally, sports day style events were held on separate days and all these points were accumulated. This helped raise</p>
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	charity days	AG (school council)	Relief, Colour run's etc.			<p>the profile of PE and sport in school as it gave children an avenue for participating in new activities, a competitiveness atmosphere amongst their peers and enjoyment to all be playing a variety of sports.</p> <p>As well as taking part in charity days which help raise our profile in the community and at school, we also arranged and held our very own colour run. Children raised money for the school and then took part in a 20 minute continuous run with volunteers throwing paint as they went round. This was loved by majority of the children at the school, and many say it was there best day of the year. We used a local photographer to take and then sell photos, also raising the profile of our school in the community.</p>
3. To increase the confidence, knowledge and skills of all staff teaching PE and sport.	<ul style="list-style-type: none"> Teachers to work with a specialist sports coaches 1 x a term on a chosen sport (per year group) Coordinator to support any teachers requiring additional help/ideas – especially ECT's. Promote recent 	MB to book CT to work with. MB & all CT	<p>Lessons should provide a positive outcome for the CT's and give them confidence in teaching specific units of work. Evaluation form for teachers working with specialist to evaluate successes and next steps – help future planning.</p> <p>Increase standard of teaching in specific sports. Lesson observations, learning walks and feedback will help</p>	September 2022 – July 2023 When required.	Staff CPD £600 Level 5 PE course £1194 Balanceability course £132	<p>At the beginning of the year I had the opportunity to teach many of the classes PE and support teachers with their planning. I was able to demonstrate different teaching styles, and engage them with various activities, mini games etc. The impact of this gave other teaching staff the opportunity to observe a specialist in order to improve</p>

	<p>planning scheme (Get Set 4 PE) and ensure it is used accordingly. Access assessment tool to assess chn's capabilities.</p> <ul style="list-style-type: none"> • Provide CPD opportunities to staff through FHSSP gold membership – paid CPD opportunities. • Ensure staff are up to date with current safe practice guides for safety of pupils and lessons – Safe practice handbook available to look at any time. • Share good practise and ideas during a PE staff meeting – discuss. 	<p>All CT</p> <p>MB</p> <p>All CT</p> <p>MB</p> <p>MB</p>	<p>develop teacher's confidence further.</p> <p>Teachers to be able to assess chn in PE, and offer this as part of school report / parents' evening using the Get Set 4 PE scheme.</p> <p>Teachers will learn new skills or up-level skills and become more competent in areas of development through attendance of specifically aimed CPD. It will give useful tips on lesson ideas, structure etc.</p> <p>New Safe practice guide is available for staff to access to support with; safety of lessons, safety of children and how to properly deal with any concerns.</p>	<p>All Year</p> <p>Course dates dependant on partnership.</p> <p>When necessary</p> <p>Date TBC</p>	<p>External coaches £440</p> <p>First aid course £129</p> <p>Midday supervisor course £120</p>	<p>their own knowledge and confidence. Many of the staff members were pleased with the support and commented on how it helped improve their style of teaching PE.</p> <p>Coaches were hired and used to deliver a range of activities this year to any teaching staff that requested support. We had gymnastics, dance and cricket teachers support the school staff in delivering PE and to help increase their confidence. We will look to cover different teachers next year, with different activities to ensure everyone is receiving support and having the opportunity to improve their own teaching.</p> <p>We held on on-site midday supervisor training to engage our staff to encourage activity at lunchtimes. The impact had a positive response from the MDSA's, who have now began to put a plan in place to action in September. A rota will be created and equipment provided for them to manage physical activity at lunch times.</p> <p>Following interest from a TA, we booked her onto a Level 5 PE Specialism course. This is with the intent that she will be</p>
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						<p>qualified to deliver and support PE lessons, and can then be used across the school to improve the quality of PE being delivered. The impact of this training will benefit a large number of children and staff as they will be able to help raise the profile and standard of PE even higher.</p> <p>In addition to this, the same member of staff is completing training to become a balance ability instructor, with the intent of next academic year they can deliver the training internally to our EY children, rather than hiring externally for a short period of time. As a result, the EY children can receive training for longer periods through a familiar member of staff.</p>
<p>4. broader experience of a range of sports and activities offered to all pupils</p>	<ul style="list-style-type: none"> To offer and run a variety of sports clubs throughout the year to all age groups to experience and access. Curriculum map developed using new scheme of work (Get Set 4 PE) which will incorporate a range of sports. External levelled coaches to be used 	<p>MB & Premier Sports</p> <p>MB (All CT to follow)</p>	<p>Chn to experience a broad range of clubs / activities at school to participate in. Inclusive clubs for all ages to access.</p> <p>2 Year Long-term plan/ curriculum map will offer opportunity for chn to learn about new sports and skills. Will avoid repetition of sports but will engage all chn in a range of lessons. Additionally, expose teachers to a broad range of sports to increase confidence.</p>	<p>Offered all year round September 2022 – July 2023</p> <p>Edited September 2022</p>	<p>(See Premier Sports Cost)</p> <p>Mini medics course £160</p>	<p>The delivery of our new PE scheme has been a massive success across the school. In a recent pupil and staff voice, it was expressed how the variety of activities had been engaging and that the sequence of lessons provided opportunity to learn new skills, mini games and to have fun. The impact of this was that children loved learning new skills from</p>

	<p>to broaden the activity at lunchtime and afterschool.</p> <ul style="list-style-type: none"> Engage with local clubs to offer opportunities, and make links for chn to further participation. Sports premium breakfast club to run on two mornings a week to engage disadvantaged families. Sports week will incorporate a range of activities away from the norm to gauge excitement and broaden experiences. 	<p>MT to hire.</p> <p>MB & relevant personnel at teams.</p> <p>MT / Premier sports</p> <p>MB</p>	<p>Have chn experience different sports, and to promote being active during school.</p> <p>Exposure to external clubs will promote sporting opportunities outside of school, create good links and expose chn to a range of sports.</p> <p>Sport and activity offered to pupil premium chn, in order to keep them active and broaden their experience and mindset with physical activity.</p> <p>Sports week will allow all chn to participate in and experience a range of activities</p>	<p>Daily - September 2022 – July 2023</p> <p>When opportunities arise.</p> <p>September 22 – July 23</p> <p>June 2023</p>		<p>activities such as orienteering, invasion games that included Frisbee and capture the flag and yoga.</p> <p>Lunch time and after school clubs have been ran by both internal and external members of staff. External organisations have run a variety of clubs for children to actively engage with such as archery, gymnastics, basketball and a dance and games club. Internally, clubs have been run to co-inside with the school games programme. Children have had opportunities in athletics, hockey, netball, cricket, football and more. These clubs had a massive impact on our performance levels at competitions, allowing us to win 6 medals this year.</p>
<p>5. To increase whole school participation in competitive sport.</p>	<ul style="list-style-type: none"> Enter high quality competitions available through membership with Forest Heath School Sports Partnership culminating in Suffolk School County Games. Offer intra-school based competition as family groups, to encourage competitiveness and togetherness 	<p>MB</p> <p>MB</p>	<p>School will enter inter school competitions as part of the partnership, aiming to enter a range of sports available for all year groups.</p> <p>Produce an in house competition amongst school house teams to compete against each other. Select a variety of inclusive sports for chn to have fixtures vs each other.</p> <p>Certificates/trophies for</p>	<p>September 2022 – July 2023</p> <p>Termly competition TBC</p>	<p>Equipment purchased £1707.68</p> <p>Transport fees £1380</p>	<p>Whole school participation has seen a large rise this academic year. I have actively engaged children into a variety of clubs and school competitions, with the level of participation and opportunity being at the heart of the success. The impact it has created has been the number of children willing and wanting to participate and represent their school.</p> <p>I created a spreadsheet to track</p>

	<p>through physical activity.</p> <ul style="list-style-type: none"> A wide range of after school clubs to be on offer which provide opportunities to represent the school. Variety of children selected to represent school in competitions. Sports week at school to encourage whole school participation – make it a school tradition. Hold termly cross country races as a school to increase competitive activity. 	<p>MB/ Premier Sports</p> <p>MB organise</p>	<p>winning teams to engage and promote love for sport.</p> <p>Club lists of children attending each after school club to demonstrate an increase and range of children participating in an extracurricular club.</p> <p>List of range of clubs offered throughout the academic year.</p> <p>Different children to be participating and representing the school (list to be generated) Inclusive practice – PP, SEND, G&T.</p> <p>Sports week will engage the children with a week of; participation, experiencing new sports and bring back passion across the school.</p> <p>Cross country races to be run per phase for whole school participation. Promote and celebrate competitive aspect through positions, improving times etc.</p>	<p>September 2022 – July 2023</p> <p>September 2022 – July 2023</p> <p>June 2023</p> <p>Once per term</p>	<p>all children taking part in a club or representing the school across the academic year. This allowed me to focus on areas that required engagement and try to promote sports to these where possible.</p> <p>Overall, we provided opportunity for 364 children to attend a club or represent the school in a competition. Many of these were the same children, but the opportunity was there for many to take. We had 153 different children engage with a club or competition, out of approx. 260 children – 53%.</p> <p>I also targeted groups of children and offered clubs, and opportunities to participate in activity to these broader ranges of children. The impact of this was positive, out of the 364 participants; 84 of these were pupil premium, 41 were SEND children and 34 free school meals children (some repeated). This increase in numbers has allowed children to express their interest in sport through participation and to be given the opportunity.</p> <p>We entered an SEND festival where we took a team of 8</p>
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						children from the SEND register, they loved the engagement with like-minded children, and the opportunity to do so. The overall impact was massive for their confidence but for their self-belief as they won a bronze medal!
6. To ensure that children can swim 25 metres by the end of Year 6.	<ul style="list-style-type: none"> • Chn go swimming during Years 3 / 4 for 6 weeks at Mildenhall. • Monitor swimming of all chn going swimming to identify who can hit the target by end of year 4. • Pick up any non-swimmers in Year 5 / 6 for booster swimming lessons. • Produce questionnaires to chn/parents about swimming outside of school to encourage swimming. 	<p>Chn / CT</p> <p>MB</p> <p>MB/MT</p> <p>MB/MT</p>	<p>Class registers will be produced and identified on who can or can't swim by the end of Year 4.</p> <p>Year 5 & 6 chn will be identified and offered additional swimming lessons to help learn to swim, to close gap and decrease percentages.</p> <p>Questionnaire will encourage parents to take chn swimming, and chn to identify themselves what they can or can't do, also encourage to ask to go swimming.</p>	<p>September 2022 – March 2023</p> <p>September 2022</p> <p>June 2023</p>	<p>* Booster Swimming instructor cost</p> <p>£1650</p>	<p>Booster swimming was run on a 6 week programme for any Year 5 & 6 children that hadn't yet passed the national curriculum swimming criteria.</p> <p>Most children engaged and took part, enjoying the additional swimming and opportunity to try to learn again. It provided many with a positive impact with swimming and water as they were part of a smaller group which meant they received an increased level of support. Many of the Y6's made progress to pass the swimming criteria, with only 4 year 6 children not meeting the requirements.</p>
Current Sports Premium Spending				Total so far: £ 20065		

* Other PE and Sport Premium money will be spent on catch up swimming lessons, and travel to the venue.