

# St Helen's PE Premium Action Plan and Strategy

## Impact Report 2019-20



**Leader responsible:** Kelvin Chappell, Andy Spens

### **Covid 19 Pandemic:**

Unfortunately the Covid 19 Pandemic has curtailed the academic year as we know it. We have still produced a PE Impact report as we would do in previous years to show the impact of our work up to March 23<sup>rd</sup> 2020. With the pandemic meaning more children were in lockdown and at home, we have added an additional section to the PE plan to show how we maintained children's SEMH and Physical well-being at home, even though some of this was not explicitly linked to the use of PE funding. This was undoubtedly very successful and something that we may have to consider in the event of a further lockdown.

### **Rationale: Physical Education at St.Helen's: Excellence, enjoyment and achievement together.**

In order for all children to achieve their full potential and to aim for our school vision of '**Excellence, Enjoyment and Achievement**' - **Flying high- Soar like Eagles**, we have developed a PE scheme of work which enables children to develop their core Physical Education skills, and enables them to participate in structured competitive activities at differing levels, used alongside the PE Premium Funding this enables us to ensure that all children engage in Physical activity.

A high-quality physical education curriculum and extra-curriculum **inspires** all pupils to **succeed** and **excel** in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed some of our school values such as: **Friendship, Perseverance, Truthfulness, and Respect**

### **Quality First Wave Teaching:**

All children receive a broad and balanced PE curriculum as part of QFWT (Quality First wave Teaching) this is about what should be on offer for all children: the effective inclusion of all pupils in high-quality everyday personalised teaching. Such teaching will, for example, be based on

clear objectives that are shared with the children and returned to at the end of the lesson; carefully explained new PE vocabulary; use of lively, interactive teaching styles and also make maximum use of visual and kinaesthetic as well as auditory/verbal learning. The objectives that are used are taken from the school's skills and progression grid.

### **What is the most effective way to support pupil's Physical achievement?**

Over the last few years we have built our PE strategy around the DFE research that highlights that more successful schools who promote high levels of PE attainment have a number of things in common this is supplemented by evidence from the DFE:



**The amount of PE premium funding: £17,736**

**PE Premium strategy aims for pupils 2018-19: The DFE outcomes are defined as:**

**1) Engagement of all pupils in regular physical activity, for example by:**

1a) providing targeted activities or support to involve and encourage the least active children

1b) encouraging active play during break times and lunchtimes

1c) establishing, extending or funding attendance of school sport clubs and activities and holiday clubs, or broadening the variety offered adopting an active mile initiative

1d) 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:**

2a) 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)

2b) embedding physical activity into the school day through active travel to and from school, active break times and active lessons and teaching

2c) increased confidence, knowledge and skills of all staff in teaching PE and sport, for example by:

2d) 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

2e) hiring qualified sports coaches to work alongside teachers to enhance or extend current opportunities

**3) Broader experience of a range of sports and activities offered to all pupils, for example by:**

3a) introducing new sports and physical activities (such as dance, yoga or fitness sessions) to encourage more pupils to take up sport and physical activities

3b) partnering with other schools to run sport activities and clubs

3c) providing more (or broadening the variety of) extra-curricular activities after school in the 3 to 6pm window, delivered by the school or other local sport organisations

**4) Increased participation in competitive sport, for example by:**

4a) increasing pupils' participation in the [School Games](#)

4b) organising, coordinating or entering more sport competitions or tournaments within the school or across the local area, including those run by sporting organisations.

**As a school we have considered all these key factors and built our PE Strategy for 2018-19 around these key factors.**

**Physical Education Aspirations:** At St. Helen's we endeavour to provide opportunities in all aspects of school life, for all of our children to achieve the very best that they can and to develop a lifelong love of learning of Sport and Physical Education, and to develop their own well-being.

**2019-20 Pupil Strategy: Desired Outcomes and Review:**

**Covid 19 Pandemic:** Due to the Covid-19 outbreak and the school's lockdown, a number of actions below were unable to be completed and meant that we could not measure the impact over the whole year. During the pandemic lockdown we felt that we still needed to encourage children who were not in school to take part in a number of PE sessions and activities to enable them to develop their PE skills and more importantly at this time their SEMH well-being, including physical and mental health. Below are a number of activities that we developed and completed during the initial lockdown:

- PE was still encouraged as part of the Curriculum activities that were sent home. Children were asked to take part in the Joe Wick's PE activities and encouraged to send in videos on Class Dojo.

**Addressed: Project Work – Week 1 and Week 2: My Family.**

The two week project can be viewed as a family project as all children across the school will follow the same theme. We hope the theme helps inspire the children and motivate them to write for a purpose.

**Explore:**  
Who is in your child's immediate family? What other relatives do they have? How does their family link together? How many people do they have in their family? Can you draw a family tree? Why not spend time looking through old photos and talking about the people in their families. What family stories can they tell? How is life different to their parents? Grandparents? Young children: who is the oldest/youngest, who is the tallest/shortest? What colour eyes do the different family members have? Interview a family member.

**Be Creative:**  
Create a piece of artwork entitled 'Family'. This could be a drawing, a self-portrait, a sculpture, a series of photographs or collage. Could they copy another artist's style? Which materials have they chosen to use and why? How do they feel about their piece of artwork? What would they change or not? Family portraits. Younger children: draw around the hands of each person in your house. Decorate them.

**Time to Talk:**  
Perhaps they could play a board game, Zoom a member of their family they have not seen this week, enjoy a family indoor picnic or have a family dinner. Look through some family photos and talk about the memories they evoke.

**Be Reflective:**  
Find out what music their family members enjoy. Do they like the same music? What is their favourite song? They could listen to different pieces of music together with their family. Do they like/dislike any particular types of music and why? Can they identify the instruments they can hear and describe how the music makes them feel? Why not get them to listen to some of the classics?  
Design a coat of arms that represents your family's interests or history. Create a news report about the family – written or filmed.

**Be Active:**  
Take part in Joe Wicks' day exercise programmes at 9am. Go Noodle with the family or have a family workout, fancy a dance. There are lots of dance videos they could try including Strictly's On Mute. Maybe try some Yoga by Cosmic Kids. We recommend that the children exercise daily.

**Value of Justice:** 

- With the loss of competitive school sport children and families were signposted to Wesport activities, were each week children were able to participate in these activities against other local schools. (Photo taken from school newsletter.)



Getting Active Active Community

One of the great things about St Helen's is the wide variety of opportunities the children have to take part in different sporting activities via our School Games Partnerships (Wesport). At the moment this is not possible so we have been given an opportunity to 'compete' against other local schools in different activities that can be completed at home. Each Monday, a different sporting challenge will be posted, and children can take part in the challenge before posting their scores on behalf of their school. Unfortunately we missed the first week, but if you wanted to take part in this great opportunity please click on the link below and register your child.  
<http://www.wesport.org.uk/active-education/school-games/2020-summer-virtual-school-games/>

If you do take part, please feel free to post your activities on Class Dojo. We looking forward to seeing what you come up with. The second week challenge of Netball skills finishes on Sunday. Good luck!

Week 1: Speed Brance



Download Challenge Card

Week 2: Netball



Download Challenge Card

Week 3: Gymnastics



Week 3: Gymnastics

- School Sports Day was held in July as part of a virtual Sports week. This enable children inside school and children still at home to take part in a number of different activities in school. Each individual class also held their own Sports Day. (Photo taken from school newsletter information.)

### St Helen's Virtual Sports Week - Monday 6th July to 10th July

With our love of sport at St Helen's, we are really looking forward to a Virtual Sports week! A number of different activities will be held including Daily Challenges, Sport-related learning, Virtual Sports Day, a Virtual Sports Competition, Dance and an A-Z of Sports Video. With all these great things in store, we look forward to sharing the details with you soon. Our thanks go to Mrs Boffin for organising this.



- Captain Tom's Challenge: To raise funding for Southmead hospital, the children were encouraged to take on a number of challenges to raise money. The majority of the challenges were physical activities. A huge amount of well over £11,000 was raised for South mead Hospital. To inspire the children, a number of daily messages were given by local sporting stars and included Olympians Colin Jackson, Sally Conway and English cricket captain Heather Knight.



**St Helen's Alveston** @stheleapri · 29 Apr

Our fundraising efforts with @stmarysatepri this week have taken us to £4,885 for @SuperSouthmead, close to our new target of £5,000. Here's a message from @Englantricket Women's Cricket captain @Heatheknight55 to inspire us to keep going. Sponsor us: [justgiving.com/fundraising/st...](https://justgiving.com/fundraising/st...)



113 views

**Mr. Chappell**  
St Helen's Church of England Primary School

May 1



**Mr. Spens**  
St Helen's Church of England Primary School

May 3



Mr. Chappell  
St Helen's Church of England Primary School

Apr 30



Children's challenges: Part 1  
Well done to everyone! A huge achievement!  
<https://www.justgiving.com/fundraising/st-helens-and-st-marys>

23 likes · 5 comments · 123 views

St Helen's, Alveston & St Mary's, Yate  
'Captain Tom' challenge for:



Starts Monday 27th April and runs for 1 week until Monday 4th May

A HUGE THANK YOU to everybody who has donated to our Colonel Tom challenge. As I write this newsletter, the current total stands at an amazing **£7122**, which far surpasses our expectations. When we started this idea as a partnership with St.Mary's, we were hoping to raise £1000 for Southmead Hospital, with a day still to go, who knows what our end total will be? Thank you to all the children who have persevered with their challenges, we have loved watching them and have been so impressed with the variety of activities. Thank you also to the staff, who engaged so enthusiastically with the challenges and also used a range of different contacts to reach out to some sporting legends to give us some encouragement. On Twitter this week we have heard from:



Colin Jackson CBE · Sally Conway · Marcus Delpeche · Heather Knight OBE · Lee Johnson · Ben Garner

It has been amazing, to hear the encouraging words from these Sporting Legends, and hopefully it has inspired the children to reach great heights!

### FINAL TOTAL

A HUGE THANK YOU to everybody who donated to our Colonel Tom challenge. When we started this idea as a partnership with St Mary's, we were hoping to raise £1000 for Southmead Hospital and we ended raising an amazing £11,650. This is a fantastic effort that everybody in both schools should be extremely proud of and it was great to see so many different and unique challenges.

St Helen's, Alveston & St Mary's, Yate  
'Captain Tom' challenge for:



Starts Monday 27th April and runs for 1 week until Monday 4th May

Well done everyone!

233 %

£11,650  
raised of £5,000 target  
by 684 supporters

Donate



Southmead Hospital Charity  
We fundraise for north bristol rns trust to enhance patient healthcare in bristol



**1) Engagement of all pupils in regular physical activity, for example by:**

1a) providing targeted activities or support to involve and encourage the least active children

1b) encouraging active play during break times and lunchtimes

1c) establishing, extending or funding attendance of school sport clubs and activities and holiday clubs, or broadening the variety offered adopting an active mile initiative

1d) 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

School Aspirations: Linked to DFE strand:	Barriers to learning: Action	Desired Outcome:	Measurable Outcome: How will impact be measured?	Who? Costing:	Monitoring (See below) <b>MEASURES OF IMPACT</b> Significant Moderate Low Impact
1a 1b	To support the most inactive children who have been highlighted using a number of different factors to develop their physical well being.	Children who were identified as not attending a PE club in the last academic year- 2018-19 (See clubs list) and who have been identified from in school assessment data- will be	The number of children who now attend a lunchtime or extra- curricular club increases.	Lunchtime club £20 x 3 hrs a 39 weeks= £2340  £300 allotted to pay for clubs for those children who did not attend clubs in the previous year.	

		<p>targeted for lunchtime support in terms of attending the lunchtime Sports club on M T W.</p> <p>Children who have not been attending PE clubs in school will be specifically targeted to enable them to attend at least one club a week.</p>			
1 c	To support the physical development of all children by providing a range of extra-curricular Sporting clubs	PE funding used to ensure all children are able to access clubs and develop their physical and mental health well-being.	Case studies and competition records show that children and parents/families are able to access sporting provision when necessary to do so.	PE funding is used to ensure that some children who would like to do a club have access to clubs.	
1 c	To support the needs of more	PP funding to be used	Case studies and competition records	PE funding alongside PP	

	vulnerable children in attaining extra-curricular Sporting clubs	alongside PE funding to ensure all children are able to access clubs.	show that children and parents/families are able to access sporting provision when necessary to do so.	funding is used to help PP families access clubs that they may wish to.	
1c	To support the provision of KS1 children.	Data from the previous year demonstrates that the number of children in KS1 who are attending a club is lower than that of older children and in particular Year 5 and 6.	External clubs are sought and aimed at the younger children in KS1 and Year 3.		
<b>Significant Impact:</b> Use of additional funding to develop a variety of activities at lunchtimes.					



St Helen's Alveston @sthelenspri - 21 Nov 2019

Over the last few weeks we have put out so many different activities at break times but none have been as popular as when yesterday Mr.Chappell put out some Table Tennis equipment. Does anybody have an old table to donate or know where we can get a table? @wesportap



5 3 9



1 d		To enable all children who leave St.Helen's to have access to swimming lessons and to be able to swim 25 m.	Children are able to swim 25 m.	Children feel fitter and healthier and are able to swim 25 m.	Assessment monitoring of classes throughout the year.	
1a 1b		To enable children to develop their own physical well-being and to stay active.	All children are to take part in structured activities at lunchtime.	Children feel fitter and healthier.		

1a	To enable children to develop their own physical well-being and to stay active.	All children are to take part in structured activities with the play leader who leads activities.	Children feel fitter and healthier and report that they are feeling the benefits of structured provision at lunchtimes.	No cost: Classroom teaching.  Lunchtime Play Leader= £15 x 5 hrs x 39 weeks = £2,925	
----	---	---	---	--	--

**Significant Impact:** The use of a lunchtime play leader is having a huge impact on 100% of our children, with children being encouraged to take part in different activities to help develop their physical well-being

As you may know, one of our main visions for this year is to take our 'Flying High' ethos outside onto the playground and the children have tried really hard over the last few weeks to do this. Yesterday it was great to see so many children playing with the different activities provided by our play leaders including the chalk, which I'm sure you must have seen if you have walked across the playground. To watch our younger children being helped by the older children to draw and write was a joy to behold and I was even more 'blown away' when I saw a number of children writing our values and vision 'Flying High' in chalks on the playground. When that happens on their own accord - that's when you really know we have children who understand our belief that all children can aim high! Have a great weekend!





Term 1 and 2: Year 5 children went swimming at Tockington Manor. Term 3 Year 4 started to swim, however the Covid outbreak stopped the rest of KS2 from swimming.

**2) Profile of PE and sport is raised across the school as a tool for whole-school improvement, for example by:**

2a) 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)

2b) embedding physical activity into the school day through active travel **to and from school, active break times and active lessons and teaching**

**2c) increased confidence, knowledge and skills of all staff in teaching PE and sport, for example by:**

**2d) 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**

**2e) hiring qualified sports coaches to work alongside teachers to enhance or extend current opportunities**

2b	To enable children to be active at break times.	Children have a range of activities that encourage them to be active.	Children are able to talk about the importance of being fit and healthy at break	High quality equipment PE equipment is purchased to enable children to participate in physical activity.	
----	---	---	--	--	--

			times and know the importance of staying healthy.		
See above:					
2c 2d 2e	All children have access to high quality good QFWT- every day.  CPD development of all staff members.	Children make good progress in all the core areas of PE subject having accessed good QFWT from expert coaching.  CPD of staff member is developed.	Attainment and Progress of children is good from their starting point in all the subjects.	CPD across the year- linked to SDP. Coach £25 x 2.5 hrs = £2,437.50	
Monitoring: <b>Significant Impact:</b> To help develop teacher's CPD, expert coaching provided by coaches from TPS were provided to work alongside teachers in Games, Gymnastics, Dance. As part of this, a new PE skills based curriculum was developed to enable teachers to develop high quality PE provision.					



Curriculum Overview example

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 6/5	Social Skills Invasion Games	Creative Skills Dance/Gym	Personal Skills Net Games	Social Skills Striking Games	Physical Skills Athletics	Personal Skills Swimming/ alternative
Year 4	Social Skills Invasion Games	Creative Skills Dance/Gym	Personal Skills Net Games	Social Skills Striking Games	Physical Skills Athletics	Personal Skills Swimming/ alternative
Year 3	Social Skills Invasion Games	Creative Skills Dance/Gym	Personal Skills Net Games	Social Skills Striking Games	Physical Skills Athletics	Personal Skills Swimming/ alternative
Year 2	Social Skills Invasion Games	Creative Skills Dance/Gym	Personal Skills Net Games	Social Skills Striking Games	Physical Skills Athletics	Personal Skills Swimming/ alternative
Year R/1	Social Skills Invasion Games	Creative Skills Dance/Gym	Personal Skills Net Games	Social Skills Striking Games	Physical Skills Athletics	Personal Skills Swimming/ alternative

LESSON TOPICS/FOCUS

Skills	SOCIAL	PERSONAL	CREATIVE	PHYSICAL
Focus	Y1 SR IMPROVE OTHERS	Y1 SR EMBRACE CHALLENGE	Y1 SR EXPRESS AND ADAPT	Y1 SR COMBINE IN COMPETITION
3	Take on different roles to benefit my group	Self evaluated with a desire to improve	Use fun to entertain an audience	Repeat long sequences with consistency and control in competition
2	Give & receive feedback	See new activities as a challenge	Create sequences with expression	Consistently perform a range of movements and sequences in competition
1	Negotiate and collaborate with other	Make changes to improve performance	Revised imaginatively to different situations	Perform advanced skills/movements in competition
Focus	Y1 4 HELP OTHERS	Y1 4 TRY TO IMPROVE	Y1 4 REFINED AND CHANGE	Y1 4 LINK UNDER PRESSURE
3	Help the group make decisions	React positively to failure	Use actions to develop sequences	Repeat long sequences with consistency and control under pressure
2	Guide a small group through a task	Set appropriate targets	Change tactics to improve performance	Consistently perform a range of movements and sequences under pressure
1	Help regular roles	Recognise my strengths and weaknesses	Change roles to make an activity more fun	Perform advanced skills/movements under pressure
Focus	Y1 3 WORK WELL WITH OTHERS	Y1 3 TAKE CONTROL	Y1 3 RECOGNISE AND RESPOND	Y1 3 CONTROL
3	Show Patterns and support others	Challenge myself independently	Key movements depending on the task	Repeat long sequences with consistency and control
2	Play fairly accepting winning/losing	Confident performing in front of others	Make up my own rules of activities	Consistently perform a range of movements and sequences with control
1	Give helpful feedback in a group	Know when I am with my partners	Recognise similarities in movements	Perform a range of skills/ movements with control



Sport/Activity options

Invasion Games	Dance	Striking / Fishing	Net games	Athletics	Swimming/ GAA
Football Rugby Handball Hockey Basketball Netball Baseball Futsal	Dance Gymnastics Ballet	Golf Cricket Hurling Softball Danish Longball	Tennis Badminton Volleyball	Athletics Sports hall Athletics	Kurling Ultimate Frisbee Dodgeball

**3) Broader experience of a range of sports and activities offered to all pupils, for example by:**

3a) introducing new sports and physical activities (such as dance, yoga or fitness sessions) to encourage more pupils to take up sport and physical activities



3b) partnering with other schools and clubs to run sport activities and clubs

3c) providing more (or broadening the variety of) extra-curricular activities after school in the 3 to 6pm window, delivered by the school or other local sport organisations

3b	To make link with external Sporting organisations- to develop sporting links and opportunities.	Children to have external opportunities provided by local professional clubs	Children are able to develop different experiences linked to Sport.		
----	---	--	---	--	--

Monitoring: **Significant Impact:** Links developed with GCC to enable children to participate in the curriculum for Chance to Shine Project and work with Bristol Sport and TPS for extra-curricular clubs.



Use of PP funding to contribute to some children's camp payments.



**4) Increased participation in competitive sport, for example by:**

4a) increasing pupils' participation in the [School Games](#)

4b) organising, coordinating or entering more sport competitions or tournaments within the school or across the local area, including those run by sporting organisations.

4a		To ensure that children across all areas of school have access to participation in competitive activities outside of school.	Children participate in a number of different sporting activities.	Children are able to utilise school values and to develop an understanding of competitive sport	Supply cover for different competitions  Competition Entries: Full day supply £120 X 15 = £1,800		
4b		Children participate in	Children participate in a	Children are able to utilise school values	Opportunity for children to		

		local school's sports competitions	number of different sporting activities.	and to develop an understanding of competitive sport	enter different Sporting competitions.  Access to Sporting Calendar £150		
4b		Children are able to have a shared identity when entering a competition by wearing the same PE kit.	Flying High PE shirts are purchased.	PE premium funding is used to enable the children to wear the same kit.	Funding to purchase PE T-Shirts.  £150		
Monitoring: <b>Significant Impact:</b> School continued to enter teams in all the different competitions that were available to enter via the School Sporting Calendar.							



**Date & Arrival time:** Thursday 9th January 2020, 3.45pm  
**Approximate departure time:** 5.30pm

**Venue:** Yate Academy  
**Year Group(s):** Y5/6  
**Team & Squad organisation:** Teams of 4 (minimum of two girls on court at one time), Squads of up to 6

**Event format:** Outline of rules, practice time and then competitive fixtures  
**Suitability:** Suitable for all however you are advised to allow a little practice time  
**Honours:** Winners & Runners Up medals, Winners, Runners-up & Participation Certificates, Individual prizes where appropriate for Honesty.  
*The winning school will qualify for the Level 3 finals at UWE on Friday 24<sup>th</sup> January 2020.*

**Registration Details** Each school can initially enter an A Team. If places are available after the closing date then we can accept B teams. Please confirm your entry with Steve Revett via email by 8<sup>th</sup> November 2019. [schoolgamesorganiser@yateacademy.co.uk](mailto:schoolgamesorganiser@yateacademy.co.uk)

**Total Approx Costings for PE premium= £16,137**

**How the improvements will be sustainable in the future?**

**Our rationale for PE at St.Helen's CE Primary**

A high-quality physical education curriculum and extra-curriculum **inspires** all pupils to **succeed** and **excel** in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health

and fitness. Opportunities to compete in sport and other activities build character and help to embed some of our school values such as:  
**Friendship, Perseverance, Truthfulness, and Respect**

It is our belief that having giving children opportunity to develop their well-being and enjoyment of PE in school, it will enable children to be life-long learners and participate in Sport and PE outside of school. We have several links to local clubs and it is our hope that a number of children utilise this opportunity.