



Academic Year:	2018-2019
Total Funding Allocation:	£18,050
Actual Funding Spent:	12,441.90

PE and Sport Premium Action Plan Flitwick Lower School

Indicator 1: The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school

Objective	Key Actions	Allocated funding	Anticipated outcomes
1. All children to take part in 'Wake and Shake' activities during the school week	-Play leaders to lead 'Wake and Shake' during assembly on a Thursday and Friday -Teachers could also lead this in their classrooms if unable to do so in assembly	Nil	<ul style="list-style-type: none"> • Increase children's self confidence, fitness, motivation and well wellbeing • Increase activity levels of less motivated children in a fun way, as a collective • Improve children's strength, bones and muscles by taking part in vigorous activities
2. Can you complete the 'Active Mile?' Children to take part in daily running/activity sessions that cover a mile	-Teachers take children to playground/field for ideally 10-15minutes (throughout the day) to take part in running a mile during the day-possibly mark out a track on playground) -The head teacher to 'champion' the classes that complete this each week during celebration assembly	£300	<ul style="list-style-type: none"> • Children will become more physically active during class time and have improved concentration and well-being • Overall behaviour will improve during lesson time • Children will return to lessons more relaxed and re-energized for class room based learning
3. 'Scooter Skills'. Children encouraged to bring their scooter to school to ride on at break/lunch times	-Children to bring their scooter to school (on a set day for each year group) to use during break and lunch time -One part of the playground will be dedicated to this, with markers and cones	£200 (update scooter park/section playground)	<ul style="list-style-type: none"> • Children enjoy having fun with their friends on their scooters and have increased fitness and well-being as a result • Children use their scooter on their journey to and from school.

Indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement			
Objective	Key Actions	Allocated funding	Anticipated outcomes
<p>1. Promote 'healthy active lifestyles', wellbeing and sport to parents and carers across the school</p>	<p>-Ensure parents are aware of the recommendations on how long their children should be active on daily basis</p> <p>-Supply parents with suggestions for activities they could complete toward the active 30mins</p> <p>-Teachers to ensure homework set often includes activities that are based on physical activity</p>	<p>Nil</p>	<ul style="list-style-type: none"> • Parents have the tools they need to organise fun and interesting activities for their children to complete in order to be active for at least 30mins a day • Teachers will have evidence of the children taking part in 'active homework' throughout the year
<p>2. Teachers to have at least one 'Active Maths' session per week</p> <p>(Link to Priority 2 on school development plan)</p>	<p>-Teachers to organise at least one session of maths per week to be 'physically active'</p> <p>-School to buy 'Maths of the Day' package to ensure teachers have access to planning easily accessible from their I-pad</p> <p>(Idea: Times table mashup- active times-table session)</p>	<p>'Maths of the day' subscription: £1,635 for 3 years £645 for 1 year</p>	<ul style="list-style-type: none"> • Children will become more physically active during class time, muscle and bone strength will improve as a result • Children will enjoy learning maths in a fun and active way • Staff will be more active promoting good mental health
Indicator 3: Increased confidence, knowledge and skills of all staff in teaching Physical Education and sport			
Objective	Key Actions	Allocated funding	Anticipated outcomes
<p>1. To develop staff well-being and mental health across the school</p>	<p>-Continue with our subscription to the Redborne partnership to provide CPD opportunities for staff including training to up-skill teachers, support staff and lunch time supervisors</p> <p>-Provide staff CPD in looking after their own well-being and mental health</p>	<p>Included in subscription to Redborne partnership (£2,900)</p> <p>£3000 (for additional staff training and well being activities)</p>	<ul style="list-style-type: none"> • Staff in school will feel they have the tools to support their own mental health and well being and those of their colleagues • Staff will be more aware of how to support children with their mental health and wellbeing and it is our duty of care to look after both their academic achievement and mental well being • There is a clear link between good mental health and student outcome (ref- Education Support Partnership)
<p>2. To develop use of 'active classroom sessions' through specific training</p> <p>(Link to Priority 1/2 on school development plan)</p>	<p>-Staff to attend CPD in how to teach maths and literacy through physical activity</p>	<p>£500</p>	<ul style="list-style-type: none"> • Active teaching and learning in maths and literacy will be memorable and enjoyable for the children, with the intended outcome of improved focus and concentration in the subjects

Indicator 4: Broader experience of a range of sports and activities offered to all pupils			
Objective	Key Actions	Allocated funding	Anticipated outcomes
1. Introduce new sports/activities to the school through additional lunchtime clubs	-Coaches to run extra lunchtime clubs alongside staff members to up-skill staff in running a range of sports clubs for all year groups	£700	<ul style="list-style-type: none"> All children given the opportunity to take part in a lunch time club that encourages vigorous activity and trying something new
2. Increase interest in physical activities and sports groups in the Flitwick community	-Continue to set up links with local sports clubs to promote sport opportunities for our children in the wider community -Offer the children 'wow' event days where they can take part in a new sport/activity that they may consider to pursue out of school	£2000 (wow events)	<ul style="list-style-type: none"> Children will be inspired to take up sporting activities in the wider school environment; such as cricket at the local club The school notice board and news letter will promote sports clubs and activity clubs in our local area to encourage our children to be active out of school and to keep parents informed on what is available to them in and out of term time
Indicator 5: Increased participation in competitive sport			
Objective	Key Actions	Allocated funding	Anticipated outcomes
1. All children in KS1/2 will be given the opportunity to take part in a sport competition throughout the year	-Provide opportunities for all groups of learners to take part in the 'Sainsbury's school games' -Increase number of children attending each festival where possible	Included in subscription to Redborne partnership (£2,900)	<ul style="list-style-type: none"> Children across KS1/2 will take part in sport activity in a competitive environment Children have fun and enjoy learning new skills in sports they may not have participated in before
2. All children provided with the opportunity to take part in school based sports competitions	-Provide opportunities for all children to take part in inter-school competitions, such as sports day, fun run and 'wow' events such as whole school archery/zumba -Teachers to organise class/year group competition events where all children take part with a competitive element (possibly as an end to a topic/scheme of work, such as a tennis tournament) it may also be a competition against themselves	£2000 (wow events) £100 (stickers/certificates)	<ul style="list-style-type: none"> All children will be given the opportunity to take part in competitive and fun physical activities, some with a competition element; such as sports day Children will provided with opportunities to take part in new sports

PE and Sport Premium Impact Review

Indicator 1: The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school

Key Actions taken	Actual Outcomes	Actual Cost	Impact (school, staff, pupils) with Evidence	Sustainability/next steps
Wake and Shake	Active assemblies introduced for all year groups in the Summer term	Total: £6.65 (cones)	-Children are actively engaged and clearly enjoy taking part in the active assemblies, self confidence and motivation has increased with each assembly -All staff and children have been introduced to a range of yoga and zumba style positions and dances with a trained coach during each assembly	-Our active assemblies will continue to run into the Autumn term on a regular basis, using the children as role models as much as possible. The children's fitness, motivation and strength will increase as 'active assemblies' become a regular slot contributing to the 30 minutes recommendation of physical activity per day.
Active mile		Nil	-We haven't introduced the 'active mile' this year due to focus on other areas of our PE plan. We hope to implement this next term and have researched how other schools run the incentive.	
Scooter skills	-Year 4 children took part in 'bikeability' -All children in school took part in a 'scooter' skills day event	£210 (Bikeability) £133 (Road safety set) Total: £343	-Children have had the opportunity to learn new bike riding skills and develop them further with the help of a specialist coach. - Staff worked alongside the coach in delivering the sessions and now feel more confident in teaching skills around road safety, scooting and biking skills -Children have also benefitted from learning vital 'road safety' skills.	-Children will now feel more confident in using their bike or scooter on pathways and in parks as a result of being trained in the importance of being alert and keeping safe. -The children's increased confidence will hopefully encourage them to use their bikes and scooters more regularly and will become fitter as a result. They also know the basics of looking after their bikes and scooters which will improve

				the performance of their equipment. -Staff will now feel confident in delivering road safety/bike safety skills and have the opportunity to use the roads safety set when they feel their children may need a session that can replicate a road scene in a safe way.
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Indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement

Key Actions taken	Actual Outcomes	Actual Cost	Impact (school, staff, pupils) with Evidence	Sustainability/next steps
Promote active lifestyles	-Parents and children given suggestions on how to keep fit and healthy on 'learning at home' -Children sporting achievements celebrated	Printing included in whole school budget	-Children are encouraged to share how they have been keeping fit, healthy and active at home as part of their 'home learning'. -Children and staff are encouraged to bring in certificates and medals received for extracurricular sporting achievements from outside of school	Children have a lasting sense of pride at taking part in sports outside of school and enjoy being able to showcase this during assemblies -Children feel valued for taking part in sports as we celebrate all achievements at school to give the children encouragement and to inspire them to continue
Active maths	--Staff across school given new equipment to enrich outdoor maths learning	£144.99 (Wave tactile beam set) £49.99 (Giant pop up target) £83.50 (Activity set) £15.60 (solid shapes) £34.95 (Counting box) £39.99 (Fold a goal) Total: £313.43	-Staff across school were given a range a resources to enrich their outdoor based leaning – particularly in maths -Resources have been used to encourage gross motor skills and over all activity in maths learning	-Children have benefitted from learning maths in a memorable, active and interactive way that encourages keeping fit and healthy whilst learning new skills -Teachers have a range outside resources that can be used in a more interactive way to teach key maths skills

Indicator 3: Increased confidence, knowledge and skills of all staff in teaching Physical Education and sport

Key Actions taken	Actual Outcomes	Actual Cost	Impact (school, staff, pupils) with Evidence	Sustainability/next steps
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<p>Staff/child well being</p> <p>Gym/Dance coach led sessions Well being policy training YST Training</p>	<p>-Staff attended sports leadership/active learning/wellbeing training -Sport specific coaches delivered training session at school to up-skill all staff</p>	<p>£380 (PE conference course) £2900 (Redborne partnership) £1,900 (Staff cover when attending CPD)</p> <p>Total: £5,180</p>	<p>-Staff now feel more confident in planning specific schemes of work at an appropriate level with the guidance of the gym coach -Staff feel more confident in the health and safety aspect of gymnastics and dance and how to use small and large equipment safely -Children enjoyed the sessions and their progress was evident throughout the lessons (PE group observed throughout the day) -Key stage leaders had the opportunity to take part in the PE conference and have added a range of 'wellbeing' and 'mindfulness' activities to their curriculum following the recommendations at the conference</p>	<p>-Staff will continue to use skills and knowledge gained in team-teaching alongside qualified coaches and will be able to train new staff or support staff when required -Our head teacher and staff now have a broader range of ideas to help develop 'well being' across the school based on recommendations given at 'Well being' policy training. We have also written a 'well being' policy which focuses on staff and pupil well being across the school</p>
<p>Active classroom sessions</p>	<p>-Staff in KS1 given new equipment</p>	<p>£8.20(Squeezy tweezers) £59.95(Nailing set) £26.00(Bingo) £48.95(Rainbow blocks)</p> <p>Total: 143.10</p>	<p>-Staff in KS1 were given a range a resources to enrich their classroom based leaning -Resources have been used to encourage gross/fine motor skills and over all activity in the classroom</p>	<p>-Children have benefitted from learning new skills in an active, interactive way that encourages movement and concentration -This has been particularly helpful for those with additional needs who haven't been so encouraging about taking part in sports events that require vigorous exercise</p>
<p>Indicator 4: Broader experience of a range of sports and activities offered to all pupils</p>				
<p>Key Actions taken</p>	<p>Actual Outcomes</p>	<p>Actual Cost</p>	<p>Impact (school, staff, pupils) with Evidence</p>	<p>Sustainability/next steps</p>
<p>New sports/activities in school (gardening, opened to FS/skipping/ New equipment)</p>	<p>-Children across all year groups took part in extra gym and dance sessions delivered by a coach -Children took part in a 'wow' skipping event</p>	<p>£23.95 (Giant face cube) £109.99(Pick and play set) £21.00 (Perforated</p>	<p>-Children were able to try new activities with the guidance of a specialist coach -Teachers have a gained new skills and ideas in teaching a range of different</p>	<p>-Children will seek out opportunities to continue taking part in the sports trialled at school (this worked particularly well when 'Skip Beatz' came to school to deliver skipping sessions –</p>

	-A range of new and exciting play equipment was purchased to encourage healthy, active lifestyles	balls) £449.99 (Kidz can play set) £52.02 (Tennis balls) £94.99 (Pump) £14.49 (Hula hoops) £118 (Soft touch footballs) £34 (Jump rope loops) £10.96 (Skipping ropes) £244 (Badminton posts) £186 (Tennis posts and nets) £8.95 (Delivery) £483 ('WOW' day obstacle course) £500 (Skip Beats WOW day) Total: £2,351.34	sports -Children have thoroughly enjoy using the play equipment on a daily basis which has alleviated some behavioural issues during these times	followed by a skipping rope sale after school- which was well received by parents -Teachers will use new skills to develop a programme of fun and exciting PE sessions -Equipment will be regularly checked on and serviced by the appropriate organisations to ensure longevity -Playleaders will continue with their role of supervising play during play and lunch times
Wider community engagement (Dance, cricket) Little performers after school club Extracurricular dance sessions for teachers and pupils	-Children took part in cricket sessions 'chance to shine' programme -Children and staff took part in extracurricular dance session led by a qualified coach	£240 £90 £630 £280 (Dance club and wow day dance) Total: 1,240	-Children thoroughly enjoyed learning a new sport delivered by a coach and were all invited to take part in cricket events at our local club -Children and staff took part in an extras curricular dance session delivered by a coach alongside the teachers	-Staff feel more confident in planning, teaching and assessing dance for their year group and feel secure in using small equipment
Indicator 5: Increased participation in competitive sport				
Key Actions taken	Actual Outcomes	Actual Cost	Impact (school, staff, pupils) with Evidence	Sustainability/next steps

Out of school competitions (Redborne partnership)	-All KS1/KS2 children were given the opportunity to represent the school at a sports event throughout the year	£2900 (Redborne partnership as above) £2,400 (Staff cover for events)	Children enjoyed representing the school at each event and taking part in new sports -Children felt a high level of well-being during and after the events when praised for not only taking part, but also showing good team values -Children's fitness improved as a result of taking part in many event throughout the year, requiring vigorous exercise in some events	-Children have a lasting sense of pride at representing their school and wish to continue that -Children feel valued for taking part in sports, whether or not it was competitive
Competitions in school (fun run, sports day/ in class comps- resources spent)	-Children across school given the opportunity to take part in sports competitions within school -FUN RUN! -Sports Day -Skipping completion (against self) -Summer sport challenge (beat your own record) -End of block matches in rugby, dance, netball, attacking games etc	£65.04 £53.75 (Sports day awards) Total: £118.79	-Children enjoyed representing their team during sports day activities and felt valued in taking part, receiving certificates for outstanding performances and stickers for taking part -Staff also represent a team modelling good practise in keeping fit and healthy	-Children look forward to our annual 'fun run' and sports day events and we will continue to prepare them through planning a fun and exciting curriculum that allows children to make good progress in developing their skills and understanding -Children's performances are valued and celebrated in celebration assembly, demonstrating that we value them having healthy active lifestyles

Additional information that could form the basis of a report to governors

Sports Premium Grant

Financial Year	Budget	Actual Spend
2013 - 2014	£	£
2014 - 2015	£	£

2015 - 2016	£	£
2016 - 2017	£	£
2017 -2018	£	£

The Impact of this Funding to Date by Year

Academic Year 2013-14

Total spend 2013 – 2014 £

Academic Year 2014-15

Total spend 2014 – 2015 £

Academic Year 2015-16

Total spend 2015 – 2016 £

Academic Year 2016 -17

Total spend 2016 -17 £

Summary of Our Achievements to Date and The Impact of Four Years of Funding

Indicator 1: The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school

Indicator 2: The profile of PE and sport being raised across the whole school as a tool for school improvement.

Indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport.

Indicator 4: Broader experience of a range of sports and activities offered to all pupils.

Indicator 5: Increased participation in competitive sport

Next Steps - Our Plans for 2017-18 and how we will Sustain the Improvements