

### PE and Sport Premium 2022 - 2023

The PE and Sport Premium is provided to fund improvements to the provision of PE and Sport for the benefit of pupils so that they develop healthy lifestyles. This supports us to promote sport and healthy lifestyles within our school. We are fully committed to provide a wide range of opportunities for sport and physical activities for all pupils within our school.

Primary PE Sport Grant: £17000

Total number of pupils on roll - 110

#### Summary of Grant Expenditure 2022/2023

Objectives of spending the PE grant (from Ofsted subsidiary guidance):

- To give all children opportunities to participate in valuable physical experiences/activities.
- To increase the number of hours that children participate in physical activities in school hours and after school.
- Increase all pupil's participation in competitions, interschool sport and events.
- To improve links with other subjects that contribute to pupils' overall achievement and their greater social, spiritual, moral and cultural skills.
- To improve children's' understanding of a healthy lifestyle.

#### Planned spending record 2022/2023

Objective	Activity (will be updated regularly)	Costs	Impact
To give all children opportunities to participate in valuable physical experiences/activities. To improve staff confidence and knowledge of teaching a range of sports.	Specific Coaches, delivering high quality lessons After school clubs, providing opportunities for physical activities outside of school. Opportunities for pupils to try new sports.	£6845 – coaches Wheelchair basketball - £300	All children participated and practised sport specific skills. Progression in skills could be identified by the children themselves or supervising adults. Children have the opportunities to practise skills at playtime using specifically chosen equipment – this allows increase of activity. The children also enjoy using the equipment independently, in pairs or groups. New sports clubs for 22/23 included dance for all age groups. Wheelchair basketball was very effective, children were very enthusiastic about trying a new sport. It was very inclusive with all children able to participate fully.  Staff are more confident teaching certain skills., One teacher is using her skills to run new sports clubs widening participation and opportunities.

<p>To increase the number of hours that children participate in physical activities in school hours and after school.</p>	<p><b>Autumn:</b> Shaun Gardner – Multiskills, Football, Rugby, Johnny French – Multi-sports, Lacrosse Teachers, TAs, Swimming instructors – Dance, Gymnastics, Swimming</p> <p><b>Spring:</b> Shaun Gardner – Multiskills, Rugby, Cricket, Games Johnny French – Multiskills, Qwiksticks, Tennis Teachers, TAs – Gymnastics, Dance, Tennis</p> <p><b>Summer:</b> Shaun Gardner – Cricket, Games Johnny French – Multiskills, Tri-Golf, Archery Swim Instructors, Teachers, TA – Swimming, Outdoor Education, Athletics, Gymnastics</p>	<p>£2500</p>	<p>Classes 1 to 4 have all received specialised coaching from professionals.</p> <p>Playtimes – positive impact due to the children utilising equipment appropriately and developing/practising skills.</p> <p>All children have participated in more physical activity leading to skill improvements, increase of confidence socially.</p> <p>More children are now accessing an sports after school club.</p>
<p>Increase all pupil's participation in competitions, interschool sport and events.</p>	<p><b>Autumn:</b> Cumbria School Games Competition; Basic Moves (EVSP), Tri-Golf, Netball, Football Challenges: Respect, Passions</p> <p><b>Spring:</b> Cumbria School Games Competition; Panathalon, Swimmings, Qwik-Sticks, Gymnastics, Cross-Country, Rugby Challenges: Team-work, Determination</p> <p><b>Summer:</b> Eden Valley Sports Partnership: Tennis, Rounders, Cricket, Multi-sport, Challenges: Honesty</p>	<p>£2000</p>	<p>There has been a increase of team morale within the children, the challenges (school games values) have been woven throughout and evident in all events. The children highly enjoy participating and thus there has been an increase of self-belief and motivation to try new activities. All children in school have been given the opportunity to represent the school at a sports completion at least once over the year.</p>
<p>To improve links with other subjects that contribute to pupils' overall achievement and their greater social, spiritual, moral and</p>	<p>Active Literacy Brain Breaks / Mindfulness Wake-up shake-up Phunky 15 BBC Supermoves, Joe Wicks, Cosmic Yoga, PE Changes for Life Activities, Kids Bop Dance (when appropriate)</p>	<p>£2000</p>	<p>Children enjoy participating in short physical tasks which allow them to take a 'brain-break' from potential inactive learning and to regain concentration. Opportunities to be physical are planned for, in all subjects, when appropriate.</p>

cultural skills			
To improve children's understanding of a healthy lifestyle.	,Interactive displays, Promotion of 'Eat Well' and 'Strive for 5' . HRSE delivery of TenTen	£1000	Children can talk about making healthy choices. Parents are also aware of these.

### Swimming 2022-2023

Number of Year 6 pupils = 17

Of these 65 % reached the requirement of swimming to :

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.
- perform safe self-rescue in different water-based situations.

