

# **All Saints Catholic Primary**



## **Physical Education, Sport and the impact of the Sports Premium**

**2018 - 2019**

## **Sports Premium Funding**

The government has announced that it is continuing to provide additional funding to improve provision of physical education (PE) and sport in primary schools. This funding – provided jointly by the Departments for Education, Health and Culture, Media and Sport – will be allocated directly to primary schools. The money must be used to improve the provision of PE and school sport.

For more information on the Physical Education and Sport Premium for Primary Schools visit the DfE website via the following link:

<https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>

## **Sports Premium Spending at All Saints Catholic Primary School**

At All Saints, we recognise the essential role that Physical Education plays in promoting the health and well-being of our pupils. We believe that an innovative and well-designed PE curriculum along with varied extra-curricular opportunities have a positive influence on our children's mental and physical health, confidence, concentration and academic achievement. We strongly believe in the role that competitive sport can play in children's ability to value their own and others' efforts and to deal with success and disappointment. In addition, we see participation in PE and Sport as a key means of strengthening children's affiliation to their school community and giving them the skills and confidence to engage in sporting activities out of as well as in school. Situated within a five-minute walk from Bootle Leisure Centre and the Brunswick Sports Academy, we want our children to be equipped to use their leisure time productively and make the most of the local facilities. We have prioritised the employment of a specialist PE teacher and a Sports Apprentice as the best use of this additional funding.

### **How will the funding be spent and the impact of the spending?**

At All Saints we believe in a holistic approach to the development of sport and physical activity for all. We are passionate about raising levels of physical activity and achievement for all of our children. We continue to develop our Sports Premium plan to raise standards and participation levels in PE throughout the school.

We are mindful that childhood obesity is one of the country's biggest health issues and that one in eight children and young people have a diagnosable mental health condition. The well-established links between physical activity and physical and mental health underpin our rationale. In summary we will use the Sports Premium to ensure that:

1. All pupils are engaged in regular physical activity – kick-starting healthy active lifestyles.
2. The profile of PE and sport is raised across the school.
3. There is a broader experience of a range of sports and activities offered to all pupils with all benefitting, regardless of sporting ability.
4. We have increased participation in competitive sport ensuring that all children are given the opportunity to compete in tournaments with other schools. Placing particular focus on increasing the participation of children with Special Educational Needs and Disabilities.

### **Sports Premium Spending**

In the **2018/19** academic year our school was allocated **£18,620** in Sports Premium Funding. Below is a table of how that money has been spent and the impact it has had on PE and sport within the school:

Key achievements to date:	Areas for further improvement and baseline evidence of need:
<ul style="list-style-type: none"> <li>• Achieved GOLD School Games Mark for the first year. Progressing from SILVER for the previous year.</li> <li>• Increased provision for less active children within the school by providing a lunch time 'Active Kids' club.</li> <li>• Improved the provision of Outdoor and Adventurous Activities (OAA) by organising Water Sports sessions at Crosby Lakeside, continuing to conduct Orienteering sessions on our school site and running a Year 6 Residential trip with PGL.</li> <li>• Increased attendance to Level 1 competitions for all pupils.</li> <li>• Encouraged pupils to be active before school during Breakfast Club. School employs full time specialist PE Teacher and PE Apprentice who encourage and organise activities during Breakfast Club.</li> <li>• School employs full time specialist PE Teacher and PE Apprentice to lead and teach PE across the school and help to increase the knowledge and understanding of all staff within the subject.</li> <li>• Maintained and Increased attendance to extracurricular clubs.</li> <li>• Provision of Sport for girls has increased over the years ensuring gender equality.</li> <li>• Provision of Sport has increased both in school and at competitive level for SEND children making PE more accessible and inclusive for all children.</li> <li>• Created greater links with local Sports Clubs and companies which enabled our school to host and take part in a Dance Competition in conjunction with Leap Dance &amp; Gymnastics.</li> <li>• Our PE Teacher and PE Apprentice organised a Football Challenge Skills Day as part of Soccer Aid and raised £2,000 for Unicef. Receiving a personal thank you letter from Soccer Aid/Unicef for being one of the top schools in the country for raising funds.</li> </ul>	<ul style="list-style-type: none"> <li>• Further increase the knowledge and understanding of all school staff within PE so that all are confident of teaching the PE curriculum.</li> <li>• Increase the % of Year 6 cohort who can swim competently and confidently over a distance of 25metres. 57% 2018-2019 Year 6 cohort with a view to increasing to above 60% for the school year 2019-2020.</li> </ul>

<b>Academic Year:</b> 2018/19	<b>Total fund allocated:</b> £18,620	<b>Date Updated:</b> July 2019		
<b>Key indicator 1:</b> The engagement of <u>all</u> pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school				Percentage of total allocation: 65%
<b>School focus with clarity on intended impact on pupils:</b>	<b>Actions to achieve:</b>	<b>Funding allocated:</b>	<b>Evidence and impact:</b>	<b>Sustainability and suggested next steps:</b>
<b>Qualified PE Teacher</b> – Employed full time within school and assigned the role of PE Coordinator. Qualified PE Teacher to provide before and after school club provision. All additional PE costs such as PE Teacher salary are met by the normal school budget allocation.	<p>Increase the quality of PE provision on offer in the school. Share knowledge of the subject across the whole school.</p> <p>Joint/team teaching undertaken with other school staff in order to build confidence of all staff when delivering PE.</p> <p>Liaise with other school staff in order to increase knowledge and understanding of PE practices and the delivery of PE lessons.</p>	£4007	<p>Increased confidence of staff teaching PE. Increased the range of extra-curricular clubs on offer that promote physical activity and are accessible to all. Children of all ages will have access to a range of different extracurricular sports clubs, led by a fully qualified professional.</p> <p>Almost all pupils, when questioned, said that PE lessons were really challenging and exciting and that they really enjoyed PE.</p> <p>Daily Mile - continued monitoring of the Daily Mile within school meaning all pupils within Key Stage 1 and 2 are active on a daily basis.</p>	<p>PE subject Leader to support new staff in school with planning for delivery of physical education. Arrange team teaching opportunities and supportive lesson observations in order to develop the quality of teaching, learning and assessment.</p> <p>PE subject Leader to identify any staff who need further support and to provide appropriate professional learning.</p> <p>PE Subject Leader to monitor and to provide support as appropriate in order to ensure progress and achievement are maintained by all pupils.</p> <p>PE Subject leader networks with colleagues at other schools to encourage ongoing sharing of good practice across schools.</p> <p>Structure of the Daily Mile in place with information and knowledge</p>

<p><b>Employment of a Sports Apprentice</b> - work alongside our specialist PE Teacher whilst also training to gain an NVQ Qualification in Activity Leadership.</p> <p>Extra-Curricular Clubs.</p> <p>Lunch Time Sport Provision – Active Kids Club (intervention groups identified)</p>		<p>£8013</p>	<p>Increased the number of extracurricular sport clubs on offer and therefore increased the percentage of children taking part in extracurricular sport.</p> <p>Able to provide extra sports provision during lunch times and therefore increase the number of children attending sports clubs.</p> <p>Increased the range of extra-curricular clubs on offer that promote physical activity and are accessible to all. Children of all ages will have access to a range of different sports clubs, led by a fully qualified professional. Provides the opportunity for children to participate and have fun with their peers and friends.</p> <p>A high number of children participating and experiencing a range of sports in a safe and positive environment. Improvement in behaviour at lunchtimes. This has</p>	<p>passed on to all teaching staff in order it to be continued in future years.</p> <p>Providing support to dinner staff during lunch times and therefore increasing their confidence along with their knowledge and understanding of organising sports activities. Wider variety of staff within the school capable of running sports clubs (lunch times)</p>
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			been highly successful. Children enjoy being able to participate in organised sports at lunchtime led by an enthusiastic PE Specialist and Sports Apprentice. Reduction of behaviour issues.	
<b>Key indicator 2: The profile of PESSPA being raised across the school as a tool for whole school improvement</b>				Percentage of total allocation:
				%
School focus with clarity on intended <b>impact on pupils:</b>	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
<b>PE Teacher and PE apprentice</b> - work together to raise the profile of PE and Sport across the school.	Create displays and notice boards throughout school to promote, advertise and raise the profile of PE and Sport. Participation and achievements to be celebrated each week in school assembly with the use of certificates. Use school website to promote PE and Sport.	NIL (outlined in key indicator 1)	Numerous notice boards around school promoting PE, sport, The Daily Mile, healthy eating and the dangers of a high sugar diet. Increase confidence and self-esteem of pupils feeling proud from seeing photographs of themselves on displays and school website.	
<b>PE Teacher</b> – complete school game mark.	Complete the School Games Mark Application to assess the level of provision and participation in sport across the school and then promote to a wider audience.	NIL (outlined in key indicator 1)	School Games Mark complete with the school achieving GOLD. Promoted on the school twitter page, website and newsletter.	Aim to continue to achieve at a GOLD level in order to gain PLATINUM status in two years' time.
<b>PE Teacher</b> – Use of social media Twitter page.	Use the school twitter page to promote PE and Sport to parents and a wider	NIL (outlined in key indicator 1)	An active school Twitter page that promotes PE and Sport and interacts	

<p><b>PE Teacher and PE apprentice</b> - work together to organise fundraising/charity events.</p>	<p>audience such as the local community and nationally.</p> <p>Football Skills Day as part of Soccer Aid/Unicef. Cross curricular links with Geography/PSHE.</p>	<p>NIL (outlined in key indicator 1)</p>	<p>with a wider audience. Increase confidence and self-esteem of pupils feeling proud from seeing photographs of themselves on the school's twitter.</p> <p>All pupils participated in Football Skills Day. Celebrating the achievement of raising the money for Unicef giving the children a proud feeling and raising self-esteem. Promoting of the achievement in assembly, on Twitter and in the school newsletter, allowing the children to see their achievements and be proud.</p>	
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<b>Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport</b>				Percentage of total allocation:
				11%
School focus with clarity on intended <b>impact on pupils:</b>	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
<b>South Sefton School Sports Partnership – Silver Membership</b> Subject leader attending CPD and subject leader meetings with other local PE Coordinators in order to keep up to date with current PE practices. Helping to develop staff expertise in teaching primary PE by providing additional training and professional development for our specialist PE Teacher (CPD).	The SSSP has helped the PE leader to develop confidence in their role by providing network days and CPD training. This will ensure the subject is being led to a high standard in school.	£2000	PE leader has developed further confidence in their roll which has ensured the subject is being led to a high standard in school. This will enable the pupils to make better progress and achieve to a higher standard.  An increase in participation of extracurricular clubs would suggest that the enjoyment of PE has increased throughout the school with more children seeking to engage in activity outside of lesson time.	PE subject leader allocated time to liaise with other school staff in order to pass on knowledge and ensure all staff are kept up to date with current PE practices.  PE teacher to conduct staff CPD to pass on knowledge and understanding gained and improve the confidence of whole staff when delivering PE.
<b>Key indicator 4: Broader experience of a range of sports and activities offered to all pupils</b>				Percentage of total allocation:
				24%
School focus with clarity on intended <b>impact on pupils:</b>	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
<b>A range of PE/Sport based equipment</b>	PE Teacher continually monitoring the stock of PE equipment within the school that is available for use. Purchasing any necessary replacement or new equipment that will aid the delivery of Sport and PE.	£1666	New football goals, football, bibs and a wide range of other equipment purchased that will improve the quality of the PE/Sport on offer within the school. Improved quality of all activities relating to PE and Sport.	The equipment purchased is stored with the school PE cupboard and carefully looked after in order so that it can be used by all staff at any time for Sport and PE. Monitored with a stock check to ensure it is well maintained.
<b>Crosby Lakeside Outdoor and Adventures Activities – Water Sports</b>	Organised sessions for Year 5 at Crosby Lakeside Outdoor and	£1739	Improved the quality of provision for OAA within the school. Children	Increased knowledge and understand and experience of

<p><b>Leap Dance &amp; Gymnastics –</b> extracurricular club every week in school. Dance competition held in our school.</p>	<p>Adventure Centre to gain experience of Water Sports activities while also increasing their water confidence. Six two-hour sessions.</p> <p>Arranged for a gymnastics club to take place at our school every Friday from 3:15 – 4:15 with Year 5 pupils.</p> <p>Creating good links with Leap Dance &amp; Gymnastics helped in the planning and running of a Dance Competition held within our school. Not only did we host the competition, but we entered teams to compete.</p>	<p>£1120</p>	<p>learning new skills in sports that would normally not be accessible. Increased number of children taking part in OAA activities. Creating good links with local sports clubs and companies to aid future provision.</p> <p>Improvement of gymnastics and dance provision within the school. Development of staff expertise with an increase in the knowledge and understanding of up to date gymnastics curriculum and topics through liaising with the staff of Leap Dance and Gymnastics. Increase in the number of extracurricular clubs on offer and therefore the number of pupils taking part in extracurricular sport. Increased the number of children taking part in inter-school sporting competitions.</p>	<p>OAA water based activities for staff at our school. Knowledge gained by PE Teacher, PE Apprentice and other teaching staff attending the sessions can then be passed on to other children and staff at school.</p> <p>Development of staff expertise within the school. The knowledge gained by our PE coordinator through liaising with experienced gymnastics specialists can then be passed on to teaching staff and teaching assistants.</p> <p>Liaise with Leap staff and organise a staff CPD to increase all staff knowledge and understand of Dance/Gymnastics as well as their confidence to teach the topic during PE.</p>
<p><b>Key indicator 5: Increased participation in competitive sport</b></p>				<p>Percentage of total allocation:</p>
				<p>%</p>
<p>School focus with clarity on intended <b>impact on pupils:</b></p>	<p>Actions to achieve:</p>	<p>Funding allocated:</p>	<p>Evidence and impact:</p>	<p>Sustainability and suggested next steps:</p>
<p><b>South Sefton School Sports Partnership – Silver Membership</b></p>	<p>Continued to attend as many competitive sporting competitions as possible throughout the school year.</p>	<p>£2,000 (as previously outlined in Key</p>	<p>Being part of the partnership enters the school into a wide variety of vast competitive sporting competitions</p>	

<p><b>Registration to the Bootle &amp; District Primary Schools Football Affiliation</b></p>	<p>Continued to play all of the schools' league and cup fixtures organised by the Bootle &amp; District Primary Schools Football Association.</p> <p>Generated good links with other schools within the football league in order to arrange friendly fixtures for not only the schools regular football team but also 'B' and 'C team' games.</p>	<p>Indicator 3)</p> <p>£75</p>	<p>which are held throughout the year. Therefore, entering the competitions has greatly increased the number of pupils we have participating in competitive sport.</p> <p>Increased pupil participation in competitive sport competitions. Giving children the opportunity to compete in league and cup fixtures throughout the school year against other local primary schools.</p> <p>Completed league and cup fixtures for the season. Organised friendly fixtures for a wide variety of teams and year groups throughout the school year.</p>	
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## Swimming and Water Safety

- 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.

Meeting national curriculum requirements for swimming and water safety	Please complete all of the below:
What percentage of your current Year 6 cohort swim competently, confidently and proficiently over a distance of at least 25 metres? <b>N.B.</b> Even though your children may swim in another year please report on their attainment on leaving primary school.	<b>57%</b>
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	10m front and back only - 51% 25m front and back only – 49% Front, back and breast stroke – 13%
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	Treading water and collecting brick - 47% Brick only – 83% Treading water only – 49%
Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming, but this must be for activity <b>over and above</b> the national curriculum requirements. Have you used it in this way?	No

## Impact of the Sports Premium Funding at All Saints:

### Delivering a Broad and Varied Physical Education Curriculum

#### Early Years Foundation Stage

Between the ages of 3 and 6 children develop fundamental movement skills which include; running, jumping, hopping, skipping, climbing, throwing, catching, kicking and striking. They are the building blocks that enable them to progress and develop a full range of skills. The Physical Education programme at All Saints Catholic Primary School enables Early Years and Foundation Stage children to develop physical literacy and these all important fundamental skills which form the foundation for more complex skills to be developed in later years.

## Key Stage 1 and 2

Pupils are given the opportunity to demonstrate their learning through a range of activities and will be encouraged to take on the roles of performer, coach and official. As individuals and often working in small groups, they will access all of the facilities on site, acquiring, developing and refining physical skills. This will allow pupils to develop physical and social skills, enabling them to make positive contributions to the wider school community.

At All Saints Catholic Primary School, we offer a wide and varied curriculum within Physical Education which is delivered by a Physical Education specialist teacher.

Each term pupils are provided with the opportunity to develop a knowledge and understanding of a different sport / activity. They learn the rules of the sport and also develop the skills needed to compete within that particular sport. The sports / activities included within the curriculum are:

- Football
- Basketball
- Netball
- Tag Rugby
- Cricket
- Rounders
- Gymnastics
- Athletics
- Handball
- Swimming
- Dance
- Multi-Skills
- Hockey
- OAA

The opportunities within Physical Education are also extended to Extra-Curricular sport with after school clubs such as Football, Dance, Cricket, Basketball, and Netball being made available throughout the year for pupils.

### Increased Number of Extra-Curricular Clubs

Extra-Curricular sports clubs have always proven to be very popular with children in our school. This school year there has not only been an increase in the number of clubs on offer but also the number of children attending the already existing clubs. Since September our PE specialist Mr Tyson, with the help of our Sports Apprentice Mr Scott and Teaching Assistant Mrs. Glynne-Jones have run the schools extra-curricular sport programme. The clubs have proven to be very popular with both boys and girls with many of them continuing to run all year round.

<b>CLUBS (September 2018 – July 2019)</b>	<b>TERMS</b>	<b>NUMBER OF CHILDREN TAKING PART 2018/2019</b>
Year 6 Football	Terms 1 to 6	25
Year 5 Football	Terms 1 to 6	24
Year 6 Netball	Terms 1 to 6	16
Year 3 Orienteering	Terms 5 to 6	22 (3A) 24 (3S)
Year 4 Orienteering	Terms 5 to 6	25 (4A) 26 (4S)
Year 5 Orienteering	Terms 5 to 6	22 (5A) 23 (5S)
Year 6 Orienteering	Terms 5 to 6	21 (6A) 22 (6S)
Year 6 Dance	Terms 1 to 6	25
Year 3 Gymnastics	Terms 1 to 6	16 (5A) 16 (5S)
'Active Kids' – Lunch Time Club	Terms 1-6	30 (per session) 210 (total for the year)
Year 6 Cricket	Terms 5-6	18

Clubs currently running or have been completed within the school year include:

- Year 5 Gymnastics
- Year 6 Football
- Year 5 Football
- Year 6 Netball
- Year 3/4/5/6 Orienteering
- Year 6 Dance
- Year 5/6 Basketball
- Year 6 Cricket
- Change4Life Sports Club
- Active Kids

#### Increased Participation in Competitive Sporting Events

- Year 1 Football - Everton Football Club Academy Tournament
- Year 2 Football - Everton Football Club Academy Tournament
- Year 3 Football - Everton Football Club Academy Tournament
- Year 4 Football - Everton Football Club Academy Tournament
- Year 5 Football - Everton Football Club Academy Tournament

- Year 6 Football - Everton Football Club Academy Tournament
- Year 5/6 Football - Bootle & District Primary Schools League
- Year 5/6 Football - Bootle & District Griffith Cup
- Year 5/6 Football - Dowd Cup Tournament
- Year 5/6 Foot Golf
- South Sefton Key Stage 2 Indoor Athletics Competition
- South Sefton Key Stage 1 Indoor Athletics Competition
- Year 4 Grand National Themed Multi Skills Festival
- Year 5/6 Cricket
- Year 5/6 Tag Rugby
- Year 5/6 Dodgeball Tournament x 2
- Year 5/6 Inclusive Quad Kids Athletics
- Year 5/6 Quad Kids Athletics
- Year 5/6 Basketball
- Year 3/4 Tri-Golf
- Year 5/6 Tri-Golf
- Sefton Schools Swimming Gala
- South Sefton Rounders' Tournament
- South Sefton Key Steps Gymnastics Competition
- Year 6 Girls Football Week Tournament
- Year 6 Girls World Cup Football Tournament
- Year 3/4 Girls Football Tournament
- Year 6 Girls Football - Jade Matthews Shield
- Year 3/4 Change 4 Life Festival
- Leap Dance & Gymnastics – Key Stage 2 Dance Competition

Below is a table containing the number of children selected to take part in competitive sporting events this school year. Some of the children will be involved in more than one team so are therefore counted twice.

<b>Competitive Sporting Events (September 2018 – July 2019)</b>	<b>TERMS</b>	<b>NUMBER OF CHILDREN TAKING PART 2018/2019</b>
Year 1 Football - Everton Football Club Academy Tournament	Terms 4/5	10
Year 2 Football - Everton Football Club Academy Tournament	Terms 4/5	10
Year 3 Football - Everton Football Club Academy Tournament	Term 4	10
Year 4 Football - Everton Football Club Academy Tournament	Term 2	8
Year 5 Football - Everton Football Club Academy	Term 2	8

Tournament		
Year 6 Football - Everton Football Club Academy Tournament	Term 2	8
Year 5/6 Football - Bootle & District Primary Schools League	Terms 1 - 6	14
Year 6 Football - Bootle & District Griffith Cup	Term 1	10
Year 5 Football - Fay Cup	Term 1	10
Year 5/6 Football - Dowd Cup Tournament	Term 2	10
Year 5/6 Foot Golf	Term 1	6
South Sefton Key Stage 2 Indoor Athletics Competition	Term 2	30
South Sefton Key Stage 1 Indoor Athletics Competition	Term 4	24
Year 4 Grand National Themed Multi Skills Festival	Term 4	8
Year 5/6 Cricket	Term 6	10
Year 5/6 Tag Rugby	Term 6	10
Year 5/6 Inclusive Quad Kids Athletics	Term 5	8
Year 5/6 Quad Kids Athletics	Term 6	10
Year 5/6 Basketball (2 Teams entered)	Term 2	12
Year 3/4 Tri-Golf	Term 1	6
Year 5/6 Tri-Golf	Term 2	6
Year 5/6 Dodgeball Tournament	Term 2	8
Year 5/6 Dodgeball Tournament	Term 6	8
Sefton Schools Swimming Gala	Term 4	8
South Sefton Rounders' Tournament	Term 3	10
South Sefton Key Steps Gymnastics Competition	Term 5	4
Year 6 Girls Football Week Tournament	Term 4	9
Year 6 Girls World Cup Football Tournament	Term 5	9
Year 3/4 Girls Football Tournament	Term 4	7
Year 6 Girls Football - Jade Matthews Shield	Term 6	9
Year 3/4 Change 4 Life Festival	Term 2	12
Leap Dance & Gymnastics – Key Stage 2 Dance Competition	Term 6	20
<b>TOTAL</b>		<b>342</b>

Our school has grown from strength to strength in terms of competitive sport over the last few years. Increasing not only the number of events we attend but also increasing success rate we achieve at the events.

## **Sports Apprenticeship Scheme**

For many years now All Saints has been involved in the training of aspiring sports coaches by creating links with local education providers to employ, train, guide and mentor young adults through NVQ qualifications in sports coaching. We have created strong links with The Jamie Carragher Foundation, Progress Sports and JM Recruitment. We currently employ an apprentice on a full-time basis who works alongside our specialist PE teacher in order to complete a Level 3 NVQ Diploma in Supporting the Delivery of Physical Education and School Sport with JM Recruitment. This qualification has been developed in partnership with the Association for Physical Education.

The idea of the apprenticeship is to give young students the opportunity to not only complete the NVQ qualification but gain valuable experience working alongside a trained professional. This qualification can lead to paid or voluntary employment in roles which involves leading activities for adults or young people. It could also be used as a progression to a sports specific coaching qualification. The skills and knowledge developed through this qualification may also be used to enable learners to progress to other industry-relevant qualifications in activity leadership, leisure operations or operational services.

Our apprentice is progressing well as a sports coach/teacher and is now organising and running lunch time sessions to ensure that pupils are participating in fun active sporting activities during their lunch time. He is developing a full understanding of all the roles involved with being a school PE teacher and setting a positive example as a role model for the pupils within our school. Some of the major benefits of employing an apprentice at our school to work alongside our specialist PE teacher have included: being able to increase the number of extracurricular clubs on offer both during lunch time and after school. Contributing to the competitive sport programme by helping with the organisation of school teams and events. Organising fundraising sports events to raise money for charities.

## **Outdoor and Adventurous Activities**

We have recently (7<sup>th</sup>-9<sup>th</sup> March 2018) completed a second successful Year 6 residential trip with PGL to Winmarleigh Hall in Preston. The trip involves staying over for two nights/three days and taking part in a wide variety of challenging OAA activities. 32 children from Year 6 attended the multi activities trip and experienced many outdoor activities such as: canoeing, rock climbing, orienteering, high ropes, low ropes, problem solving and obstacle courses.

Outdoor Activities are not only going from strength to strength within the school but also proving very popular with all of the children taking part. We have run lunch time Orienteering Clubs on Monday (Year 6), Tuesday (Year 5), Wednesday (Year 3) and Thursday (Year 4) and we are now in the process of organising school trips to local indoor rock climbing centres. The Sports Premium funding will help with this and not

only provide many of our children with their first experience of rock climbing but also strengthen the Outdoor Activities programme being run at our school.

### **Crosby Lakeside Adventure Centre – Water Sports Sessions**

Last school year we increased the provision on offer at our school for Outdoor and Adventurous Activities (OAA) by organising water sports sessions at Crosby Lakeside Adventure Centre. The sessions were for Year 5 children and involved experiencing activities such as: kayaking, canoeing, sailing and bell boating. All children in Year 5 attended and greatly increased their knowledge and understanding within the area of water sports while also having fun.

### **Lunch Time Sports Provision – Orienteering**

Our PE specialist Mr Tyson has created a map of the school grounds and runs the sessions along with Mr Scott our sports apprentice. The sessions have been up and running since September 2015 and the percentage of pupils opting to take part in this extra-curricular clubs during their own lunch time is high (see table below). Less active children who would not normally be so enthusiastic about attending a club of a traditional sport such as Football are now choosing to attend the Orienteering Clubs. This has increased the number of children participating in physical activity and extra-curricular sport within our school.

The sessions involve different tasks which are sometimes completed as an individual and sometimes as a team. Using the map, they must run, jog or walk around the school grounds to find locations. At the locations they will have a question or number problem which they must try to answer. We have been working on capital cities, national flags and numbers, therefore creating cross curricular links within the club. Points are awarded for first finding the location and extra points are awarded for the correct answer.

<b>Year Groups Taking Part</b>	<b>Number of Pupils Taking Part</b>
Year 3	46
Year 4	51
Year 5	45
Year 6	43

### **Lunch Time Sports Provision – Active Kids**

In order to increase the number of children within our school attending extracurricular sports clubs we have created a club during lunch time. Having a lunch time club also makes it more accessible to children who may not be able to stay behind after school for a club. The club is called 'Active Kids and focuses on exercising using the our newly fitted exercise equipment on the playground. It is run by the schools PE Apprentice Mr Scott along with a group of selected Year 6 play leaders. Mr Scott and the play leaders set up multi skills stations alongside the exercise equipment and invited different children each session to come along and

take part. The club has proven to be very popular with a large percentage of children within the school wanting to participate. One of the many benefits of running this club is that it has enabled there to be a focus on helping inactive children to spend their lunch time play exercising and being active. We have not only increased extracurricular provision within PE and Sport but also increased the amount of time spent being physically active each week for our most inactive children.

### **All Saints Daily Mile**

Since September 2015 many of our Year groups have been participating in a daily exercise programme called the 'Daily Mile.' The idea was taken from St Ninian's Primary School in Stirling who received lots of media coverage for the introduction of a 'Daily Mile.' The idea being that children within the school complete a mile a day. They down their pencils and head out of the classroom to start running laps around the school field. For three-and-a-half years, all pupils at St Ninian's primary have walked or run a mile each day. They do so at random times during the day, apparently happily, and despite the rise in childhood obesity across the UK, none of the children at the school are overweight.

After reading this newspaper article and seeing the story reported on the news, it was decided that we as a school would mimic this idea due to the many benefits described as being achieved by the reports. The 'Daily Mile' has been well received by a large number of children within the school with many of them enjoying leaving the classroom for a brief period to complete the task. Some complete the full mile running as fast as they possibly can without stopping while others sometimes walk and jog. Not all can complete the mile running but the idea is that they set targets to progress and improve their fitness.

Employing a Sports Apprentice at our school has provided our PE specialist with the support and help needed to get the 'Daily Mile' up and running within our school. We have now dramatically increased the number of children taking part in daily physical activity by engaging them with this exercise programme (see table below)

<b>Year Groups Taking Part</b>	<b>Number of Pupils Taking Part</b>
Reception	48
Year 1	51
Year 2	40
Year 3	46
Year 4	51
Year 5	45
Year 6	43

### **Daily Mile Event / Celebration**

Last school year we attended two separate 'Daily Mile Celebration' events which we were invited to by the Sefton School Sports Partnership. The first one was for Year 4 and the second was for Year 5 with both being held at Litherland Sports Park. Over

the two events we attended with 56 of our children to complete the Daily Mile on a mass scale with many other local primary schools from the partnership.

### **Netball**

Provision for Netball was to extended to increase what was already on offer at our school. The appointment to the staff of Mrs Glynne-Jones, herself a netball player, led to an extension of the school netball club being able to run all year round. It has also raised the profile of the sport with uptake increasing year on year.

The Year 6 Girls' Netball Team has been competing in regular league fixtures against other local primary schools for the last three years now. Last year's squad included every girl in Year 6 with all showing a keen interest in attending training and playing for the team. The interest in netball this year from Year 6 girls has been just as impressive, with all girls from year 6 attending weekly training session throughout the year and showing a keen interested in being selected for competitive school games.

### **Dance Club**

Every Thursday after school Miss Hanley, our Year 6 teacher, runs a Dance club for all pupils in Year 6. The club proves to be very popular with both boys and girls. The dance club also acts as rehearsal for performances during many of the school shows throughout the year such as the Christmas / Easter production and the leavers' assembly. The percentage of children choosing to attend the Dance club is always high and this year is no exception with 25 children in Year 6 participating every week.

### **New and Developing links**

Last school year we strengthened our already existing links with Leap Dance and Gymnastics. Two years ago we first established links by organising an extra-curricular gymnastic club to take place after school on a Friday with children in Year 3. Last school year we continued this club, this time with Year 5 children. We also hosted a Dance Competition which took place in our school hall and was entered by five other primary schools as well as ourselves. The competition was a great success and all six schools agreed it should become an annual event. This year we have continued to work alongside Leap Dance and Gymnastics by again booking our extracurricular gymnastics club and also liaising with a view to hosting a bigger dance competition than last years.

We have good links with a newly formed football club within the area, Litherland REMYCA. They have recently started running football session for a wide variety of age groups starting from boys under 7's, which we promote around school along with girls' football from school Years 2 through to 6. They are rapidly establishing teams for a wide variety of age groups to compete in league and cup competitions.