



Lighthorne Heath Primary School P.E. and Sports Premium Report April 2022- March 2023



Key achievements to date:

- Governors, Senior Leaders and the P.E Subject Leader are committed to ensuring that all pupils will receive 30 mins a day of activity in school as well as at least two hours of high-quality physical education teaching per week, delivered by confident, well-trained sports coaches and teachers. The successful delivery of the curriculum supports all aspects of health education within the school.
- Our PE leader was inducted in 2021, with the support of our school governor with responsibility for P.E. and Sport (Richard Butler); skilled P.E. and Sports Coaches (Onside Coaching) and an external P.E. consultant.
- Monitoring of lessons ensures that they are planned and delivered to a high standard, guaranteeing both pupils enjoyment and achievement. The school holds many competitive and inclusive house events throughout the year as well as a key stage sports days, which include both traditional and competitive races in order to include all pupils.
- For several years, we have adopted a house system on sports days to develop healthy competition. We aim to develop this to launch half- termly house sporting events. The P.E. Leader, Senior Leaders and Sports Coaches reviewed and developed our Sports Days, building on success of the previous year. This year we plan to make our distance races more competitive with the introduction of a leader board with school records to aim for.
- We shall continue to link with local primary schools in the Leamington Consortium, for all events such as football, netball and athletics. The sports partnership link enables children to take part in a huge range of competitions across the school.
- The UNICEF Convention of Children's Rights Articles 15 (freedom of association), 24 (health and health services), 28 (right to education), 29 (goals of education), and 31 (leisure, play and culture) have been an ongoing focus at Lighthorne Heath Primary School since February 2018, and have helped us to achieve the UNICEF Bronze Rights Committed Award in March 2018; the UNICEF Silver Rights Committed Award in September 2018; and UNICEF Gold Rights Respecting Award in July 2019. We are now working towards re-accreditation in July 2022. Children across the school are able to exercise their right to good health through regular physical activity at school; their right to join school extra-curricular sports clubs; and their right to relax, play and take part in a wide range of sporting and physical activities, including a number of competitive events led by the school sports partnership.
- In 2016 we introduced Sports and Play Leaders at lunch time, who support the adult lunchtime Play Leader. This role has been developed with the P.E. Subject Leader so that the Sports and Play Leaders take greater ownership of the P.E. curriculum, and support with monitoring the quality of learning during P.E. lessons, alongside our Learning Detectives. The Sports Leaders programme is targeted at those older pupils who have the desire and skills to promote the benefits of participation in sport both within and external to their lessons. Pupils are given the opportunity to report during school assemblies and contribute to the weekly school newsletter. Pupils participating in the scheme (which is organised by our local School Games Organisation) are part of a national programme that encourages more able performers to understand the processes of coaching and managing practices and sports tournaments.

- We offer a range of extra-curricular clubs, including, Football, Multi Skills, Athletics, Cricket, Ballet, Rock-climbing and Kayaking, and these provide all children, across the whole school, the chance to participate. Many of these clubs are offered free of charge and led by school staff. Clubs led by external partners are often partially or fully subsidised by the school so that all pupils may participate.
- School facilities are extensive and appropriate for the activities that are currently delivered in P.E. lessons. Our outdoor fields offer an excellent space for athletics, tag rugby, football and other games. The playground space is clean, secure and suitable for net, wall and other playground games. We plan to extend the range of playground markings to extend the range of activities delivered during lesson and break times.
- Our school offers a Forest Schools Curriculum in our Forest School Area, with two Level 3 Forest School Leaders and a further Level 2 Forest Schools Assistant. Pupils across the school have access to Outdoor and Adventurous Activity, and develop their skills each academic year, as they move up the school.
- Indoor facilities for the delivery of the P.E. curriculum are very good, comprising of two halls. These have been refurbished, with new flooring. We aim to have the indoor hall floors marked for a variety of games. Display boards around the school feature examples of positive sporting role models and reference the benefits of physical activity and a healthy lifestyle.
- The relationships between pupils, school staff and Sports Coaches are excellent. All parties speak to each other with respect, so that there is a productive working atmosphere in P.E. Coaching sessions are highly inclusive and organised in such a way that pupils feel able to perform in a safe and encouraging environment.
- An annual maintenance check of equipment is carried out by a recognised provider and reports are logged and repaired or replacement of equipment actioned, where necessary.
- Pre-covid, increasing numbers of children from across the Key Stages were participating in a range of sports competition against other schools. The success of many of our children in these competitions has further raised the profile of sport in the school. From March 2022, we have started to recommence competitive sports against other education settings.
- In February 2022 a whole school review of P.E. was undertaken by teaching staff. The findings were collated and shared with Onside coaching leaders and school governors. In March 2022, staff participated in training on The Ofsted Research Review on P.E.
- The P.E. Lead is working towards gaining the AfPE Award.

Focus areas this year:

Priority 1 To engage all pupils in regular physical activity:

- providing targeted activities or support to involve and encourage the least active children
- encouraging active play during break times and lunchtimes
- extending and subsidising / funding attendance of school sports clubs and activities and holiday clubs, and broadening the variety offered
- adopting an active mile initiative
- raising attainment in primary school swimming to meet requirements of the national curriculum before the end of key stage 2

Priority 2 To raise the profile of PE and sport across the school as a tool for whole-school improvement, by:

- actively encourage pupils to take on leadership roles that support the delivery of sport and physical activity within the school
- embedding physical activity into the school day through encouraging active travel to and from school and active break times

Priority 3 To increase the confidence, knowledge and skills of staff in teaching PE and sport, by:

- providing staff with professional development, mentoring, appropriate training and resources to help them teach PE and sport more effectively to pupils, and embed physical activity across school
- hiring PE specialists to work alongside teachers to enhance current opportunities offered to pupils



Priority 4 To offer a broader range of sports and physical activities to all pupils, by:





- introducing a new range of sports and physical activities to encourage more pupils to take up sport and physical activities
- partnering with external providers to run sports and physical activities and clubs
- providing more and broadening the variety of extra-curricular physical activities after school in the 3 to 6pm window, delivered by the school or other local sports organisations



Meeting national curriculum requirements for swimming and water safety	Please complete all of the below:
<p>What percentage of your current Year 6 cohort swim competently, confidently and proficiently over a distance of at least 25 metres?</p> <p>N.B. Even though your children may swim in another year please report on their attainment on leaving primary school.</p>	100% (Year 6 pupils 2020-2021)
<p>What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?</p>	100% (Year 6 pupils 2020-2021)
<p>What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?</p>	100% (Year 6 pupils 2020-2021)
<p>Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming but this must be for activity over and above the national curriculum requirements. Have you used it in this way?</p>	<p>We re-designed our swimming curriculum in September 2018, so that any pupils at the end of Year 5 (this is the year group that attends swimming lessons) who are unable to do any of the above will receive additional catch-up provision. This strategy was successful in Summer 2019. In Summer 2020 and 2021 we were unable to use this approach due to the Coronavirus pandemic and the closure of the leisure centre swimming pool. We will be re-commencing this strategy in Summer 2022.</p>


Action Plan and Budget Tracking



Capture your intended annual spend against the 5 key indicators. Clarify the success criteria and evidence of impact that you intend to measure to evaluate for students today and for the future.


Year: 2022	Total fund allocated: £12,900	Date Updated: April 2022		
Key indicator 1: 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: £5159 - 40%
School focus:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
River Bear Yoga 	Embed River Bear Yoga consistently into the curriculum. Re-training for staff, where necessary and train new staff.	Resources purchased previously (yoga mats and access to RBY curriculum resources & training).	Yoga, mindfulness and meditation proven to help children with their physical health and emotional well-being. Reduces stress for everyone, creating healthy, happy classrooms.	Embedded within the curriculum annually as part of P.E. and Sport Strategy. Purchase of new yoga mats, where necessary.
Participate in Walk to School Week May 2022, and aim to sustain this initiative throughout the rest of the academic year through Living Streets' month-long challenge; WOW year-round walk to school challenge; and Little Feet initiative. <i>Walking is man's best medicine – Hippocrates</i> 	Staff meeting to raise awareness of the initiative and action plan to roll out the initiative for the remainder of the term, led by JL and CD	£504 WOW badges £40 WOW wall charts £80 Little Feet package £980 Month Long Package Total £1604	Increase the number of children walking, scooting or cycling to school (reverse the national decline in pupils walking to school). Increased participation rates in Walk to School Week from 2018 (no data for 2019 due to pandemic). More active children who are alert and ready to start the day. Reduced traffic at drop-off and pick-up times.	Embedded within the curriculum annually as part of P.E. and Sport Strategy and UNICEF RRSA. Use work as evidence towards re-launching and achieving Eco Schools Award.
Warwickshire Kerb Wise road safety initiative	Year 1 staff to plan Kerb Wise road safety whilst walking to school delivery for May 2022.		Children increase their understanding of road safety and pass on what they've learnt to their	Delivered annually by trained school staff, supply staff and parent volunteers.


			parents. Children walk to school more frequently.	Supply costs met by school's delegated budget in future years.
<p>Wombling</p> 	<p>PSHE Leader to:</p> <ul style="list-style-type: none"> Organise training for Womblers Co-ordinate timetabling Lead whole school assemblies Organise competition for pupils 	<p>£100 For purchase of resources, including litter-pickers, gloves, Womble badges</p>	<p>Daily litter-picking by elected 'Womblers' increases physical activity for those pupils, over our very large site, as well as encouraging pupils to improve their local environment.</p>	<p>This initiative will be embedded within the curriculum annually as part of P.E. and Sport Strategy and UNICEF RRSA, with minimal future costs except purchase of additional wombling badges from school's delegated budget in future years.</p>
<p>The Daily Mile 15 minutes of jogging, running or walking, at pupils' own pace, every day <i>Walking is man's best medicine</i> – Hippocrates</p> 	<p>P.E. Leader to: Re-launch to all pupils attending school during Lockdown January 2021</p>	<p>£200 Supply cover for P.E. lead to plan and launch initiative</p>	<p>Pupils less sedentary and more physically activity. Improved physical and mental well-being of pupils. Contributes towards improved fitness and body composition.</p>	<p>Once re-launched, there are no further costs to this initiative, and it is sustainable</p>
<p>Skip to be Fit</p> 	<p>Whole day workshop for whole school Summer Term 2022.</p>	<p>£380 whole day workshop £560 resources pack £560 (£7 each) Digital skipping ropes Total £1500</p>	<p>Counting skipping ropes incorporate numeracy whilst promoting fitness and healthy living to pupils Improved balance, timing and footwork.</p>	<p>Annual skipping challenge may be led by P.E. lead in future years. Supply of ropes with counters may be replenished with school's delegated budget or by pupils purchasing their own skipping ropes with counters.</p>
<p>Hula-hooping for Health</p> 	<p>Purchase weighted hula-hoops for use in the playground.</p>	<p>£550 weighted hula-hoops</p>	<p>Hooping contributes to cardiovascular health. Playing with hoops offers many benefits for children. It helps them develop gross motor skills, balance, body awareness, muscular coordination, and rhythm. Apart from its physical benefits, hooping is great fun for children.</p>	<p>Rolling, on-going programme built into the provision plan for the schools' activities. 100 Things To Do Before You Leave Lighthorne Heath. Re-purchase of hoops needed regularly.</p>
<p>Bikeability Levels 1, 2 and 3</p>	<p>Book Bikeability courses for pupils in years 3, 4, 5 and 6</p>	<p>Subsidy for parents who are</p>	<p>Government-recognised cycle training scheme, underpinned by</p>	<p>Rolling, on-going programme built into the provision plan for the</p>


	<p>Distribute the Highway Code's 'Rules for Cyclists' to all participating pupils. Investigate possibility of loan bikes for pupils wishing to take part without road-worthy cycles. Purchase hi-vis tabards for training.</p>	<p>unable to meet the costs</p>	<p>national standards. Pupils gain practical skills and understanding of how to cycle on today's roads. Pupils gain skills and confidence for all kinds of cycling. Levels 1, 2 and 3 take trainees from the basics of balance and control, all the way to planning and making an independent journey on busier roads.</p>	<p>schools' activities. 100 Things To Do Before You Leave Lighthorne Heath.</p>
<p>Balanceability UK afPE approved learn to cycle programme for children aged 4-6 years</p> 	<p>Purchase balanceability resource packs (including programme materials, balance bag (traffic cones, activity rings, wheelie bag, bean bags, floor pump etc.), balance bikes and helmets.</p>	<p>See below KI3</p>	<p>Actively lifestyle promoted at the earliest possible school age. Children's confidence, spatial-awareness and dynamic balance skills built. Young children enabled to cycle without ever needing stabilisers. Pupils master the key aspects of static and dynamic balance. Pupils' gross motor skills, spatial awareness and bilateral coordination improved.</p>	<p>See below KI3</p>
<p>Scooter Wise</p>	<p>Book Scooter Wise Workshop Years 1 – 4 60 pupils 50 minute sessions Scooter pack x 12</p>	<p>£395 workshop delivery £540 scooters</p>	<p>Children can ride scooters safely so that they can enjoy the freedom and ease that riding a scooter provides. Improved basic balance and sensory integration.</p>	<p>Scotability training planned for later in the academic year to train our own school instructors to ensure delivery is sustainable in future years.</p>
<p>Scotability SCOOTABILITY™</p>	<p>All pupils (with Scooters) will be taught Scotability skills Increased number of pupils will scoot to school daily</p>		<p>Scotability instructors will be able to impart practical skills and offer a better understanding of how to ride near other people and vehicles. Scotability instructors will be able to deliver fun, safe and engaging sessions to small or large groups, help introduce riders to scooting for the first time and promote the sport as part of a school travel plan, active lifestyle and life enhancing.</p>	<p>Completed instructor training will ensure sustainability of delivery in future years, without the need to incur additional external trainer costs.</p>

<p>Pupil Sports Leaders to be trained by the sports partnership to deliver lunch time games to younger children.</p> 	<p>Ali Knight to train Sports leaders x 1 morning session Brief an adult in charge of leading the sessions in school x 1 two-hour brief Follow up session in school x 1</p>	<p>£200 training costs £250 MDS costs</p>	<ul style="list-style-type: none"> • Improved communication skills • Increased motivation and self-esteem • Developed ability to lead other • Valuable team-working skills developed • Increased attainment in other subjects 	<p>Maintain the provision, training the new sports leaders up in 2021-22. Devise a programme of induction for new play leaders once elected.</p>
<p>Key indicator 2: The profile of P.E. and Sports being raised across the school as a tool for whole school improvement</p>				<p>Percentage of total allocation: £100 – 0.5%</p>
<p>School focus:</p>	<p>Actions to achieve:</p>	<p>Funding allocated:</p>	<p>Evidence and impact:</p>	<p>Sustainability and suggested next steps:</p>
<p>Displays</p>	<p>Put up displays of sporting heroes who embody the school's values and learning characteristics in the school hall and around school. Put up displays of P.E. and sports extra-curricular opportunities to promote participation. Put up displays to support pupils' development of skills in P.E. and sport. Publicise P.E. and sporting opportunities on weekly newsletters to parents and carers, and on the school's website.</p>		<ul style="list-style-type: none"> • Displays motivate pupils • Increased participation rates • Pupils are able to articulate connection between sporting heroes and school values / learning characteristics, and embody these themselves 	<p>Regular leadership time given to the P.E. Subject Leader to refresh and update displays.</p>
<p>Celebration Assemblies</p>	<p>P.E. and sports coaches nominate one pupil / key stage for weekly award in Friday celebration assemblies. Pupils receive a certificate and pinbadge.</p>	<p>£100</p>	<p>Increased awareness amongst pupils and staff of the value of sport and exercise. School values and ethos embedded. Articles 24, 28 and 29 of UNICEF Convention on the Rights of the Child supported.</p>	<p>Embedded in weekly routine of Celebration Assemblies.</p>

Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport				Percentage of total allocation:
				£3436 - 27%
School focus:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Forest Schools  	<ul style="list-style-type: none"> • Train additional 1 x teaching assistant at Level 2 Assistant • 4.5 days of training • Complete a portfolio of work • Assist a Forest School Leader with at least 3 Forest School sessions • Complete four units of training: <ul style="list-style-type: none"> ○ <i>Supporting Learning, Play and Development in the Outdoors</i>; Looking at holistic development and how learning outdoors supports this. ○ <i>Sustainable Use of Natural Resources</i>; understanding the ecology of a natural environment and the sustainable use of natural resources ○ <i>Outdoor Practical Skills</i>; Being able to carry out a range of outdoor practical tasks including safe tools and campfire use, shelter building, making items from natural resources ○ <i>Assist at Forest School</i>; Looking at the role of the assistant, helping to plan and support Forest School sessions plus risk/benefits analysis 	£375	Forest School is a long-term, continuous opportunity for children to engage with the local environment guided by a qualified and enthusiastic leader. Pupils receive a minimum of a 6-week block programme rather than one off sessions. Children make regular (weekly) visits to the same outdoor site. Along with a qualified leader, they explore the site and learn about nature. They also use natural materials to make things, learn to take calculated risks, use hand tools and have campfires. Encourages individual learning using small, achievable steps. Therefore, this helps to raise confidence, resilience and the willingness to 'have a go' at new physical challenges.	Capacity built over time. Level 3 Forest Schools Leaders and Level 2 Assistants to ensure every pupil has the opportunity to participate in a minimum of 6 Forest Schools sessions per academic year.
Balanceability UK afPE approved learn to cycle programme for children aged 4-6 years	Book training sessions for 2 x members of staff.	£146 x 2 Training Resource Centre	Staff are confident and competent in delivering the 'Balanceability' programme.	Train two members of staff for succession planning. Cost of replacement resources

		<p>£99 Equipment Bag £345 10 x helmets £180 Scooterwise pack £950 5 x 12" balance bikes + 5 x 14" balance bikes £1095</p>	<p>Actively lifestyle promoted at the earliest possible school age. Children's confidence, spatial-awareness and dynamic balance skills built. Young children enabled to cycle without ever needing stabilisers. Pupils master the key aspects of static and dynamic balance. Pupils' gross motor skills, spatial awareness and bilateral coordination improved.</p>	<p>(e.g. bikes and helmets) will be funded in future years from school's delegated budget when needed.</p>
<p>Scotability SCOOTABILITY™</p>	<p>Book Scotability instructor training: 2 x staff members attend Scotability 2 day CPD to become instructors</p>	<p>£700 course fee</p>	<p>Scotability instructors will be able to impart practical skills and offer a better understanding of how to ride near other people and vehicles. Scotability instructors will be able to deliver fun, safe and engaging sessions to small or large groups, help introduce riders to scooting for the first time and promote the sport as part of a school travel plan, active lifestyle and life enhancing.</p>	<p>Completed instructor training will ensure sustainability of delivery in future years, without the need to incur additional external trainer costs.</p>

Key indicator 4: Broader experience of a range of sports and activities offered to all pupils				Percentage of total allocation: £8800 - 68% (overspend met by 2020/21 underspend)
School focus:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Quidditch	Book taster session via info@kidditch.info	£500	Pupil participation in taster sessions. Increased participation in new sport.	Taster-session – sustainability TBC
Archery	Book taster session via @kitsacademy.com	£650 archery kit	Increased participation in new sport.	Purchase of own archery kit and lessons taught by Onside coaches.
Kyaking extra-curricular club	Book BCU 1 Star Kayaking Course (2 x 10 pupils x 5 x 1.5 hour sessions Summer Term) with Leam Boat Centre. Deploy staff to support the club.	£4,000	Pupils achieve BCU 1 Star Kayaking Increased participation in new sport.	Club run by Onside coach. Parents and carers make financial contribution to the club to improve sustainability. Plan to increase costs in the event that Sports and P.E. funding ceases.
Rock-climbing extra-curricular club at Bear Rock climbing wall, university of Warwick 	Book weekly sessions for 15 x pupils from Years 3/4/5/6	£2,700 (2 x groups of 15)	Increased participation in new sport.	Club run by Onside coach. Parents and carers make financial contribution to the club to improve sustainability.
Yoga extra-curricular club	Onside coach to lead Yoga (2 x 14 Year 2 pupils x 5 x 1hr 10 mins sessions Spring Term 2, Summer Term 1 and Summer Term 2). Purchase yoga mats x 15	£300	Increased participation in new sport.	Club run by Onside coach. Parents and carers make financial contribution to the club to improve sustainability.
Ballet extra-curricular club	Onside coach to lead Lighthorne Heath Ballet Company (2 x 14 Year 2 pupils x 5 x 1hr 10 mins sessions Spring Term 2, Summer Term 1 and Summer Term 2). Purchase ballet uniform for all participating pupils.	£650	Increased participation in new sport.	Club run by Onside coach. Parents and carers make financial contribution to the club to improve sustainability.

Key indicator 5: Increased participation in competitive sport				Percentage of total allocation:
				£600 - 4%
School focus:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
 Soccer Aid 2022 Playground Challenge	Signup for 2022 participation. Distribute fundraising pack & teaching resources. Participate in the national challenge in June 2022.	N/A	Increased participation in competitive sport Funds raised for UNICEF	Annual fund-raising football competition
Participation in Mid-Warwickshire inter-school competitions, including, cross-country, netball, sports hall athletics, rounders, rowing, gymnastics and street dance, personal best circuit training		£200	Increased participation in competitive sport. Improved pupil attitudes towards physical activity. Outstanding curriculum, which inspires and engages all pupils.	
House competitions	P.E. and Sports coaches to lead half-termly inter-house competitions. House members to be displayed in all classrooms Purchase of certificates and trophies	£100	Increased participation in competition	Embedded in annual school diary dates and co-ordinated by P.E. Leader, supported by P.E. and sports coaches
Sports Days	Increase element of competition, whilst remaining inclusive of all pupils	£300 pitch and track markings	Increased participation in competition	Develop competition over time

Wider Impact of the Above

- Increasing attendance at after-school sports clubs, and broadening variety offered, including: Multi-sports, football, athletics, ballet, street dance, Bhangra dance, rock-climbing, Balanceability, kayaking, Forest School.
- Increasing participation in sporting events, led by P.E. Lead, Onside Coaching and Central Warwickshire School Sports Partnership.
- Majority of pupils attended fully funded well-being P.E. and sports activities during Summer holidays 2021 for socialisation following school closures due to the pandemic.
- Physical activity embedded into the school day and active travel to and from school. Increased levels of children walking / scooting / cycling to school as a result of Walk to School week activities.
- A group of children have received specialist training from Central Warwickshire School Sports Partnership provider on how to lead sport across the school. These children now run games at lunch time and facilitate the inter-house competitions.
- River Bear Yoga mindfulness, meditation and yoga activities are helping children with their physical health and emotional well-being and reducing stress for

everyone.

- Children continue to be 100% active in PE lessons.
- Concentration and attention are improved as a result of children being more active, leading to increased motivation and improving overall outcomes.
- Increased self-esteem and resilience amongst children who are determined to give all activities a go. Behaviour at lunch time improved as more activities are introduced.
- 100% pupils participate in UNICEF Soccer Aid annually, and feel proud of the funds raised to support UNICEF.
- As a result of the Balanceability programme, every child learns to ride a bike by the end of Year 1.