

St Mary's C of E Primary Academy Sport and Well-Being Provision 2023-2024

High Quality Physical Education Provision

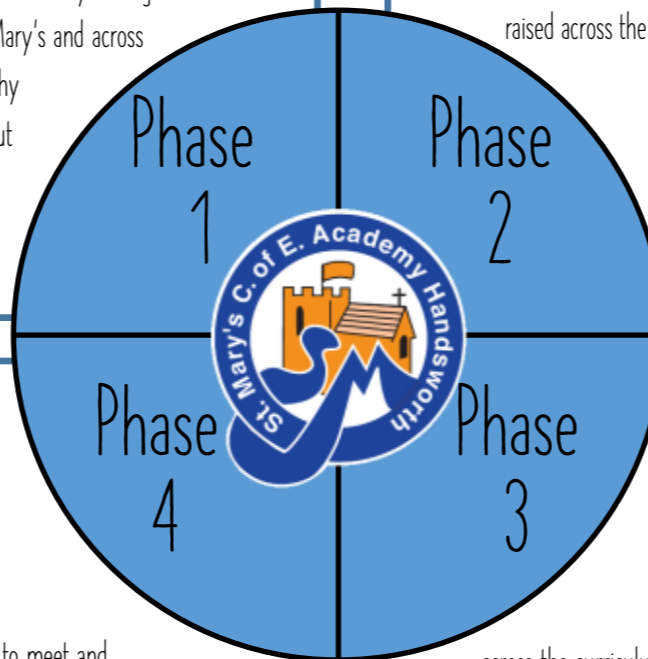
Children have an offer of a minimum of 2 hours high quality PE provision a week. This offer increases with additional lessons through sports coaches and swimming. The curriculum is carefully sequenced to ensure that at each stage children know more, can do more and are improving their skills. Half termly assessments and checking for understanding are used effectively to address gaps in skills and knowledge. Decolonisation of the curriculum has been a key priority ensuring that a range of sports and sports personalities from around the world are learnt and celebrated. All updates to the curriculum are checked against our Inclusive Curriculum Checklist to support reflection on the inclusivity of our curriculum offer across the trust. The checklist takes into account the protected characteristics under the Equality Act 2010. As such, it is intended to be used as part of process to approve curriculum development and changes. Staff are highly trained with regular CPD to improve teaching practise. Coaches are used in many instances to support CPD. All teachers lead a minimum of two terms of PE lessons, so that they are not deskilled. Physical Education has a high profile in St Mary's with dedicated displays, awards, assemblies and sports celebration days. Sport is woven through the curriculum, particularly through our history topic of 'Society, Heritage and Culture'. The wellbeing of all staff and children is a key priority at St Mary's and across the Fioretti Trust. Through our Sports and Well-Being curriculum children understand the benefits of a healthy lifestyle and enjoy the increased opportunities to participate in physical activity. Children are able to talk about sport, mental health and life skills with particular reference to the School Games Values.

Use of PE and Sport Premium Grant

St Mary's make the use of PE and Sports Premium funding to make additional and sustainable improvements to the quality of Physical Education, School Sport and Physical Activity (PESSPA) we offer. St Mary's use the Primary and Sport Premium to:

- Develop and add to the PESSPA activities that we already offer.
- Build capacity and capability within St Mary's to ensure that improvements made now benefit pupils in future years.

St Mary's Sports Premium Spending Document evidences our ongoing self-evaluation of how you we using the funding to secure maximum, sustainable impact and is published yearly on our school website. Use of sports premium is measured against the following key indicators- Key indicator 1: The engagement of all pupils in regular physical activity - Chief Medical Officers guidelines recommend that primary school pupils undertake at least 30 minutes of physical activity a day in school. Key indicator 2: The profile of PESSPA being raised across the school as a tool for whole school improvement. Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport. Key indicator 4: Broader experience of a range of sports and activities offered to all pupils. Key indicator 5: Increased participation in competitive sport.



Inter/Intra School Sports and School Games

St Mary's take part in a range of sporting competitions throughout the school year. Our School Games Organiser gives our children a range of supporting opportunities through both festivals and competitions. This enables all learners, least and most confident, to take part in competitive sports. Children have the opportunity to meet and compete with children from primary schools in the area, improving both their physical and social skills. As part of School Games, children reflect meaningfully on the School Games Values and use them to support a positive attitude to sport and well-being. Intra school activities are the culmination of a 6 week physical activity programme for each year group. The competitions aim to allow for inclusion, to promote a love of sport and to promote competitive sport. Children compete within their year groups to expand the size of competition, but to allow for children to become accustomed to competitive sport after a nearly two year break due to covid. Year 3 were our target group this year as the children who's physical activity and skills had been most impacted by covid. We have developed a School Sports Crew. Children apply for each position outlining why they would be suitable for the roll and their understanding of the School Games Values. The Sports Crew are young leaders in the playground facilitating games and taking care of equipment. We meet half termly and decide on our priorities for the next half term.

Active 60 Minutes/Before, After School and Lunch Time Sports Provision

Active learning in the classroom is very important at St Mary's--each class makes use of Premier League Stars, Just Dance, Cosmic Yoga and Go Noodle. Staff have attended 60 Active minutes CPD and plan for active lessons across the curriculum using ideas from a range of places such as www.schoolwellbeing.co.uk, www.thinkactive.org, www.youthsporttrust.org The re-introduction of wake up shake up in the mornings and the introduction of wake up shake up your body & soul after school on a Friday gives all children, parents and staff an opportunity to join in physical activity. Our school offer includes additional lunch time activities led by SH Active sport, children have had the opportunity to join in with dodgeball, archery, fencing and multi-skills. Children take part in special days such as Stand Up to Racism and Monster Kick-about which gives the opportunity for additional active days and to promote physical activity. Some of our mentoring is through physical activity giving an opportunity for LAC, SEN and Disadvantaged children to access additional physical activity. School heat maps are completed throughout the year so teachers are able to identify opportunities where there is little to no physical activity and to act on this. Children and parents are sign posted to sports outside of school. We offer a range of paid for after school activities, in addition to free coaching on Tuesdays and Thursdays for each year group. Staff also run their own sports extra-curricular activities such as dodgeball and basketball.