

St Joseph's Catholic Primary School Lancaster



Sports Funding 2018/19



In 2018/19 St Josephs was allocated for Sports Premium.

The PE and Sports premium is designed to help Primary Schools improve the quality of the PE and sport activities we offer pupils and give them opportunity to develop a healthy lifestyle. This document shows how we spent the 2018/19 funding and the impact that it has had on our children at St Joseph's Catholic Primary School.



Mile a Day Track

In 2016 a campaign was launched to persuade primary schools to incorporate a daily mile into their timetable. The aim of The Daily Mile is to improve the physical, social, emotional and mental health and wellbeing of our children – regardless of their age, ability or personal circumstances. Over the summer in 2018 we had a mile a day track put in place on our school field. We introduced the Mile a day. Classes were encouraged to spend at least 10 minutes of their day undertaking the mile a day challenge.

Impact

Each class took part in the Mile a day challenge on a regular basis. We tracked our children from September 2018 to July 2019 and found that our children had become more able when running on our track. The children were timed and the times improved over the year. Class teachers found it to improve concentration in class.



Lunchtime resources and training for staff

To maximise our pupil's engagement in sports and exercise during the school day, we put in place more active playtimes and lunchtimes. Lunchtime staff and Learning Support Assistants attended a training course based on change for life activities and sports/games. Resources were bought for KS1 and KS2 pupils to encourage a more active playtime. We bought balance bikes for the Infants and due to a lottery fund an adventure playground was put in place in on of our KS2 playgrounds.

Impact

All children have a healthier and more active playtime. They have more access to a range of equipment and sports. Welfare staff involve all pupils in active, fun and exciting sessions.

Extra-Curricular Clubs and coaches

To give our pupil's the experience of playing a range of sports we introduced a range of extra-curricular clubs for children to participate in. The Extra-curricular clubs on offer in 2018/19 were Football, Dance, Self Defence, Rugby and running club. We also invited coaches into school to support staff in delivering a range of active, fun and exciting lessons. We had coaches for Rugby, Athletics, Netball, Multi Skills and maths through PE.

Impact

Pupils who accessed extra-curricular clubs were enthusiastic and dedicated. Some even went on into school teams to compete against other schools in tournaments and in friendly matches. Pupils who participated in coaching lessons had lots of fun and staff learnt new skills and techniques to use in their own PE lessons.



PE Teams and Internal sports competitions (Sports Teams Challenge's)

To raise the profile of PE and to encourage team work and an element of competing for fun we introduced our school 'houses', Matthew, Mark, Luke and John as our sports teams too! We bought coloured PE shirts for the children to distinguish the teams within PE lessons and sporting activities, so that team based games could be introduced. Each term children competed in a sports team challenge competition with activities involving tag Rugby, Multi-skills and running. Teams competed internally to win the sports team challenge.

Impact

All pupils were involved in the sports team challenges. A great sense of team spirit developed and the children enjoyed cheering on their team members and supporting them. More competitive team games were played during PE lessons and more children received house points through PE.



Lancaster and Heysham School Sports Network Membership, Competitions and trips out.

Our school pays into the LHSSN partnership which allows us to enter competitions throughout the year. These are held mainly at our link High School. On top of this we have access to a range of coaching and benefits to support staff in developing their skills. This year we have attended a range of competitions, tournaments and friendly matches such as Football, Netball, Athletics, Crown Green Bowling and the annual LHSSN sports festival. All competitions that we entered into were successful and achievements were celebrated in whole school assemblies. In each one the children were so well behaved and very supportive of each other. They showed great skills and determination and also showed respect to other schools they competed against. Pupils that don't always necessarily choose sport were able to attend fun events such as Fit and Fed and Change for life this gave pupils the opportunity to try sport in a non-competitive way and have fun. Our Year 1 children attended a Boccia session, which is an inclusive sport for children with a physical disability.

Impact

All pupils were involved in the sports team challenges. A great sense of team spirit developed and the children enjoyed cheering on their team members and supporting them. More competitive team games were played during PE lessons and more children received house points through PE. The children who attended competitions and events showed a great sense of teamwork and achievement. Pupils became excited about upcoming events and enjoyed being a part of the team. Pupils who don't always choose sport and those with a physical disability were included in events which allowed them to have fun and experience a non-competitive style environment.

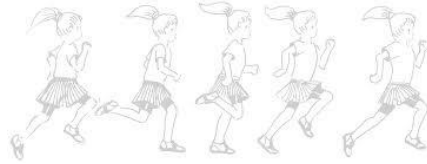
Sports Leaders

This year 15 of our year 5's were trained as sports leaders. These children were involved in a range of sporting activities including leading healthy lifestyles, the impact of exercise and how to be good leaders. These children also helped organise sporting activities in school.

Impact

A range of children with different sporting abilities were able to have an input in what sporting activities they wanted to take part in. Children had the confidence to share ideas and talk about their own choices. They have a better knowledge and understanding of a healthy lifestyle. They are now keen to lead other pupils in a range of activities

PE planning and assessment



This year a new long term plan was put into place and staff used the Lancashire scheme of planning. The Subject leader attended courses based on the new planning. The subject leader put in place new assessment methods to track the children's performance and participation in PE.

Impact

The subject leader had a clear knowledge and understanding of where children were working at in PE and staff were more able to teach PE in a range of ways according to children's ability.

Training for staff development

The subject leader attended range of courses to support staff when teaching PE lessons. We also gave teaching staff the experience of working alongside coaches in PE lessons to develop their own subject knowledge.

Impact

Staff developed their knowledge of what a good PE lesson involves and the subject lead was able to pass on information and ideas to staff.

Next Year

We aim to develop staff knowledge and development in a range of sports by having more training in particular areas of our curriculum.

New Sports and activities

To give our pupil's the experience of playing a range of sports we invited coaches into school to play sports likes crown green bowls, we introduced rugby, athletics and self-defence as some of our extra-curricular clubs. When playing sports team challenges we introduced games that children may not always have the opportunity to play in school. Year 1 children attended Boccia sessions.

Next Year

We aim to introduce a wider range of sporting opportunities to increase participation but also develop children's knowledge of a wide range of sports.