



St Gildas' Catholic Junior School

PE and Sports Premium 2017-18 Planned Use

Academic Year	2017-18	Total Fund Allocated	£9690
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Primary PE and Sports Premium Key Outcome	Planned impact for pupils	Planned Funding	Actual Funding	Impact
Support sports tournaments and competitions for pupils throughout the school	<p>Increased participation and success in sports activities</p> <p>Development of pupils' healthy lifestyle choices</p> <p>Team building opportunities</p>	£2000		<p>Skills and competition experience gained from teams attending sports competitions. Self-esteem improvements for children who excel in sports but find academic work more challenging.</p> <p><u>March – Basketball fixture</u> Year 5 team competed at local basketball competition</p> <p><u>Indoor Athletics tournament – January 2018</u> Year 5&6 team competed in local Athletics tournament</p>
Coaching and training	<p>High quality coaches employed to teach alongside teachers, providing specialist coaching sessions throughout the school</p> <p>Access to a wider range of sporting opportunities</p> <p>Improved understanding of the rules of different sports</p> <p>Opportunities to develop new skills</p>	£4000		Cricket coaching in Summer term upskilled children and improved sportsmanship in competitive games.

				New Sports coaches twice a week – from September 2017 have improved behaviour. The number of children taking part at lunch time in team games has increased, meaning more children have upskilled.
A-Life workshops	Encourages children to choose an active lifestyle and helps them to realise that being active and choosing to participate in exercise can be a lot of fun	£500		<p><u>Healthy workshops (years 3-5)</u> <u>Improved the following:</u></p> <ul style="list-style-type: none"> • Learning new facts • Self-esteem • Understanding how their bodies work • Working in a team • Leadership • Listening • Following instructions <p><u>Drug and alcohol awareness workshops (years 5&6)</u> <u>Increased understanding of:</u></p> <ul style="list-style-type: none"> • Short term consequences of drinking • Long term consequences of drinking • Peer pressure • The effects of smoking <p>Significant impact on children who better understand the negative impacts drugs and alcohol can have.</p>
The Daily Mile	A study of 10,000 primary school children across the UK found that two thirds of them lacked basic fitness. <i>(Fit For Sport Ltd. May 2015)</i>	£500		<p><u>Improvements in children's:</u></p> <ul style="list-style-type: none"> • Fitness

	<p>The aim of the Daily Mile is to improve the physical, emotional and social health and wellbeing of our children, regardless of age or personal circumstances. Helps to reduce childhood inactivity and obesity It's social, non-competitive and fun. It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds. The Daily Mile has numerous benefits to children, whether they run, jog or walk. Within 4 weeks, children who do The Daily Mile become fitter</p> <p>The 15 minute break from lessons is invigorating and leaves children (and teachers!) more focused and ready to learn.</p> <p>The time spent outside, in all weathers, helps children become better engaged with the outdoors and aware of their surroundings.</p> <p>The Daily Mile is also a social occasion, and improves relationships, giving children the opportunity to talk to their peers and teachers in a way they might not in the classroom.</p> <p>The Daily Mile builds teamwork and leadership skills, with children helping and encouraging their peers.</p> <p>Children bring the benefits home, eating and sleeping better and encouraging their families to get active together.</p> <p>The Daily Mile builds self-esteem and confidence, improving children's perception of exercise for life.</p> <p>The Daily Mile is critical to reducing childhood inactivity and obesity</p>			<ul style="list-style-type: none"> • Enthusiasm to run and be more active • Concentration upon returning to class • Social skills
Provide helmets for cycle training	<p>Cycling helmets reduce injuries</p> <p>A head injury can mean a brain injury. Wearing a helmet doesn't mean children can be reckless, but a helmet will provide some protection for face, head, and brain in case of a fall.</p>	£200		All participating children achieved their cycling proficiency award.

Playground equipment	<p>Encourage participation in playtime games Positive playground experiences for all pupils Improved behaviour Helps children to be more social. This means that children will be more willing to join in games and activities, while they will also be more likely to talk to different children and make new friends. This all encourages children to learn social skills and how to interact with other children. They learn how to take turns playing games and how to negotiate unfamiliar equipment, resulting in children learning how to be independent and self-reliant.</p>	£1000		<p>Improvement in behaviour during break and lunch times. More active playtimes: skipping, ball skills, hand-eye coordination, turn taking, teamwork.</p>
Sports Activity Days	<p>High quality coaching days in Alexandra Palace Park offering children the opportunity to participate in different sports such as: Netball, Tennis, Football and Hockey, to upskill and improve their experience in competitive games. Opportunity for each year group to have a school trip day out, with a sports focus.</p>	Unknown		<p><u>Pupil feedback on impact:</u></p> <ul style="list-style-type: none"> • Teamwork skills – working as a team • Improving sportsmanship • Good amount of time on each Sport, meaning we could really improve our skills • Improved skills and learnt new sports rules • Playing competitively yet fairly
Sports day at New River Stadium	<p>Opportunity to raise the profile and status of sport, by having the annual sports day in a professional stadium. All children to improve their Athletics skills and have experience competing in a stadium and to an audience. Cheerleading squad having the opportunity to perform to a large crowd.</p>	£520		<p><u>Pupil feedback on impact:</u></p> <ul style="list-style-type: none"> • Cheerleading performance got the day off to an enthusiastic start and inspired competitors • Professional 400m track and spectator seats makes you feel as if you are an Olympian

				<ul style="list-style-type: none">• Friendly yet competitive atmosphere – excellent for sense of school community and school spirit. The variety of year groups in the houses allows children to make new friends and compete in a respectful way as part of the school community• Run faster there due to professional astro-turf track• Bigger venue and real grass offers 'fresh air'• Everyone got chance to compete
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The actual impact of these interventions will be monitored throughout the year and outcomes will be available on our website at the end of this academic year