

Millhouse Primary School and Nursery PE and Sports Premium Information 2020 - 2021

At Millhouse Primary School and Nursery, we recognise the contribution of PE and sport to the health and well-being of the children.

Physical education, sport and regular physical activity is part of Millhouse Primary School and Nursery's deep, rich, broad and exciting curriculum. It provides children the opportunity to learn different sporting techniques, games, competition and tactics but more importantly releases energy which helps de-stress and lowers anxiety levels.

Research is very clear about the benefits of physical activity and about the positive relationship between physical activity and improved mental health. Exercise has an effect on certain chemicals in the brain, like dopamine and serotonin. Brain cells use these chemicals to communicate with each other, so they affect your mood and thinking in a positive way. A vital aim of the school is to create a positive environment and by putting PE, sport and regular physical activity as a high priority, we are supporting and helping improve the health and well-being of our children not only now but into the future.

Our Primary School PE and Sport's Funding will enable us to continue to extend our provision through employing additional sports professionals, entering into more competitive sports competitions and training our staff to deliver in-house quality PE sessions.

How to use the PE and sport premium

Schools must use the funding to make additional and sustainable improvements to the quality of the physical education (PE), physical activity and sport they provide. This includes any carried forward funding from the 2019 to 2020 academic year, which must be spent by 31 March 2021. Gov. guidance

At Millhouse Primary School and Nursery, we use the PE and sport premium to:

- Develop and add to the physical activity we provide
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

We have used the PE and sport premium to secure improvements in the following 5 key areas

Engagement of all pupils in regular physical activity;

- We have targeted activities or support to involve and encourage the least active children
- We encourage active play during break times and lunchtimes by MDA training and extra resources
- We have established school sport clubs and holiday clubs
- We have adopted a fit for fifteen initiative

The profile of PE has always been high, we have continued this by new initiatives and sustaining current practices:

- Pupils are trained to be 'sport leaders'
- Pupils are trained to be 'playground leaders'
- We have increased the number of sporting competitions entered
- We have promoted participation in sport in school and the community via media such as school newsletters

Increased confidence, knowledge and skills of all staff in teaching PE and sport, for example:

- We have provided staff with professional development, mentoring, appropriate training and resources to help them teach PE and sport more effectively,
- We have employed professional qualified sports coaches and PE specialists to work alongside teachers to enhance current opportunities offered to pupils

Broader experience of a range of sports and activities offered to all pupils, for example:

- We have introduced a new range of sports and physical activities (such as dance, cheer leading and fitness sessions) to encourage more pupils to take up sport and physical activities
- We have provided more variety of extra-curricular activities after school delivered by the school or other local sports organisations

Increased participation in competitive sport, for example:

- We have entered more sport competitions and tournaments within the school and across the local area

Raising attainment in primary school swimming

We have used the PE and sport premium to fund high quality swimming and water safety lessons for pupils learning to swim in year 4 and catch-up in year 6 so that they achieve national curriculum standards.

Primary PE and Sport Grant 2021 / 2022 Strategy

Objectives of spending PPSG

There are 5 key indicators that schools should expect to see improvement across:

- the engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
- the profile of PE and sport is raised across the school as a tool for whole-school improvement
- increased confidence, knowledge and skills of all staff in teaching PE and sport
- broader experience of a range of sports and activities offered to all pupils
- increased participation in competitive sport

Due to the unprecedented pandemic unfortunately some of the planned activities have been cancelled and carried forward to the 2021 / 2022 academic year.

Activity	Amount
Improvement the provision of PE (through the training of teachers and HLTAs) via professionally qualified coaches to deliver lessons to pupils which staff have observed and team teach.	£23,985 Essex Football coaching staff
Employ qualified sports coaches and members of staff to increase sporting competition entered, the number of school sporting clubs and introducing a new range of sports and physical activities (such as dance, cheer leading and fitness sessions) to encourage more pupils to take up sport and physical activities and	
Targeted activities or support to involve and encourage the least active children and pupil premium to participate.	No cost for sporting clubs £10 per pupil per day for holiday club
Encourage and increase active play during break times and lunchtimes by MDA training and purchasing extra resources	£500
Develop and embed 'fit for fifteen initiative'	No cost
Trained Pupils to be 'sport leader'	No cost
Trained pupils to be 'playground leaders'	No cost
Increased opportunities for gifted and talented sports people.	No cost
Promoted participation in sports in school and the community by newsletters and sporting achievement celebrations.	N/A
Provide high quality swimming and water safety lessons for pupils, learning to swim in year 4 and catch-up in year 6 so that they achieve national curriculum standards	£3,000
Purchase resources, team kit, schemes of work and specialist equipment to develop physical education.	£500
Engage in local sports network and partnerships to develop sports coaching initiatives	£1,500

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Assessment of year 6 2021 cohort Meeting national curriculum requirements for swimming and water safety 2021	
What percentage of your current Year 6 cohort swim competently, confidently and proficiently over a distance of at least 25 metres?	
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	