



# PE and School Sport Action Plan

## Mount Charles School 2020–2021

**Background** - The primary school sport premium investment goes direct to primary school and is designed to support improvements in the quality and depth of PE and school sport. In 2017/18 the amount schools receive each year has doubled to £19670.

**Key Indicators** - The Department for Education vision is that all pupils leaving primary school are physically literate and have the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport. The objective is to achieve self-sustaining improvement in the quality of PE and sport that delivers high quality provision of a balanced and holistic PE and school sport offer. There are 5 key indicators that schools should expect to see improvement across:

1. 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
2. The profile of PE and sport is raised across the school as a tool for whole-school improvement
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport
4. Broader experience of a range of sports and activities offered to all pupils
5. Increased participation in competitive sport

**Funding** - Individual schools will receive funding which they can use to support the above outcomes through various options including; release of staff for CPD, employing specialists to work alongside teachers, cluster work with other schools and partnerships, transport, equipment, hall and pool hire etc. for additional sport sessions.

The total funding for the academic year	2020/2021	Funding allocated £19620
Lead Member of Staff – Shaun Grigg Sports HLTA Martin Yelland	2020/2021	Governor responsible – Julie Barr/Verity Wendon
Total fund allocated - £19,620	To be Updated – Jan 2021	

**Key Indicator 1 : The engagement of all 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**

Actions		Funding allocated	Impact (anticipated/actual including measures)	Sustainability and next steps	
Intent	Implementation				
<p><i>MCS has two allocated PE slots each week for all infants and juniors. One of these slots is taught by a PE specialist. In KS2, one of these slots is a swimming session every other half term.</i></p>	<p><i>Due to Covid restrictions some changes have been necessary this year. Additional units have been taught instead of swimming. In Autumn 1 all year groups taught an Athletics unit from the previous year group that was missed in the previous Summer Term. This was to promote socially distanced PE, avoid invasion game/contact sports and to reignite a passion for school sports through a unit that promotes 'personal best'.</i></p> <p><i>Post lockdown in 2021 we have taught a recovery unit to each year group. This has been based around improving stamina and recovering some of the ABC skills (agility, balance and co-ordination) lost during lockdown</i></p>		<p>Despite the recent lockdown, we will still cover most of the PE objectives detailed on our progression map this year. The exception to this of course, is our swimming. Year 6 will be the only year group that receive a limited amount of swimming this year.</p>	<p>We now have an excellent 'Fitness' unit plan and will consider how to include this next year.</p> <p>Questions remain about how swimming will be delivered in the new academic year. This will continue to have an impact on how we achieve and maintain our high standards in curriculum swimming. We have targets to report on for Year 6 children. We now have a year 5 cohort that has missed 4 half terms of swimming and a year 3 cohort that are yet to begin their swimming journey through the school.</p>	
<p>Improve the opportunities for active playtimes in KS2</p>	<p>Each class/bubble has its own equipment for playtimes.</p>	<p>£ 212</p>	<p>The children have enjoyed having the variety of equipment. This has</p>	<p>Split breaktimes are working well. This is an option for next year as playtimes are</p>	

Encourage use of new equipment & active playtimes	Class TAs are with own children at breaktimes. This relationship should mean that it is easier to engage children and to take part in their active breaks	TA hours	<p>been a success. Reminders about proper use are needed. Each bubble has an inventory checklist so the children can monitor and look after their things.</p> <p>We are using Davies supplies as they are more efficient. They offer quick reliable service and willingly replace faulty or damaged equipment.</p>	<p>calmer and more easily organised. Continuing with the bubble equipment will support this and keep breaktimes active.</p>
Improve opportunities for active play in KS1 playground	MY has worked with foundation stage and KS1 classes and sourced some resources for their outdoor play and break times	£696	<p>Children in school during lockdown benefitted from this greatly with lots of interaction between adults and children. This interaction has dipped with the greater demands placed on the adults through increased numbers.</p> <p>As with KS2 bubbles are now properly resourced and children are enjoying using the variety of equipment they now have.</p>	<p>This is something to keep revisiting and promoting. When TAs have organised and encouraged games in previous years the uptake has been good. Popular activities have been skipping, handball and basketball. Having the class TA with each class should allow this to work well. It is an area to develop and could include year group playleaders to support the adults in delivering games.</p>
Sports HLTA to Coordinate playground games and be on rota to rotate around year groups, organise games and supervise	Employ Sports HLTA	£7697 (Part hours via Sport Premium)	<p>Martin's role has been adapted this year and the administrative part of his role has been supporting attendance rather</p>	<p>This is a large part of our Sport Premium Spend but provides a vital role. Having a sports HLTA allows the school to maintain its excellent offer of extra-curricular clubs</p>

activities. Resolve conflicts and help create a positive playground atmosphere.			<p>than PE and competition admin. He has been able to promote physical activity at breaktimes and has worked 1:1 on PE skills with some year 6 boys. He has administered the Virtual Competitions we have done including the Cornwall Schools Virtual Games and the weekly challenges set by MCSN. He has also set Weekly Challenges during lockdown for those learning in school and at home. He has worked with SG to plan the 'Bubble Clubs' that we have offered in Summer 1 &amp; 2 and has be delivered a club each day.</p>	<p>and to attend inter school competitions and festivals. It also offers support to the PE Lead and helps promote our school's ethos about being physically active each day. The role has been adapted to include other tasks this year, but it should be continued next year to give us the flexibility to return to competitions and clubs in whatever form they take.</p>
<p><i>When possible MY will offer wider opportunities for school sport by running clubs after school and attending festivals and competitions both during and after school.</i></p>	<p>Clubs run by teachers and MY for their own year group.</p>		<p>Bubble clubs were offered in the Summer Term instead of our normal provision. These clubs were Physically Active clubs. They have been planned using the PE Progression map and gave us an opportunity to address some of the learning lost due to Covid. The club also continued the work started in the additional PE Recovery Unit. has included sessions on improving stamina and ABCs</p>	<p>These have worked well and the children have enjoyed them. Though numbers were not as high as anticipated, it has been a stepping stone back to normality for us. We also have a good set of plans for a fitness club in the future</p>

Keep PE teaching resources up to date Maintain high quality , active PE sessions Keep a dedicated store of PE equipment separate from playground equipment	Colour coded tubs have been topped up and were well used this year. Equipment needed quarantined or washed after the session so that it can be used by other bubbles. Soft outdoor balls bought for KS1 & Lower KS2 to encourage participation. Indoor balls topped up and kept separate for classes with hall time ( mainly KS1 ball games)	£604	We have completed an inventory of all the PE and School Sports equipment. We have used this to identify which PE units need more resources to make sure we have sufficient equipment for all the children to be active. We have also looked at the suitability and age appropriateness of the equipment we use.	The colour coded equipment simplifies teaching from the Val Sabin planning and helps to organise and run more efficient PE sessions. Last year we produced progression maps for PE and the Val Sabin units form the basis of this. Each lesson has had an objective written which links to the progression map and we have topped up resources accordingly to best achieve these objectives. Keeping this well resourced is integral to successful teaching of these objectives.
Bubbles returned to non-contact Athletics units in Autumn 1	Order placed to allow all year groups to be teaching these units	£101	This was recommended as the safest units to begin with. As mentioned above, it also gave us opportunity to deliver units which develop fitness. Athletics promotes 'personal best' easily and this was a good choice for many as they had been used to working by themselves during lockdown.	
To use in PE and inter school competition	Replace broken Tennis nets	£128		
Engage children in more regular exercise	Break time challenges. To follow the virtual games format and beating your	£ None	Initially take up was good especially with the reduced class sizes during the lockdown	This has had limited uptake and needs promoting. It would link well with a playleader role. It needs pupil voice to

Address lockdown inactivity	personal best. Theme per week. Children have as many goes as like.  Adapt PE units in Spring 2. All year groups to do a unit that will prepare them for the skills and co-operation needed to participate fully in PE lessons. It will begin to address losses in stamina and the ABCs (agility, balance and co-ordination)	£Leadership time	These units have been completed by all classes from yr1-Yr6. Engagement has been good. Children in KS2 have been able to record scores in the activities and look to beat scores over the coming sessions. Children have cooperated in small groups supporting counting and scoring. Each child though has been able to develop at their own speed and aim for their own goals.	decide which activities children will engage with more readily. It is worth pursuing this next year  As mentioned above we will consider how to incorporate this unit, or look at elements of it. We believe that it has helped raised stamina. Enjoyment and engagement has been high
Return to school swimming following new Covid procedures	Intensive swimming lessons in Summer 2 for Year 6	£600 per class (£1200) Some recouped through voluntary contributions	Year 6 classes will access the return to swimming sessions offered by GLL at Polkyth in Summer 2. Children will have a one week blast of swim coaching. They have one hour each day with three swim coaches.	As this skill is vital to those living in Cornwall, we will continue to fund this next year, but will need to consider how GLL will offer swimming next year. Our Speed Swimming team's success has given us a reputation locally as a sporty school. This is something that our parents value.
Continued financial commitment to raise water confidence and love of swimming at MCS	Sports coaches hired to support teaching of swimming	£4461		

<p>Children will improve their fundamental movement skills-balance, locomotor and ball skills. Provide a positive start to the day for targeted children. 7c children included in this active start to the day.</p> <p>Improve engagement of all children during FunFit. Have an online resource that the whole school can use to raise activity through the day</p>	<p>FunFit programme</p> <p>5-a-day fitness subscription</p>	<p>£TA hours covered through staff budget</p> <p>£375 subscription Through PE and SEN budget</p>	<p>This has taken place within bubbles this year. We would normally run this for a group of children from across the school in the hall.</p> <p>Will be used by PE team when inside due to weather and no hall space. Will be used as brain break activity to improve daily physical activity within classrooms. Used already in funfit.</p>
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**Key Indicator 2 : The profile of PE and sport being raised across the school as a tool for whole school improvement**

Actions		Funding allocated	Impact (anticipated/actual including measures)	Sustainability and next steps	
Intent	Implementation				
Effectively store and use data collected about Sports, PE and Extra curricular offer at MCS.	Subscribe to Absolute Education	£325 subscription	We are using this to record Club registers for our Bubble Clubs. We will look at the Summer Cornwall Games which will be a Virtual competition and how we can include all children in this	Next year the hope again is that this will allows us to monitor activity throughout the year and provide statistics that will support our School Games Award application. In addition it allows us to identify inactivity and respond accordingly.	
Being members of sports associations that will provide various CPD opportunities and access to resources and competitions. (Virtual School Games and cluster challenges are being held during lockdown)	Subscribe to Mid Cornwall Sports Network	£1384	The offer was limited to online support during the Autumn Term, but it did give us Virtual Inter School competitions to be involved in. We were also part of the Autumn Virtual Cornwall School Games and the subsequent Spring Games held for learners in school and at home. Throughout lockdown regular Teams meetings with MCSN kept us up to date with any developments and initiatives.	The Mid Cornwall Network provides cluster sports events. It has offers CDP for members. It hosts regular area meetings and updates on best practice in PE and school sports. It is being reorganised ready for next year. We hope that it will be an important element of our children's access to competition as it returns next year.	
Other memberships (as above)	Youth Sports Network	£200	YST have provided valuable resources throughout Covid. We have had access to online content that we can send to our Home Learners. We have received survey data to keep us informed	YST with AfPE have been vital in analysing the affect of Covid and in formulating a response. We will continue to be members.	



Stay up to date with correct practices for PE	Order 'Safe practice in PE, School Sport and Physical Activity' published by AfPE	£44.99	on the impacts of Covid on children's physical activity. We have had CPD as detailed below.	
***Some fees may not be payable this year depending on leagues/competitions running*****	Membership of local sports associations e.g. St. Austell Primary schools football/netball/athletics	£200		
	Kwick Cricket entries-Cornwall Cricket Board	£25		
	Cornwall FA School membership	£25		
Include Pupil Voice to feed in to new plans for improving Sports, PE and extra-curricular activities at MCS	Pupil Conferencing with Sports Lead	£Leadership time	SG in Summer 2 focused on PE at MCS this year plus a survey on extra-curricular clubs	This will be reviewed and used in our 2021-22 planning along with parental voice
Parental voice	Surveys to arrange and feedback sought to improve future offer and targeted use of PE Premium	£Leadership time	SG in Summer 2	
<b>Things we would like to do</b>				
Achieve a nationally	Apply for the School Games			

recognized award for the sports and PE offer at MCS	Mark- Ask Mid Cornwall Sports Network for feedback on application prior to submitting	£Leadership time	This award has not been run this year. Our existing Silver School Games Mark has been extended for a further year.	
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**Key Indicator 3 : Increased confidence, knowledge and skills of all staff in teaching PE and sport**

Actions		Funding allocated	Impact (anticipated/actual including measures)	Sustainability and next steps	
Intent	Implementation				
Keep up to date with current best practice and County plans for 2020/2021	Cornwall County (Virtual) PE Conference	£included for two staff in our MCSN membership	Analysis of the impact of the lockdown. Solutions and suggestions for the return to school sport. Ideas used for recovery PE curriculum.	Attend annually as each year it supports our plans.	
Lockdown CPD with national updates from YST	Virtual conference courses 1.Safe Practice in PE 2. PE Premium document 3. Recovery Term	£ Free with membership	MY and SG logged on to this training. Safe Practice resource purchased. Recovery term ideas used in our 'Recovery Unit' delivered across the school in Spring 2 to boost children's ABCs		
Replace Val Sabin Athletics book		£40			

Upskill Sports HLTA in areas identified-Swimming, Dance and Gym	Use MCSN for free CPD from Swim England. Dance online CPD	£ Free with membership	Swim training not available this year due to Covid. CPD in dance has been completed online.	Look again at working alongside a dance specialist next year. Dance Val Sabin units to be reviewed.
Upskill HLTA knowledge of school sport competitions and changes due to lockdown	CPD provided through the year from YST	£ Free with membership	Initial training in Aut 1. Further CPD (detailed above) in Spring 1	
Upskill Year 6 teaching staff in invasion games	Cornish Pirates in to deliver sessions. Year 6 to work alongside	£360	Rearranged for Sum 1 from the Spring term. Excellent responses from the children and staff	We have already requested a slot next year
Establish staff training needs	Staff survey	£Leadership time/supply	New progression map to be reviewed. Questionnaire will consider engagement of the pupils, teaching resources and subject confidence to identify needs for 2021/2022-	This will feed into our future planning

#### Key Indicator 4 : Broader experience of a range of sports and activities offered to all pupils

Actions		Funding allocated	Impact (anticipated/actual including measures)	Sustainability and next steps	
Intent	Implementation				
Engage children in cycling. Teach a skill for life!	Bikeability- delivered to year 6 as catch up.	None (37 free funded places)	This has not been possible due to Covid restrictions.	Our current Year 5 cohort will have their Bikeability postponed until Year 6. We will also need to run a second course for the Year 4 cohort coming up to Year 5.	

Encourage physical activity during lockdown	EW organized a staff challenge to walk, run, cycle, swim 500 miles as a staff in March.	£none	Many staff posted pictures of family walks, dog walking, runs, cycles and swims on social media promoting physical activity. We used this to encourage our families at home to send in their photos too.	Social media is a new way of promoting our ethos of being active. We will include this in our planning next year.
To offer less traditional sports to appeal to a wider audience.	Go Active will provide activity morning for year 3 and year 4 classes.	£400 per year group part funded by contributions	Children tried two new sports Street Surfing and Olympic Archery	Very popular activities which both year groups enjoyed. As we could not offer residentials this year, this gave us the opportunity to offer new active experiences for our children
Skip2B fit 1 day whole school workshop	Whole school promotion of skipping for fun and fitness with assembly and visitors	£380+vat	We booked this for our year 3 and 4 activity days	Other classes were also able to participate in this active day. It was a great experience and the coaching was excellent. Many children have bought Skip2Bfit ropes and are continuing to skip at home. We will be using some of our Sport Premium Spend next year to by class sets of ropes.
Keep children active with access to FSM equivalent during holiday periods	Active Cornwall Holiday club- to offer physical activities that children may not have tried before. This may be part funded places	£None	Children and parents have been signposted towards options for holiday periods. Links have been sent to parents. Pupil Premium children will be able to access these activities for free.	

### Key Indicator 5 : Increased participation in competitive sport

Actions		Funding allocated	Impact (anticipated/actual including measures)	Sustainability and next steps	
Intent	Implementation				
<p><i>Many of our aims in increasing inter school opportunities are not possible due to Covid procedures</i></p> <p>Restart face to face interschool competition</p>	<p>Summer School Games Cluster event</p>	<p>£Run by MCSN as part of our membership</p>	<p>For children in year 5 and 6 Opportunities for range of abilities to participate in the St Austell Cluster events listed below on Monday June 28<sup>th</sup>:</p> <p>Kwik cricket-16 children in 2 teams of 8</p> <p>Quad kids Athletics-16 children in 2 teams of 8 4boys and 4 girls</p> <p>Bee Netball- 14 children 2 squads of 7</p>	<p>Despite these plans, the competition has had to revert to an online offer as numbers of Covid cases have risen and schools have had to send classes home to isolate.</p> <p>We have run Virtual School Games competitions in PE lessons in Summer 2. We have submitted our results online and did particularly well in the Kwik Cricket skills challenge.</p> <p>Year 3 won Gold and Year 2 won Bronze.</p>	
<p>Year group Sports Day</p>	<p>Each year group to hold heats and finals in sprint races. Sports Day event to be held on field with sprint finals and relay race. There will also be 4 fun events to compete in.</p>	<p>£ stickers</p>	<p>Chance for our more able athletes to shine and to recapture successes they would have achieved.</p>	<p>Children have shared a mini sports day experience with their year group. This has helped keep our tradition going and the children have responded well to competing against each other while supporting their team.</p>	

Organise competitive mini tennis event	MCS Mini Wimbledon to coincide with the Wimbledon tournament June 28 <sup>th</sup> - July 11 <sup>th</sup>	£none	Year 5 have organised an event for their Boys and Girls	All the children have competed in a trophy and shield competition.
Organise 5 a side football	Timed to fit with Euro 2021 11 <sup>th</sup> June-11 <sup>th</sup> July	£none	Yr5 and 6 teams. Boys and Girls competition	We ran 5-aside competitions for both year groups. This was a popular choice with over 20 boys and 20 girls involved in both year groups.
Class competition and year groups	PE end of unit competitions using skills learnt. This can take format of mini games/knockout matches during the unit	£none	Restart competitive element within PE lessons with small sided games. Encouragement of fair play, teamwork and acceptance of winning and losing in teams	Next year, look at adjusting progression map to allow for end of unit competitions
Virtual Cornwall School Games	Engage both home learners and in school learners in 'Personal Best' competition	£none	Set as Home learning PE tasks. In school PE sessions used successfully. Scores sent in to School Games organisers	
MCSN Virtual challenges	To work in tandem with the Virtual School Games	£included in our membership	We were able to participate in the same way as above making use of the activities provided and the score cards given.	
MCS weekly challenge	To use when there are no organised events, run by us in school own across the week. As above, use in PE warm up and also as break time challenges	£none	Used through the school as PE warm ups and playground active challenges	Active posters on playground fences showing exercises and games to try

<p><i>We would normally be covering transport costs here and the costs of St Austell Cluster competition.</i></p>	<p>Transport costs for swimming Transport for School Games</p>	<p>£200 approx</p>		
Meeting national curriculum requirements for swimming and water safety				Please complete all of the below:
What percentage of your Year 6 pupils could swim competently, confidently and proficiently over a distance of at least 25 metres when they left your primary school at the end of last academic year?				<p>Currently 71% To be updated after the intensive swimming week</p>
What percentage of your Year 6 pupils could use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] when they left your primary school at the end of last academic year?				<p>51% We have used this figure from year 5 which represents our more proficient swimmers</p>
What percentage of your Year 6 pupils could perform safe self-rescue in different water-based situations when they left your primary school at the end of last academic year?				<p>71% As per the 25m distance figures above</p>
Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming but this must be for activity <b>over and above</b> the national curriculum requirements. Have you used it in this way?				<p>Yes</p>
Total funding - £19620		Total funding allocated to date – £		Total funding to be allocated - £19620