

Castle Wood School: Physical Education and Physical Activity 2014-2015

Detailed PE and PA development plan with short and long-term targets that enable all pupils (including target groups) to progress and achieve.

PE and School Sports Funding: 2014-2015

The planned use of the PE and school sports funding at Castle Wood will be effective in improving and sustaining high-quality PE and sports provision across a broad spectrum of need. **We have completed a self-review and looked at pupil participation data and assessment levels throughout the school.**

This has included a feedback form from pupils on areas for school PE and PA opportunities.

Intended Outcomes

Improving the quality and breadth of PE and sport provision.

(Well-planned and competently delivered curriculum with the use of coaches/teachers where required)

- **Increasing participation in PE and sport so that all pupils develop healthy lifestyles and reach the performance levels they are capable of. (Emphasis on positive attitudes toward Healthy, Active Lifestyles)**
- **Providing extra, additional activities such as outdoor and adventurous activities (Calvert Trust)**
- **Purchasing specialist equipment and teaching resources to develop a non-traditional activity; cycling and fitness**
- **Planning and implementing a cluster programme of sports competitions, tournaments and coaching to increase pupils' participation (Bronze Sainsbury Games' Award)**
- **Quality assuring the work of sports instructor employed to coach in PE lessons and lunchtime clubs**
- **Working alongside teachers in lessons to increase their subject knowledge and confidence**
- **Providing quality-assured professional training for staff to raise their confidence and competence in teaching PE and sport (Dance, Swimming, BEAM)**

- **Evaluating the school's current strengths and weaknesses in PE and sport, and implementing plans for improvement (audit has already been carried out)**
- **Enthusing staff, parents or volunteers where possible or sourcing and paying external sports coaches to run clubs,**

Castle Wood will receive £8500 per year for the next two school years. For the school year 2014/15 this funding has been allocated in three ways;

- £3,000 to employ teachers from the Performing Arts (Sarah) to work alongside key stage 1 and 2 teachers and pupils to lead high quality teaching (Dance, Sherborne Movement)
- £1000 towards a residential visit to Calvert Trust for pupils with autism/PMLD to engage in a varied menu of outdoor adventure activities
- Evaluating the school's current strengths and weaknesses in PE and sport, and implementing plans for improvement (audit has already been carried out)
- Planning and implementing a cluster programme of sports competitions, tournaments and coaching to increase pupils' participation and gain the Bronze Sainsbury Games' Award
- 1000 Rebound therapy training
- 3000 MOVE training

Any additional funding will enable

Engage the least active pupils in lunch time activities, 'Change4Life' school clubs

Pay for transport, pool hire and instruction to provide additional swimming lessons for those pupils unable to swim by the end of Year 6 2014-2015

Other Areas – Additional swimming sessions at Bedworth were organised so that pupils were able to reach end of KS2 targets of swimming 25m –

Healthy Active Lifestyle; Lunchtime play resource with a range of new equipment to include more pupils within

Lunchtime clubs -

This will continue into 2014-16

Bronze Sainsbury Games' Award – achieved Bronze Sainsbury Games' award for 2014-15

Extended Learning Opportunities; Cycling – 2 new KMX bikes have been purchased, and pupils have been using these for lunchtime, PA sessions, and they have been taken on a school residential

**Swimming - 2 members of staff trained in level 1 ASA
2 staff trained as lifeguard**

Dance

K2 pupils

Performace at the Belgrade Theatre

2014-2015

To continue with our high quality PE provision and extend learning opportunities, as well as apply for the 'Silver Sainsbury Games' award

Training Courses to up skill :

Swimming level 2 for (2 staff) level 1 (2 staff)

MOVE trainer (1 staff)

Dance – via team teaching opportunities with staff from the Performing Arts

Dance:

K2 dance session Performing Arts lead teacher

Bhangra Dance workshop for K2 (Spring Term 2015)

Movement dance for Reception and K1 (Autumn Term 2014) Alexis (PA)

Activities to promote healthy and active lifestyles:

Cycling sessions in Health Week (autumn 2014. Spring 2015, summer 2015)

Golf sessions for K2 pupils autumn 2014 – summer 2015

Fitness sessions at Moat House Leisure

Whole School Initiatives: – 1 whole day MOVE day

Health Related -3 'Fitness' days during Health weeks

	Cost	Examples - evidence
PE Target – at least 2 hours a week of PE Availability of up to an additional 2 hours a week for all All pupils accessing a PA club (lunchtime/after school/Saturday club)		PE school timetable – key stage 2 (2+hours) Key stage 1 (2 hrs) The timetable includes a group hall session for all groups Actions 2014-2015 To include Change4life club for lunchtime
Progress: All classes achieving 2 hrs of PE Change4life sessions included in Autumn Health Week - Change4life lunchtime sessions included in the Spring Term (Monday, Wednesday) The Big Dance and Swimming Additional swimming session at lunchtime for class 10 Horse riding for 8 children (4 on Tuesday am– 4 on Thursday am) Golf sessions for 9 year 6 pupils on Friday		
The knowledge, skills and understanding to allow pupils to make health and well-being choices and decisions		Appropriate activities. Choices/preferences for different activities/groups – planned activities for pupils to generalise their skills further – based on their strengths and interest Actions 2014-2015 To include a session at Moat House Fitness Centre - autumn 2014
A programme that supports healthy lifestyles		Appropriate programmes that identify the varying needs of all pupils in order to develop fitness and movement, i.e. MOVE, Sherborne, Rebound for pupils with specific needs. Health weeks planned each term to include additional PE/PA activities from external sports leaders from the community (AT7/ SO support) for all groups. Actions 2014-2015 Health week challenges Additional sessions for cycling across the year groups
Progress: Cycling sessions organised for key stage 1 and lower key stage pupils Additional trikes on order for PMLD pupils and Early Years pupils Additional sessions for Sherborne Movement for PMLD pupils – 1 sessions per week led by PAs Charts completed for health weeks and residential 2014-15		

Additional KMX sessions for key stage 2 pupils Fitness room organised for specific pupils		
Additional access to physical activity eg. Break times, lunchtime clubs		Activate, Golden Mile, Rebound, Football, Multi Skills, Dance supported by external providers – see chart for pupil involvement Action; 2014-2015 Horse Riding sessions Taking the Reins Lunchtime club for ball skill;- Fundamental Movement Skills
Progress Completed autumn term 2013 – 6 additional pupils accessing horse riding on a weekly basis: PUPIL SPORT PREMIUM Horse LOtC activities The Big Dance Club – Lunchtime session - PUPIL SPORT PREMIUM 2014-15 Horse Riding and Taking the Reins sessions arranged		
Knowledge and understanding about nutrition for life - sport	Cost £500	Health week; – P\$HCE – assemblies – Key Stage 1 and 2 assessment; re healthy choices Action; 2014-2015 Growing various fruit and vegetable plants Allotment activities Fit4Life chart;
Progress Health Charts re targets completed in the Autumn Term 2013. Spring 2014, Summer 2014 Food Dude chart completed summer 2014 Individual charts completed for 'Fit4life' Water bottles for key stage 1 pupils 2014-15 D&T sessions for cookery in progress;		
A programme to ensure knowledge of sexual health at the appropriate level (liaison with other subjects)		Washing, personal hygiene targets – a programme of P\$HE Health week; Showering during PE/PA sessions Action; 2014-2015 Pupil; at risk to have sessions with learning mentor
Progress: Identified pupils have completed charts for holiday periods re hand washing/oral care/toilet 2014-2015 Learning Mentor working with identified pupils;		

	Cost	(Evidence)
Participation levels in PE (curriculum)		See PE timetable for all groups
Progress: 6 pupils attend a weekly 'Halliwick' session during lunchtime sessions 2014-2015		
Participation levels of pupils with additional physical needs		Sherborne/Rebound sessions for PMLD pupils MOVE sessions organised and led by the physiotherapist Daily movement programme for pupils who require this sessions in the therapy pool Action: 2014-2015 Additional movement/dance sessions
Participation levels for pupils tending towards obesity		Use of pedometer to involve identified pupils with a daily /weekly task - for home use Action: 2014-2015 To identify pupils at risk – pedometer for home use Additional session for multi gym
Progress: 6 additional pupils identified to pedometer to record progress for autumn term walk4life/health week (class 10) 2014-2015		
Progress: 2 Spin Bikes purchased autumn 2014		
Pupil's knowledge, skills and understanding of fitness and health		Health Week – pupil participation in the Golden Mile (see class results) Action: 2014-2015
Pupil's knowledge of diet in relation to exercise		Health Week – Year 6 pupils visit re Moat House Leisure
Pupil's knowledge of sexual health		See P\$HE
Pupil's in terms of making the right choices in terms of diet		Health Weeks, Visits by dentist (community oral programme for a targeted group) Action: 2014-2015 Food dude; Progress: 8 parents attended 'Eatwell, Cookwell' Breakfast session with their child
Oral community practitioner organised for Foundation stage – autumn 2013		

2. Keeping Safe

	Cost	Examples - Evidence
A safe and supportive ethos where there is little or no bullying or discrimination		Individual Interaction Strategies -
Progress: All		
An understanding of safety in relation to sport and physical activity – Risk Assessment		Staff demonstrate safe procedures – information is communicated through visual structure ACTIONS: 2014-25 To include visual structure during out of school visits Time to Talk through Risk Assessment with pupils who have this level of understanding, i.e. key ring symbols
Progress: Ongoing in all sessions		
Team activities which support caring and inclusion - The opportunity for individuals to help, trust and care for one another		School football/Boccia/Curling team - Lunchtime football – Golden Mile Actions: 2014-15 Halliwick, Sherborne, cycling spring, summer terms Year 6 supporting year 1 and 2 during Sherborne sessions
The knowledge, skills and understanding of fitness and health in relation to safe exercise		Health Weeks, Fitness sessions, Daily activate Club, MILE activities Actions: 2014-15 All pupils in key stage 1 and 2 keeping records of their fitness routines, i.e. MILE, Pedometer challenges Food Dude project
Progress: Charts re Health Weeks, Moat House Fitness Centre Food Diaries Food Dude records		
Health and safety record/assessments		Reviewed Autumn 2013 – 2014 (folder main school office) Termly bulletin Action: 2014-2015 PE/PA audit Spring 2014
Progress: RA in main folder – school office		

<p>The ability of pupils to make informed and rational choices</p>		<p>Talking Mats, Mood Charts, School Council Actions: 2014 -2015 School vote for clubs, games, clubs in Spring term for lunchtime club;</p>
<p>Progress: Pupil feedback Summer 2013</p>		
<p>The absence of bullying and discrimination in relation to PE / sport</p>		<p>Golden Rule; – PE activities/residential organised to include those with complex physical disabilities and autism Olympic Values 2014-2015 re Health Week; Action: 2014-2015 to embed practice</p>
<p>Progress: Display in the main school entrance re Olympic Values Notice Board; in the main pupil school entrance – pictures and pupil comments;</p>		
<p>Pupils displaying care and consideration for others</p>		<p>Team Games, co-operation games Action: 2014-2015 PE activities planned for team games; Sports Day Inclusion/Integration opportunities</p>
<p>Progress: Integration records re PE activities Sports Day video/pictures; Sporting Events – video/pictures;</p>		
<p>PE and Sport - ensuring inclusion of all pupils;</p>		<p>PE planned for all pupils, appropriate activities Action: 2014-2015 Appropriate PE sessions planned for pupils with autism, PMLD – Sherborne, Cycling, Halliwick, MOVE Involvement of OT for BEAM training Involvement in the Sainsbury Sport Award Action: 2014-2015</p>
<p>Progress: Halliwick sessions ongoing Fitness and bowling sessions ongoing - PUPIL SPORT PREMIUM Sherborne sessions embedded PUPIL SPORT PREMIUM</p>		

3: Achieving

	Cost	Examples - Evidence
Encourage and promote PE and sport as a source of enjoyment and recreation for all		Pupil Talking Mats – Summer 2013 – school council – additional PE/PA activities for after school/lunchtime – Health weeks – introducing new activities Actions 2014-2015 Halliwick
Progress: The Big Dance session: PUPIL SPORT PREMIUM		
Ensure learning is stimulating, contextual and enjoyable		PA staff, Sports Leaders, AT7, Horse Riding, Swimming (Bedworth) Actions: 2014 -2015 Appropriate planned activities for all – extend horse riding for additional ASD pupils, PE training for staff re swimming, dance, BEAM All pupils accessing and achieving in PE
Actively develop and foster positive relationships between pupils		Team games
Provide opportunities that encourage a sense of pride and belonging Promote positive attitudes to sport and physical activity in pupils		Attendance at multi skill events and football matches. Dance Events at the Belgrade Theatre Actions: 2014-15 Increase number of pupils involved in external competitions Register for the Sainsbury Games Award – Silver Award
Progress: Dance DVD from Summer 2015 – Belgrade Theatre BMX – Alan Higgs 4 events in the Autumn Term Rotary Sports Day - Xcel Football – Alan Higgins Boccia Competition – Alan Higgs Evidence for the Silver Award has begun		
Progress: Pupils have taken part in a different sporting external events and comments have been positive An increase in number of pupils with behaviour strategies taking part in external events		

Celebrate success – both sporting and academic		ROA for assembly, Health Week Certificates, Sport; Day medals, swimming/rebound certificates – Community Events Actions: 2014-2015 Cycling, Rebound, Dance, Sherborne, Bowling events etc
Progress: Ongoing: Assemblies		
Monitor pupils achievement (in school and out)		Termly assessments – ‘P’ levels – NC yrs 1-2 Health Week; PE/PA Pupil self assessment, ACE documentation Actions: 2014-2015 Pupil self evaluation – to involve all key stage 2 pupils during spring term 2014
Progress: Reports and ACE documentation		
Promote opportunities for pupils to develop leadership skills		Year 6 pupils support Sherborne activities Representation at competitive events (multi skills, boccia swimming, football) Actions: Belgrade Performance for Key stage 1 and 2 (PMLD)
Progress: 2 after school activity sessions ongoing (Halliwick, multi-skills)		
	Progress	(Evidence)
Levels of pupil involvement in O\$HL / additional activity etc.		Attendance data for clubs and community events
Progress:		
Certificates for PE		Swimming, Football, Halliwick, AT7 – Sport; Day – ROA (assembly) Actions: 2014-2015 Increased numbers of pupils achieving at a certificate level Pupils setting their targets
% of pupils achieving in line with national expectation		Swimming 25 metres 60% key stage 2 Actions 2014-2015 50% swimming 25 metres 70 % swimming 10 metres
%		F\$M

		PMLD/Autism; swimming, cycling club, Sherborne. Fitness Residential; Actions: 2014-2015 More involvement in after school clubs/Residential; for these groups of pupils
Progress; Fitness at Moat House – Autism group; Halliwick swimming group ongoing for PMLD Sherborne group – PMLD - PUPIL SPORT PREMIUM Plus Dol-y-Moch residential 2014-2015		

4: Positive Contribution

	Cost	Example; - Evidence
The opportunity to demonstrate high levels of social responsibility		External Visits, AT7, Inter school/community events (multi skill, rowing, football dance)
The opportunity for involvement in physical activity out of school (eg school club links – community etc)		
To take responsibility for their own learning		Pupil; Set Target; for activities
To take responsibility for tasks such as team games, monitors,		Involvement in SO activities
	Progress	Example; (Evidence)
Levels of social responsibility shown by pupil;		
Pupil;’ abilities to work with a range of other people		Calvert, Dol-y-Moch, External Sport Leader; – mainstream integration AT7 – lunchtime sport with Moat House School
Levels of empathy and the ability to make positive, constructive comments		Talking Mats, Survey;
Pupil; at taking the initiative in their learning and at other times		
Levels of engagement and participation in clubs and community activities		30% of pupil attend clubs – see data sheets
Progress Chart; for autumn/spring term		
Pupil; at demonstrating leadership skills and qualities		Team players (football) Multi Skills Activities, West Midland Sports Day

Progress:		
Pupils at working on their own, with a partner or as part of a group		Dance, multi skills, tennis, football Integration activities with Moat House School (AT7) West Midland Sports Day Action: 2014-2015 Increase of PE sessions with integrated schools

5: Achieving Well-being

	Progress:	Examples - Evidence
Activities which provide the opportunity for leadership and risk taking		Calvert, Dol-y-Moch, Center Parc Residential Action: 2014-2015 Pupils to undertake challenging activities.
Progress: 8 pupils attended a 4 day residential at Plas Dol-y-Moch		
Activities which develop ICT knowledge, skills and understanding through PE and sport		Video, Photographs, stop watch, graphs (The Golden Mile) Fitness equipment Action: 2014-2015 embed practice Year 5/6 pupils to use cameras, flip video camera, iPad, stop watch. pedometer to record progress
Progress: Pedometers used to record progress during Health Weeks iPad in use for recording progress across PE/PA activities (folder of examples on school 'R' drive		
Activities which develop Literacy knowledge, skills and understanding through PE and sport		Dance (various themes) writing articles, comments with pictures – choosing
Activities which develop self confidence and independence		All residential visits – Fitness training at Moat House Leisure Action: 2014-2015 Pupils to attend Dol-y-Moch, and pupils to attend Calvert
Progress: Dol-y-Moch completed October 2014 Calvert – June 14		
Opportunities to learn about sport and recreation / leisure in the world of work		Residential visits to Calvert, Centre Parc, Moat House Leisure Centre (Key Stage 2) AT7 Year 5/6, The Olympics Horse Riding/Ice skating Action: 2014-2015 Opportunities to experience 'Olympic' sports through visits to external venues, i.e. ice skating, bowling, BMX
Progress:		

**Weekly sessions at Moat House Fitness centre for 1 group of Key stage 2 pupils on a rolling programme
Fitness sessions available for all pupils across key stage 1 and 2
BMX sessions completed**

		(Evidence)
Levels of leadership among pupils and their confidence in taking measured risks		Pupils taking roles of responsibility Actions: 2014 -2015 Year 5 and 6 pupils supporting Early Years and Key stage 1 during lunchtime club; re PA
Progress: Mile leaders selected from Year 6 Year 6 pupils supporting Sherborne sessions for class 2		
Pupils using ICT to enhance their learning in PE and sport		Pupils across key stages using flip camera to record performance, digital camera to record performance Actions: 2014-2015
Progress: Pupils' pictures on display boards Photo story for assemblies Pupils given digital cameras for residential, swimming, iPad and camera use during PE/PA sessions		
Standards in numeracy in PE		Pupils keep scores in football, boccia, tennis, fitness etc. PE plans documenting a numeracy content Observations Actions: 2014-2015 All groups using numeracy – planning to indicate numeracy aspects as appropriate
Progress: Ongoing PE observations		
Standards in speaking, listening and writing in PE		Pupils who are able record their achievement – see notice boards – lead an assembly following awards and residential Actions: 2014-15 Pupils to write comments/use symbols to record their experiences on notice boards etc.
Progress: Presentations during assembly Written accounts in school bulletin Thank you replies following sporting events		

2014		
Pupil's' self confidence and independence		See cycling swimming/rebound/dance/residential: video and pictures Action: 2014-2015 Visit; to stable; for Horse Care/grooming – 6 pupil; during spring term (Taking the Reins) Cycling – to buy more trikes/bike; for the Early Year; pupil;
Progress; DVD Dol-y-Moch Notice Board; ACE PE documentation Assembly presentation; Taking the Reins; 6 week course for class 9 Centre Parc; an		
Pupil's' understanding of progression in PE and sport		Setting Targets – Next Step; Individual pupil; representing school at external events; Pupil; supported during external sport; activities; Certificate; – level; within different sport; Action 2014-15 Team participation at intercity level PE Certificate; Golf, Swimming, AT7 award; School based step;4life challenge; Team participation at various intercity event; amongst the Special School;
Progress; See notice boards for certificates and photographs School participation at the Coventry School Sport; at the Xcel Centre Year 6 setting targets; for fitness; weeks – see chart; 2014-2015 Rotary West Midland Games – Winner; Gold Award Boccia		