

PE AND SPORT PREMIUM

WHY?

Despite our efforts, through analysis of participation we were becoming increasingly aware that there were a large proportion of children who were not accessing any sort of physical activity clubs or participating in physical activity of any description other than PE lessons.

Often, places in extra curricular clubs are being taken by the same physically engaged children.

Through pupil interviews with inactive children, it was identified that for many they perceived that there was a competitive element to the sports clubs which was off putting and they didn't perceive themselves as being successful at traditional school sports. They talked about experiencing low self-esteem when participating with the 'sporty kids'

WHAT DID THEY DO?

In an effort to engage a greater proportion of children in physical activity and to create lasting active habits, we decided to focus on two key areas:

1. Raising awareness and engagement in a diverse range of physical activities demonstrating that there is something for everyone
2. Increase participation of inactive children in active extra-curricular activities

1. Raising awareness and engagement in a diverse range of physical activities

We recognise that children enjoy engaging in physical activity in different ways, therefore broadening our children's experiences has been a priority.

We have implemented a reward system where children earn 'points' for a wide range of positive behaviours. Children take ownership of rewards offered by suggesting enrichment activities that they would like to take part in at the end of a half term thereby improving engagement.

Adaptations to physical activities are made to ensure activities are inclusive for wheelchair users

Other opportunities for less active and vulnerable children to access have included visually impaired (VI) sports, multi skills non-competitive events to try activities with a view to developing physical activity outside of school, additional physical exercise and physiotherapy sessions to children who have difficulties with gross motor skills and physical disability, climbing activities at the local climbing centre and athletics taster afternoon at a local secondary school where they experienced new sports.



2. Enhanced Extra-Curricular Provision

A specialist sports coach is employed by the school to deliver extra curricular clubs. Capacity has been increased to this by employing an additional member of staff to deliver clubs and we also have specialist sports coaches for clubs such as pentathlon, dance, tennis and table tennis. Active clubs run every day of the week throughout the year.

Newly introduced clubs have been aimed at children who are inactive or have limited access to extra-curricular activities with participation rather than competition being the focus.

New clubs have included multi skills, table tennis, street dance, fun dance, bicycle maintenance, pentathlon, den building, lacrosse, and learn to ride a bike.

Any costs incurred for vulnerable children were met or subsidised using the PE & Sport Premium funding

To further increase engagement, children have enjoyed trips to the Cricket World Cup and Worcester Wolves Basketball games.

IMPACT?

Due to increased capacity, the number of children participating in extra-curricular sports activities has increased from 661 to 985 (a 324 increase), which is a 49% increase on the previous year.

Children who may not have committed to a club have engaged in one off enrichment activities which have then led to them attending an extra-curricular club. They have also become more receptive to the idea that there is a physical activity for everyone thereby discretely raising the profile.

Relationships with local clubs and activity providers, including as Green Spider Climbing, Sustrans, Halo and Hereford Athletics Club, have been strengthened which has increased opportunities for children.

Since coming back, children have been keen to showcase the wide range of activities they have been taking part in during lockdown. An unexpected benefit of lockdown has been that we have seen parents engaging in physical activity with their children.

Transition has also improved as children have mixed with children and staff from other year groups through fun, physical activities. Opportunities to participate in physical activities at local secondary schools has incidentally eased anxieties about moving up to secondary school.

Positive behaviour and expectations have been reinforced through breadth of physical activities available. Children understand that sporting values are expected and positive demonstration of these sporting values are celebrated weekly in assemblies.

A year 5 child who had never attended an extra-curricular club during their school career & attendance was poor, took part in the enrichment activities. After this they were encouraged to sign up to the table tennis club. The child's attendance at the club has been 100% & their attendance at school has dramatically increased since starting the club.

Children with low self-esteem have been boosted through physically activity. Following a climbing session specifically aimed at children with low self-esteem, teachers remarked on how having to work together created a focus for children when forming positive relationships & how children who did not usually engage in physical activities, excelled & were proud of their achievements.

SEND children returned from events inspired, proud and keen to participate again and non-swimmers have gained in water confidence by spending fun time in the pool.

IMPACT?

One pupil said:

"I tried out table tennis and I was proud of myself for having a go at something new. Even though I wasn't that good at it, I like trying it again and practising some more"

"As a provider of active clubs for children and as a parent, I see the great variety of sports and exercise opportunities that children at Riverside are given. Engaging such a diverse group of children in tennis and table tennis has been rewarding. It even inspired a staff table tennis competition."

Parent and Ross-on-Wye Tennis Club

"Whilst sport and physical activity has always been a key priority at Riverside, it has been fantastic to see how these initiatives have engaged so many more children (and staff) to try alternative ways of being active and enjoy them. We see first-hand the positive impact of physical activity on children's wellbeing, personal and academic development. Our aim is for all children at Riverside, regardless of their circumstances, to have a lasting enjoyment of physical activity with the awareness of the importance of this on all aspects of their lives."

Headteacher – Riverside Primary School

SUSTAINABILITY

The positive impact that active enrichment activities has had on behaviour, transition, attitude to school and attendance means that SMT and governors have agreed that they will continue to fund active enrichment activities from the school budget if the PE and Sport Premium funding came to an end. The initiatives we have detailed are embedded within the culture and ethos of the school with children and staff fully engaged in the benefits.

Participation will still be subsidised but a small charge may be put on for some activities

Extra-curricular clubs are offered based on whether children can continue their interest outside of school. Signposting to local clubs or engaging those clubs to run in school activities to recruit new members is crucial to developing a healthy, active community.

Enrichment activities offer CPD opportunities for staff members. Training from these activities has equipped staff with the knowledge and confidence to run their own active enrichment activities in the future.

