

## Bewcastle School

### PE and Sports Premium reporting April 2018- July 2019

Meeting national curriculum requirements for swimming and water safety	Please complete all of the below:
What percentage of your current Year 6 cohort swim competently, confidently and proficiently over a distance of at least 25 metres? <b>N.B.</b> Even though your children may swim in another year please report on their attainment on leaving primary school.	% 100
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	%100
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	%100
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?	No

## Action Plan and Budget Tracking

Capture your intended annual spend against the 5 key indicators. Clarify the success criteria and evidence of impact that you intend to measure to evaluate for students today and for the future.

<b>Reporting for April 2018-April 2019</b>	<b>Total expenditure - £16,328.04</b>			
<b>Key indicator 1: The engagement of <u>all</u> 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</b>				Total expenditure
				£10,313.52
School focus with clarity on intended <b>impact on pupils:</b>	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
All pupils will have engaged in “regular” physical activity.  Pupils will have good physical fitness and understand the importance of this in improving their long term health.  Pupils are able to remain physically active for long periods of time.	KS2 Hadrian’s Wall Walk  EYFS/ KS1 Forest Schools  Maintaining 2 hours (minimum) of PE each week  Maintaining twice weekly swimming for all pupils in the summer term	£9,556.52  £757.00	KS2 pupils – all achieved the 91 miles coast to coast (including 84 miles of Hadrian’s Wall) – able to sustain walking for up to 5 hours  KS1 pupils all engaged in weekly Forest Schools sessions – able to sustain outdoor education for 4 hours.  All pupils took part in twice weekly, one hour PE sessions  All pupils took part in twice weekly 30 minute swimming sessions (summer term)	KS2 – build on pupils enthusiasm for active Outdoor Learning  EYFS /KS1 – build on pupils stamina for active Outdoor Learning
<b>Key indicator 2: The profile of PESSPA being raised across the school as a tool for whole school improvement</b>				Total expenditure
				(As above)
School focus with clarity on intended <b>impact on pupils:</b>	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:

<p>Outdoor Education is used as a tool to develop pupil's confidence, resilience and independence with long term gains across the curriculum.</p> <p>Specialist Outdoor Educator is employed to develop the knowledge, skills and understanding of pupils.</p> <p>Specialist coaches are deployed effectively by teachers both to provide high quality coaching.</p>	<p>Hadrian's Wall walk</p> <p>Forest School</p> <p>Work with Cumbria Outdoors</p> <p>Work with Active Cumbria</p>	<p>(See Hadrian's Wall Walk)</p> <p>(See Hadrian's Wall Walk)</p> <p>(See below)</p>	<p>Through engagement with PE pupils have developed transferrable skills - See appendix 1 "Pupils reflections"</p> <p>Pupils have increased knowledge of the benefits of Outdoor Education, have gained skills to independently undertake challenging activities and deepened their understanding of the benefits of physical activity on mental health.</p> <p>Pupils have developed sports specific skills.</p>	<p>Embed Outdoor Education into the heart of the curriculum and use it as a tool to drive whole school improvement.</p>
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<b>Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport</b>				Total expenditure
				£4,337.36
School focus with clarity on intended <b>impact on pupils:</b>	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Specialist Outdoor Educator is employed to develop the knowledge, skills and understanding of staff.	JH to work with Mia from Cumbria Outdoors	(See Hadrian's Wall walk)	JH – increased knowledge, skills and understanding of navigation and how to teach it to pupils, the long term benefits of Outdoor Education, the impact of Outdoor Education on Health and Well-being.	Develop JH knowledge of adventurous activities
Specialist Forest Schools Leader is employed to develop knowledge, skills and understanding of staff.	AA to “shadow” Catherine Armstrong from Broomhills Forest School	£200	AA – enthused by Forest Schools	AA to train as Forest School Leader
Specialist coaches are employed to develop the knowledge, skills and understanding of staff.	JH to work with Mr Bagnall to identify areas for development.	£3,687.36	JH – Areas for development identified	Embed plan and review with Mr Bagnall to increase JH knowledge
Maintain staff qualifications for Life Guarding	NRASTAC training for staff	£450	Staff can provide swimming on site	
<b>Key indicator 4: Broader experience of a range of sports and activities offered to all pupils</b>				Total Expenditure
				£1360
School focus with clarity on intended <b>impact on pupils:</b>	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Additional achievements:  Walking a long distance path  After school sports club  Wheelchair Basket ball	Do the walk!	(See Hadrian's Wall walk) £1200  £160	100% uptake  All pupils gained understanding that Sport is for all	

<b>Key indicator 5: Increased participation in competitive sport</b>				Total Expenditure
				£317.16
School focus with clarity on intended <b>impact on pupils:</b>	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Take part in local sporting competitions	Cross country at Lanercost Small schools football Small schools athletics Purchase Footballs  Purchase WHS Membership	Total £128.06  £18.10  £171	All pupils have had increased opportunity to engage in competitive sport.	Participate in WHS consortium for small school sports by allocating funding for transport

## Appendix 1

### Hadrian's Wall Trail 2018-2019 Pupil reflections

<p><b>Independence</b></p> <ul style="list-style-type: none"><li>I can navigate using a map</li><li>I can read compass points</li><li>I can stay safe on a busy road</li><li>I can look at the map, look at the land and then work out where I am</li><li>I made my own breakfast</li><li>I have stayed away from home 3 times</li><li>I organised my own rucksack</li><li>I put my sleeping bag back in it's sack</li><li>I can tie my own shoelaces</li></ul>	<p><b>Resilience</b></p> <ul style="list-style-type: none"><li>Although I was a little worried about staying away from home – I did it</li><li>Even when I am tired I carry on</li><li>When I was cold I kept on walking and I soon warmed up</li><li>Even when my shoes were wet I kept on going</li><li>Although my feet hurt I kept on going</li><li>Although I felt anxious I came on the walks</li><li>Instead of making a fuss over how big the hill was I just got on with it</li></ul>
<p><b>Responsibility</b></p> <ul style="list-style-type: none"><li>I always pack my waterproofs</li><li>I organised a game to keep everyone busy</li><li>I make sure I have everything I need for the day</li><li>I always pack my sun cream</li><li>I can sleep without supervision</li><li>I know how to look after myself and other people when I am out walking</li><li>I organised the washing up</li></ul>	<p><b>Communication</b></p> <ul style="list-style-type: none"><li>I talked politely to people from all over the world</li><li>I gave clear instructions of how to put up the tent</li><li>I listened to instructions</li><li>I know how to ask for help</li><li>I learnt how to introduce myself to people</li><li>I got really good at talking to all sorts of different people</li></ul>
<p><b>Teamwork</b></p> <ul style="list-style-type: none"><li>We all helped to make tea</li><li>I walk in the middle of the group – this helps the team</li><li>I worked with my team to put up the tent</li><li>I helped people to keep going when they were tired</li><li>I washed up to help the group</li><li>We put up the Kisu together</li><li>We worked together to cook the pasta</li></ul>	<p><b>Physical Health</b></p> <ul style="list-style-type: none"><li>I am fitter now</li><li>It has made my legs stronger</li><li>It has made me feel fitter – I go out for more walks now</li><li>I can walk further now</li><li>Now I go out for longer walks</li><li>I can go a lot faster</li></ul>

**Mental Health**

It has made me feel confident – I think I could easily do a big challenge again  
It has made me feel like I can achieve anything  
Being outside in the fresh air makes me feel good  
I look forward to walking every week – I didn't want it to end  
Walking makes me feel happy  
When I start I don't feel great but by the finish I am feeling good and happy  
I always look forward to walking each week - it makes me feel happy  
I am so proud that I have walked so far  
I love spending the day outside  
Walking always makes me feel excited  
I feel proud that I can stand up and say I have finished the whole walk  
I am so proud of myself that I have finished but disappointed that it has come to an end  
I am proud that I have walked from one side of the country to the other  
I feel a sense of accomplishment

**If you were faced with a big challenge again is there anything you have learned that could help you?**

Knowing that if I finished the challenge I would feel like I had really accomplished something – so I'd do it because I know how good it feels at the end  
I know not to give up – if you keep on going you get there  
I think you just have to give things a go – you never know what you can achieve if you just try  
I've realised that things don't last forever, even when things are difficult  
Just get on with it and don't bother moaning – moaning doesn't help at all  
If I had a big challenge to do – I know I could try it on my own, but I know that it's O.K. to ask for help too