



Cowling Community Primary School PE and Sports' Premium Spend and Impact 2020 21

Key achievements to date	Areas for further improvement and baseline evidence of need (focus for 2020-2021):
<p>1. Engagement of pupils in regular physical activity</p> <p>Established pupil tracking system enabling teachers to encourage least active and increase participation in physical activity through cluster sport competitions, Wake-up, shake-up and broadening variety of extra-curricular sports activities and clubs.</p> <p>Increased activity at break and lunchtimes through promoting skipping as an effective break time and lunchtime activity.</p> <p>Increased activity and teamwork at break and lunchtimes through Class 5 sports leaders who promote exercise and activity.</p> <p>Increased activity at lunchtime through additional sports and physical activity coaching two days a week such as handball, football, golf with (Ji) Data shows across the two additional days 91% of children were involved in additional sports and physical activity.</p> <p>Increased opportunities for dance through weekly dance and flexibility sessions with choreographer Helen Howard all year groups from Sept 2019- Feb 2020</p> <p>Success in inter-school cluster competitions and county level events 1st place in Swimming and Netball; 2nd place in football and basketball; 3rd place in Tag Rugby and Kwik Cricket. 5 finalists through to County Cross Country Championships with Year 4 boy winning his race,</p> <p>Gold Sports Mark awarded for participation in sport and physical activity for three years</p> <p>Provided additional swimming lessons enabling Y3 and Y4 pupils to swim for half the academic year (Sept to Feb) with booster swimming for children in Y5 and Y6 enabling them to swim one length</p>	<p>1. Engagement of pupils in regular physical activity 2020-21</p> <ul style="list-style-type: none"> ● Establish This Girls Can Ambassadors C4/5 to provide activities which appeal to less active girls to increase enjoyment of activity. Delayed until October 2021 ● Girls Active Project - Youth Sports Trust - paired with Skipton Girls High School Delayed until October 2021 ● Continue to track and target least active. (dance/aerobic leaders/Yourtrak App) These were targeted through Daily Mile, Outdoor activities with Mick Ellerton ● Virtual competitions during lockdown Autumn 2020 ● Taking part in weekly challenge activities with Ji in the Autumn term ● Girls Football with Soccer Hub - After school club Spring 2021 (Soccer Hub) Good attendance with girls in Year 5/6- 25% ● Set up Beep Test to encourage children and staff to beat their personal best https://www.beepetestguide.com/procedure.htm October 2021 ● Fitness day/Skip2B Fit day Summer Term Cancelled due to high number of bubbles closing ● Skip2B Fit after school club - Summer Term Cancelled due to high number of bubbles closing ● Purchase new resources -eg skipping ropes - waiting to be delivered Delivered in the Autumn Term ● Purchase active wall https://www.activall.co.uk/ Purchased and challenges were completed in the Summer ● Establish daily mile route Spring/Summer (due to ground conditions) (Yourtrak app) All classes took part in the Daily Mile and ● Streetdance (Year 6 - spring Term via Zoom) <ul style="list-style-type: none"> ● Walking: ● Annual The big walk: Classes to walk their hills - Pendle, Sharp Haw Penyghent, Ingleborough, Whernside - Mountain leader required Year 6 walked Whernside with Mick Ellerton (Multi-adventure) ● Annual Pinnacle Challenge <ul style="list-style-type: none"> ● Cycling Phil Bateman Phil did the cycle challenge with Year 3/4/5



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EYFS results for Moving and Handling 2017-2019 show 100% of pupils achieved the ELG with strong progress from starting points.
2018-19 - 100 % achieved expected and 15 % were accelerated progress.
2017-2018 smaller cohort - 100% achieved expected and 23% showed accelerated progress.
100% achieved expected and 14% showed accelerated progress.
Targeted pupils have responded to actions to increase their physical activity Data shows 80% of least active pupils have shown an increase in physical activity.

Date from Health and Wellbeing Survey 2018 :

ACTIVITY AT SCHOOL PLAYTIMES:

- 100% of girls responded that they play running/skipping games/tag during school outdoor break times (compared with a Local Authority Average of 87%)
- 86% of boys said they played ball games like football during outdoor playtimes and lunch time. (an increase of 12%)

ENJOY PHYSICAL ACTIVITY

- 72% of girls said they enjoyed physical activities a lot or quite a lot, compared to 100% of boys.
- 87% of boys and 86% of girls are active three times a week or more where they have to breathe harder and faster.

2. Raise Profile of PE and Sport

- Class 5 sports leaders present Spirit awards in weekly celebration assembly which celebrate effort and teamwork.
- Sports events are regular feature of weekly newsletter and are celebrated on Facebook page.
- Visiting athletes (Olympians, Invictus Games and Commonwealth medallists)
- Central display in hall celebrates children's achievements.

and 6 in the Summer Term

- Sandylands Sports Centre on July 2nd for specialist tennis, football and multisport coaching - Class 3 and Class 4

2. Raise Profile of PE and Sport 2020-21

Motivate and reward sports leaders through enrichment eg Wimbledon visit 2021 - other venues to visit? Request tickets? **All sporting events were cancelled due to Covid**

Ensure sport and activity is a key focus in newsletters and social media.
Update display in hall (reference sporting activities completed during lockdown)
Provide coach to train Class 5 Sport Leaders ensuring they perceive their role to be important, evidenced by the commitment they have shown this year (monitored by the PE Leader. Training Spring 2020.



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<p>3. Increase confidence knowledge and skills of all staff in teaching PE and Sport more effectively</p> <ul style="list-style-type: none">- all pupils access two hours high quality PE every week developed through coaches working alongside teachers. 100% of KS2 children reported enjoying PE lessons. Staff work with coaches in dance, tennis, football, swimming, athletics, gymnastics to develop own practice and report high confidence in teaching PE. This is supported by subject leader. <p>4. Provide a broader range of sports and activities offered to all pupils</p> <ul style="list-style-type: none">- Outward Bound residential in Lake District Y5/6- Cycle training and success in county cycling championship at Catterick Y3-6- Fencing after school club Y5/6- High Adventure teambuilding activities Year R- High Adventure climbing competition- Yorkshire Dance Festival- Tennis training and competition- Wimbledon visit 2019- Running club- Y3/4 climbing with High Adventure	<p>September 2021</p> <p>Engage staff, parents and children in joint fitness (Santa Fun Run) Dec 2021 Dec 2019 40 runners signed up for the Cowling team.</p> <p>Raise awareness of Active 30 with children. Staff meeting and staff are now more aware of Active 30 and supporting resources for use with other subjects to ensure children are active at different parts during the day – Go Noodle/Supermovers</p> <p>3. Increase confidence knowledge and skills of all staff in teaching PE and Sport more effectively 2020-21</p> <p>CPD to be sourced/delivered in house Dance Notes to support teaching in Dance Yoga/Mindfulness - Sportscool training for staff was carried out in Spring 2021</p> <p>4. Provide a broader range of sports and activities offered to all 2019-20</p> <p>Specialist outdoor activity leaders used for walking and geo-caching during visit to Malham /orienteeing/hill walking - Mick Ellinson to be used in Summer Term for all year groups All year groups had sessions with Mick Ellerton</p> <p>Walks in the Local Area – Treasure Trails to organise for second half of Spring Term/Summer Term Summer Term 2022</p> <p>Yoga/Mindfulness - through Sportscool</p>
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- High Adventure caving Y5/6

5. Increased Participation in Competitive Sport 2018-2019

-high attendance at cluster sporting events (82% of KS2 children 2018-2019)

Success in competitive sports: 1st place in Swimming and Netball; 2nd place in football and basket ball; 3rd place in Tag Rugby and Kwik Cricket. 5 finalists through to County Cross Country Championships with Year 4 boy winning his race. Athletics, Cricket, Swimming and Aquatics, Tennis, Basketball, Football, Multi-Skills Festival, Rounders, Rugby League, Rugby Union, Triathlon competed

-School Game Gold Active Mark achieved 2015-16, 2017-2018, 2018-19

5. Increased Participation in Competitive Sport

Lockdown has affected interschool sport Autumn term - replaced with virtual competitions. Children have been taking part in personal challenges

2019-20

Y3,4,5,6 South Craven Cross Country 25.9.20

Fallfest Cross country Y3-6 28.9.19

Cycling coaching former champion cyclist Phil Bateman Y4,5,6 30.9.19

Additional swimming Y5 and Y6 Sept to Feb 2019-20

South Craven Mixed football Y3,4,5,6 16.10.19

Basketball South Craven 6.11.19

Yorkshire Schools Dance Festival 17.11.19

Santa Fun Run 24.11.19

Cross Country Giggleswick 4.12.19

County Cross Country Dalby Forest

South Craven Swimming Gala 8.1.20

Y3/4 climbing 28.1.20

South Craven Sportshall Athletics 29.1.20

Ullswater Outward Bound 3.2.20-7.2.20 Y5/6

Craven Swimming Final 12.2.20

Skip2bfit workshop whole school 26.2.20

Climbing competition 2.3.20

Netball Y5/6 5.3.20

Extra curricular

multi-sports club

street dance club

Tri golf club

Cheerleading club

Dodgeball club

Olympics club



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<p>Meeting national curriculum requirements for swimming and water safety</p>	<p>Please complete all of the below:</p>
<p>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>	<p>July 2021 85% (we were unable to take the Year 6s who couldn't swim due to not being able to mix bubbles)</p> <p>July 2020 96% (all but one pupil who was unable on medical grounds.)</p>
<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>	<p>July 2021 85%</p> <p>July 2020 96%</p>
<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>	<p>July 2020 85%</p> <p>July 2019 96 %</p>
<p>Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming but this must be for activity over and above the national curriculum requirements. Have you used it in this way?</p>	<p>Yes 2018-2019 and 2019-2020 2/3 Y6 children now able to swim 1 length, remaining child can confidently swim 1 width and is now developing stamina.</p> <p>No 2020-2021</p>



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	Purchase resources to help make our playground as active as possible.	<p>£172.50 - Tennis nets</p> <p>£6300 - Active Wall for playground</p>		<p>bikes)</p> <p>Take part in community events e.g. Parkrun, Santa fun run</p> <p>Purchase equipment for above activities</p> <p>Re-introduce Active 30 and resources that can be used for this</p> <p>Continue to use the daily mile to ensure that all children are active.</p>
<p>Key indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement 2020-21</p>				<p>Percentage of total allocation:</p> <p style="text-align: center;">40%</p>
<p>School focus with clarity on intended impact on pupils:</p>	<p>Actions to achieve:</p>	<p>Funding allocated:</p>	<p>Evidence and impact:</p>	<p>Sustainability and suggested next steps:</p>
<p>To use sport as a tool to promote resilience and to improve enjoyment of PE and Sports throughout KS1 and KS2</p> <p>To increase range of sports and physical activities which are available for children to</p>	<p>To provide a wide range of sporting and fitness activities to appeal to competitive and less competitive pupils.</p> <ul style="list-style-type: none"> - Rugby - Tennis - Athletics - Ball games - fencing - dance - swimming - skipping - outward bound - high adventure - hill walking - aerobics 	<p>£3258 - Multi Adventure</p> <p>£1000 - Cycling (Catterick)</p> <p>£1500 - Outward Bound - (children to pay some towards this)</p> <p>£900 - Soccer Hub (Girls Football)</p> <p>£225 - coach for olympic day at</p>	<p>This has taken place between periods of school closures and isolations.</p> <p>The High Adventure climbing, Phil Bateman cycling challenge, Girls Football and the Adventure days with Mick Ellerton (Multi-Adventure) for all year groups took place. The remaining activities were cancelled due to COVID.</p>	<p>Children to participate in Treasure Trail activities in the local area in the Summer term 2022</p> <p>Continue to use Mick Ellerton (Multi Adventure) in the Summer Term 2022 for all children</p> <p>Continue to participate in competitions/events in the local area - Santa Fun Run, High Adventure climbing.</p> <p>Bikeability to resume and Yoga</p>



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<p>take part in.</p> <p>To enhance wider curriculum (notably geography – local area and phsce – teamwork & resilience) increasing engagement and making learning activities memorable, as well as more active for pupils.</p>	<ul style="list-style-type: none"> - skipping - running - cycling (catterick championship) - climbing - archery - Yoga <ul style="list-style-type: none"> - Fencing after school club Y5/6 - High Adventure teambuilding activities Year R - High Adventure climbing competition - Yorkshire Dance Festival - Tennis training and competition - Wimbledon visit 2021 to inspire and reward - Running club – free to all - Santa Fun Run engages staff, parents and children in joint fitness (Santa Fun Run Dec 2019 - 2021?) - Y3/4 climbing with High Adventure - Workshop with former championship cyclist Autumn 2019 and competition at Catterick Phil Bateman - Girls Football - SoccerHub - Yoga/Mindfulness - <p>Fund activity session at High Adventure for YR enabling children to develop teamworking skills and take part in activities such as archery and blindline.</p> <p>Improve quality of Geography Curriculum by using experts to deliver activities at Outward Bound during school residential visits. Treasure Trails in local area to lead a local walk and highlight local geographical and geological features; lead geo-caching activities</p>	<p style="background-color: red; color: black; padding: 2px;">Sandylands</p> <p style="background-color: green; color: black; padding: 2px;">£100 £10 per treasure trail and cost of coach</p>	<p>Some of these activities were cancelled due to Covid</p> <p>This was unable to take place</p> <p>Outward bound held an in-school adventure at Cowling for our Year 5 and Year 6 pupils in the local area. Year 3,4,5 and 6 all went orienteering with Mick Ellerton (Multi-Adventure) in</p>	<p>to be integrated in the PE Curriculum</p> <p>Continue to report on sport achievements in weekly newsletter</p> <p>Each class to have a daily mile display.</p> <p>Orienteering course to set up in school grounds when work on school field is completed.</p>
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<p>To raise profile of sports and physical activities</p>	<p>Once field improvements completed (2022) Improve aspects of the Geography and Maths curriculum by employing a specialist to set up an orienteering course in the school grounds and train staff and pupils to use it.</p> <p>Improve SMSC/ British Values through Respect in Sport workshops led by Bradford City</p> <p>Sustain percentage of pupils achieving an ELG in Movement and Handling in 2021. Identify resources needed eg tunnels etc</p> <p>Value participation of pupils in a range of activities in and out of school through presentation of certificates, reports of sporting events in weekly achievement assemblies, weekly newsletter, school website and Facebook page.</p>	<p>£500</p> <p>free</p> <p>Jan 24 2020 KD</p> <p>£200</p> <p>Not spent due to COVID</p> <p>Booked -£400</p>	<p>the local area.</p> <p>Children were given certificates for any sporting challenges attempted.</p>	
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<p>Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport</p> <p>2019-20</p>				<p>Percentage of total allocation:</p> <p>Amount for some Staff CPD is included in figure for employment of specialist PE coaches above. In addition: 27%</p>
<p>School focus with clarity on intended impact on pupils:</p>	<p>Actions to achieve:</p>	<p>Funding allocated:</p>	<p>Evidence and impact:</p>	<p>Sustainability and suggested next steps:</p>
<p>To improve the skills and knowledge of staff (teachers, teaching assistants and MSAs) by working alongside specialist sports coaches.</p> <p>Review curriculum ensuring progression in skills and knowledge.</p>	<p>Employ specialist PE teacher (s) to provide CPD to staff at both KS1 and KS2 providing a balance of PE and Sports activities so children experience high quality lessons in both traditional competitive team games and in other non-competitive physical activities. Also, to provide CPD for staff so that the impact is sustainable.</p> <ul style="list-style-type: none"> - Dance - Rugby (Keighley Cougars) - Tennis (Skipton Tennis Club) - Athletics - Ball games <p>Staff feedback forms used to assess skills and knowledge of staff and</p>	<p>£2000 - JI</p> <p>£360 - Wharfedale Rugby</p> <p>£675 - Yoga training for staff</p> <p>£780 - Skipton Tennis Club</p> <p>£800 - Soccerhub (Football)</p>	<p>CPD was difficult to access due to lockdowns and bubble closures.</p> <p>All staff were trained in YOGA activities which can be used with children.</p>	<p>Feedback forms to complete - staff to find out areas of expertise and areas needed for development</p> <p>PE Co-ordinator to attend Lancashire Scheme of work training to enable Knowledge organisers to be developed for all areas of PE in both Key Stages</p> <p>Staff meeting to share new PE scheme of work</p> <p>PE ladders to be completed to show progression</p> <p>Lesson observations to take place in PE with all staff</p>



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	<p>identify gaps.</p> <p>Time for PE Leader to monitor impact of coaches on enjoyment of PE by pupils and other subject leader tasks</p>			
<p>Key indicator 4: Broader experience of a range of sports and activities offered to all pupils</p> <p>2019-20</p>				<p>Percentage of total allocation:</p> <p>Amount for broadening experiences is included in above sections.</p>
<p>School focus with clarity on intended impact on pupils:</p>	<p>Actions to achieve:</p>	<p>Funding allocated:</p>	<p>Evidence and impact:</p>	<p>Sustainability and suggested next steps:</p>
<p>To identify physical activities pupils like to experience targeting gender and least active.</p> <p>Develop opportunities for pupils to access community sport.</p>	<ul style="list-style-type: none"> - Cycle training and success in county cycling championship at Catterick Y3-6 - Fencing after school club Y5/6 - High Adventure climbing competition - Tennis training and competition - Wimbledon visit 2020 to inspire and reward - Running club – free to all 	<p>See above sections</p>	<p>Children in Year 5/6 took part in event at Catterick and we came 1st.</p> <p>Fencing club was cancelled due to lockdowns and bubbles closing</p> <p>We took part in the climbing competition</p> <p>Skipton Tennis club delivered tennis coaching and 8 children from Year 3-6 took part in the tournament,</p> <p>Santa fun run was cancelled</p> <p>All year groups in school took part in outdoor adventures with Mick Ellerton - multi-adventure</p>	<p>To continue to use Multi Adventure (Mick Ellerton) throughout school and widen the range of activities he offers with KS2</p> <p>To use treasure trails with KS1/LKS2</p> <p>To re-start Fencing club</p>



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	<ul style="list-style-type: none"> - Santa Fun Run engages staff, parents and children in joint fitness (Santa Fun Run Dec 2019) - Y3/4 climbing with High Adventure 			
Key indicator 5: Increased participation in competitive sport 2020-21				Percentage of total allocation:
				See above
School focus with clarity on intended impact on pupils:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
<p>To take part in South Craven Schools Cluster Competitive Sports Events and strive to ensure all pupils receive the opportunity to represent school at both district and county level.</p> <p>To continue to develop links with local competitive sports clubs including Wharfedale Rugby Club, Bradford City and Skipton Tennis Club.</p>	<p>Ensure that Cowling School takes part in all cluster events.</p> <p>Ensure that as many children as possible have the opportunity to take part in extra-curricular sporting activity.</p> <p>Provide cover for staff to take pupils to cluster events during the school day:</p> <p><u>Events attended 2019-20</u> Sports Hall Athletics, Swimming, Cross Country, Football, Climbing,</p>		<p>Cluster events were cancelled due to COVID</p> <p>Summer term - Children took part in a tennis competition.</p>	<p>To take part in South Craven cluster events</p> <p>To sign up to Skipton Tennis programme</p>