



SPORT AND PE IMPACT REPORT

2016 - 2017



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PE & Sport Impact Report 2016 – 2017

Sport Premium Funding

The Sport Premium Funding is used to employ a highly qualified and experienced Sports Coach in school. The Sports Premium funding received in 2015/2016 was approximately £10,000. The cost of the Sports Coach was approximately £17,000. The school therefore contributes £7000 per year. The Sports Coach leads and supports all teachers teaching PE from Reception to Year 6. The Coach also coordinates the extra-curriculum clubs in school and supporting a significant number. All school clubs delivered by school staff remain free to pupils. The Sports Coach liaises with other schools and sporting organisations to coordinate competitive sport while liaising with outside coaches who deliver other sessions as part of the extra-curricular program. The school has appointed a sports coach for three years running now. There has been significant impact each year and the longer term impact is clear.

2016 – 2017 Targets

- 1 – Identify the number of Pupil Premium children in extra-curricular activities
- 2 – Increase the number of pupil premium children in extra-curricular activities
- 3 – Increase the number of pupils engaging in inter school L2 competitions
- 4 – Maintain and increase performance outcomes with in L2 inter school sport competitions
- 5 – Improve skill development across a range of athletic disciplines in Olympic Hour and capture personal best data
- 6 – To gain wider recognition for the high quality provision and outcomes at St Chris

Long Term Athlete Development – The Sampling Years

Despite global physical activity recommendations and the existence of models of talent identification and development, the numbers of youth displaying substandard levels of physical fitness, muscular strength, and motor skill competency is increasing globally. (Lloyd, 2015)

The Developmental Model of Sports Participation (DMSP) identifies 3 distinct stages of development. In particular for St. Christopher, the model highlights that primary school age children (age 6-12) should be introduced to the sampling years. During the sampling years stage of development, children are encourage to sample a variety of sports where the emphasis is on a greater amount of time devoted to “deliberate play” as opposed to “deliberate practice.” Deliberate play refers to early exploratory physical activities that are intrinsically (internally) motivated and primarily geared towards maximizing enjoyment and fun. Furthermore, researchers have also shown that youth who participate in a greater breadth of sports at a younger age performed better in gross motor coordination tasks. Through the sampling years, children should be exposed to a variety of sports and activities geared towards deliberate play during the early stages of childhood. The Sports Coach believes this philosophy ensures that children are exposed to a range of experiences (i.e., different modes of training and competition, different movement patterns within different sports) and opportunities to engage in PE and extra-curricular play to ensure the development of a well-rounded and physically literate child or adolescent.

During 2016 -2017 as part of the PE Curriculum, the sports coach has continued to focus on development of movement competency characterized by an early bias towards enhancing fundamental movement skills (FMS) in (KS1) with a transition over time towards a greater emphasis on sport-specific skills. (LKS2 & UKS2). The PE Curriculum 2016 - 2017 (please see table below) highlights that an early exposure to enhancing FMS training is supported by research, which shows that muscular strength development from these activities can enhance physical performance, improve markers of health and well-being (such as insulin-sensitivity in active and inactive youth and reduce the risk of sports related injury. Additionally, movement skill competency is associated with physical activity engagement and improved measures of health and well-being in both normal and overweight/obese youth

Rhodri S. Lloyd – Long Term Athlete Development – A Pathway for All Youth - Journal of Strength and Conditioning Research 2015 29(5) 1439 - 1450

St Christopher PE Curriculum Map 2016 – 2017

Year Groups	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
No. of Sessions	7	7	7	6	5	7
Year 1 Friday AM	Wk 1 – 6 Fundamental Movement Skills (1) (Running Games) Wk 7 Assessment	Wk 1-6 Fundamental Movement Skills (1) (Throwing & Catching) Wk 7 Assessment	Wk 1 – 6 Gymnastics Wk 7 Assessment	Wk 1 – 5 Dance Wk 6 Assessment	Wk 1 – 4 Ball Skills(1) (Football) Wk 5 Assessment	Wk 1 – 3 Racquet Skills(1) Wk 4 – 7 Sports Day Preparation
Year 2 Monday PM	Wk 1 – 6 Fundamental Movement Skills (2) (Running Games) Wk 7 Assessment	Wk 1 – 6 Agility, Balance & Co-ordination (2) (Throwing & Catching) Wk 7 Assessment	Wk 1 – 6 Gymnastics Wk7 Assessment	Wk 1 – 5 Dodgeball (2) Wk 6 Assessment	Wk 1- 4 Ball Skills (2) Wk 5 Assessment	Wk 1 – 3 Rounders Wk 4 -7 Sports Day Preparation
Year 3 Tuesday PM	Wk 1-3 Baseline Fitness Assessment Wk4-7 Invasion Games(Street Hockey)	Wk 1 – 6 High Fives Netball Wk 7 Assessment	Wk 1 -2 Fitness Assessments Wk 3 -7Gymnastics	Wk 1 – 5 Dodgeball/Benchball Wk 6 Assessment	Wk 1 -2 Swimming Wk 3 – 5 Rounders	Wk 1 - 3 Rounders Wk 4 –7 Sports Day Preparation
Year 4 Wednesday PM	Wk 1-4 Baseline Fitness Assessment Wk 5 –7 Invasion Games (High 5 Netball)	Wk 1 – 6 Hockey Wk 7 Assessment	Wk 1 -2 Fitness Assessments Wk 3 -7Gymnastics	Wk1 – 5 Dodgeball/Benchball Wk 6 Assessment	Wk 1 -2 Fitness Assessments Wk 3-5Basketball	Wk 1 - 3 Cricket Wk 4 – 7 Athletics
Year 5 Thursday PM	Wk 1–4 Baseline Fitness Assessment Wk 5 –7 Invasion Games(High 5 Netball)	Wk 1 – 7 Hockey	Wk 1 -2 Fitness Assessments Wk 3-7 SBITC	Wk1 – 5 TAG Rugby Wk 6 Assessment	Wk 1 -2 Fitness Assessments Wk 3-5TAG Rugby	Wk 1 -3 Cricket Wk 4 –7 Athletics
Year 6 Friday PM	Wk 1-4 Baseline Fitness Assessment Wk 5-7 Invasion Games (High 5)	Wk 1 – 7 Y6E – High Five Netball Y6L - Hockey	Wk 1 – 7 Y6E – Hockey Y6L – High Five Netball	Wk1 – 5 Y6L - Dodgeball Y6E –Circuit Training	Wk 1 -2 Fitness Assessments Wk 3-5 SATS* Y6E - TAG Rugby	Wk 1-3 Rounders/ Cricket Wk 4- 7 Athletics (swimming revisits)

	Netball)/Hockey			Wk 6 Assessment	Y6L – Cricket/Rounders	
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KS1

The National Curriculum for KS1 PE states that pupils should develop; “**Fundamental Movement Skills (FMS)...across a broad range of opportunities to extend their agility, balance and co-ordination, mastering running, jumping, throwing and catching, participate in team games developing simple attacking and defending tactics**”. The Sports Coach in 2015-2016 adjusted the long term PE plan to reflect this aspect of the curriculum. This approach has continued throughout 2016-2017 where the PE curriculum has maintained a focus in KS1 on FMS. Stability, locomotion and manipulation acquired through lessons focused on the ABC of movement i.e. programmed and random Agility, Balance and Co-ordination. **Stability** involves movements such as bending, stretching, twisting, turning, landing, stopping, dodging. **Locomotion** involves aspects such as walking, running, jumping, hopping, skipping, and galloping. **Manipulation** involves working with various size balls to develop skills such as throwing, catching, kicking, trapping, striking, volleying, bouncing and rolling. Acquiring these skills allow KS1 children to move confidently into the later part of KS2 PE lessons where these skills and aspects of PE will be embedded. This allows for the learning of adapted games employing simple and more complex tactics, decision making and the use of terms such as ‘attacker’, ‘defender’ and ‘teammate’.

KS2

In 2015 – 2016 the sports coach introduced PE spread over the six half-terms in line with the sampling years approach. This allowed the children to ‘sample’ a range of different sports and adapted games based on the National Curriculum aspects of “**Use running, jumping and throwing and catching in isolation and combination**” combined with “**Playing competitive games...applying simple principles of attacking and defending**”. New Invasion games such as TAG rugby, UNIHOC Hockey,

High Fives Netball, were introduced to enhanced established games such as cricket, rounders, athletics and football. The introduction of these new sports provides the children with a wider range of invasion, net and wall and striking and fielding 'sport specific' games to deploy the FMS skills nurtured in KS1.

Circuit training along with gymnastics assist in **“Developing flexibility, strength, technique, control and balance”** in line with National Curriculum guidelines, while OAA and orienteering allow the children to develop navigating, map reading and team building skills **“Take part in outdoor and adventurous activities that challenge individually and as a team”**.

As in 2015 - 2016 the Year 3 children enjoyed two weeks of intense daily swimming sessions at the King Henry VIII School swimming pool. The children were split into 3 groups based on ability supported by two KHVIII swim coaches together with the St. Christopher Sports Coach. At the end of the program the more able children were able to swim 25 and 50m distances in the four different swimming disciplines of front crawl, back stroke, breast stroke and butterfly in line with the National Curriculum guidelines **“Swim competently, confidently over a distance of at least 25m...use a range of strokes...”**

All children were also taught kneeling and standing dives and underwater swimming. All children were awarded a certificate of achievement which reflected their efforts for the week. In 2015 – 2016 the sports coach kept records detailing the abilities of the Y3 children so that in Y6 a second opportunity can be made available for the less able children to revisit KHVIII to achieve the swimming aspects that the national curriculum require.

Cornerstones

All planning now incorporates the Cornerstones 'essential skills Y1 to Y6' which provide end of year expectations for each year group in a range of topics. (Please see the table 1,2 & 3 below)

Table 1

Aspect	End of Year 1 Expectations	End of Year 2 Expectations
Team Games	Negotiate space when racing and chasing, adjusting speed or changing direction to avoid obstacles	Pass a ball, bean bag or tag in a team game working collaboratively.
Sending & Striking	Pat, throw, kick, stop and sometimes catch a ball.	Stop or catch a projectile such as a bean bag. Hit a bean bag/ball with a bat or racket.
Strategy	Accurately shadow a partner's movements	Use a range of simple tactics to aid attacking/defending
Dance	Create simple movement patterns showing awareness of rhythm	Perform movements to express ideas, emotions or feelings Repeat dance phrases
Athletics	Run a short distance with some control, jump with both feet from standing. Throw a projectile in a given direction.	Run a short distance with co-ordination and speed. Throw a projectile over-arm. Jump from one foot, landing on the opposite or both feet.
Gym	Show co-ordination and control when moving or standing still. Perform basic sequences, using space safely and recognising simple technical words e.g. roll, travel, balance)	Balance and move over, under and through apparatus. Creating a variety of shapes with the body. Distinguish a well –performed move.
Outdoor/adventures	Follow a simple route around the school grounds or a given outdoor space.	Move, over under and through spaces and obstacles outdoors.
Performance	Perform simple movements or dance work, sometimes with a partner. Identify a simple goal in PE.	Perform a simple dance or movement sequence to a small group, expressing ideas, emotions or feelings. Identify a simple goal in PE and talk about how they could achieve it.
Swimming	Swim/move short distances using buoyancy aid becoming more confident in water.	Swim between 10 and 20 metres unaided using a basic stroke and becoming confident to travel underwater

Table 2

Aspect	End of Year 3 Expectations Average Age 8 years 6 months	End of Year 4 Expectations Average Age 9 years 6 months
Team Games	Create their own games, adapting rules and displaying knowledge of warm up and cool down	Follow rules to play more challenging team games such as rounders, hockey, non-stop cricket and team-tag
Sending & Striking	Keep control of ball-based equipment (e.g. a hockey stick) working effectively as part of a team.	Throw, catch strike and field a ball with control and accuracy
Strategy	Choose tactics/ a suitable strategy to cause problems for the opposition	Work effectively as part of a team, choosing an appropriate strategy or tactic to cause problems for the opposition
Dance	Compare, develop and adapt movements and motifs to create movement patterns	Improvise and move with precision control and fluency in response to a range of stimuli
Athletics	Demonstrate a range of throwing techniques, using accuracy and power and perform a range of jumps with run ups	Run with pace over longer distances and for more extended periods identifying the difference between this and sprinting
Gym	Vary height and speed in a sequence of gymnastic movements	Combine movements, actions and balances, individually or collaboratively to create a fluid routine
Outdoor/adventures	Work effectively as part of a team to safely navigate to familiar places, solving problems and evaluating their performance	Respond positively to increased challenges and other team members showing ability to listen and feedback
Performance	Create/perform a sequence of movements showing good balance/body tone. Recognise their strengths in PE and identify areas for improvement	Create/perform fluently and sequence movements, showing good balance/body tone and practise to improve. Use constructive feedback to make improvements to their performance.
Swimming	Move in and around water confidently and competently exploring ways of swimming above and below the water	Swim between 25 – 50 metres unaided performing more than one stroke. Use breathing and survival techniques

Table 3

Aspect	End of Year 5 Expectations Average Age 10 years 6 months	End of Year 6 Expectations Average Age 11 years 6 months
Team Games	Explain, evaluate and develop ideas and plans for a game that includes a scoring system	Use and adapt tactics choosing the most effective one for different situations
Sending & Striking	Use different techniques and skills to pass, dribble, travel and shoot in ball games	Select and perform combinations of sending and striking skills with confidence accuracy and consistency
Strategy	Mark an opposing player or players preventing them from gaining possession	Apply tactical knowledge effectively in attacking and defending situations
Dance	Vary dynamics of a movement or dance developing actions in time to music with a partner or as part of a group	Move in time to music creating movements that express the meaning and mood of the piece
Athletics	Understand how power and stamina is developed and how this improves performance	Demonstrate a high level of control, speed, strength and stamina when running, jumping and throwing and suggest ways to improve performance.
Gym	Create and perform much more complex sequences including change of direction, travelling, speed and height, showing good stability and core strength	Combine and perform gymnastic actions, using the whole body adapting movements and balances to a routine so that they fit into a sequence
Outdoor/adventures	Plan routes and orientate maps responding positively to increasing challenges, listening to feedback and evaluating their role	Lead groups in problem solving analysing their own effectiveness as a team leader
Performance	Perform individually or with a partner/as a group with increasing confidence and accuracy using the whole body across different levels/spaces to a range of audiences. Compare performances with previous ones.	Perform sequences on multiple levels to an audience with control and grace using available space expressively. Explain how they need to improve their own performance in order to achieve their personal best.
Swimming	Swim between 50 and 100 metres using three strokes sustaining swimming over an extended time. Show a problem solving approach to survival.	Swim over 100 metres using three strokes at a sustainable pace, being able to perform a wide range of survival techniques.

School Intra Competitions

During the year 2016 – 2017 thanks to parental and teacher support we were able to attend 39 different sports and competition fixtures. The table below highlights the number of friendly and competitive fixtures the school competed in in 2016 – 2017.

Table 4

Year Group	Sport	Number of Games
LKS2 Boys	Football (<i>A and B teams</i>)	4
UKS2 Girls/Boys	Netball (High Fives)	10
UKS2 Girls	Football	12
UKS2 Boys	Football	4
UKS2 Boys	Cricket	1
UKS2 Boys & Girls	Indoor Football	2
UKS2 Boys & Girls	Cross Country	3
UKS2 Boys & Girls	TAG Rugby	0
UKS2 Boys & Girls	Sports hall (athletics)	2
LKS1 Boys & Girls	Gymnastics	1

Involvement in inter school competitions in 2016 -2017 overall has dipped slightly compared to 2015-2016. While girls' football and mixed high five netball fixtures increased. UKS2 Boys football fixtures decreased significantly as the Coventry West organised league did not take place this year. St Christopher Primary School has taken part in the following competitions and events; (please see table below)

Table 5

Year Group & Sport	Event
KS1 Gymnastics	Sainsbury's School Sports Games Gymnastics Competition
LKS2 TAG Rugby (Girls & Boys)	Engage Rugby 7-a-side TAG Tournament
UKS2 Boys Football	Coventry West Football League
UKS2 Boys Football	Harry Shaw Cup
UKS2 Boys Football	Ben Whelan Plate
UKS2 Girls Football	Dave Moore Memorial Shield
UKS2 Girls Football	Coventry Primary School Football Association Trophy
UKS2 Girls Football	West Midlands County Football Association Trophy
UKS2 Girls Football	Midlands County Football Association Trophy
UKS 2 Running (Cross Country) Boys Race, Girls Race & Mixed Relay Races	Coventry Primary Schools Sports Associations XC Championships
UKS2 Sports Hall Athletics	Sainsbury's School Sports Games indoor athletics – Coventry West
UKS2 High Fives Netball (Girls & Boys)	Coventry High Fives Netball League - Coventry West Division
UKS2 Boys Football	Coventry Primary Schools Sports Association Indoor 4-a-side (Ryton Connexion)
UKS 2 Girls Football	Coventry Primary Schools Sports Association Indoor 4-a-side (Ryton Connexion)

2016 – 2017 School Records & Achievements

Cross Country

As with 2015 – 2016 new school records were established and broken during the Coventry Primary Schools Sports Association cross country season races held at Bablake Playing Fields. The races are open to all of the primary schools - state and private - in Coventry. In 2016-2017 over 50 primary schools entered teams. St. Christopher had a record turnout allowing us to field 16 boys in the boy's race and 12 girls from Y5 and Y4 competed in the girl's race. Two teams chosen from Y5 & Y6 competed in each category of the relay races i.e. boys, girls and mixed relay races. In total we entered seven teams and all seven St. Christopher teams finished in the top ten. Cross country proved so popular that 'trials' races were required in order to inform selection.

In the boy's race, the boys A team **FC, FW, CM (Y6), JB, CB, PC (Y5)** finished in 2nd place collecting the runners up trophy. **FW (Y6)** and **JB (Y5)** established individual school records finishing 6th and 19th respectively. Due to the number of fixtures and sports competitions that the Y6 girls were involved in, the sports coach rested the Y6 girls and included twelve girls from Y5 and Y4 who were members of the Thursday lunchtime running club. In the girls relay race, the A team **FV, PV, EC, HM, (Y6)** finished 6th overall which equals the schools best ever finish position from the previous year.

UKS2 Girls Football

The UKS 2 girl's football squad have had an exceptional year. Following on from finishing runners up in the Dave Moore Shield, last year the girls won the trophy outright this year. This was followed up with victory in the Coventry Primary Schools Football Association trophy. This result qualified the girls for the West Midlands County Football Association Finals in Birmingham which the girls won also. This is a L3 competition. The first team a St. Christopher team has even won a County wide competition. This qualified the girls for the all Midland final held at Nottingham. The girls lost all three games narrowly 1-0, 1-0 & 2-0 in the groups stages but were a credit to the school, Coventry and the West

Midlands County. In the Coventry Primary Schools Sports Association 4-a-side Indoor League lost narrowly in the semi-finals. Although disappointing, this established a new school record for this competition.

UKS2 Boys Football

The UKS2 boy's football team having reached the semi-finals of the Harry Shaw Cup in 2015 – 2016 lost in the first round of the competition this year. However they team reached the quarter-finals of the Ben Whelan Plate before losing narrowly to Templars Primary School. This is a school record for this competition. For the second year the boys also reached the play-off final of the 4-a-side indoor football tournament at Ryton losing narrowly by a single goal when a draw would have secured progression to the finals tournament.

Sports Hall Athletics

Due to transport issues the children did not get the opportunity to participate in the Sports Hall Athletics Competition in the year 2015 – 2016. In 2016 - 2017 the children won the Coventry West heat progressing to the Coventry West Plate Final. The children competed against Stivichall Primary, Eastern Green Primary and Leigh Primary in the final and winning the trophy setting a school record for this competition.

Coventry West School Games Gymnastics Tournament – KS1

In 2016 – 2017 the school entered a Y1 Gymnastics team into the KS1 Coventry School Games Gymnastics Tournament. The sports coach assisted by the gymnastics coaches from Little Trix supported the children prior to the event with extra sessions. The children competed at the Excel Centre with 12 other primary schools and finished a very creditable 3rd just 0.2 of a point away from second place and 0.4 of a point from first place.

Year Group & Sport	Event	Result
KS1 Gymnastics	Sainsbury's School Sports Games Gymnastics Competition	3 rd Place
LKS2 TAG Rugby (Girls & Boys)	Engage Rugby 7-a-side TAG Tournament	Friendly tournament, no rankings awarded.
UKS2 Boys Football	Coventry West Football League	No league placings awarded
UKS2 Boys Football	Harry Shaw Cup	Fourth Round L4-2 to Allesley Primary
UKS2 Boys Football	Ben Whelan Plate	Quarter-finals L1-2 to Templars Primary
UKS2 Girls Football	Dave Moore Memorial Shield	Winners
UKS2 Girls Football	Coventry Primary School Football Association Trophy	Winners
UKS2 Girls Football	West Midlands County Football Association Trophy	Winners
UKS2 Girls Football	Midlands County Football Association Trophy	Eliminated in the group stages.
UKS 2 Running (Cross Country) Boys Race, Girls Race & Mixed Relay Races	Coventry Primary Schools Sports Associations XC Championships	Runners Up (Boys) 5 th Place (Girls) Relays - 6 th , 2 nd and 10 th (Girls, Boys & Mixed)
UKS2 Sports Hall Athletics	Sainsbury's School Sports Games indoor athletics – Coventry West	Group - Winners Coventry West Plate – Winners
UKS2 High Fives Netball (Girls & Boys)	Coventry High Fives Netball League - Coventry West Division	Runners up
UKS2 Boys Football	Coventry Primary Schools Sports Association Indoor 4-a-side (Ryton Connexion)	Eliminated in the group stages
UKS 2 Girls Football	Coventry Primary Schools Sports Association Indoor 4-a-side (Ryton Connexion)	Semi-finalists L2-4 to Manor Park

Olympic Hour

“Compare their performances with previous ones and demonstrate improvement to achieve their personal best” (National Curriculum 2014)

In the academic year 2014 - 15 the Sports Leader enhanced the existing timetabled Olympic Hour (in its third year) session to incorporate specific indoor and outdoor events. The events now reflect the key athletic disciplines of run for endurance, run for speed, run over obstacles, jump for height, jump for distance, push throw and pull throw. The new indoor Olympic Hour activities ensure that the Olympic Hour continues through the winter and during poor weather. The Sports Leader has also developed Infant Agility Olympic Hour for year 1 & 2 incorporating UKA (UK Athletics) suggested events recommended by the NGB (National Governing Body) as pre-cursors for KS 1 children, preparing them for LKS2 Olympic Hour events. The Olympic Hour scheme has continued throughout the year 2015 – 2016 although on a reduced timescale due to curriculum time pressure.

In 2016 – 2017 the Sports Coach has developed a new Olympic Hour recording booklet for the children in LKS2 & UKS2. All of the events for both outdoor and indoor sessions are included as well as a pro-forma developed to record individual personal best achievements in line with the national curriculum has been added along with a individual personal best (PB) record. Furthermore, the Sports Leader has incorporated a new recording system which links individual performance across the Olympic Hour events to UKA recognised national performance indicators for primary age school children in LKS2 & UKS2. This assists in highlighting individual performance and provides context individually, locally and nationally in line with National Curriculum expectations. This new element of Olympic Hour incorporates numeracy skills as the children use column addition skills to calculate individual points scores based on times or distances achieved during the Olympic Hour PE lessons. The sports coach believes that Olympic Hour was a key driver in the Sports Hall Athletics success that the St. Christopher enjoyed in 2016 – 2017.

Extra-Curricular Activities (please see the examples of lunchtime and after school club rotas on pg 10 and 11)

The Sports Leader's aim for extra-curricular activities was to maintain choice and options for the children – and girls in particular - to participate in a wide range of activities through extra-curricular pursuits through 2015 – 2016.

The 2013/14 PE impact report noted that 8 weekly clubs were run at lunchtime and after-school. In order to improve on the choice and participation into the 2014 – 2015 school year, the Sports Leader conducted a survey of the children from Year 1 to 6. The survey offered the children the opportunity to list 3 activities they would like to see as a lunch-time or after school club. Following the survey an increased range of clubs was made available to the children. Thanks to support from staff and parents we were able to maintain this wide variety of options for the children throughout 2015 and into the year 2016 - 2017. (Please see the following tables as an example)

As you can see from following tables the increase in activities for girls in particular has grown with the introduction of **football for girls** for year 1 to year 6 and **High Fives (adapted netball)** clubs for the girls in LKS2 and UKS2. Furthermore we were able to provide **every child** who expressed an interest, their first choice option.

The Sports Leader is in no doubt that the extra provision that has been made available, allied to learning in PE lessons, has supported continued attainment in sports competition in 2016 - 2017. St. Christopher has enjoyed a record year in local sports competitions with boys and girls across KS2 excelling across several sports. In addition from a cohort of 57 children in Y6, 41 represented the school in at least one L2 or L3 competition. (71%) (Please see the tables 6 and 7 below for examples of after school and lunchtime club provision)

<u>Day</u>	<u>Activity</u>	<u>Numbers</u>	<u>Year</u>	<u>Leader</u>	<u>Changing Room</u>	<u>Venue</u>	<u>Alternative</u>	<u>Leave Via</u>
Monday	Boys Football Club	16	3 & 4	Jack Scullion	KS2 Hall	KS2 Sports Field	KS2 Hall	KS2 Hall
Monday	Boys/Girls Football Club	16	3 & 4	Mark Coyle	KS2 Hall	KS2 Sports Field	KS2 Hall	KS2 Hall
Monday	Rounders	16	5 & 6	Gemma Potter	Boys (Y5N) Girls (Y6L)	KS2 Sports Field	KS2 Dining Hall	Main Reception
Tuesday	High Fives Netball	14	3 & 4	Alison Palmer	Girls Y4P Boys KS2 Hall	KS2 Playground	KS2 Hall	Main Reception
Tuesday	High Fives Netball	14	5 & 6	Kerrie West & Mr Coyle	Girls Y4P Boys KS2 Hall	KS2 Playground	KS2 Hall	Main Reception
Wednesday	Year 5/6 Football (Boys)	16	5 & 6	Lee Connor	KS2 Dining Hall	KS2 Field	KS2 Hall	KS2 Hall
Wednesday	Year 5/6 Football (Girls/Boys)	16	5 & 6	Mark Coyle	KS2 Dining Hall (Boys) KS2 Hall (Girls)	KS2 Field	KS2 Hall	KS2 Hall
Thursday	Left free for fixtures							
Friday	Gymnastics	20	3,4,5 & 6	Little Tricks	KS2 Hall	KS2 Hall	KS2 Hall	KS2 Hall

Table 6 – After School Clubs Rota Summer 2017

Day	Activity	Time	Number of Children	Years	Leader	Changing Area	Venue
Monday	Games and Races	12:00 – 12:30	16	1 - 2	Mr Coyle	Play Pals	KS2 Field/KS1 Hall
Monday	Gymnastics*	12:00 – 12:40	n/a	3 - 6	Little Tricks	KS2 Hall	KS2 Hall
Tuesday	Tae-Kwan-do*	12:30 – 12:55	16	2 – 6	TSTUK	KS2 Hall	KS2 Hall
Tuesday	Ball Skills	12:00 – 12:30	16	1 – 2	Mr Coyle	KS2 Field	KS2 Field/Hall
Wednesday	Cricket Club	12:00 – 12:30	10	3 – 6	Mr Coyle	KS2 Hall	KS2 Hall
Thursday	Running Club	12:00 – 12:30	30	3,4,5 & 6	Mr Tarn & Mr Coyle	Y6L Y5N	KS2 Field
Thursday	Outdoor Activities	12:30 – 12:55	16	3 – 6	Miss Potter	Play Pals	KS2 Field/KS1 Hall
Thursday	Gardening Club	12:30 – 12:55	16	4,5 & 6	Mrs Crawley & Mr Pritchard	N/A	Poly Tunnel & Raised Beds
Friday	Running Club/Running Games	12:00 – 12:30	16	3 & 4	Mr Coyle	Y6L Y5N	KS2 Field
Friday	Gymnastic*	12:00 – 12:40	n/a	1 - 2	Little Tricks	KS2 Hall	KS2 Hall
Friday	Tennis*	12:20 – 12:55	n/a	3 - 6	John (Tennis Coach)	KS2 Hall	KS2 Hall

Table 7 – Lunchtime Club Rota – Summer 2017

Summer Term 2017 Extra Curricular Attendance

Clubs	Totals
Lunchtime Clubs Attendance (No. of children)	112
After school Clubs Attendance (No. of children)	125
Clubs delivered by outside coaches (No. of children)	85
Total Children Attending Extra Curricular Activity	322
Total Children on roll	460
% of children on roll attending extra-curricular clubs & activities	70%

Table 8

**Table includes nursery and reception children in the total children on roll figure even though they are not invited to attend clubs until year 1.*

Pupil Premium Children Attending Extra Curricular Clubs (Summer 2017 Rota)

Number of Pupil Premium Children	46
Pupil Premium Children Attending Clubs (Summer 2017)	27
%	58%

Table 9

Baseline Fitness Assessments

In 2015 – 2016 the sport coach introduced a number of baseline fitness assessments specifically for UKS2. The tests are recognised internationally to measure improvements in agility, endurance, lung efficiency and reactions. The objective of the assessments was to link with one aspect of the national curriculum document; *“Comparing performances with previous ones and demonstrate improvement to achieve a personal best”*. The assessments take place in Autumn 1 and Summer 1. The assessments allow the children to see how PE and sport has affected fitness and functionality over the year. Height is also measured so that the conditions affected by growth spurts can be monitored. The fitness assessments continued in 2016 – 2017 serving to highlight improvements or otherwise in these key areas. The Sports Coach also measured the height of children in UKS2. This information was used to inform individual child growth spurts. During growth spurts children can be susceptible to the following conditions;

Sever's disease - Sever's disease is a common cause of heel pain in children. It's caused by the muscles and tendons of the hamstrings and calves stretching and tightening in response to growth spurts. The stretching of the calf muscle pulls on the Achilles tendon. This pulls on the growing area of bone at the back of the heel (the growth plate), causing pain in the heel. The pain is further aggravated by activities such as football and gymnastics. The pain often develops at the side of the heel, but can also be felt under the heel. www.nhs.uk/Conditions/heel-pain/Pages/Causes.aspx

Osgood-Schlatter Disease - Osgood-Schlatter Disease (OSD) is an inflammation of the bone, cartilage, and/or tendon at the top of the shinbone (tibia), where the tendon from the kneecap (patella) attaches. Most often only one knee is affected. OSD usually strikes active children around the beginning of their growth spurts, the 2-year period during which they grow most rapidly. Growth spurts can begin any time between the ages of 8 and 13 for girls, or 10 and 15 for boys. OSD has been more common in boys, but as more girls participate in sports, this is changing. Growth spurts make kids vulnerable because their bones, muscles, and tendons are growing quickly and not always at the same time. With exercise, differences in size and strength between the muscle groups place unusual stress on the growth plate at the top of the shinbone. (A growth plate is a layer of cartilage near the end of a bone where most of the bone's growth occurs. It is weaker and more vulnerable to injury than the rest of the bone.) <http://kidshealth.org/en/parents/osgood.html>

Sports Day

Following extremely successful Sports Day in 2014/15 & 2015/16 the six event carousel system was again incorporated into the 2016 – 2017 Sports Day. Again every child from Nursery to Y6 took part. Nursery and Reception children, supported by Y6 helpers, enjoyed a four race series carousel in the morning. Nursery and reception races consisted of a flat sprint race, a sprint race over low hurdles, a race based on acceleration, deceleration skills and a novelty/fun race. The KS1 children's sports day, supported by Y6 helpers, involved a four race series including a sprint event over hurdles (50M), an endurance race (150M), a underarm target throwing event and a combined novelty race took place before lunchtime. The LKS2 sports day followed and the UKS2 Sports Day followed in the afternoon. As with previous sports days the KS2 children were placed in groups of 20 (5 X 4) differentiated by gender, team and ability led by a teacher and/or teaching assistant. The events were based on Olympic Hour and included an endurance run (300M), sprint hurdles over (50-60M) over 60cm hurdles, a medium distance flat race (150m), vortex (pull throw), football and netball accuracy skills, and a novelty obstacle event involving the egg & spoon race, sack race and an under over obstacle relay combined. This year Y6 children supported the LKS2 event, while Y4 children supported the UKS2 event. The UKS2 children were awarded points based on finishing positions in the running events, goals achieved in the skills events and metres thrown in the distance events. Gold, silver and bronze medals were awarded to the highest scoring three boys and three girls.