



SPORT AND PE IMPACT REPORT

2015 - 2016

PE & Sport Impact Report 2015 – 2016

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 Year 1-Year 6. The Coach also coordinates the clubs in school and leads a significant number of these. All school clubs lead by school staff are free to pupils. The Sports Coach liaises with other schools and sporting organisations to coordinate competitive sport.

The school has appointed a sports coach for three years running now. There has been significant impact each year but the longer term impact is clear.

PE and the National Curriculum (please see PE Curriculum Map on pg.3)

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. The focus within FMS is on 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, 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 Y2 PE lessons where these skills and aspects of

PE will feature in the learning of adapted games which employ simple tactics 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. 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”***. Invasion games such as TAG rugby, UNIHOC Hockey, OAA (Outdoor Adventurous Activities), circuit training and 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 range of invasion, net and wall and striking and fielding 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 2014 - 2015 the Year 3 children enjoyed two weeks of intense daily swimming sessions at the King Henry VIII School swimming pool in 2015 -2016. 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 week the more able children swam 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...”***

The less able children were taught to swim unaided. There were approximately 20 of these pupils. Some had never been swimming before. At the end of the week they were assessed by swimming unaided in any stroke over 25m. 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. A fun session was organised for the final session which was a carousel of three different activities including diving and water polo.

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.

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 aspects.

Year Groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 Friday AM	Fundamental Movement Skills (1) (SAQ & ABC) Agility, Balance & Co-ordination	Fundamental Movement Skills (1) (Ball Skills, Throwing and catching)	Gymnastics	Outdoor Adventure Activities (Team Building Games)	Invasion Games Ball Skills (1)	Net & Wall (Tennis) Outdoor Games (Running, Jumping & Throwing) (1)
Year 2 Wednesday PM	Fundamental Movement Skills (2) (SAQ & ABC)	Fundamental Movement Skills (2) (Throwing & Catching)	Gymnastics	Invasion Games Ball Skills (2)	Racquet Skills Racquet and Ball skills (1)	Outdoor Games (Running, Jumping & Throwing) (2)
Year 3 Tuesday PM	Invasion Games (UNIHOOC Hockey)	Fundamental Movement Skill (3) (Throwing & Catching)	Gymnastics	Ball Skills Ball Skills (3)	Swimming/Striking & Fielding (Rounders)	Net & Wall (Tennis) Athletics – Running, jumping and throwing
Year 4 Monday PM	Invasion Games (Netball)	Invasion Games (TAG Rugby)	Gymnastics	OAA Orienteering	Striking & Fielding (Cricket)	Net & Wall (Tennis) Athletics – Running, jumping and throwing
Year 5 Thursday PM	Striking & Fielding (Cricket)	Invasion Games (Sky Blues in the community/Netball)	Gymnastics & Circuit Training	OAA – Orienteering/Cycling (2 Weeks)	TAG Rugby (Wasps Coaches) (1 week)	Net & Wall (Tennis) Athletics
Year 6 Friday PM	Invasion Games (Hockey)	Invasion Games (2) High Fives(Netball)	Gymnastics & Circuit Training	OAA Orienteering	Striking & Fielding (Rounders)	Net & Wall (Tennis) Athletics

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 time pressure. The Sports Leader 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.

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.

School Intra Competitions

During the year 2015 – 2016 - thanks to parental and teacher support - we were able to offer high fives (adapted netball) to LKS2 and UKS2 girls. Consequently we were able to enter the local high fives league and play competitively against other schools. We were also able to field a UKS2 girl's football team in competitions as well as a mixed LKS2 football team. The table below highlights the number of friendly and competitive fixtures the school competed in in 2015 – 2016.

Year Group	Sport	Number of Games
LKS2 Boys	Football (inc. mixed)	7
UKS2 Girls	Netball (High Fives)	8
UKS2 Girls	Football	10
UKS2 Boys	Football	12
UKS2 Boys	Cricket	1
UKS2 Boys & Girls	Cross Country	3
UKS2 Boys & Girls	TAG Rugby	0
UKS2 Boys & Girls	Sports hall (athletics)	0
Cancelled Fixture	All Sports	3

Involvement in inter school competitions has increased in 2015 – 2016. St Christopher Primary School has taken part in the following competitions and events; (please see table below)

Sport	Event
UKS2 Boys Football	Coventry West Football League
UKS2 Boys Football	Harry Shaw Cup & Plate
UKS2 Girls Football	Dave Moore Shield
Running (Cross Country) Boys Race, Girls Race & Mixed Relay Races)	Coventry Primary XC Championships
Running (Boys & Girls)	Coventry Half Marathon Challenge
UKS2 High Fives Netball (Girls)	Coventry High Fives Netball League
UKS2 Boys Football	Indoor 4-a-side (Ryton Connexion)
LKS2 Boys Football	Allesley Hall Primary School 5-a-side

School Records

Cross Country

New School records were established during the 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 2015-2016 over 50 primary schools entered teams. St. Christopher had a record turnout allowing us to field 14 boys in the boy's race, 11 girls in the girl's race and two teams in each category of the relay races i.e. boys, girls and mixed relay races. In total we entered seven teams and six of the seven St. Christopher teams finished in the top ten. In the cross country relay team events; the mixed relay team **finished 4th overall**. The boys relay team **finished 5th overall**. Both teams established school records. In the boys race the team also finished in 4th place, a school record for the boys race with **LM (22nd)**, **DM (25th)** and **LG (26th)** all breaking the previous school record of in 2014 - 2015. A special mention went to **KH (Y5N)** who was accidentally tripped and fell on the start line of the girls races starting dead last in a field of girls in excess of 150. She recovered her composure and showed great endurance and resilience to finish in 15th place.

UKS2 Girls Football

The UKS2 girls football team came runner up in the Dave Moore Shield, on goal difference, to eventual winners Christ the King. The team also made the play-offs of the regional 7-a-side losing out narrowly to Christ the King once more. Christ the King went on to win the regional finals in Birmingham. The team went through the friendly and competitive fixtures of 2015-2016 losing only one game.

UKS2 Boys Football

The UKS2 boys football team reached the semi-finals of the Harry Shaw Cup before losing narrowly to Christ the King. They 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.

LKS2 Boys Football

The LKS2 boys football team entered a 5-a-side tournament at Allesley Primary school. The A team won the competition outright with the B team finished third overall.

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 impact reported 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. This meant that during the Spring Term 2015 for example **a record total of 352 children applied for a space in one of the 24 lunchtime and after school clubs** available for that term.

Thanks to support from staff and parents we were able to maintain this wide variety of options for the children throughout 2015 -2016. (Please see the following tables) Throughout the school year 2015 – 2016, ten week blocks of extra-curricular activities were made available to the children during all three terms.

As you can see from following tables the increase in activities for girls in particular has grown with the introduction of girls only **football** for year 2 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 attainment in intra sports competition this year. St. Christopher has enjoyed a record year in local sports competitions with boys and girls across KS2 excelling across several sports.

Finally, the PE policy was reviewed and in place at St. Christopher Primary School.

<u>Day</u>	<u>Activity</u>	<u>Numbers</u>	<u>Year Group</u>	<u>Leader</u>	<u>Changing Room</u>	<u>Venue</u>	<u>Leave Via</u>
Monday	Boys Football (Selected)	16	5 & 6	Mark Coyle	KS2 Hall	KS 2 Field	KS2 Hall
Monday	Boys Football	16	5 & 6	Gemma Potter	KS2 Hall	KS2 Field	KS2 Hall
<i>Monday</i>	<i>High Fives (Netball)</i>	<i>16</i>	<i>3 & 4</i>	<i>Alison Palmer</i>	<i>KS2 Dining Hall</i>	<i>KS 2 Playground</i>	<i>Main Reception</i>
Tuesday	High Fives (Netball)	20	5 & 6	Mark Coyle & Kerrie West	KS2 Dining Hall	KS 2 Playground	KS2 Hall
<i>Tuesday</i>	<i>Aerobics</i>	<i>16</i>	<i>4,5 & 6</i>	<i>Michelle Short</i>	<i>KS2 Hall</i>	<i>KS 2 Hall</i>	<i>Library Door</i>
<i>Tuesday</i>	<i>Cooking Club</i>	<i>10</i>	<i>1 & 2</i>	<i>Natalie Myers & Sarah Jack</i>	<i>Class Y2M</i>	<i>Class Y2M</i>	<i>Main Reception</i>
Wednesday	Girls Football	15	5 & 6	Mark Coyle	KS2 Cloakrooms	KS 2 Playground	Main Reception
Wednesday	Gymnastics	20	3,4,5,& 6	Little Tricks	KS2 Hall	KS2 Hall	KS2 Hall
Thursday	Boys Football (Selected)	16	2,3 & 4	Mark Coyle	KS2 Dining Hall	KS 2 Field	Library Door
Thursday	Boys Football	16	3 & 4	Jack Scullion	KS2 Dining Hall	KS 2 Field	Library Door
<i>Thursday</i>	<i>Girls Football (selected)</i>	<i>16</i>	<i>2 & 3,4</i>	<i>Lee O Connor</i>	<i>KS1 Dining Hall</i>	<i>KS 2 Field</i>	<i>Main Reception</i>
Thursday	Choir	25	3,4,5 & 6	Lizzie Lindsay	n/a	KS 2 Hall	KS2 Hall
Friday	Gymnastics	20	3,4,5,& 6	Little Tricks	KS2 Hall	KS2 Hall	KS2 Hall

Day	Activity	Time	Number of Children	Years	Leader	Changing Area	Venue
Monday	Football (Mixed)	12:30 – 12:55	12	2 & 3	Mark Coyle	KS1 Hall	KS2 Field/ KS1 Hall
Monday	Gymnastics*	12:00 – 12:40	n/a	3,4,5 & 6	Little Tricks	KS2 Hall	KS2 Hall
Tuesday	Tae-Kwon-do*	12:30 – 12:55	16	2 - 6	TSTUK	KS2 Hall	KS2 Hall
Tuesday	Cricket Club	12:30 – 12:55	16	4,5 & 6	Mark Coyle	Y5N (Boys) Y6L (Girls)	KS 2 Playground
Wednesday	Badminton	12:05 – 12:35	14	4,5 & 6	Mark Coyle	KS 2 Cloakrooms	KS2 Hall
Thursday	Dodge ball	12:30 – 12:55	20	3 & 4	Gemma Potter	KS1 Hall	KS2 Playground
Thursday	Gardening	12:30 – 12:55	12	4,5 & 6	Alison Iliff & Paul	N/A	Raised Beds
Thursday	Running Club	12:00 – 12:30	20	5 & 6	Kevin Tarn	Y5N (Boys) Y6L (Girls)	KS2 Field
Thursday	Running Club	12:00 – 12:30	20	3 & 4	Mark Coyle	Y4B (Girls) Y4 Cloakrooms (Boys)	KS2 Field
Friday	Gymnastics*	12:00 – 12:40	n/a	1 & 2	Little Tricks	KS1 Hall	KS1 Hall
Friday	Ipad & Computing Club	12:30 – 12:55	15	4 5 6	Raj Nagra	N/A	ICT Suite
Friday	Tennis*	12:20 – 12:55	n/a	3,4 5 & 6	External Coach	KS2 Hall	KS2 Hall

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 (see examples from Y5 in the following tables.) 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. (Please see below)

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 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>