



Bilsdale Midcable Chop Gate Church of England Primary School

PE and Sports Funding 2018-2019

What is School Sports Premium Grant?

The Sports Premium Grant is additional funding from the Government to improve provision of physical education (PE) and sport in primary schools. It is also for improving the health and well-being of primary pupils.

How much is the Sports Premium Grant?

Allocations for the academic year 2018/19 are calculated using the number of pupils in Years 1 to 6 and those age 5 in Reception, as recorded at the January census. At Bilsdale we will receive £12417. The table below shows how we are spending the allocation.

Target area	Cost details	Potential impact	Measured impact
Contribute to the cost of an SSCO for Stokesley schools to ensure commitment to interschool competition, and the development of sports through coaching across our cluster of schools and opportunities to extend into Level 3 school games.	£1,000	Pupils to participate in a variety of interschool games, competitions and festivals. Staff CPD.	Increased participation, motivation and enjoyment in sport activities, games and events including interschool competitions across all three key stages. Developed staff expertise including assessment system that integrates with whole school assessment system: Target Tracker.
Relax Kids	£1250	Pupils will receive one hour per week coaching from a qualified Relax Kids coach. Improved self-esteem and confidence gives young people tools to cope with stress, anxiety and fears Improves social skills	Pupils learn how to relax and de-stress, achieve goals, learn how to have positive and powerful thoughts, learn how to feel happy and learn how to feel great.

		and emotional literacy helps pupils to manage anger and emotions improved concentration and memory retention. Concentration games, mindful exercises, relaxation tips (breathing and self-massage) confidence - boosters visualisation and mindfulness.	
Youth Sport Trust Membership	£1100	<ul style="list-style-type: none"> • Engagement of all pupils in regular physical activity. • Raised profile of PE and sport across the school as a tool for whole school improvement. • Increased confidence, knowledge and skills of all staff in teaching PE and sport. • Broadened experience of a range of sports and activities offered to all pupils. • Increased participation in competitive sport 	<p>Pupils have engaged in regular physical activity.</p> <p>Children have engaged in competitive sports. They have developed a range of British Values (Teamwork, Resilience and Communication).</p>
Tranquil Treehouse	£1100	<p>Tranquillity</p> <p>During our tranquil time, we aim to let children just 'be'. We facilitate the process to allow children to be present, in the here and now, with clear, kind and relaxed minds. Our children's tranquillity practices are techniques that encourage and</p>	<p>At first, all pupils struggled to settle and listen to the softly spoken words from the mindfulness app. However this is something that is now requested by most of the pupils as they seem to cherish this quiet time where they can focus on</p>

		<p>develop concentration, clarity and self-esteem. They are also a vehicle to calmly see the true nature of things. We practice visualisation which is used at the end of meditation in some of our classes.</p> <p>Mindfulness meditation Mindfulness is a form of mediation. It is simply 'awareness' or 'paying attention on purpose'. The main aim of our mindfulness techniques is to help our children calmly acknowledge and accept their feelings, thoughts and bodily sensations. In a rapidly changing modern world, this is a critical skill children need to learn. Used in collaboration with stories, the mindfulness techniques are used to nurture the whole child; physically, mentally and emotionally.</p>	<p>themselves. Mindfulness has increased the time that pupils are able to stay calm and quiet, they have developed their breathing techniques and some of these skills have been transferred into both the classroom and on the yard.</p>
<p>Attendance at various sporting events in the area, including transport costs.</p> <p>Tag Rugby Multiskills X-Country Cricket Sportshall Athletics Quicksticks Hockey Netball Tennis Rounders Swimming Gala Aquasplash</p>	£770	Pupils to participate in a variety of interschool games, competitions and festivals.	Increased participation in school games and competitions across all three key stages.
Provision of weekly swimming and water safety lessons for all children with qualified instructors	£2966.20	Children are required to swim at least 25m before they leave primary school.	See swimming data below.

Forest School	£4228.80	<ul style="list-style-type: none"> • Building confidence and independence • Feeling empathy for others and nature • Increased levels of physical fitness • Health benefits (from being outside) - sunlight and soil microorganisms boost the body's levels of serotonin, the chemical linked to feelings of wellbeing, while vitamin D, which is essential for bone and muscle health, is also provided by the sun's rays. • Improved mental-health through maintaining a relationship with nature. This is helpful in supporting children's emotional and mental wellbeing. • Learning by experience • Exposure to manageable risk • Better sleep and mood • Learning about spiritual meaning 	<p>Children get to experience activities they may never have experienced before. Learn new skills. Encourages children to try something new.</p> <p>Parents and pupils say that Forest school is fantastic because it enables children to build resilience and problem solve, independently.</p> <p>Pupils with SEND, who often struggle to engage indoors, are able to excel outdoors (particularly in communication and interaction).</p>
Total spend	£12 415		

SWIMMING DATA 2018/19

81% of our Year 6 children can swim competently, confidently and proficiently over a distance of at least 25m.

81% of our Year 6 children can use a range of strokes effectively.

81% of our Year 6 children can perform safe, self-rescue in different water-based situations.

100% of our Year 5 children can swim competently, confidently and proficiently over a distance of at least 25m.

100% of our Year 5 children can use a range of strokes effectively.

88% of our Year 4 children can swim competently, confidently and proficiently over a distance of at least 25m.

88% of our Year 4 children can use a range of strokes effectively.

77% of our Year 3 children can swim competently, confidently and proficiently over a distance of at least 25m.

77% of our Year 3 children can use a range of strokes effectively.

All children from reception to Y6 swim for half an hour every week.