



## Harewood Junior School SDP Curriculum action plan review for P.E 2023/24

### **PRIORITY:**

- Continue to develop teacher's competence and confidence for teaching P.E, in a range of disciplines.
- Following the impact of the Covid-19 pandemic and its continual impact on our children's physical and mental health and wellbeing, the following objectives are high priority:
- Continue to increase opportunities for physical activity, particularly those identified as a concern.
- Continue to embed children's understanding of the importance of leading a healthy, active lifestyle. This includes understanding of the impact of physical activity on mental health and wellbeing.
- Continue to invest in equipment and resources to ensure that a range of physical education disciplines can be taught effectively.

### **SUCCESS CRITERIA:**

- Review staff strengths and weaknesses for the subject and provide further training for staff (CPD)
- Increase opportunities for daily physical activity.
- Continue to develop the school ethos around the importance of living a healthy, active lifestyle. With particular attention to the impact of physical activity of our physical and mental health and wellbeing.
- Focus on the provision of nutritious food in pupil lunchboxes.
- Audit PE equipment regularly, restock as needed and invest in additional resources to support high-quality lessons.

### **Funding Income/Expenses**

<b>Income:</b>		<b>Expenses</b>	
November 2023	£11387	Montague Sport, Curriculum development and CPD	£3838
May 2024	£8133	Montague Sport Athlete tracker	£3520
Carry forward from 2022-23	£1565	Gloucester Primary Sports (inter-school leagues / tournaments)	£170
		Supply cost for monitoring and analysis (1 day)	£200
		Supply costs for running whole school inter-house events (6 days)	£1200
		Supply costs for attending inter-school events (3 days)	£600
		Resources	£1948.39
Total	£21085	Trim Trail maintenance	£3200
Carry forward to next year	£125	Funding for 'Active Play' lunch time cover/org of resources	£6284
		Total	£20,960.39

	Action	Leader	Timescale	Resources/ cost	Monitoring arrangements	Progress and impact comments
Staff CPD needs and opportunity	<p>*Annual audit of staff strengths and weaknesses.</p> <p>*Overview of questionnaire/staff conferencing to identify specific areas which majority of staff lack confidence in.</p>	JB and NS	<p>Autumn 2023</p> <p>Autumn 2023</p>	<p>Questionnaire/ discussions = free</p> <p>P.E. coordinator time to analyse.</p>	<p>Questionnaire / staff conferencing.</p> <p>P.E coordinator to overview and monitor areas of need.</p>	<p>Completed annual audit in Autumn 2023.</p> <p>Football was identified as an area of need following last year's staff discussions. Staff reported that they were finding it difficult to teach football in y5 and y6 as lots of the children are more confident and skilful with the sport than they are. Following this, Montague sports delivered skills sessions (Autumn 2023) to build confidence in teaching staff, but also which could encourage confident children to take a leadership role in some lessons. Staff reported that the sessions provided helpful guidance and advice. They also reported more confidence for teaching this discipline and higher enjoyment during the lessons.</p> <p>Gymnastics was also been identified as an area of need. Through Montague Sports we were able to book an experienced gymnast to deliver CPD sessions to all teachers in Year 3 and Year 4. These sessions were particularly inspiring and all teachers (and many TAs who were supporting in these sessions) commented on how beneficial they were. This has helped teachers to develop their confidence for teaching this area of Physical Education.</p> <p>During pupil conferencing, pupils reported how much they enjoy their lessons with Mr Montague. Children report how they find these sessions fun and engaging. Therefore, the use of funding is effective to not only provide CPD for teachers, but also to inspire our pupils.</p> <p>Following staff reporting that they would like more opportunities develop their confidence further, staff meeting time was allocated to share good practise and have a go at many of the skills and games that we teach in PE lessons. It was also was time to revisit the skills taught during these coach-led sessions.</p> <p>Repeat this objective next year.</p>
	*Organise for lead teachers or coaches to work alongside staff to develop confidence.	JB, NS and AM	Ongoing throughout 2023/24 academic year.	Package through Montague Sports = £3838	Questionnaires/discussions with staff involved to establish effectiveness and impact.	Football was identified as an area of need following last year's staff discussions. Staff reported that they were finding it difficult to teach football in y5 and y6 as lots of the children are more confident and skilful with the sport than they are. Following this, Montague sports delivered skills sessions (Autumn 2023) to build confidence in teaching staff, but also which could encourage confident children to take a leadership role in some lessons. Staff reported that the sessions provided helpful guidance

					<p>and advice. They also reported more confidence for teaching this discipline and higher enjoyment during the lessons.</p> <p>Gymnastics was also been identified as an area of need. Through Montague Sports we were able to book an experienced gymnast to deliver CPD sessions to all teachers in Year 3 and Year 4. These sessions were particularly inspiring and all teachers (and many TAs who were supporting in these sessions) commented on how beneficial they were. This has helped teachers to develop their confidence for teaching this area of Physical Education.</p> <p>During pupil conferencing, pupils reported how much they enjoy their lessons with Mr Montague. Children report how they find these sessions fun and engaging. Therefore, the use of funding is effective to not only provide CPD for teachers, but also to inspire our pupils.</p> <p>Following staff reporting that they would like more opportunities develop their confidence further, staff meeting time was allocated to share good practise and have a go at many of the skills and games that we teach in PE lessons. It was also was time to revisit the skills taught during these coach-led sessions.</p> <p>Repeat this objective next year.</p>
*Staff meeting time/inset training to provide further training or for staff who have been involved in working with coaches/lead teachers to roll out their training to other staff.	JB, NS and AM	By the end of the academic year.	Staff meeting/inset time.	Questionnaire s/discussions with staff involved to establish effectiveness and impact.	*Staff meeting time was given to discuss the impact of CPD and share good practice. Teachers reported really enjoying this session and it was a boast for staff morale to play games with each other, as well as a good opportunity to share good ideas of games and skill-based activities. Staff then used the ideas in their PE lessons in the weeks that followed. This objective should continue, particularly as we have some new members of staff.
* PE coordinator to monitor effectiveness of PE teaching across all year groups and support colleagues as needed.	NS, JB and AM	Ongoing throughout 2023/24 academic year.	Release time for P.E coordinator. = approx. £200	P.E Lead to observe, feedback and work alongside staff in order to improve the quality of P.E across the school.	*PE coordinator has observed several PE lessons and also supported members of staff who lack confidence teaching the subject. Time has been given to provide this support and guidance. *Staff meeting time was given to share ideas, but also to discuss the importance of being prepared in PE lessons and how setting up the equipment before a lesson can help the lesson to be far more successful, particularly if you are managing a range of abilities and different behavioural needs. *Additional resources have been purchased to aid the teaching of PE in certain areas. *It was noticed that last-minute wet weather PE lessons were often not

						<p>delivered to such a high standard. To address this, the circuit training box was restocked and new cards printed off to provide a quick option, which engages pupils in continuous aerobic activity. New table tennis sets have also been purchased, which can be used on the tables in the hall and all children can engage in this activity and develop their skills. This has been particularly effective and both staff and pupils report high levels of enjoyment and quick progress of skills during these lessons.</p> <p>This objective should continue, particularly as we have some new members of staff.</p>
--	--	--	--	--	--	--

	Action	Leader	Timescale	Resources/cost	Monitoring arrangements	Progress comments
Increased opportunities for participation in physical activity	*Coaches, and staff following from previous CPD, to provide inspirational, engaging physical education lessons.	JB, NS and AM	Through out the year	Package through Montague Sports = £3838  Release time for P.E coordinator or additional staff to run inter-house events. = approx. £1200 in total	Subject lead to be involved with sessions to monitor delivery. Pupil conferencing to monitor impact.	In pupil conferencing, children mentioned how much they continue to enjoy the lessons taught by Mr Montague and his team: <i>'He is really good at sports and makes everything really fun for me.'</i> <i>'I didn't used to like football, but it was actually really good fun and I'm not bad at it.'</i> <i>'He has lots of energy and I like the different activities.'</i> <i>'I thought gymnastics was for girls, but the (male) coach was amazing and really strong. I want to start gymnastics club now.'</i> These few quotes show how much our children value these lessons: they find them fun, engaging and inspiring. Also, comments about how the children's perceptions of certain disciplines have changed shows the long-term impact for our children. This continues to work towards our aim for our pupils to have a life-long love of physical education and it's importance in living a healthy, active lifestyle. Therefore, the use of funding is highly effective to not only provide CPD for teachers, but also to inspire our pupils. To ensure sustainable impact, staff meeting time was given to share good practice, particularly to share guidance from CPD sessions. As part of our subject monitoring time, and to develop subject leaders, all staff were given time to observe their subject being taught across the school. The outcome of these observations was very positive and high-quality PE lessons were being taught in all year groups. This objective should continue, particularly as we have some new members of staff.
	*Additional sessions timetabled to form part of 'Healthy Active Lifestyle' days.	JB, NS and AM	Through out the year	Release time for P.E coordinator or additional staff to run inter-house events. = approx. £1200 in total	Healthy Active lead to monitor impact and plan for upcoming events.	Healthy Active days were carefully planned and ran throughout the year. Each day included an inter-house sports competition in addition to a lesson to teach the 'Healthy Active Lifestyle' PSHE objective that was in focus: <u>Term 1: Inter-house cross county competition.</u> All children took part in running laps of the school field for 10-15 minutes (depending on the year group). Each lap was recorded on their score card as a point for their house. The children loved this competition and most children really tried hard to score as many points as possible for their house, showing good perseverance and determination to continue running. They also enjoyed the team spirit and cheered for their peers

						<p>whilst they were running. This provided an opportunity for healthy competitiveness, sportsmanship and good sporting etiquette. Many staff also joined in to encourage the children and act as positive role models. Although this was a very successful event, it did highlight the need to develop many of our pupil's stamina: both their physical endurance and ability to mentally persevere. Therefore, we will look at opportunities to develop this throughout the year.</p> <p><u>Term 2: Inter-house penalty shoot-out.</u></p> <p>Throughout the day the children all took part in a range of football skills, including taking three penalties against a teacher. Each penalty scored was a point for their house. The children really enjoyed this event and it was another opportunity to develop good sporting etiquette and competitiveness as well as additional physical activity.</p> <p><u>Term 3: Mental Health Fortnight, so not additional 'Healthy Active' day or inter-house competition. However, a key focus during this week is the importance of physical activity for our mental and physical well-being.</u></p> <p><u>Term 4: Inter-house obstacle race.</u></p> <p>This activity was very popular and children particularly enjoyed racing against their peers to score points for their house. It provided another opportunity for additional physical activity, but also for building teamwork and healthy competitiveness.</p> <p><u>Term 6: Sports Days.</u></p> <p>Each year group enjoyed a whole day of sports activities. This included all children taking part in three track races, a number of field athletics events and a long-distance run. Each day was superbly organised and well-supported by our families. With a range of activities, it was very inclusive and all children took part in each activity. This not only provided a full-day of physical activity, but highlighted our children's positive attitude to sport and sporting values.</p> <p><b>This objective will continue next year.</b></p>
	*Additional opportunities for physical activity in other lessons.	JB, NS AM	Through out the year	Staff meeting/ inset time  Subject leader release time	Lesion observations and discussions with staff	Some staff are very creative in using physical activities to help teach lesson objectives in other curriculum areas. For example, in a maths lesson (which was informally observed) children were reciting times tables whilst throwing and catching a ball. Another example was using a running game to learn about grid references and also a practical activity to learn about the journey of blood through our circulatory system.

<p>*Staff CPD to encourage regular physical activity opportunities in addition to P.E lessons.</p>	<p>JB, NS AM</p>	<p>Through out the year</p>	<p>Staff meeting/inset time  Subject leader release time</p>	<p>Questionnaire s/discussions with staff involved to establish effectiveness and impact.</p>	<p>Some staff meeting time was allocated to provide staff with quick reminders of brain-break opportunities to encourage short-bursts of physical activity and using physical skills to help teach in cross-curricular subject areas. However, not all staff were present during this time so providing this short CPD will be a priority for next year.</p>
<p>*Active Play lead to continue to organise opportunities for children to engage in physical activity at lunchtimes.</p>	<p>AM, NS, JT, MN, AF</p>	<p>Through out the year</p>	<p>£6284  Trim trail £3000</p>	<p>Monitor number of playtime incidents.  Discussions with midday supervisors and children to monitor effectiveness.</p>	<p>Despite significant staffing changes, and periods of time without Active Play being led as planned, our provision is now developing and is well-supported by other midday supervisors. A range of equipment and rota of games has been organised for different days. This is popular both with staff and our Year 3 and Year 4 pupils. The restructure of our school buddy rota is also going well. These systems now need to embed over the next academic year. Opportunities for Active Play are less effective in upper school. This is partly because the children do not seem as willing to engage in activities which are organised by the staff. The impact of changes with lunchtime staff on this playground has also had more impact. However, most children are engaging in 'Active play' by using the equipment and playing their own playground games. Exploring opportunities to develop this next year will be a priority. Repair and maintenance to our trim trail has also helped to ensure that children have the opportunity to engage in 'Active Play.' This objective will continue next year.</p>
<p>*Trial ways to adapt The Daily Mile initiative, or find an alternative, which suits our children and staff.</p>	<p>NS, JB, AM, Midday supervisors, Active Play lead to lead.</p>	<p>Through out the year</p>	<p>Cost of Active Play lead lunchtime salary  NS or JB release time if needed.</p>	<p>Monitor number of playtime incidents. Discussions with midday supervisors and children to monitor effectiveness. Monitor general fitness attitudes of</p>	<p>This is still yet to be achieved. Other issues have been of higher priority last academic year. The huge pressures to fit in all other curriculum areas also makes it difficult for teacher to earmark the time for this. This is something that we still need to discuss as a staff. However, although not an alternative to The Daily Mile, our PE coordinator has continued to develop 'Fitness Fridays'. He has organised resource backs and provided training for our Sports Council representatives, who have been responsible for leading these activities on a Friday lunchtime. These activities have been specifically chosen to develop certain fitness disciplines which are monitored by our annual fitness assessments. This was only introduced in the Summer Term of 2023, but is now well-embedded. Our Sports Council representatives reported enjoying the leadership opportunities and the children who</p>

				children.	chose to take part really engaged with the activities.
<p>*Fitness Fridays: Sports Captains to lead fitness games with their peers every Friday lunchtime. A bag of resources and training to be provided. This will encourage more children to engage in physical activity at lunchtime and develop leadership skills. Some of the games will also help to improve children's specific fitness skills, which are linked to the annual fitness test activities.</p>	JB, AM, NS and active play lead.	Through out the year.	Cost of JB release time to provide training: approx. £100 for half a day.	Monitor number of playtime incidents. Discussions with midday supervisors and children to monitor effectiveness. Monitor general fitness attitudes of children.	<p>'Fitness Fridays' is now well-developed. Our PE coordinator organised resource backs and provided training for our Sports Council representatives, who have been responsible for leading these activities on a Friday lunchtime. These activities have been specifically chosen to develop certain fitness disciplines which are monitored by our annual fitness assessments. This was only introduced in the Summer Term of 2023, but is now well-embedded. Our Sports Council representatives reported enjoying the leadership opportunities and the children who chose to take part really engaged with the activities.</p> <p>The annual fitness tests show a positive trend with most pupils making good progress in the areas tested.</p> <p>Objective to continue next year.</p>
<p>*Continue to offer extra-curricular opportunities and explore possibilities for engaging more of our children in extra-curricular physical activity.</p>	NS, JB, AM	Through out the year	<p>Teacher time to deliver extra-curricular clubs.</p> <p>Possibility of clubs being run by outside companies, which may be part or full-funded by the school.</p>	Discussions with staff and children to discuss additional possibilities.	<p>ALL children were offered the opportunity to take part in at least one extra-curricular activity. This included lunchtime and after school clubs. All activities were focussed on improving children's health and wellbeing; including social interaction, physical and emotional wellbeing and mental health. To ensure a better range of sporting clubs on offer across the school, the PE coordinator has reorganised the clubs that he provided. This focussed on children who are very able in some sporting disciplines, in addition to providing opportunities for some of our children with additional needs. These are the figures to show the % of children who took part in at least one extra-curricular club. These were not always clubs which involved physical activity, but all focussed on pupil health and wellbeing. These clubs took part, before school, at lunchtimes, and after school and show that a high % of our children engaged in extra-curricular opportunities.</p> <p>Y3 (2023 intake) = 78%</p> <p>Y4 (2022 intake) = 79%</p> <p>Y5 (2021 intake) = 87%</p> <p>Y6 (2020 intake) = 86%</p> <p>This action continues to be an ongoing priority for next year. Rising costs for extra-curricular activities will impact on children's mental and physical wellbeing. Therefore we are committed to ensuring that we provide these opportunities for children in our school.</p>



	Action	Leader	Timescale	Resources/cost	Monitoring arrangements	Progress comments
Embed understanding of importance of leading a healthy, active lifestyle	*Staff to provide inspirational, engaging physical education lessons.	JB and NS, and AM	Through out the year	Package through Montague Sports = £3838  Release time for P.E coordinator or additional staff members to organise and lead whole school events = £1200.	Subject leads to be involved with sessions to monitor delivery. Pupil conferencing to monitor impact.	*PE coordinator has observed several PE lessons and also supported members of staff who lack confidence teaching the subject. Time has been given to provide this support and guidance. *Staff meeting time was given to share ideas, but also to discuss the importance of being prepared in PE lessons and how setting up the equipment before a lesson can help the lesson to be far more successful, particularly if you are managing a range of abilities and different behavioural needs. *Additional resources have been purchased to aid the teaching of PE in certain areas. *It was noticed that last-minute wet weather PE lessons were often not delivered to such a high standard. To address this, the circuit training box was restocked and new cards printed off to provide a quick option, which engages pupils in continuous aerobic activity. New table tennis sets have also been purchased, which can be used on the tables in the hall and all children can engage in this activity and develop their skills. This has been particularly effective and both staff and pupils report high levels of enjoyment and quick progress of skills during these lessons. This objective should continue, particularly as we have some new members of staff.
	*Healthy Active Lifestyle Days are to be timetabled for each half term. Each day will focus on a different element of 'Healthy Active Lifesyles'. This will incorporate specific needs in addition to discussion about children's physical and mental health and wellbeing. Each day will also include an inter-house school sporting event. These include: cross country; penalty shoot-out; obstacle races and sports days.	NS, JB and AM	One per term, except Term 3 (Mental Health Fortnight)	Release time for P.E coordinator or additional staff members to organise and lead whole school events = £1200	Subject leads to be involved with sessions to monitor delivery. Pupil conferencing to monitor impact.	Healthy Active days were carefully planned and ran throughout the year. Each day included an inter-house sports competition in addition to a lesson to teach the 'Healthy Active Lifestyle' PSHE objective that was in focus: <u>Term 1: What is a 'healthy, balanced diet' and why is it important?</u> Following this day, in pupil conferencing, the PSHE leader asked children about what a healthy, balanced diet is and why it is important. Overall, the responses were very accurate and children were able to speak particularly about the different food groups and their nutritional importance. <u>Inter-house cross county competition.</u> All children took part in running laps of the school field for 10-15 minutes (depending on the year group). Each lap was recorded on their score card as a point for their house. The children loved this competition and most children really tried hard to score as many points as possible for their

					<p>house, showing good perseverance and determination to continue running. They also enjoyed the team spirit and cheered for their peers whilst they were running. This provided an opportunity for healthy competitiveness, sportsmanship and good sporting etiquette. Many staff also joined in to encourage the children and act as positive role models. Although this was a very successful event, it did highlight the need to develop many of our pupil's stamina: both their physical endurance and ability to mentally persevere. Therefore, we will look at opportunities to develop this throughout the year.</p> <p><u>Term 2: Why is exercise important in leading a healthy active lifestyle?</u> Following this day, during pupil conferencing, children across the school were able to explain the benefits of physical activity. They commented on the impact that it can have for maintaining a healthy weight, keeping our heart healthy and also for our fun and enjoyment.</p> <p><u>Inter-house penalty shoot-out.</u> Throughout the day the children all took part in a range of football skills, including taking three penalties against a teacher. Each penalty scored was a point for their house. The children really enjoyed this event and it was another opportunity to develop good sporting etiquette and competitiveness as well as additional physical activity.</p> <p><u>Term 3: Mental Health Fortnight.</u> Following this focussed week, many children were able to talk about how physical activity is important for our mental wellbeing. Some children commented on our it can help to cope with stress and other emotions. Some children also commented on the social benefits of physical activity such as making friends and having fun.</p> <p><u>Term 4: Healthy Lifestyle choices</u> Children were able to recap prior learning about eating a healthy, balanced diet and discuss the importance of exercise. They were also able to discuss the importance of having enough sleep, not having too much screen time, basic hygiene routines and ways to try to reduce our chances of getting ill.</p> <p><u>Inter-house obstacle race.</u> This activity was very popular and children particularly enjoyed racing against their peers to score points for their house. It provided another opportunity for additional physical activity, but also for building teamwork and healthy competitiveness.</p>
--	--	--	--	--	--

					<p><u>Term 5: Emergency procedure and Basic First Aid</u> In different year groups, children learnt about a range of basic first aid principles and how to ask for help in an emergency. Initially children were able to discuss what they have learned, but pupil conferring about this has not yet taken place to monitor longer impact.</p> <p><u>Term 6: Summer Safety</u> Children discussed certain elements of summer safety such as wearing sun cream and drinking plenty of water on hot days. We also discussed water safety. Pupil conferring about this has not yet taken place to monitor the impact.</p> <p><u>Sports Days.</u> Each year group enjoyed a whole day of sports activities. This included all children taking part in three track races, a number of field athletics events and a long-distance run. Each day was superbly organised and well-supported by our families. With a range of activities, it was very inclusive and all children took part in each activity. This not only provided a full-day of physical activity, but highlighted our children's positive attitude to sport and sporting values.</p> <p><b>This objective will continue next year.</b></p>
<p>*Assemblies to highlight the importance of leading a healthy, active lifestyle. This will include ongoing consideration for the long-lasting impact that Covid-19 had on our children's physical and mental health and wellbeing. Possibility of guest speakers to emphasise these messages and provide inspiration for our children.</p>	All staff	Ongoing	Possible cost of guest speakers.	Assembly overview and discussion with children.	<p>There were two focussed assemblies to highlight this message, including one during our mental health fortnight.</p> <p>This has raised the profile of the importance of healthy lifestyle choices and we have seen a short-term increase in children's understanding of leading a healthy, active lifestyle. We have also noticed short-term improvements in related behaviour, such as healthier lunchbox choices and children engaging in more active play and sporting opportunities.</p> <p>During pupil conferencing, children were able to talk in detail about the health and wellbeing benefits from leading healthy, active lifestyles. This has started to embed the ethos of the importance of leading healthy, active lives, and emphasised its importance on our physical and mental health and well-being.</p> <p>Initial impact following lessons and assemblies is always evident. To ensure long-lasting impact this objective will continue.</p> <p>For long-term impact, the message needs to continue regularly in assemblies and in lessons. The message also needs an even higher profile in our day-to-day school environment and ethos. This action is an ongoing priority for next year, as we continue to notice the impact of Covid-19 on</p>

						<p>mental and physical health of our pupils.</p> <p>It is also high priority due to the cost of living crisis and the likelihood of families struggling to provide healthy, balanced meals for their children. The knock-on impact of possible restrictions to children's extra-curricular opportunities as a result of rising costs is also likely to have an impact on children's mental and physical wellbeing.</p> <p>We welcomed a guest speaker, a professional rock-climber and fitness enthusiast. The children were inspired by his engaging assembly and asked lots of thoughtful questions afterwards.</p> <p>Repeat this objective next year.</p>
<p>*Teachers to embed the importance of leading a healthy, active lifestyle by encouraging children to make healthy choices. This will include ongoing consideration for the impact that Covid-19 had on our children's physical and mental health and wellbeing.</p>	All staff.	Ongoing	Free.	Lesson observations, learning walks, pupil conferencing.	<p>Healthy Active Days were successful (see above) and through pupil conferencing children were able to discuss what they had learnt afterwards.</p> <p>Additional PSHE and science lessons continue to embed these messages and many conversations in class.</p> <p>Mental Health Fortnight continued to be successful. Staff reported a raise in mood and attitudes of their children during this fortnight, and for a time afterwards.</p> <p>Pupils reported feeling happy and confident talking about their emotions. Some pupils were also able to identify signs that they were feeling down, or anxious, and strategies that they could do to improve their own mental wellbeing.</p> <p>This has started to embed the ethos of the importance of leading healthy, active lives and emphasised its importance on our physical and mental health and well-being.</p> <p>This will continue to be of high priority this year as we continue to notice the long-lasting impacts of the Covid-19 pandemic. The cost of living crisis and additional stresses that children may be affected by, will also emphasise the importance of encouraging our children to take care of their health and wellbeing.</p>	
<p>*Continue to highlight the importance of healthy active lifestyles to our parents. For example, on newsletters and as a focus for half-termly coffee mornings. This will include ongoing consideration</p>	AF and AM	Various points through out the year.	free	Pupil conferencing. Discussion with parents.	<p>Parent-child cooking workshops were offered to targeted families. The feedback from these sessions was excellent. These will be offered again next academic year.</p> <p>Messages about healthy living and learning, keeping active, and our mental and physical well-being have been communicated regularly to parents through newsletters and focussed resources. This will continue as this remains a school priority.</p>	

<p>for the impact that Covid-19 had on our children's physical and mental health and wellbeing.</p>					
<p>*Focus on the provision of nutritious food in pupil lunchboxes. Staff to raise awareness with their classes, and possibly bring back initiatives such as healthy lunchbox tokens.</p>	<p>All staff.</p>	<p>Through out the year.</p>	<p>Lesson or assembly time, time of staff to implements initiatives.</p>		<p>This has not been completed due to sensitivities around the cost of certain foods during the cost of living crisis. We will look at alternative ways to promote healthy lunchboxes without offending some of our families.</p>
<p>*Mental health fortnight to include key focus on the importance of leading healthy, active lifestyles. This will include ongoing consideration for the impact that Covid-19 had on our children's physical and mental health and wellbeing.</p>	<p>All staff</p>	<p>Spring term</p>	<p>Lesson time.</p>	<p>Discussions with children during the week and questionnaires to monitor understanding .</p>	<p>Mental Health Fortnight continued to be successful. Staff reported a raise in mood and attitudes of their children during this fortnight, and for a time afterwards. Pupils reported feeling happy and confident talking about their emotions. Some pupils were also able to identify signs that they were feeling down, or anxious, and strategies that they could do to improve their own mental wellbeing. This has started to embed the ethos of the importance of leading healthy, active lives and emphasised its importance on our physical and mental health and well-being. This will continue to be of high priority this year as we continue to notice the long-lasting impacts of the Covid-19 pandemic. The cost of living crisis and additional stresses that children may be affected by, will also emphasise the importance of encouraging our children to take care of their health and wellbeing.</p>
<p>*Fitness tests to raise awareness of the importance of staying active, and to monitor children's progress over time</p>	<p>AM, JB and NS</p>	<p>End of academi c year</p>	<p>Montague Sports Package £3520</p>	<p>Online tracking system and pupil conferencing.</p>	<p>Montague Sports ran fitness test for every child in the school, monitoring their scores in a variety of disciplines. Every child's score was then recorded and reported using an online tracking system. This allows each class teacher to view their pupils and plan for any opportunities to develop their specific skills. This has already had an impact on targeting some children for intervention for extra-curricular opportunities. Pupils reported really enjoying these sessions and trying some of the activities at home. The coaches also discussed the importance of leading a healthy, active lifestyle, which reinforced the messages that we have been teaching the children in class. By continually reminding pupils of this, it will help to embed the message in our school ethos.</p>

						<p>We were able to track our children from the tests which were completed the year before. We have seen an overall trend of increased scores across the disciplines and certain children have made exceptional progress to some areas.</p> <p>Repeat this annually.</p> <p>Our PE coordinator has embedded 'Fitness Fridays'. He has organised resource backs and provided training for our Sports Council representatives, who have been responsible for leading these activities on a Friday lunchtime. These activities have been specifically chosen to develop certain fitness disciplines which are monitored by our annual fitness assessments. This was only introduced in the Summer Term of 2023, but will continue this academic year. Our Sports Council representatives reported enjoying the leadership opportunities and the children who chose to take part really engaged with the activities.</p>
	<p>*Trial ways to adapt The Daily Mile initiative, or find an alternative, which suits our children and staff.</p>	<p>NS, JB Midday supervisors, active play lead.</p>	<p>Through the year</p>	<p>Cost of active lead lunchtime salary</p> <p>NS or JB release time if needed.</p>	<p>Monitor number of playtime incidents.</p> <p>Discussions with midday supervisors and children to monitor effectiveness.</p> <p>Monitor general fitness attitudes of children during this time.</p>	<p>This is still yet to be achieved. Other issues have been of higher priority last academic year. The huge pressures to fit in all other curriculum areas also makes it difficult for teacher to earmark the time for this. This is something that we still need to discuss as a staff.</p> <p>However, although not an alternative to The Daily Mile, our PE coordinator has continued to develop 'Fitness Fridays'. He has organised resource backs and provided training for our Sports Council representatives, who have been responsible for leading these activities on a Friday lunchtime. These activities have been specifically chosen to develop certain fitness disciplines which are monitored by our annual fitness assessments. This was only introduced in the Summer Term of 2023, but is now well-embedded. Our Sports Council representatives reported enjoying the leadership opportunities and the children who chose to take part really engaged with the activities.</p>
	<p>*Fitness Fridays to continue. Sports Council representatives to lead fitness games with their peers every Friday lunchtime. A bag of resources</p>	<p>JB, AM, NS and active play lead.</p>	<p>Through out the year.</p>	<p>Cost of JB release time to provide training:</p>	<p>Monitor number of playtime incidents.</p>	<p>'Fitness Fridays' is now well-developed. Our PE coordinator organised resource backs and provided training for our Sports Council representatives, who have been responsible for leading these activities on a Friday lunchtime. These activities have been specifically chosen to develop certain fitness disciplines which are monitored by our annual</p>

	<p>and training to be provided. This will encourage more children to engage in physical activity at lunchtime and also develop leadership skills. Some of the fitness games will also help to improve children's specific fitness skills, which are linked to the annual fitness test activities.</p>			<p>approx. £100 for half a day.</p>	<p>Discussions with midday supervisors and children to monitor effectiveness.</p> <p>Monitor general fitness attitudes of children.</p>	<p>fitness assessments. This was only introduced in the Summer Term of 2023, but is now well-embedded. Our Sports Council representatives reported enjoying the leadership opportunities and the children who chose to take part really engaged with the activities.</p> <p>The annual fitness tests show a positive trend with most pupils making good progress in the areas tested.</p> <p>Objective to continue next year.</p>
Resources	<p>*Invest in resources to allow high-quality provision of PE lessons to continue in a range of disciplines.</p>	NS JB	ongoing	£2000	<p>NS, JB and Active Play Lead to monitor stock and request order of more equipment as needed.</p>	<p>A range of resources have been purchased to allow high-quality PE lessons to be delivered consistently. Resources have also been selected to allow adaptations for children where needed. Storage for these resources has also been improved to ensure that teachers have easy access to the equipment that they need. This objective will be ongoing to replace equipment as and when needed, to ensure that high-quality lessons can continue to be delivered.</p> <p>It was noticed that last-minute wet weather PE lessons were often not delivered to such a high standard. To address this, the circuit training box was restocked and new cards printed off to provide a quick option, which engages pupils in continuous aerobic activity. New table tennis sets have also been purchased, which can be used on the tables in the hall and all children can engage in this activity and develop their skills. This has been particularly effective and both staff and pupils report high levels of enjoyment and quick progress of skills during these lessons.</p>

**Notes and Evaluation – when reviewed at the end of the annual funding cycle.**

Objectives in blue have been achieved, but are ongoing.

Objectives in green are completed and no further action is required.

Objectives in orange have not yet been fully achieved.