

## Sports Funding 2019 - 2020

Here at Stanhope Barrington CofE Primary School we believe that sporting activities play a vital part in promoting social inclusion, healthy lifestyles and self confidence in our pupils. In addition, research shows that physical activity aids emotional well-being and mental health. We want all children to enjoy sporting activities and continue to engage with these throughout their lives.

For the financial year 2019 – 2020 we have been allocated £16,994 for PE and Sports funding. This funding provided jointly by the Department for Education, Health and Culture, Media and Sport – is allocated to primary head teachers and is ring fenced and can only be spent on provision of PE and Sport in school.

At Stanhope Barrington CofE Primary School, PE and sport is high priority and we have a range of provisions in place throughout the school day and after school. Our Sports coordinator, Mrs Howes is an experienced teacher in a sporting environment and has the drive and dedication to seek the best opportunities for our children.

In Stanhope Barrington, our aim is to maintain the quality and quantity of sports events and after school clubs, continue to participate in intra and inter school competitions, as well as to raise the opportunities for pupils to try different activities whilst increasing participation in physical activities.

The additional funding has enabled us to invite a range of sporting activities into school to broaden pupil's interests such as circus skills, martial arts, dance, climbing, outdoor adventure sports and cheerleading.



**Sam enjoying the Zipwire at Kingswood**

Since the scheme started in 2013, we have seen massive improvements in sporting opportunities in our rural area with numbers of children participating in a sporting activity having more than doubled. The introduction of Martial Arts at Frosterley, Street Dance at Tow Law, Ball Games at Wolsingham and Swimming at Stanhope along with many more have encouraged our children to be much more active. In addition, many more games, clubs and activities are planned and operating during school holidays. This is a real bonus as children can continue fitness levels and preparation for clubs that may be closed during holiday periods and school breaks.

Through sports and physical activities we aim to develop a greater awareness in pupils of health dangers such as obesity, smoking, poor diet and other factors which have a detrimental effect on health and well-being. In Stanhope Barrington we now offer children the opportunity to work during the week with teenagers, school nurses and other specialists to understand the importance of being healthy and looking after our body. In the winter months we used some of the sports fund to invite professional football coaches from Blackburn Rovers to our school. From a physical point of view, the coaches trained 158 of our children from nursery age to Y6 just as they would with the millionaires at Ewood Park. However, we felt one of the main objectives was to educate our older children regarding a healthy life style. The coaches made comparisons with food and drink a professional footballer would eat compared to the food and drink the children's parents would be more likely to eat. Also discussed was the variety of food choice in football clubs today due to the influx of players from every part of the world. The example of this was the different kinds of rice players would eat. Players from China, Spain and South America would all have a different preference on what type of rice would be best for them. Staff also discussed stretching, warm ups, digestion times, sleep patterns and many more things to ensure firm messages got across to the children to make them realise if they wanted to do well in any kind of sport at any level they would need to look after themselves. This was a fantastic opportunity for the children and one they would not have benefitted from had we not had the sports fund in place to subsidise the cost of such events. Thanks to the contacts we have at Blackburn Rovers, from September 2017, the club has offered some bespoke training for our staff in school and down at Rovers academy training facility in Blackburn. The objective is to look at movement, balance and keeping healthy as well as getting staff and children to understand basic physiotherapy and why injuries can occur. This is a fantastic opportunity and I will be inviting other staff from local primary schools in our location to this training as it will enable us to be at the forefront of any new ideas suitable for the professional athlete.



**Stanhope visit Ewood Park**



**Blackburn Rovers at Stanhope**

One day a week we buy in sport from Durham County. Our sports specialist runs additional PE events before school, through break times and after school including intra school tournaments as well as delivering a holistic PE and sports curriculum to all pupils. We are working to give our children a solid grounding in sports whilst raising their understanding of the crucial role sports activity has in maintaining a healthy lifestyle. To continue to provide the best opportunities possible, all breakfast, lunchtime and after school supervisors from Stanhope Barrington were given relevant CPD training so that games and activities during all breaks are delivered to the best standard possible. These members of staff will then get the opportunity to work with our sports specialist to ensure sporting cohesion runs throughout the school during as much of the day as possible. In addition, Mrs Howes appoints a team of PALS (Playtime Leaders) from Class 5 who set up games and activities at playtime and lunchtime and seek to engage younger children in physical activity. This team are given a specific allocation from the sports funding in order to choose play equipment for the yard which ensures pupil voice is taken into account when purchasing sports equipment.

From September 2019 we have allocated a link Governor (Mrs Stenbridge) to work with Mrs Howes (PE Co-ordinator) to develop PE across the school.

We work closely with parents and our local community and recently The Friends of Stanhope Barrington held a fundraising Ceilidh in order to raise money for the PTA. This event was so popular that we went on to book a Ceilidh in school whereby every child took part in a 45minute session of fun, music and dance. Although the focus was to have fun, the leading specialist trainer discussed balance, co-ordination and the importance of being fit and healthy through exercise and a healthy diet.

Our PE curriculum is fully inclusive and benefits all of our children to develop their fine and gross motor skills. We deliver specific interventions for children with SEND using sport, activity and fun to develop and meet their individual needs identified in their School Support Plans or EHCP's (Educational Health & Care Plans).

We find that offering a range of different sports and after school clubs helps to develop resilience as our children love to try new adventures and are willing to give

more unusual sports a go. In 2019-2020 we will ensure our staff team receiving CPD (Continuing Professional Development) in a range of different sports in order to allow them to deliver after-school clubs, such as badminton, head tennis and new-age Kurling.

Whilst the funding is a welcome contribution to the promotion of sports, PE and healthy lifestyles the school makes significant additional contributions to the promotion of this area of the curriculum. We have also gained sponsorship and donations for equipment through a number of different schemes and have identified future opportunities to raise money to enable our children to have fantastic experiences many schools are not able to offer.

### **Allocation of funding 2019-20 for Sports, PE and Promoting Healthy Lifestyles**

Total number of pupils benefitting as of September 2019 = 184

Amount of Government Funding received for 2019-20 = £16994

Total amount of funding to be received over five financial years 2013-20 = £81,000.00

#### **The Sports Funding has been allocated against:**

- Part payment of salary for PE and sports coach to deliver a wide and varied sports curriculum and model good quality PE teaching to staff
- CPD for staff to enhance skills
- Coaches attendance at a conference to ensure the range of activities on offer is outstanding and of high quality. We continue to support two County Durham Sports Apprentices who use our school as a base.
- Provision of a range of one day events to broaden pupils experience of sports such as Ceilidh, Judo sessions, Basketball training from Newcastle University, Quad kids, KS1 Athletics Festival and All Stars Cricket hosted at our school.
- We have also held a Hockey taster day which was so popular that we are now trying to arrange an after school club.



### **The whole school enjoy a Hockey taster day**

- An increase in availability of the swimming facility to enable pupils in year 3 and 4 to visit more frequently
- PE and sports equipment
- CPD for sports coach and apprentices to train in swimming coaching to support pupils in swimming lessons
- Attendance of KS2 children at Weardale Adventure Centre who experienced Gorge Walking for the first time.
- Year 5&6 Children attending Kingswood outdoor residential visit where they experience a huge range of outdoor activities and sports.



### **Having fun at the Ultimate Air trampoline park**

- Provision of clog dancing lessons, tap dancing and folk dancing.



### **Clog Dancing at Stanhope Barrington**

- Participation in the Early Years Multi-skills programme.
- Invested in ipads so that the children can use ICT to record activities and improve their performances.
- We have invested heavily in a new Outdoor Activity Trail in our EYFS area in order to ensure our youngest children will continue to develop their gross motor skills (known as The Neesham Trail).



### **Mrs Neesham opening our EYFS activity trail – The Neesham Trail – in memory of her husband Tom**

- We have arranged for specialist motor skills professionals to work with our children who have identified SEND with regard to movement and co-ordination.
- Our Lunchtime supervisors have received mediation and games training from a company called BIG (Bullying Intervention Group) to allow them to engage children in physical activity.
- Similarly we will be training our PALS (Playtime Leaders) to run activity stations around the outdoor area to engage children in physical activity during break times.
- For Children In Need this year our PALS organised and ran a sponsored obstacle course which raised money for a national charity.
- In 2018-2019 we invested in extensive den building equipment which this year we used to run an after school club.
- This year we been delighted to work with one of our parents who is trained in Forest Schools and she has run some Forest School sessions for us. This is an excellent resource which we would like to expand in 2019-2020.



**Forest Schools led by a parent (Mrs Sawyer) supported by  
Mrs Stembridge – PE Link Governor**

- Another area of parental engagement is found during the summer term when we run our Morning Mile Initiative whereby children and parents come along at 8.30am and either run or walk a mile before school begins. This is a very popular activity and is very well attended by children and adults alike.
- In 2019 we signed up to the Active 30, an initiative by Durham County Council. We are committed to ensuring every child achieves 30 minutes of physical exercise every day.
- One of our parents runs her own Dance School and a significant number of our children now attend her classes. In addition, she supports the school by organising performances at our Summer Fair.



**The Claire Wright Dance School performing at our Summer Fair**

- This dance school also provides dancers for local performances such as pantomimes which includes children who attend our school. They also provide dance teams to support music festivals.
- In 2018-2019 all classes in KS2 attended swimming lessons at our local pool and 100% of our Year 6 children achieved their target of being able to swim 25m.
- In addition, we provided water safety sessions for all KS2 children to ensure an understanding of how to keep themselves safe and how to avoid Cold Water Shock.

## **Objectives for Initiatives:**

- To develop an enjoyment of sport and physical activity and promote a healthy lifestyle in children from an early age;
- To inspire children to take up sport by offering a taste of a broad range of different sporting activities.
- To teach children how beneficial physical activity is to their emotional well-being and mental health.
- To encourage children to build resilience and stamina.
- To support all pupils to realise their ambitions and identify their skills and talents and embrace these;
- To educate all pupils in how to maintain a healthy lifestyle and use sports activities to maintain good health and develop social skills;
- To facilitate children in establishing and maintaining new friendships and team skills.
- To ensure that children are exposed to a competitive environment.
- To provide opportunities for SEND children to access sport and games.

## **Breakdown of money to be spent or allocated during the academic year 2019 – 2020**

- Durham County Sports Coaches for curriculum and Holiday Club – £4,250
- Circus Skills Workshop - £300
- Ceilidh Workshop - £300
- Transport Costs – £1,000
- Professional Premiership Football Coaches (Blackburn Rovers) – £800
- Staff Training (CPD) - £1,000
- Badminton Course - £285
- Badminton Equipment £500
- Residential trip (Travel costs) - £500
- Training for Lunchtime Supervisors - £650
- Develop role of PALS (Playtime Leaders) - £500
- Purchase of Forest Schools Equipment - £2,000
- Purchase of new football goals - £1,000
- EYFS Activity Trail - £5,000
- PALS budget - £200

Any additional costs will be met by the school budget.

## **Impact on Children & Staff**

Since September 2013 there has been a significant increase in the number of children in our school who are now participating in sports activities, either through curriculum time, breakfast club, afterschool clubs or holiday clubs. We have also seen a significant rise in children joining specialist clubs such as Shildon Athletics club, Taekwondo, Deerness Gymnastics Club, Tap and Ballet clubs. This represents an increase in interest children have in sporting activities and achievement. Children are now coming in to school sharing their successes with us through assemblies and our Sports award of the week.



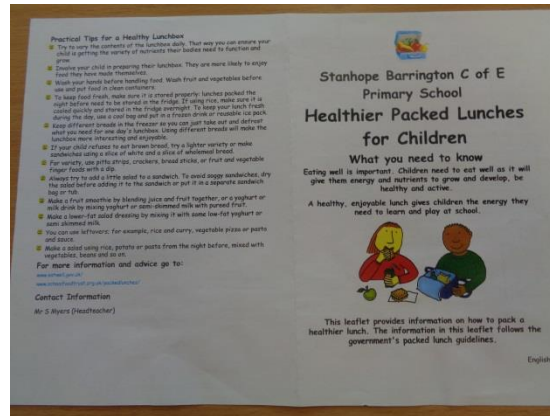


### Enjoying Martial Arts at Stanhope Barrington

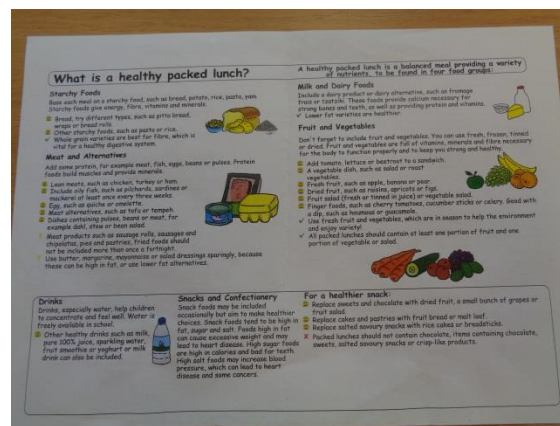
Children are showing a greater understanding of the impact sport has on healthy lifestyles and are now making healthier lifestyle choices. 97% of our children now have a warm school meal which is set by qualified nutritionists from Taylor Shaw. School menu choices are now changed 3 times a year with much more information given to educate children of the make-up of the daily options, guarding against too much salt and sugar. Taylor Shaw are now providing individual menu choices for those children who have specific dietary requirements. For the small percentage of children who don't want school meals, we are promoting healthy packed lunches, in line with County guidelines, both in school and when our children are out representing the school at sporting festivals and activities.



Taylor Shaw's healthy school meals menu



## Packed lunch healthy food options for children at Stanhope Barrington



We are delighted to see an improvement in the self-esteem and confidence of our children who now have the opportunity to excel at new skills and explore sporting activities which they would not normally be exposed to. This confidence has led to our children having the ability to self-assess their own skills against those of their peers and recognise targets for improvement and development. With the involvement of specialists, Olympians & professional sporting role models, we have noticed an increase in motivation and commitment to physical activity by the children.

In terms of building confidence and academic resilience, our recent Forest Schools sessions have helped to allow children to flourish in a non-academic environment.

On Friday 12<sup>th</sup> July, our annual sports day was extremely well attended. The day started on the morning with our Nursery sports day where children of only three years old took part in a range of sporting activities. They were supported by our older children and a huge crowd of supporters made up of parents, grandparents and friends of the school. These very young children all received a medal for their sporting achievements. This pattern continued on the afternoon with our older children providing excellent entertainment for an enormous crowd of spectators. We were very proud of our children who displayed excellent team spirit and sportsmanship.

Our sports coaches are extremely skilled and have introduced a range of new warm-ups, games and activities which our staff are now incorporating into their own practise. Our teachers work closely with the sports coaches as part of their own CPD through observation of the coaches and through the sports coaches observing the teachers. As a result of the development of our staff, the delivery of PE lessons has improved providing fun, dynamic lessons which stretch and challenge our children.

We are also introducing mindfulness activities such as Relax Kids and also have a qualified Thrive Practitioner in order to support children to calm down after reaching a heightened state of excitement following physical activity.

We are working closely with specialists from County who provide advice, support and guidance with regard to policy and practise who are very positive about our delivery of PE. As an 'Outstanding' school we believe we have a role to play in giving children as many positive experiences as possible whilst educating them at the same time that hard work and looking after themselves are essential if they are to succeed. Early intervention is paramount to set children up for a good sporting future and we think children should experience fun sporting activities that are varied and have the potential to continue to high levels of progress as the children get better and older. We constantly seek advice from County and the Physical Education team on how we can improve, offer new ideas and how to get best value for money and I'm delighted that support is available for all schools in our area to chip in to.

### **Sporting Success in 2018-2019**

- We have yet again been awarded the Sainsbury's Silver Mark award.
- 100% of Y6 Children passed 25 metres in swimming compared to National Average 53%.



### **KS2 Swimming at Wolsingham Pool**

- Football Team placed 4<sup>th</sup> in Central Venue League.
- Attended Tag Rugby Festival.
- Two teams of KS2 children took part in the Quad kids competition.
- Our KS2 athletics team took part in the District Athletics Trials with three children qualifying for the County Finals.
- KS1 children trained for and took part in the County Hockey festival.
- All KS1 children took part in a Multi-skills activity day held at Willington Parkside.
- At least four children have achieved gradings in Taekwondo.

- School does the Morning Mile each day during the Summer term and we have had numerous parents and members of our local community attend.
- Nursery and Reception children have taken part in the EYFS Multi-skills challenge.
- Year 5&6 children have also taken part in water safety and life-saving skills training.
- Performances have been delivered by children both in school and in our local church to show their skills in clog dancing and tap dancing.
- KS2 children have undertaken training events in table tennis skills.
- Whole school have taken part in a Ceilidh which was so popular the children have asked for it to be re-booked.
- Year 5 attended Wolsingham Comprehensive school for Orienteering and Trampolining as part of their transition plan.



**Lawrence enjoying our Scooter Park at playtime**

### **Individual Awards 2018 – 2019**

- Sports Boy of the Year – Thomas P
- Sports Girl of the Year – Kayleigh H
- Commitment to Sport (Boy) – Dan W
- Commitment to Sport (Girl) – Bonnie G
- Footballer of the Year – Thomas Mc
- Young Player of the Year – Dailey E
- Most Improved Player – Dan W
- Goal of the Season – Jamie P
- Save of the Season – Owen C
- Cricket Prospect – Noah H
- Confidence in Swimming – Will R
- Clog Dancing – Bonnie G
- Tap Dancing – Georgia B

- Modern Dance – Emily



**Kayleigh – Sports Girl of the Year**

**Thomas – Sports Boy of the Year**



**Noah – Cricket Prospect**

**School Football Team 2019**

### **Continuing Success of our ex-pupils since Sports Premium was introduced**

- One child is a member of the National Gymnastics Competition Squad.
- One child is running on behalf of Shildon Athletics.
- One child playing District level football.
- One child has attended the National trials for badminton.
- Four children have gone on to train as lifeguards and have secured part time roles as lifeguards at our local open air swimming pool.
- Two children have continued with climbing and have achieved qualifications in this field.
- One child has also achieved success in bouldering.
- A number of ex-pupils are now entering university to study sport & the law, physiotherapy, sports science and PE teaching.
- One child has had trials for Essex County Cricket Club.

I am very proud of the sporting provision we provide for every child in our school. Our staff team work hard to ensure that the children are exposed to a range of different activities which allows them to find a sport which suits them personally. Mrs Howes (PE Co-ordinator) works in conjunction with our cluster schools to provide festivals and competitions which our children relish.

We deliver our PE curriculum with a vision to ensure our children can continue to live a healthy and active life beyond their primary school education. We are committed to continue this provision as physical activity can improve the health of an individual in numerous ways including: building resilience and stamina; encouraging healthy food choices; by having a positive impact on emotional well-being and mental health and by building a generation of youngsters who understand the importance sport and physical activity can play in them leading a successful and happy life in the future.

Mr S Myers

Head Teacher

July 2019