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Supporting schools to sustain the impact of the primary PE and sport premium

Introduction
How to use the primary PE and sport premium

This toolkit provides a framework for you to undertake a self review and contains a series of prompts and examples of how to maximise the impact of your primary PE and sport premium funding against your school's priorities.

It is designed to be completed in partnership between Headteachers, Governors, PE Subject Leaders and for them to reference the funding's impact within their whole school development plan.

You will be able to note key actions to inform what you decide to start, stop and continue to do using the accompanying template.

To help you complete the self review questions it would be helpful to have the following documents to hand;

- YST Quality Mark
- Whole School Improvement Plan
- School Budget
- Latest PE and Sport Premium Evaluation and Impact Report
- Latest Ofsted Report

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The toolkit comes in two parts.

Part one (this document): An introduction to each key indicator with messaging from a headteacher sharing good practice about how they have achieved improvement and planned for sustainability in each of the key indicators.

Part two (shown opposite): Sustainability Actions, a proforma that can be downloaded to help you as a school consider where you are now and what you need to do to improve and achieve sustainability in each key indicator

Ali Oliver Chief Executive – Youth Sport Trust

The Youth Sport Trust is passionate about the place and contribution of Physical Education and school sport to a child's education. Our vision is a future where every child enjoys the life changing benefits that come from play and sport, and we are on a mission to pioneer new ways of using sport to improve children's wellbeing and give them a brighter future.

I am thrilled to recommend this tool kit to you which we believe will help ensure your Primary PE and Sport Premium spend represents a strategic investment into raising standards and long-term improvements in your school.

Physical Education and school sport, done well, can promote wellbeing, improve behaviour and cognition, develop the personal skills which give access to learning, and improve engagement in school. However, we instead know many schools are outsourcing provision with the sole ambition of increasing participation alone, rather than building capacity and capability within the school and engaging in innovative approaches which will transform the contribution of this subject to the whole-child and whole-school agenda.

I urge you to ensure your spending plan for the Primary PE and Sport Premium is a 'legacy plan' which is vested in building a new vision for Physical Education and Sport in your school and not just a short-term improvement in what you have done in the past. With a decline in physical, social and emotional wellbeing being a feature of this generation, and in turn affecting children's performance in school there has never been a more important time to get this right.

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Introduction
How to use the primary PE and sport premium

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport offered. The average school has been granted **£40,000** over the past four years.

The DfE expects schools to use the premium to:

- Develop or add to the PE and sport activities that your school already offers
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

Click here to view the full guidance document

There are five key indicators that schools should expect to see improvement across:

- The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
- The profile of PE and sport is raised across the school as a tool for whole-school improvement
- Increased confidence, knowledge and skills of all staff in teaching PE and sport
- Broader experience of a range of sports and activities offered to all pupils
- Increased participation in competitive sport

The following self review questions reference all five indicators and allow you to consider what is taking place, what you wish to sustain and the implications of this.

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Key indicator 1

The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least **60 minutes of physical activity a day**, of which **30 minutes should be in school**

"Physical activity has a huge impact on the cognitive function of the brain including retention and recall, it improves concentration but it also gives children better self belief and self image."

Chris Willan
Headteacher Water Primary School

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Key indicator 1

Are ALL children meeting the Chief Medical Officer's 30 minutes of physical activity every day in school?

Physical Activity is any form of sustained physical activity that takes place outside of curriculum time e.g. before and after school, break and lunch times. It can be used to make 'sitting time' more active and therefore used in the classroom.

Do you have the following in place and being accessed by ALL children:

- Active learning in the curriculum
- Physically active breakfast club
- Active transport to school
- Daily mile or equivalent
- Structured lunchtime and break time play
- Playground leaders supporting activity for their peers
- Trained lunchtime supervisors supervising activities
- Physically active after school clubs

Schools should support parents to achieve an extra 30 active minutes with their children beyond the school day.

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Key indicator 1

Are ALL children meeting the Chief Medical Officer's 30 minutes of physical activity every day in school?

YES?

Refer to your completed PE and sport premium evidence and impact template

1. Thinking about the 30 minutes physical activity interventions funded by the PE and sport premium, can you evidence the impact on your whole school priorities?

2. What resource is needed to sustain or embed this?

- What is in place to retain staff beyond the premium?
- What is in place to sustain delivery/impact?

NO? See next slide

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Key indicator 1

Are ALL children meeting the Chief Medical Officer's 30 minutes of physical activity every day in school?

NO?

If you are not yet able to answer YES to this question, what are your reasons for this?

- Do you still need to engage specific groups of children?
- Do you need to target specific times of the day that are less active?
- Are non-teaching staff not confident to deliver opportunities?
- Could your lessons involve more activity?
- Do you need to use school spaces and facilities more creatively?

SUPPORT

There is a wide variety of support available including the following from the Youth Sport Trust that will assist you in achieving this indicator:

- **Primary PE and Sport Premium**
- **Active Schools Planner**
- **Active 30:30**
- **TOP Play/Sport**
- **Active Spaces**

Find out more about our Resources and Learning

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Key indicator 1

Are ALL children meeting the Chief Medical Officer's 30 mins of physical activity every day in school?

Use the Sustainability Actions proforma to help plan your next steps.

What will you start doing?

What/Why/How?

What will you stop doing?

What/Why/How?

What will you continue to do?

What/Why/How?

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