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.

Supporting schools to sustain the impact of the Primary PE and Sport Premium

Ali Oliver
Chief Executive – Youth Sport Trust
Primary schools were selected as the most appropriate place for a considerable investment of public money via the PE and Sports Premium. Over £320 million has been invested to date. This has amounted to over £48,000 for the average sized primary school over the past four years. Primary colleagues have been and still are custodians of this funding and its effectiveness can be measured by how schools interpreted and realised this responsibility. The Premium remains an investment in the health and wellbeing of the children in our care and we are accountable to them and them alone.

We should be able to ask every primary aged pupil in the country four questions:

1. Do you have confident and capable class teachers who lead you in your PE and sport in school?
2. Do the adults in school help you keep active for at least 30 minutes per day, every day?
3. Do you take part in competitive sport more than you did before?
4. Do the adults in school provide a wider range of ways for you to be physically active including opportunities to try different sports?

A ‘Yes’ to these four questions from every primary age child would mean that schools had invested wisely and in the best interests of our children. It is not too late to invest in a healthy future for them and the continuous school improvement this brings with it.

Planning notes

Please use this form to consider your next steps that will help you to either meet and/or sustain the impact of your Primary PE and Sport Premium funded activities. You will be able to note key actions in order to inform what you decide to start, stop and continue to do to help sustain the impact.

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport offered. The Department for Education 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
- 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

To help you to plan your next steps, please consider questions within each of the 5 key indicators and have the following documents to hand:

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

Click here to view the full guidance document