



Hillcross Primary School

Physical Education (PE) and Physical Activity (PA) Action Plan

PE Coordinator's Name: Holly Arnot & Sarah Barber

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Agreed by Senior Management – Signed: Lisa Francis

Agreed by Governor – Signed: Tony Williams



Hillcross Primary School

Vision

Hillcross Primary School believes that physical education and activity is an essential part of a child's development and is a key aspect of our school ethos.

Our focus is ensuring our children meet their full potential, both personally and academically, and that they have the opportunity to develop their unique talents and skills in order to prepare them for the future.

As a nationally recognised Thinking School, we nurture a collaborative community of creative and critical thinkers. We achieve success through an engaging curriculum, child-centred learning, meeting our high academic aspirations and celebrating diversity.

Aims

- 1. PE Curriculum** (PPESP Key Indicator: 1)
Provision of at least 100 minutes (50 minutes of Physical Development for EYFS) of progressive, active and engaging curriculum PE per week (across 2 separate lessons on different days) for all children.
- 2. Physical Activity** (PPESP Key Indicator: 1)
All children are enthused and able to be physically active for at least 60 minutes per day (minimum 30 mins within school time) with particular attention to those from disadvantaged backgrounds and those that are currently less active.
- 3. Whole School Ethos** (PPESP Key Indicator: 2)
Raise the profile of and celebrate sport, PE, physical activity, play and wellbeing across the ethos of the whole school. Highlighting the importance of respecting others, positive attitudes and fair play. Utilise physical activity to contribute to the positive mental health and well-being of children.
- 4. Range of Activity** (PPESP Key Indicator: 4)
Children have access to and enjoy a range of different sports, physical activities, leadership opportunities and unstructured play.
- 5. Competitions** (PPESP Key Indicator: 5)
Children are able to take part in and enjoy competitive sport.
- 6. Swimming** (PPESP Key Indicator: N/A)
All children are able to be safe in the water and develop as competent swimmers.
- 7. Workforce Development** (PPESP Key Indicator: 3)
All staff and volunteers receive the training and support to enable and inspire them to deliver our aims effectively.



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What we do well:

As a platinum accredited school we are consistently delivering a high quality standard of PE and sports at Hillcross Primary School. We deliver before school, lunchtime and after school clubs throughout the school week. We have a great partnership with MSSP and utilise this not only for the teaching of PE but also for clubs and competitions. We are currently using the MSSP schemes of work for teaching PE and using our own school assessment systems. We have a School Sports and Clubs co-ordinator who is responsible for the delivery of this aspect of the curriculum.

- All children in Nursery and Reception take part in at least 1 x 50 minute PE lesson a week alongside 2 X sessions of Wake Up Shake up daily.
- Children from Year 1 also take part in 1 X session of Wake Up Shake Up daily and all pupils in Years1 to Year 6 take part in 2 x 50 minute PE lessons a week.
- PE has a high profile across our school. PE news is publicised to children, parents and the wider community via celebration assemblies, our termly newsletter, school notice board, the school website and twitter page.
- Enter competitions set up by Merton School Sports Partnership (MSSP) and ensure as many children as possible are given the opportunity to represent the school.
- Link with other local school to organise friendlies.
- Offer a broad variety of sports clubs before and after school. We target pupil premium children and give them the opportunity to attend one of these clubs free of charge.
- Invite children who have been highlighted as being gifted and talented in a particular sport to that relevant club free of charge.
- Invite children who are reluctant to join a sports club the opportunity to join a club free of charge.
- Built a strong link with local sports clubs and actively promote them.

Key areas we will develop further:

- We would like to encourage more pupils to attend one of our sports clubs and have above 70% of our Phase 2 & 3 children attend across the year.
- We would like every class to engage in 10 minutes a day of physical activity within the classroom learning time e.g. Mile a day, educational workout videos in class.
- We would like to continue to offer CPD opportunities to all staff in order to improve confidence in delivering all areas of the PE curriculum.
- We would like to further raise the profile of PE to encourage the development of healthy and active lifestyles, building links with Healthy Schools Accreditation.



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Action Plan 2019/20

Allocated funding from the Primary PE and Sport Premium (PPESP): £20,450

Schools must use the PPESP funding to make **additional and sustainable** improvements to the quality of PE and sport they offer. This means that we should use the Primary PE and Sport 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

1. PE Curriculum - Provision of at least 100 minutes of progressive, active and engaging curriculum PE per week (across 2 separate lessons on different days) for <u>all</u> children. (PPESP Key Indicator: 1)					
Objective / Target / Focus Area	How will it be achieved / actions?	How will you measure the impact?	Predicted Costs	Predicted PPESP Costs	REVIEW
All children have at least 100 minutes of PE across at least 2 separate lessons, on different days.	Achieved through timetabled PE Lessons.	Monitoring that teachers are using their allocated PE sessions	N/A	N/A	<ul style="list-style-type: none"> • What was the outcome/impact for your pupils? • Next steps? • How will you sustain this?
An effective curriculum map and scheme of work is in place.	The MSSP schemes of work are available for staff to access. The curriculum map has been shared with all staff and is also available for children and parents to see	The curriculum provision map correlates with the fixtures and tournaments within the school calendar	N/A	N/A	



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	on our school website.	Observations of teachers and pupil voice			
PE lessons are observed as good or better and meet the 2014 NC expectations.	PE Co-ordinator to observe teaching staff and MSSP coaches during lessons. Observe at least once in each phase and give written and verbal feedback	The lesson to be measured against NC standards for high quality teaching of PE Use of Hillcross observation checklist	£525 cover costs to carry out observations	£525	
Effective measurement of pupils' progression is in place across school.	Assessment for each child at the end of each unit of work to be completed by person delivering PE (Sports coordinator/Specialist PE teacher/Class Teacher) Teachers and coaches are also encouraged to get the pupils to evaluate their own performances throughout PE lessons.	Teachers and coaches to use Hillcross Assessment system for PE which identifies children working at different levels. Assessment sheets to be given to each class teacher.	N/A	N/A	
Children are consulted with and enjoy their PE lessons.	Pupil Voice to be completed. Summer – pupil voice with PE Leader and Children Champion/PE Governor. Annual survey in Spring 1 analysed.	Speech bubble of feedback given by pupils and displayed on PE and Sport noticeboard Compare and contrast Autumn and Summer term views using double bubble map.	N/A	N/A	



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2. Physical Activity - All children are enthused and able to be physically active for at least 60 minutes per day (minimum 30 mins within school time) with particular attention to those from disadvantaged backgrounds and those that are currently less active. (PPESP Key Indicator: 1)

Objective / Target / Focus Area	How will it be achieved / actions?	How will you measure the impact?	Costs	PPESP Costs	REVIEW <ul style="list-style-type: none"> • What was the outcome/impact for your pupils? • Next steps? • How will you sustain this?
<p>Less active children are identified and targeted. Barriers are removed to help them engage more in a healthy and active lifestyle (this may be via extra-curricular clubs or similar).</p>	<p>A wide variety of clubs are available for the children. Less active and all pupil premium children are targeted and invited for free entry to certain clubs.</p> <p>The school holds the Silver Healthy Schools award. Staff are conscious to include healthy awareness and wellbeing in PE and other areas of the curriculum.</p> <p>Raise profile of Healthy Schools – Sport relief and Children in Need activities Euro 2020 football & Olympic whole school topic summer term 2020</p> <p>Installation of outdoor gym equipment to enable up to 18 children per 2/3 minute session. MPLs to promote</p>	<p>Monitor the pupils who have been selected and see if they re-join the club the following term</p> <p>Staff voice through annual Staff survey</p> <p>Use of outdoor gym monitored by school staff.</p>	<p>See below</p> <p>N/A</p> <p>See cost of installation below.</p>	<p>See below</p> <p>N/A</p> <p>TBC</p>	



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	with targeted children.				
Physical Activity is mapped and ensures all children are able to meet the 30 minutes in school minimum guidance.	<p>Weekly PE lessons Introduce Daily Exercise Routine across the school e.g. daily mile, fitness routine or Wake Up Shake Up.</p> <p>Purchase outdoor gym equipment. Install new Playground markings</p>	<p>Fitness test each term with all children to ascertain impact – age appropriate level. Before and after WUSU dance routines recorded. Review at the end of the academic year.</p>	<p>N/A</p> <p>£12,000</p> <p>£1,000</p>	<p>N/A</p> <p>£12,000</p> <p>£1,000</p>	
Clubs and activities are enjoyable and available for <u>all</u> children to access including children with SEND.	<p>PP children offered one club per academic year, free of charge. Data to be collated of all children's attendance at clubs. Challenge run – target places for SEND pupils Enter SEND competitions throughout the school year</p>	<p>Retention rates – are children coming back to the clubs? Pupil voice.</p>	<p>£2,850</p>	<p>£2,850</p>	
Clubs are varied, of a good quality and meet the gold standard in the MSSM.	<p>14 different sports clubs for years Reception to Y6. Some clubs are taught by staff and others by external companies. Continue to use MSSP plans to support.</p>	<p>Termly clubs list.</p>	<p>N/A</p>	<p>N/A</p>	



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There are regular opportunities in the school day for children to be active such as brain breaks, daily mile, active classrooms, wake up shake up.	<p>Introduce Daily Exercise Routine across the school e.g. daily mile, fitness routine or Wake Up Shake Up.</p> <p>Brain gym – link to Nurturing Positive Attachments</p>	<p>Pupils able to follow the dance sequence correctly</p> <p>Pupils maintain better focus following brain gym activity</p> <p>Higher fitness rates of children</p>	N/A	N/A	

3. Whole School Ethos - Raise the profile of and celebrate sport, PE, physical activity, play and wellbeing across the ethos of the whole school. Highlighting the importance of respecting others, positive attitudes and fair play. Utilise physical activity to contribute to the positive mental health and well-being of children.
(PPESP Key Indicator: 2)

Objective / Target / Focus Area	How will it be achieved / actions?	How will you measure the impact?	Costs	PPESP Costs	REVIEW <ul style="list-style-type: none"> What was the outcome/impact for your pupils? Next steps? How will you sustain this?
Health and wellbeing is promoted across the school and the 'Healthy Schools' accreditation is maintained.	<p>Assemblies and lessons focussing on the importance of living a healthy lifestyle.</p> <p>Submit application for Gold Healthy School Award.</p>	Annual Survey – pupils able to explain the importance of living a healthy lifestyle.	N/A	N/A	



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There are cross curricular links in place and utilised with PE and other subjects and active classrooms are encouraged.	Staff aware of the importance of active classrooms including how to incorporate physical activity into lessons across the curriculum. A range of active break activities provided to teachers to use daily in the classroom.	Staff survey & Pupil survey – increased number of classes completing 10 minutes of physical activity per day	N/A	N/A	
Staff are encouraged to consider themselves as active, healthy and sporty role models. For example taking part in staff circuit training in view of parents and pupils and demonstrating a positive attitude towards PE and Sport at all times.	Staff to run a range of extra-curricular sporting clubs. Staff fitness achievements celebrated in assemblies. Staff to talk positively about health and wellbeing to pupils	Staff survey to ascertain views. Pupil survey re staff as healthy role models. Staff taking part in daily exercise with their class Staff taking part in staff annual sports afternoon and events such as whole school topic.	N/A	N/A	
Fair play, sportsmanship and respect are promoted and expected across the school with the Refspect campaign/awards being utilised during PE lessons and intra house competitions.	Link to British Values. Refspect awards used in all PE lessons Refspect certificates from competitions celebrated in assemblies Refspect display in school Fair play, sportsmanship and respect talked about regularly with pupils during	Pupil voice – pupils able to explain what Refspect is and why it is important. Links to Hillcross Primary School Vision and Mission statement. Certificate are displayed. Lesson observations.	N/A	N/A	
Sporting achievement, effort and progress is regularly	All sporting competitions and festivals celebrated in	Sporting achievements clearly visible in school	N/A	N/A	



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celebrated across the school.	weekly Achievement Assemblies. Sporting achievement and effort celebrated in weekly newsletter and on the website and school twitter page. Sporting skill/talent is promoted via events such as Hillcross has got Talent.	newsletter/website/twitter pages.			
Children are taught resilience through sport, PE and PA and links to emotional and mental health and wellbeing including coping with stress and performance are considered in the curriculum and promoted throughout the school day.	PSHE lessons/ circle time on wellbeing/ coping with stress/ mental wellbeing in every class and promoted throughout the school day. Mental Health Lead in school. Links to Healthy School programme and Nurturing Positive Attachments.	Pupil survey/voice – pupils able to talk about positive strategies for coping with stress. Staff working group to be established to promote Mental health and wellbeing.	N/A	N/A	
The school website (as well as other correspondence and social media) displays and promotes the sporting ethos of the school and opportunities available to all children effectively.	Updated PE page on school website. Twitter posts celebrating sporting ethos and sporting achievements celebrated on website.	Evidence of actions on twitter page school website including School newsletter uploaded to website.	N/A	N/A	
School staff and governors are fully aware of and ensure the implementation of the plans and polices for PE and Physical Activity.	Updated PE Policy shared with all staff and governors. Regular briefings/CPD focussed on PE and active classrooms.	Policy in place. Staff survey.	N/A	N/A	



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4. Range of Activity - Children have access to and enjoy a range of different sports, physical activities, leadership opportunities and unstructured play. (PPESP Key Indicator: 4)					
Objective / Target / Focus Area	How will it be achieved / actions?	How will you measure the impact?	Costs	PPESP Costs	REVIEW <ul style="list-style-type: none"> What was the outcome/impact for your pupils? Next steps? How will you sustain this?
Clubs are varied, of a good quality and meet the gold standard in the MSSM.	14 different sports clubs for Year 1 to Year 6. Some clubs are taught by staff and others by external companies.	Hillcross Primary School Club lists	N/A	N/A	
External coaches are deployed to increase the range of clubs available for children and to provide further links to community clubs OSHL	External coaches run Tai Boxing, Yoga, Cheer Leading, Cricket, Rugby, Football, Tennis, Multi-Sports and Social dancing	Pupil Voice/Annual Survey	N/A	N/A	
A leadership programme is in place for <u>all</u> Year 5s (initial training session delivered by MSSP or similar 6 unit programme).	Initial training has been undertaken with all Year 5 pupils in November 2019. Leadership programme is in place and being taught in Autumn 2.	Feedback from children. Observations.	N/A	N/A	
Sports leaders promote healthy and active lifestyles and fair play and are able to	Sport leaders volunteering at lunchtimes and encourage less active children to	Increasing number of children playing	N/A	N/A	



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volunteer during lunch time / breakfast clubs targeting less active children (i.e. change for life clubs).	participate in physical activity	games at lunchtime			
Keen sports leaders (Yr 5/6) are selected to be part of the MSSP (or similar) leadership academy where they can access additional opportunities to learn, lead and volunteer in sport and physical activity (with parental consent).	We were not aware of the leadership academy but would be willing to participate this year.	Pupils selected/identified to be part of the MSSP leadership academy	N/A	N/A	
Gifted and talented pupils in PE and sport (including those with SEND) are recognised by teachers. Support is provided to signpost them to find progression pathways both within and out of school.	Range of gifted and talented clubs run throughout year including football, rugby, cricket and netball. These children are selected through their PE assessments, trials or outside club coaches.	Participation in school teams and signposted to outside club coaches.	N/A	N/A	
Playgrounds and other facilities provide a stimulating and practical space for children to be active through unstructured play and take part in PE and sport with	Playground equipment that children can access at lunchtime includes: Playground Markings Tennis courts Trim trail Multi sports court	Increased numbers of children participating in physical activity and purposeful games at lunchtime	N/A	N/A	



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suitable equipment to ensure a good range of activities.	Table tennis Outdoor gym				
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5. Competitions - Children are able to take part in and enjoy competitive sport. (PPESP Key Indicator: 5)

Objective / Target / Focus Area	How will it be achieved / actions?	How will you measure the impact?	Costs	PPESP Costs	REVIEW
School games day (sports day) delivered which engages <u>all</u> children in the school.	Nursery and Reception sports day KS1 sports day KS2 sports day Year 5/6 Cricket Day Wimbledon Tennis coaching	All children to participate in their mixed year house teams.	N/A	N/A	<ul style="list-style-type: none"> What was the outcome/impact for your pupils? Next steps? How will you sustain this?
Intra comp programme in place for <u>all</u> children to meet the MSSM gold standard.	At the end of every PE unit, children from years 1-6 compete in their houses to showcase the skills they have learnt. Award respect certificate.	All results collected at the end of each half term and displayed on the sports noticeboard.	N/A	N/A	
Entry to inter school competitions and festivals takes place to meet the MSSM gold standard.	We have entered every competition available this year and have also entered two teams where possible to ensure as many children across KS2 have the	Certificates given to children after participating in an event Sports news shared on website and	N/A	N/A	



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	opportunity to represent the school at a sporting event.	weekly newsletter Photos from event displayed on notice board and website			
All children including those with SEND are able to represent their school and compete at inter competitions and festivals.	All-inclusive competitions and festivals have been entered.	Increase in the number of children with SEND participating.	N/A	N/A	
Pupils, teachers and accompanying parents understand the rules, etiquette and formats for each sport. Children are given opportunities to practice before the competition.	Website displays all sport Rules. Etiquette taught in all club and PE lessons. Clubs are run before all events. Respect guidance cards shared with all volunteers and supporters. Respect award.	Respect display Display board	N/A	N/A	

6. Swimming - All children are able to be safe in the water and develop as competent swimmers. (PPESP Key Indicator: N/A)

Objective / Target / Focus Area	How will it be achieved / actions?	How will you measure the impact?	Costs	PPESP Costs	REVIEW <ul style="list-style-type: none"> What was the outcome/impact for your pupils? Next steps? How will you sustain this?
A swimming plan is in place to track and improve swimming ability.	Swimming teachers assess and track progress during every lesson	Progress evident from tracker sheet.	N/A	N/A	



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	Children streamed according to ability with the lowest ability in a small, focussed				
All children receive 30 swim lessons during KS2 85% can swim 25m at the end of the swim programme. 85% can use a range of strokes effectively at the end of the swim programme. 85% can perform safe self rescue in different water based situations at the end of the swim programme	Weekly swimming lessons Children streamed according to ability with the lowest ability in a small, focussed group Regular assessments carried out by swimming teachers.	Assessment completed Summer 1.	N/A	N/A	
Provide a Top Up swimming programme to ensure less confident and less able swimmers are able to progress to meet the NC expectations at the end of the school's standard curriculum swimming programme.	Hillcross Primary School has not taken part in the Top-Up Swimming programme. All KS2 pupils receive 3 X terms of swimming instruction.		N/A	N/A	



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7. Workforce Development - All staff and volunteers receive training and support to enable and inspire them to deliver our aims effectively. (PPESP Key Indicator: 3)					
Objective / Target / Focus Area	How will it be achieved / actions?	How will you measure the impact?	Costs	PPESP Costs	REVIEW <ul style="list-style-type: none"> What was the outcome/impact for your pupils? Next steps? How will you sustain this?
The PE Coordinator is leading 'good' PE effectively and confidently across the whole school.	Regular meetings	Appraisals and interventions	£6,840	£6,840	
Teachers' training and development needs have been audited and met to a gold standard in the MSSM. PE lessons are observed regularly to ensure high quality PE is embedded across the school.	Training opportunities have been identified and CPD arranged for relevant staff.	Staff survey to show that staff are confident teaching PE units for their year groups. Observations – PE lessons good or better.	£900	£900	
Inclusive sport forms part of PE planning and delivery. Pupils' needs are known and teachers feel confident to deliver inclusive PE lessons and clubs, making any adaptations as required.	Staff follow plans that offer adaptations for differentiating Staff have had training on inclusive sport and PE lead is trained and able to offer support to all staff	All children involved and engaged in PE lessons Pupil voice to include less physically active children to measure if children are enjoying PE	N/A	N/A	
Volunteers, Governors and AOTT are provided with the	Headteacher reports updates on PE to Governors	Headteacher report to Governors.	N/A	N/A	



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training they need to support our schools aims around PE, PA and sport.	as part of Heateacher's report to governors. Governor assigned to PE.	Governing body minutes.			
Staff understand how physical activity can contribute to the positive mental health of students.	Training provided on how physical activity contributes to positive mental health of students. Link to Mental Health Lead and Nurturing Positive Attachments Programme.	Staff survey and feedback from pupil questionnaire.	N/A	N/A	