

PE, Health and School Sport – Impact of Funding

Report to the Governors

June 2017

Silver Games Mark

St Catherine's was awarded the Silver Games Mark in September 2016, which recognises our commitment to PE and school sport.

PE Curriculum

The Arena schemes of work have been introduced to support the delivery of the PE curriculum, primarily in the teaching and learning of games, athletics and OAA. They include half termly blocks of lessons, with detailed lesson plans, which provide assessment criteria linked to Bronze, Silver and Gold levels of achievement. The lessons are differentiated, allowing all pupils to make progress and they provide opportunities to challenge the more able pupils. Learning intentions and success criteria are clearly set out in each lesson plan. Pupils are able to assess their own progress and plan next steps.

Feedback from staff and learning walks have shown that more support is needed in the implementation of the schemes of work next year. They will also be used for the teaching and learning of gymnastics.

Termly assessments and pupil progress has been monitored by the PE coordinator.



Sports Coaches

Sports coaches have continued to bring their expertise and enthusiasm into games, gymnastics and dance lessons, whilst providing CPD for teaching and non-teaching staff.

Coaches from Zero Gravity Gymnastics have worked with KS1 and KS2 pupils during the Autumn Term. KS1 pupils received a second phrase of gymnastics during the Spring Term. Pupils have continued to show significant improvement in their ability to perform

movements with control and fluency, building on skills developed from the previous two years.

The Year 1 assessment grid is an example of the progress made throughout the school based on the Bronze, Silver and Gold Arena assessment.

Year 1 Gymnastics	Autumn Term 2016	Spring Term 2017
Bronze	10%	7%
Silver	73%	36%
Gold	17%	57%

Teachers have received continuous CPD in the teaching and learning of gymnastics from Zero Gravity coaches over the previous three years and will now be more confident and competent to lead their own gymnastic lessons using the Arena schemes of work.

Plymouth Argyle coaches have continued to bring their enthusiasm and specialism into our games lessons, engaging the pupils, whilst improving core skills of agility, balance and coordination. Teachers have worked alongside coaches and will continue in the next academic year.

Janette Mann our dance specialist, continues to inspire teachers and pupils with her creative ideas, linked to current class topics and themes. She has led after school dance groups for pupils in Reception, Year 1, Year 2 and Year 3.



'Chance to Shine Cricket coaches have worked with KS 2 pupils and have led an after school club. Assemblies have taken place for KS 1 and KS 2 encouraging pupils to join the cricket local club and to promote respect for one another through sport.

Swimming

All teaching and support staff have attended Arena swimming courses. An additional swimming instructor has been employed to work with the less confident pupils and to attend the male changing rooms.

Year 5 pupils completed a block of ten swimming lessons during the Autumn Term. The number of pupils unable to swim unaided to swimming unaided increased from 47% to 91%. Pupils able to swim at least 25 metres unaided increased from 28% to 61%. Year 5 pupils were also taught the fundamental life-saving skills of keeping themselves safe in water and how to assist others in difficulties.

Year 3 pupils completed a block of ten swimming lessons in the Spring Term. At the end of the block of lessons 100% of pupils were confident in entering the water and the number of pupils able to swim unaided increased from 25% to 50%. 19% of pupils achieved swimming 25 metres unaided.

Top Up swimming lessons took place for 21 Year 5 and Year 6 pupils, who were unable to swim 25 metres unaided, (eight of which were Year 5 PPG pupils).

Top Up Swimming (May 2017)	Able to 10 metres swim unaided	Able to swim at least 25 metres unaided
Before Top up Swimming	86%	0%
End of Top Up Swimming	100%	75%

At the end of the block of five lessons 70% of Year 5 PPG pupils were able to swim at least 25 metres unaided. 93% of Year 6 and 81% of Year 5 pupils were able to swim at least 25 metres unaided.

Health

Pupils at St Catherine's have continued to be made aware of the benefits of living healthy and active lifestyles. All classes have participated in Chartwells food events, which have encouraged pupils to make healthy food choices. Skip2Bfit challenges and Wake and Shake activities have taken place to keep pupils moving and to stimulate brain activity. Healthy and active lifestyle self and teacher assessments have been carried out at the beginning and the end of the school year, to promote active lifestyles and to encourage more pupils to take up sport and other activities in and outside of school.



Year 4, Year 5 and Year 6 pupils have received Bikeability training, which has given pupils the confidence to ride their bikes outside of school and equip them with the necessary skills to be safe on the roads. 16 pupils achieved levels 1 and 2.



The Year 5 Outdoor and Adventurous week gave pupils the opportunity to engage in alternative sports such as surfing, skiing, off road cycling and skateboarding.



Year 1 and Year 4 pupils have taken part in Forest School activities, giving them the opportunity to take their learning outside of the classroom.

Sports Partnerships

Strong links remain in place with the Arena sports partnership. The PE Coordinator has attended the Cornwall PE Conference and members of staff have attended CPD training in 'Taking Maths and English Outdoors'. The PE Coordinator has met with other PE leaders at Launceston College.

After School Sport

149 pupils have attended after school clubs or lunchtime clubs.

- Years 4, 5 and 6 Girls/Boys Football
- Year 1,2,3,4 and 5 Plymouth Argyle Football
- Year 5 and 6 Tag Rugby
- Year 4, 5 and 6 Cross Country
- Year 4, 5 and 6 Chance to Shine Cricket
- Year 1 and 2 Active Club
- Reception Year 1, 2 and 3 Dance
- Reception Year 1, 2 and 3 Multi Skills

The school netball team took part in a netball festival at St Joseph's School and pupils from KS1 and 2 have participated in festivals and competitions at Launceston College. Sports have included badminton, orienteering, tag rugby, netball, volleyball, hockey, cricket and rounders.

The St Catherine's tag rugby team won the Launceston Area Primary Sports tournament held at Launceston College in November and the football team won the Plymouth Argyle tournament in June.

Jo Williams

PE Coordinator