

The Bliss Charity School



*The Bliss Charity School aims to provide a caring, secure and enriching experience;
each child is encouraged to develop strong personal, academic, physical and creative skills for lifelong learning.*

School Improvement: *PE and Sport Premium Strategy*

2021-2022

The Bliss Charity School: PE and Sport Premium Strategy (2021-2022)

The purpose of the PE and Sport Premium is to fund additional and sustainable improvements to the provision of PE and sport for the benefit of primary-aged pupils. It is also to be used to encourage the development of healthy, active lifestyles. The use of the PE and Sport Premium at The Bliss Charity School is aligned with the school's vision of providing enriching experiences and developing physical skills.

Summary information					
Academic Year	2021-22	Most recent PE and Sport Premium Strategy review	July 2022	Basic PE and Sport Premium Grant	£16,000
Pupils in Y1-Y6	160	Next review of the PE and Sport Premium Strategy	n/a	Additional PE and Sport Premium Grant	£1,600
				TOTAL Primary PE and School Sport Grant	£17,600

Section 2: Impact of the Primary PE and Sport Grant (2020-2021)

In 2020-2021, The Bliss Charity School received a Primary PE and Sport Premium Grant of £17,640.

Achievement Summary:

- 100% of Year 6 children were able to use a range of strokes to swim ≥ 25 m, with 88% swimming ≥ 50 m and 85% swimming ≥ 100 m.¹ 100% achieved their bronze 'Swimming Safety Award', with 100% achieving their silver award and 62% attaining gold.
- Swimming programme delivered in Terms 4/5/6 of 2020-2021 for Year 5 children, meaning that this cohort completed the Bliss swimming programme in two blocks (the first half in 2020 when they were in Year 4 and the second half in 2021 when they were in Year 5):
 - 97% of children were able to swim ≥ 25 m, with 67% swimming ≥ 50 m.
 - 100% of children achieved their bronze 'Swimming Safety Award' and 97% achieved their silver award; however, no child achieved their gold award this year.
- Active playground zones established and resourced in 2020-2021 in accordance with covid-19 guidance so that all the children at Bliss could be as active as possible at break and lunch times.
- Every week in Terms 1 and 2, children were given a school-made, virtual PE challenge where they could compete against themselves or peers in a range of active challenges. Class sports leaders took ownership of the challenges and recorded results.
- Every child at Bliss had the opportunity to take part in some intra-school sport in 2020-21:
 - Termly KS2 cross-country runs.
 - School Games Sports Days for every year group.
- *Rhino Sports* ran extra-curricular multi skills clubs for KS1 and KS2 all year. Children competed in a range of competitive intra-club activities as part of *Rhino Sports*.
- All pupils took part in inter-school sport competitions virtually in 2020-21:
 - SSP 'Move 10' inter-school challenge – every child competed against other schools within the partnership by competing as many 400m laps as possible within 10 minutes.
 - 'Trek to Tokyo' challenge – in Terms 5-6, all physical activity (both school-based and home-based) was logged as part of Bliss' mileage total. Bliss made it to Japan before the Olympic Games, completing the 8844 mile journey!

¹ These children went swimming with the school when they were in Year 4 (2018-2019).

Achievements Summary ... continued:

- Bikeability Level 1 (Class 3) and Level 2 (Class 5) delivered in 2020-2021.
- *Modeshift Stars* 'Walking Bubble' for Bliss established and promoted regularly to encourage active travel.
- Six-week 'Chance to Shine' programme delivered in Term 6 for all children. Bliss won 'Cricket School of the Year 2021' for its commitment to this programme and for supporting the 'All Stars' and 'Dynamos' cricket sessions at NHCC!
- School-based holiday sports club (*Rhino Sports*) delivered sessions in the May half-term break and the summer holidays.
- To recognise the school's commitment to physical activity in 2020-2021, Bliss was awarded the PE, School Sport & Physical Activity Award (PESSPA) Distinction in July 2021!

For a full-break down of the impact and sustainability of the PE and Sport Premium at The Bliss Charity School in 2020-2021 please see the evaluated version of last year's plan ('PE and Sport Premium Strategy 2020-2021 – July 2021 Review') on the school website:

<http://www.bliss.northants.sch.uk/index.php/information/sports-premium>.



Section 3: Primary PE and Sport Premium Grant Strategy (2021-2022)

To develop PE and sport – and to encourage the development of healthy, active lifestyles – the PE and Sport Premium Grant at The Bliss Charity School is allocated to the following five areas:

- Quality PE Lessons** – *For all pupils to access high quality, active and well-resourced PE lessons throughout the school.*
- Active Playground** – *For the playground to be a safe, healthy environment full of adult-led and child-led physical activity.*
- Intra-school Sport** – *For all pupils to have regular opportunities to engage in competitive sporting activity in a range of activities with other children at the school.*
- Inter-school Sport** – *For as many pupils as possible to have regular opportunities for competitive sporting activity in a range of activities with children from other schools.*
- Health and Wellbeing** – *For pupils to understand and appreciate the importance of physical and mental health.*

Section 3a: Quality PE Lessons

Target: For all pupils to access high quality, active and well-resourced PE lessons throughout the school.

Objective	Action(s)	Responsibility and timescales	Resources and cost	Planned impact & sustainability	RAG Rating
<p>3a.i Develop swimming ability beyond the primary school target of 25 metres so pupils are able to swim a range of strokes confidently over a longer distance as well as acquiring water-safety and life-saving skills.</p>	<ul style="list-style-type: none"> Pool hire for an extra two terms to run immediately after the initial block of swimming lessons. This will total 25 sessions, giving the pupils the best chance of attaining distances and skills beyond the minimum requirements of the National Curriculum for PE. Provide ASA swimming training (Poolside Assistant) for unqualified school staff on pool-side. 	<ul style="list-style-type: none"> LA to arrange pool hire and transport (Terms 1-2). LAnd and ME to plan and deliver the sessions and keep records of the pupils' attainment for national comparison and evaluation of impact (Terms 3-6). 	<ul style="list-style-type: none"> 25 hours pool time in KS2 – half funded from the main school budget and the other half from the PE and Sport Premium Grant: 12 x £130 = £1560. 	<p>The Bliss Charity School will continue to be in-line with the Amateur Swimming Association's (ASA) recommendation of '25 hours sufficient study time needed for primary-aged pupils to learn to swim'. The impact of using part of the Primary PE and Sport Premium Grant to fund extra lessons will result in most pupils at The Bliss Charity School exceeding the minimum national attainment expectations and developing the skills and attitudes needed to become life-long swimmers. Sustainability has already been built into this aspect of the PE and Sport Premium spending by ensuring members of school staff are qualified to teach swimming by the ASA and purchasing our own teaching resources to develop and challenge the most able swimmers.</p>	<p>RAG Rating</p>
<p>3a.ii Adopt and embed the 'Real Gym' teaching programme for PE lessons.</p>	<ul style="list-style-type: none"> Provide training and support for all staff so 'Real Gym' is implemented effectively throughout the school. Provide lesson coaching for all staff so the 'Real Gym' approach is developed and embedded at Bliss. 	<ul style="list-style-type: none"> RC to liaise with Northamptonshire Sport to organise/lead 'Real Gym' training for all members of classroom-based staff (Term 1). RC to work with all members of staff in a 'coaching' capacity to plan and deliver lessons (Term 2). 	<ul style="list-style-type: none"> 'Real Gym' training (7 showcase lessons and two twilight sessions, over two days – including access to the 'Real Gym' Jasmine platform) = £1,300. RC to work with all teachers in a coaching capacity in Term 2. Budget: 6 x £200 supply costs = £1,200. 	<p>'Real Gym' is a totally new and holistic approach that makes gym relevant, meaningful and challenging for every child. What makes real gym unique?</p> <ul style="list-style-type: none"> - A unique, whole-school approach to gymnastics, which is stage appropriate and progressive. - Builds confidence and inspires teachers to enjoy teaching innovative, outstanding gymnastics. - Market-leading, exciting, colourful resources to develop transferable gymnastics skills. - Directly aligned to and enhances 'Real PE' outcomes and approach. <p>Providing all staff with 'Real Gym' training – and follow-up coaching – will ensure all children at the school have access to at least two hours of high-quality PE every week. There are no ongoing costs following the initial purchase price of £1,300 so improvements to the teaching of PE will be sustained in the future.</p>	<p>RAG Rating</p>

<p>3a.iii Adopt and embed the 'Real Dance' teaching programme for PE lessons.</p>	<ul style="list-style-type: none"> • Provide training and support for all staff so 'Real Dance' is implemented effectively throughout the school. • Provide lesson coaching for all staff so the 'Real Dance' approach is developed and embedded at Bliss. 	<ul style="list-style-type: none"> • RC to liaise with Northamptonshire Sport to organise/lead 'Real Dance' training for all members of classroom-based staff (Term 3). • RC to work with all members of staff in a 'coaching' capacity to plan and deliver lessons (Term 4). 	<ul style="list-style-type: none"> • 'Real Dance' training (7 showcase lessons and two twilight sessions, over two days – including access to the 'Real Dance' Jasmine platform) = £1,300. • RC to work with all teachers in a coaching capacity in Term 4. Budget: 6 x £200 supply costs = £1,200. 	<p>'Real Dance' gives every teacher, regardless of experience, the support and confidence to inspire and develop every child through dance. What makes real dance unique?</p> <ul style="list-style-type: none"> - Enables every child to learn the fundamental language of dance and to create with that language in extraordinary ways. - A whole-school programme that transforms how we teach dance to ensure every child can experience the joy and freedom of creativity. - Sector leading training and resources to empower every teacher, regardless of experience, to deliver an outstanding dance curriculum. - A unique, child-centred approach that inspires self-expression through creativity, authorship, ownership and individuality. <p>Providing all staff with 'Real Dance' training – and follow-up coaching – will ensure all children at the school have access to at least two hours of high quality PE every week. There are no ongoing costs following the initial purchase price of £1,300 so improvements to the teaching of PE will be sustained in the future.</p>	
<p>3a.iv Ensure pupils in KS1 and KS2 have access to some professional sports coaching.</p>	<ul style="list-style-type: none"> • Years 1/2/3/4/5/6 to take part in NCCC's 'Chance to Shine' programme in the summer term. 	<ul style="list-style-type: none"> • RC to co-ordinate Bliss' involvement with NCCC's Schools Programme Manager and timetable sessions for all classes. • Teachers to work alongside NCCC coaches and utilise the 'Chance to Shine' portal (Term 6). 	<ul style="list-style-type: none"> • £600 	<p>The 'Chance to Shine' programme aims to give children the opportunity to play, learn and develop through cricket. As well as the physical benefits of regular activity, the sessions will use cricket to teach children important key life skills that will help them beyond the playground. Through the values of cricket, children are taught about respect and fair play. Cricket is also an effective way to develop skills like communication, leadership and perseverance that will benefit them throughout their life.</p> <p>Working alongside the NCCC coaches – and having access to the 'Chance to Shine' portal – will provide school staff with high quality professional development, ensuring the programme can be delivered by school staff in years to come.</p>	

<p>3a.v Support the delivery of high quality PE lessons by providing resources to ensure every child is actively engaged.</p>	<ul style="list-style-type: none"> Resources for all areas of the PE curriculum kept well-stocked and in good order. 	<ul style="list-style-type: none"> RC responsible for overseeing the care and storage of PE resource, as well as monitoring PE stock and replacing/adding resources on a rolling programme of maintenance. RC to prepare orders throughout the year as need arises. 	<ul style="list-style-type: none"> Budget for general PE lesson resources = £500. 	<p>With a high level of resourcing, pupils will be active within PE lessons for longer because all children will have access to the equipment they need immediately. No pupil will have to 'wait for their turn'. PE learning time will, therefore, be maximised because high-quality resources will be available to all – all of the time. As a result, pupils have a greater opportunity to reach their full potential and be as physically active as possible, for as long as possible. Ensuring every pupil has access to the equipment they need to develop their skills – and to be as physically active as possible in PE lessons – will mean that high quality outcomes are achieved in all year groups.</p>	
<p>3a Total: £7,660</p>					

Section 3b: Active Playground

Target: For the playground to be a safe, healthy environment full of adult-led and child-led physical activity.

Objective	Action(s)	Responsibility and timescales	Resources and cost	Planned impact & sustainability	RAG Rating
3b.i Engage as many children as possible in physical activity at break times and lunch times.	<ul style="list-style-type: none"> Organise and deliver daily sports activities on the playground at lunch times. Purchase new playground resources and equipment that encourage physical activity and/or competition. Integrate new resources and equipment into the back playground within an 'active' zone. 	<ul style="list-style-type: none"> RC to train Sports Leaders in delivering daily sessions on the playground for all pupils. SC to timetable, resource and supervise the 'active' zone on the back playground at lunchtimes. RC to track participation for the School Games Mark award, including 'Level 0 Personal Challenges'. ME/RC to prepare playground resources and equipment order for 2020-2021 (Term 1). 	<ul style="list-style-type: none"> Budget for playground resources and equipment = £1,000. Budget for general playground resources and equipment = £250. Sports Leader Training = £200 	<p>This provision will ensure there is opportunity for all pupils to develop healthy lifestyles by engaging in physical activity in their own time throughout the week.</p> <p>By using school staff/pupils to run sports activities within the school day, this provision is sustainable and the cost to the PE and Sport Premium Grant is kept to a minimum.</p>	RAG Rating
3b Total: £1,450					

Section 3c: Intra-school Sport

Target: For all pupils to have regular opportunities to engage in competitive sporting activity in a range of activities with other children at the school.

Objective	Action(s)	Responsibility and timescales	Resources and cost	Planned impact & sustainability	RAG Rating
<p>3c.i Provide a wide range of extra-curricular sports clubs – before and after school – throughout the year.</p>	<ul style="list-style-type: none"> • Timetable and organise a range of extra-curricular sports clubs outside the school day so that as many pupils as possible – including the non-active population – engage in physical activity beyond the school day. • Liaise with external sports coaches to provide sports club opportunities, and subsidise costs using the PE and Sport Premium Grant. • Utilise school staff and volunteers to run extra-curricular sports clubs. 	<ul style="list-style-type: none"> • RC to timetable and organise a range of sports clubs before and after school. • RC to ensure sports clubs have regular intra-school competition (Level 1) and leadership opportunities. • RC to track Level 1 participation in 2021-2022 for the School Games Mark award. • SC to oversee the range of clubs offered to the pupils and monitor participation rates among different groups of pupils. 	<ul style="list-style-type: none"> • Fund (or part-fund) school staff – and/or external coaches – to run extra-curricular sports clubs. Budget = £6,000. 	<p>A wide and varied extra-curricular sport programme will ensure there is opportunity for all pupils to develop healthy lifestyles by engaging in regular physical activity during their own time throughout the week.</p> <p>By using the PE and Sports Premium Grant to subsidise club costs, a comprehensive extra-curricular sports programme is more sustainable for both the school and its pupils/parents.</p>	RAG Rating

3c Total: £6,000

Section 3d: Inter-school Sport

Target: For as many pupils as possible to have regular opportunities for competitive sporting activity in a range of activities with children from other schools.

Objective	Action(s)	Responsibility and timescales	Resources and cost	Planned impact & sustainability	RAG Rating
<p>3d.i Participate in inter-school competitions in a range of different sports throughout the year.</p>	<ul style="list-style-type: none"> Enter a range of Level 2/3 sporting events in 2021-2022 through affiliation with cluster and county primary school sports organisations. Organise school-to-school – or ‘round robin’ festivals – at NHPF or nearby sports venues in a range of sports for KS2 for Bliss and other local schools. Accompany teams to/from Level 2/3 events. Organise and run ‘team practise sessions’ in the build-up to competitions. 	<ul style="list-style-type: none"> SC/RC to co-ordinate The Bliss Charity School’s Level 2/3 competition calendar. SC/RC to organise local sports competitions in addition to those organised by cluster and county primary school sports organisations. SC to track Level 2/3 participation in 2021-2022 for the School Games Mark award. SC and RC to accompany teams to Level 2/3 events within and beyond the school day. 	<ul style="list-style-type: none"> Inter-sports programmes affiliation budget = £2,000. Budget to organise local sports competitions in addition to those organised by cluster and county primary school sports organisations = £500. Overtime budget for support staff to assist RC/SC accompanying teams to Level 2/Level 3 competitions = £500. Transport budget for Level 2/Level 3 competitions = £1,250. 	<p>Children will have the opportunity to compete against other schools in a range of sports, including rugby, athletics, football, basketball, cross country, netball, hockey, cricket, gymnastics, archery and swimming.</p> <p>Moreover, affiliation with cluster and county primary school sports organisations will also provide opportunities for children to compete in inclusive sports (such as boccia and new age kurling), ‘girls only’ events and KS1 festivals.</p>	
<p>3d.ii Provide opportunities for children in KS2 to perform in dance-based events throughout the year.</p>	<ul style="list-style-type: none"> Participate in ‘Junior Strictly Come Dancing 2021’. Perform at ‘NMPAT: The Festival’. 	<ul style="list-style-type: none"> SC to co-ordinate coaching for ‘Junior Strictly Come Dancing 2021’. SC/RC/JP to organise the choreography of the Class 6 performance and prepare the children for ‘NMPAT: The Festival’ through Terms 5-6. 	<ul style="list-style-type: none"> Coaching, costume and competition budget for ‘Junior Strictly Come Dancing 2021’ = £500. Budget for ‘NMPAT: The Festival’ (costumes, resources, transport and professional coaching) = £600. 	<p>Children in KS2 will have the opportunity to perform for the school in a range of dance-based events throughout the year – if selected.</p> <p>The school’s participation in these events will raise the profile of dancing at Bliss and broaden the school’s inter-school competition offer.</p> <p>These events will be organised and delivered by school-based staff. Therefore, costs are kept to a minimum and sustainability will be achieved.</p>	

3d Total: £5350

Section 3e: Health and Wellbeing

Target: For pupils to understand and appreciate the importance of physical and mental health.

Objective	Action(s)	Responsibility and timescales	Resources and cost	Planned impact & sustainability	RAG Rating
<p>3e.i Encourage healthy eating choices within – and beyond – the school day.</p>	<ul style="list-style-type: none"> Run a healthy eating ‘Snack Attack’ (break times – morning and afternoon), selling only nutritional snacks. Plan, organise and deliver a whole school ‘Healthy Eating Week’ to inform pupils (and parents/carers) about healthy food choices. 	<ul style="list-style-type: none"> AE to run the ‘Snack Attack’ with pupil ‘employees’ (Term 2 onwards). OT to plan and organise a ‘Healthy Eating Week’ where all year groups prepare and try a range of healthy eating options, with accompanying information to go home to families (Terms 3-4). 	<ul style="list-style-type: none"> Running costs for ‘Snack Attack’ = £100. ‘Healthy Eating Week’ budget = £250 	<p>A high uptake for ‘Snack Attack’ will mean that lots of pupils accessing healthy foods during the school day. In-line with established research evidence, this will then have an impact on general health and well-being, as well as increased concentration in the classroom.</p> <p>Increasing awareness of what a healthy diet consists of and why it is important for the human body will encourage pupils to make healthy food choices.</p>	
<p>3e.ii Encourage ‘active travel’ among pupils so they are physically active beyond the PE and sport provision provided by the school.</p>	<ul style="list-style-type: none"> Hold an ‘Active Travel’ week in 2021-2022 and encourage regular active travel through engagement with <i>Modeshift Stars</i>. Equip pupils in KS2 with the knowledge, skills and understanding to be able to cycle to school safely by participating in the Bikeability scheme: <ul style="list-style-type: none"> Y3 = Bikeability Level 1 Y5 = Bikeability Level 2 Maintain existing club links – and develop new partnerships – with community-based sports providers, so that pupils (and parents/carers) know about a variety of local opportunities that are available. 	<ul style="list-style-type: none"> OT to arrange an ‘Active Travel’ week in school (Terms 1-2). EH/LA to book the 2021-2021 Bikeability sessions for Year 3 (Level 1) and Year 5 (Level 2). SC to work with the class teachers to timetable the Bikeability sessions: <ul style="list-style-type: none"> Y3 = Term 2 Y5 = Term 2 SC to signpost community-based sports opportunities through the whole-school newsletter and ensure club-links for all sport-specific clubs in KS2. SC/RC to arrange ‘taster sessions’ for a variety of 	<ul style="list-style-type: none"> ‘Active Travel’ weeks = no cost. Bikeability: <ul style="list-style-type: none"> Level 1 = £264 Level 2 = £240 	<p>‘Active Travel’ events will improve physical activity, mental health, quality of life and the environment – see DfE’s ‘Healthy Rating Scheme’.</p> <p>Providing cycling proficiency training will give pupils in KS2 the practical skills and understanding needed to cycle on today’s roads. Once the children have acquired the knowledge and confidence needed to cycle safely, riding to/from school will be an option for some of them and their parents/carers. Moreover, some pupils may also go on to cycle for pleasure in their own time.</p> <p>Providing information about local sporting opportunities available to the children will enable some pupils to continue being physically active in the evenings and at the weekends. The level of participation in school-based extra-curricular sport is very high – taster sessions, sport-specific club links and signposting should raise the level of community-based involvement.</p>	

		community-based sports clubs.			
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3e Total: £854

Section 4: Funding

- In 2021-2022, The Bliss Charity School will receive a Primary PE and School Sport Premium Grant of £17,600.
- From 2020-2021, there was an underspend of £4,550, which was carried forward = £22,150 available in total for 2021-2022.
- Planned expenditure in 2020-2021 = £21,314.
- Predicted underspend in 2021-2022 = £836 – this will either be carried forward to 2022-2023 or reallocated in 2021-2022 as suitable opportunities arise.

Section 5: Review

Term 2 Evaluation	Term 4 Evaluation	Term 6 Evaluation
<p><u>3a: Quality PE Lessons</u></p> <ul style="list-style-type: none"> • Planning for the Year 4 swimming programme complete and due to begin in 2022. • All teachers and TAs received full Real Gym training and the programme is being effectively implemented throughout the school. Real Dance was scheduled for January 2022 but has been moved to March 2022. <p><u>3b: Active Playground</u></p> <ul style="list-style-type: none"> • Level 0 activities to start in Term 3 where the children try to 'beat their best' every week. Year 6 sports crew to commence and organise/deliver lunch time activities every day. • Level 0 cross country to run during Term 3. • Active zones (including a football pitch) established on the back ground and used every break time, every day. <p><u>3c: Intra-school sport</u></p> <ul style="list-style-type: none"> • Extra-curricular sports clubs organised and delivered by external coaches before/after school every day. 31% of the school (59 pupils) accessed these clubs in Terms 1-2 <ul style="list-style-type: none"> - Dance Club - Dodgeball - Seasonal Sport - Basketball Club - Football Club - Zumba Club <p><u>3d: Inter-school sport</u></p> <ul style="list-style-type: none"> • School sport engagement by 21% of the school (40 pupils) in Terms 1-2 • Extra-curricular school sport engagement in Terms 1-2 included: <ul style="list-style-type: none"> - Year 5/6 Champion cluster football competition - Year 3/4 Champion cluster football competition 	<p><u>3a: Quality PE Lessons</u></p> <ul style="list-style-type: none"> • The 2022 Year 5 swimming programme has started and is taking place at Daventry Leisure Centre every Friday afternoon. • All teachers and TAs received full Real Dance training and the programme continues to be implemented throughout the school. All staff has now received Real PE, Real Gym and Real Dance training. <p><u>3b: Active Playground</u></p> <ul style="list-style-type: none"> • The Year 6 Sports Crew rota is now in place and Level 0 lunch time activities will now commence in Term 5. • Level 0 cross country fun runs have commenced with a good regular Year 5/6 attendance. A reward card system has been put into place to returning runners. • Active zones are all fully established on the back playground and used every break time, every day. Football is very popular! <p><u>3c: Intra-school sport</u></p> <ul style="list-style-type: none"> • Extra-curricular clubs organised and delivered by external coaches before/after school every day. Since September 37% of the school (72 pupils) have accessed at least one club. In Terms 3-4, the clubs on offer were: <ul style="list-style-type: none"> - Young Voices - Dance Club - Dodgeball Club - Dramatics Club - Multi-sport Clubs - Seasonal Sport Clubs - Gymnastics Club - Basketball Club - Football Clubs <p><u>3d: Inter-school sport</u></p>	<p><u>3a: Quality PE Lessons</u></p> <ul style="list-style-type: none"> • The 2022 Year 5 swimming programme is nearly complete and data will be collected and analysed over the Summer before being published on our school website. 18/19 children were able to swim 25m at the end of this year; 1/19 children could only swim with an aid. • All teachers and TAs received Cricket training and support through the Chance to Shine Cricket programme that takes place every Wednesday in Term 6. The scheme has been a huge success. <p><u>3b: Active Playground</u></p> <ul style="list-style-type: none"> • 30 children are now regularly running as part of the level 0 lunch time running club and reward t shirts have been purchased for the end of year assembly. Plans are in place to open it up to all of KS2 next year. • The Y6 Sports Crew Rota has commenced but hasn't been consistent due to Y6 revision, residentials and inter competitions. Next year we will look at opening it up to more year groups to ensure that it is run more efficiently. • Active zones continue every break and lunchtime with high participation throughout the school. <p><u>3c: Intra-school sport</u></p> <ul style="list-style-type: none"> • Extra-curricular clubs organised and delivered by external coaches (Rhino Sports) before/after school every day. Since September 60% of the school (116 pupils) have accessed at least one club. In Terms 5-6, the clubs on offer were: <ul style="list-style-type: none"> Rhino Dance – Ages 5-11 years Dodgeball – Ages 7-11 years Rhino Dramatics – Ages 5-11 years Multisport Club – Ages 5-11 years

- NSP Football competition
- Inclusive Multi Sports Event

3e: Health and wellbeing

- Bikeability Level 1 undertaken by Class 3 in Term 2.
- Bikeability Level 2 undertaken by Class 5 in Term 2.
- Club-link re-established with NCCC and Nether Heyford CC through the 'Chance to Shine' and 'All Stars Cricket' programmes – both planned with Matt Long for Terms 4/5/6.

Next Step(s):

- Plan, organise and deliver the SSP and Campion inter-school sports competitions for Terms 3-4.
- Real Dance training for all staff
- Sports Crew to run Level 0 sports activities at lunch.

- Since September 27% of the school (52 pupils) have competed in at least one school sports event. In Terms 3-4, the competitions included:

- Year 6 Quadkids athletics competition
- Year 5 Arrows archery competition
- Year 3/4 Quickstix hockey competition

3e: Health and wellbeing

- Healthy Eating Week took place at the end of Term 3. Every class made healthy snacks (which were compiled into a recipe book to go home) and all the pupils learnt about nutrition over the course of the week.
- The whole school took part in the School Partnership Active Learning Day (25/03/22). Children answered a range of cross-curricular questions through physical activity.

Next Step(s):

- Plan, organise and deliver the SSP and Campion inter-school sports competitions for Terms 5-6
- Sports Crew to run Level 0 sports activities at lunch.

Gymnastics Club – Ages 5-11 years
 Seasonal Sports – Ages 7-11 years
 Basketball Club – Ages 5-11 years
 Football (KS1) – Ages 7-11 years
 Football (KS2) – Ages 7-11 years

3d: Inter-school sport

- Since September 31% of the school (60 pupils) have competed in at least one school sports event. In Terms 5-6, the competitions included:
 - Year 3,4,5 and 6 Commonwealth Games athletics.
 - Year 6 High 5 netball
 - Year 5/6 Boys and Girls Cricket
 Both teams successfully made it through to finals day at the County Ground, Northampton.

3e: Health and wellbeing

- Plans are in place for the introduction of more health and well being clubs in 2022/23. These clubs involve children identified by teachers and the school participation tracker and will be funded by the sports premium so that they can access it for free.

Next Step(s):

- Rebook swimming for 2022/23
- Rebook Chance to Shine Cricket throughout Term 6 in 2023
- Discuss with staff if they would like to run a sports club in 2022/23 to enable more children to access an intra school club throughout the academic year.
- Liaise with Nether Heyford Tennis Club in regards to a permanent opportunity to use their facilities throughout Term time.
- The Intra School timetable for 2022/23 to be looked at with the introduction of new clubs e.g Yoga which target the children who would benefit from extra exercise for their own personal health and wellbeing.

Governor Monitoring	Governor Monitoring	Governor Monitoring
<p><u>3a: Quality PE Lessons</u></p> <ul style="list-style-type: none"> • Pleased to see that swimming for Year 4 will be proceeding. • It's a pity that Real Dance has been deferred but at least it is still planned to go ahead. <p><u>3b: Active Playground</u></p> <ul style="list-style-type: none"> • Good to see that this is progressing, and active zones are being used daily <p><u>3c: Intra-school sport</u></p> <ul style="list-style-type: none"> • It's great to see so many activities on offer would be good to push up the numbers participating (31%) in Terms 3&4. Pre-COVID (2018-2019) the percentage participation was 44%, it would be good to strive for this again. <p><u>3d: Inter-school sport</u></p> <ul style="list-style-type: none"> • The 21% participation compares to 26% participation pre-COVID (2018-2019) so this is not bad all things considered. It's great that Bliss is still focussing on these activities. <p><u>3e: Health and wellbeing</u></p> <ul style="list-style-type: none"> • Pleased with progress. 	<p><u>3a: Quality PE Lessons</u></p> <ul style="list-style-type: none"> • Pleased to see that swimming for Year 5 has started. Previously it stated Year 4. Is there a typo? Whichever year it is it's good that this is proceeding as expected. • Good to see that Real Dance has started albeit later than originally envisaged. • Good to see that we now have staff fully trained to teach 'Real' activities. <p><u>3b: Active Playground</u></p> <ul style="list-style-type: none"> • I'm pleased to see that active playground activities continue to be used in one form or another on a daily basis by all pupils. <p><u>3c: Intra-school sport</u></p> <ul style="list-style-type: none"> • It's great to see so many activities continue to be on offer and the numbers are up from 31% to 37%. There are activities to suit many different tastes and appeal equally to what may be traditionally considered boy-friendly and girl-friendly activities. <p><u>3d: Inter-school sport</u></p> <ul style="list-style-type: none"> • The increase in participation from 21% to 27% is even better than the pre-covid so this is brilliant. <p><u>3e: Health and wellbeing</u></p> <ul style="list-style-type: none"> • Very pleased that children are getting a broad-based education regarding healthy choices that they can carry with them throughout their lives. 	<p><u>3a: Quality PE Lessons</u></p> <ul style="list-style-type: none"> • Swimming is essential for life and Bliss has once again provided its pupils with a great start. Hopefully they will all continue. Really pleased with this. • Cricket training is another successful programme and hopefully this will be reflected with a greater pupil uptake. <p><u>3b: Active Playground</u></p> <ul style="list-style-type: none"> • I'm not sure why the running club is limited to 30 but I'm sure there are good reasons, if it can be opened up to all KS2 next year that would be fantastic. • There is a general positive direction of travel with sports crew rotas and active zones. If there is anything that can be learned from this year to improve things for next year it would be great to see new initiatives introduced. <p><u>3c: Intra-school sport</u></p> <ul style="list-style-type: none"> • An increase from 37% (last report) to 60% participation for the year to date is way above what I was expecting and a brilliant achievement. The range of activities also remains many and varied. <p><u>3d: Inter-school sport</u></p> <ul style="list-style-type: none"> • The increase in participation from 27% to 31% is a good increment particularly as it covers just 4 year groups. <p><u>3e: Health and wellbeing</u></p> <ul style="list-style-type: none"> • The targeting of children to more health and wellbeing clubs should hopefully ensure it is most effective to those that would benefit most. <p>On a more general note. Given reduced staff numbers (compared to previous years), coming out of Covid and a smaller overall school budget – the achievements this year are just fantastic so well done to everyone. The Gold Schools Games Mark is once again proof that what has</p>

		been achieved is substantial and makes a difference. Let's look forward to another stella year in 2022-2023.
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Mr. R. Colton

PE Co-ordinator (July 2022)