

Vision for PE at Hexham Middle School

Physical Education is one of the most powerful mass movers in changing and improving the lives of young people. As such, a key aim of the physical education department is to develop a strong “sporting culture” within school for both participation and excellence, for all pupils. Through this culture we aim to “create a sporting habit for life.”

‘As a department, we aim to develop pupils who are physically literate. We aim to do this by providing a challenging, disciplined and safe environment for high quality teaching and learning. This is achieved through creating an enjoyable and productive atmosphere for staff and pupils, where we strive to inspire and engage students to participate and achieve. This will enable all pupils to have the motivation, confidence, understanding, knowledge and confidence to make positive lifestyle choices and choose to be active for life.’

Key achievements to date:	Areas for further improvement and baseline evidence of need:
<ul style="list-style-type: none"> • Pupils receive two timetabled lessons of PE in year five and six. In Y5 pupils also have a swimming lesson of 30 minutes for 6 weeks. • All pupils in KS 2 take part in two intra sport festivals on the school site. • All Y5 pupils take part in a Team Building day to help with the transition into a new school. • All KS2 Clubs have been rebranded either Active Hexham or Team Hexham to make it clearer for pupils to make informed choices. • Fitness band baseline study indicated that participating pupils were achieving 8 – 10 thousand steps per day. • HMS provided more competitive opportunities through targeted attendance of School Games. • HMS attended Orienteering festival with 30 pupils. HMS won the Y5 	<ul style="list-style-type: none"> • Increased focus on identifying and tracking of groups of pupils of less active pupils. • Identify and tackle key barriers that are preventing some pupils from participating in physical activity. • Continue to target specific groups with activity to develop positive attitudes towards leading healthy lifestyles. • Embed the use of regular questionnaires/ surveys/ focus group to understand current impact and inform future action. • Provide high quality opportunities for pupils to become leaders to help extend school club and intra competitive provision. • Integrate ICT more effectively into lessons to engage and enrich learning. • Improve attendance of clubs at KS2: above 75% of KS2 attend extra-

<p>and Y6 County trophy for the best overall performance.</p> <ul style="list-style-type: none"> • Golf extreme has been purchased and a scheme of work is embedded in KS2 curriculum. An approach to either Hexham Golf or Close House golf will be made this year. • B teams ran for KS2 football. Boys B team Y6 pupils. Girls B team was Y5 girls. B teams have been taken to the school games competitions when the organizer has had sufficient space. • Ipads bought and finally networked. Appropriate ranges of Apps have been purchased to improve our ICT provision in PE. • Forest schools ran successfully in Y5, Y6 and we now have a after school club running on a Thursday. 	<p>curricular sports clubs.</p> <ul style="list-style-type: none"> • Embed and extend the use of TREDs RFU core values for teaching in every PE lesson. Reward pupils with TREDs certificates. • Further develop the discrete SEND PE club and attend school games inclusive events. • Develop the use of Forest School in KS2. Train a member of HMS staff to become a forest school practitioner. • Continue to embed the use of TGfU into teaching and learning. Build a spiral curriculum around the central themes of game categories. • Assess ourselves against the YST and AfPE Kitemark national awards and apply for each award.
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Meeting national curriculum requirements for swimming and water safety	Please complete all of the below:
What percentage of your Year 6 pupils could swim competently, confidently and proficiently over a distance of at least 25 meters when they left your primary school at the end of last academic year?	92%
What percentage of your Year 6 pupils could use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] when they left your primary school at the end of last academic year?	92%
What percentage of your Year 6 pupils could perform safe self-rescue in different water-based situations when they left your primary school at the end of last academic year?	90%
Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming but this must be for activity over and above the national curriculum requirements. Have you used it in this way?	35 pupils have been identified as potentially not swim competently over 25m. These pupils will receive extra swimming tuition.

Academic Year: 2019/20	Total fund allocated: £ 17970	Date Updated: September 19		
Key indicator 1: The engagement of <u>all</u> pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school				Percentage of total allocation: 38%
School focus with clarity on intended impact on pupils:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Dance: Specialist dance teacher to employ an after school club.	<ul style="list-style-type: none"> - Dance coach booked to start in December - An after school club will be offered. - Look to build a performance for a Dance Festival 	£500	<ul style="list-style-type: none"> - Target specific pupils who we think would enjoy this activity. - Group has a loyal following of girls 	<ul style="list-style-type: none"> - Target specific DP pupils to attend. - Liaise closely with Coach to ensure regular attendance of pupils. - Aim to increase numbers so that we have pupils regularly attending.
Yoga: Introduce yoga as an extracurricular club	<ul style="list-style-type: none"> - Find a yoga teacher with children experience - Start with a taster sessions - Identify an evening to run a session - Introduce a session for the staff. 	£500	<ul style="list-style-type: none"> - Met with a Yoga Teacher - Looking to start a club on a Tuesday evening after half term. 	<ul style="list-style-type: none"> - Use the yoga as a staff session to follow on from the pupils club.

<p>Run a Health and Fitness week: Plan a week of activities built around physical activity and healthy eating.</p>	<ul style="list-style-type: none"> - PGA to attend a teacher externship with a sports nutrition firm. - Use the link to build ideas into the week. - Contact Active Northumberland to see if we can use WLC facility for activity. - Investigate Cycle Experience can bring their fleet of bikes to put on a cycle day. 	<p>£2363</p>		<ul style="list-style-type: none"> - Initial discussion had with the potential yoga teacher. She has other professionals that could be used to support the week.
<p>Link with QEHS to restart a dance festival Use the GCSE pupils as inspiration to push on our dancers. Provide the opportunity to show case dance at HMS.</p>	<ul style="list-style-type: none"> - Contact relevant QEHS staff. - Identify date and time for the performance. - Publicize within KS2. - GCSE pupils to run a workshop on the day t lead to a performance. - Dance teacher and dance lessons to prepare pupils to perform at the festival. 	<p>£100</p>		
<p>SEND Sporting Club Specific pupils targeted to attend a club based around social sport. Aiming to develop basic fundamental motor and social skills in a relaxed environment.</p>	<ul style="list-style-type: none"> - Liaise with the SEND department to smooth entry for pupils. - Start club in the Base before transitioning to Fellside and then Beaumont Gym. 	<p>£100</p>	<ul style="list-style-type: none"> - KS2 club starting after Christmas 	<ul style="list-style-type: none"> - Constantly monitor provision. Respond to pupils suggestions for new activity.

Increase the use of the School Games Website	<ul style="list-style-type: none"> - PGA to create a school login. Liaise with KBA to input the data regularly. - Add intra schools competitions and fixtures to the website. - Increase the use of the Active Schools Planner. - Add school sports day date. - Advertise the School Games Website on the HMS website and newsletter. 		<ul style="list-style-type: none"> - Look to achieve gold level of achievement. - Push to achieve platinum. 	
Fitness Trackers Trial a project into current activity levels of pupils who are in KS2. Build a whole school physical activity ethos around 10000 steps a day.	<ul style="list-style-type: none"> - We will buy a Fitness tracker (Letscom) for every pupil in KS2. - Link in with walk to work months with NCC. 	£3152	<ul style="list-style-type: none"> - YST Active 30:30 10 steps to an active school. - We will use this technology to engage pupils in the 10000 steps a day initiative. 	<ul style="list-style-type: none"> - Pupils daily logs to be recorded in their planners and monitored by the form teacher. - Targets set/ daily weekly competitions devised/ dinner time club ran to promote activity/ training program devised to support training outside of school.

Key indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement				Percentage of total allocation: 20%
School focus with clarity on intended impact on pupils:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
ICT Purchase Coaches Eye software to be used on the iPads. Software will allow pupils to film and analyse performance. Investigate the support that can be used to help integrate ICT more effectively. Live moderation of pupils performing during practical sessions.	<ul style="list-style-type: none"> - Investigate software licensing - Purchase software. 	£500	<ul style="list-style-type: none"> - iPad used to collect performances in Football, netball. Video used to collect information and used successfully in moderation. 	<ul style="list-style-type: none"> - Build use of software as regular part of schemes of work.

<p>Forest School Sessions Targeted forest school sessions with a local provider. Provide pupils with opportunity to improve skills, knowledge and understanding by engaging with the natural environment.</p>	<ul style="list-style-type: none"> - Sessions to start with a specific group of targeted pupils. - Sessions proved popular last year extend our provision by offering an after school club. 	<p>£1000</p>		<ul style="list-style-type: none"> - Explore the list of training courses identify HMS staff to attend the course.
<p>Play Ground Leaders Train KS2 pupils to run activity on the yards at Break Time and Dinner Time. Look to brand around our Active Hexham clubs.</p>	<ul style="list-style-type: none"> - Develop our own in house leadership scheme to train Y6 pupils to lead activity while supervised. - Identify some generic equipment to be used on the yard. - Identify suitable pupils to train - speak to PFM about using our PMs to collect pupil voice views regarding improving extracurricular and intra school opportunities. 	<p>£1000</p>	<ul style="list-style-type: none"> - Training materials are compiled but training on hold due ongoing problems with the yards. 	<ul style="list-style-type: none"> - Provide options to help with Mass Participation dance club. Projecting online dance activities. To raise activity levels. - Training fill form an annual recruitment of leaders for activity on the yard
<p>Develop PE Tracker and Notice Boards Improve our systems to record participation in our clubs. This information is used to inform and develop our school offer.</p>	<ul style="list-style-type: none"> - Move to an electronic system of recording attendance. - Rewards for attendance. - Engage with and target the least active groups in school. - Ensure that the notice board is kept up to date. 	<p>£200</p>		
<p>Meeting /Strategy Time Provide the opportunity for KBA and PGA to meet half termly to ensure that we are effectively implementing the key initiatives and more importantly analysing impact with pupils.</p>	<ul style="list-style-type: none"> - PGA and KBA to use supply to come off time table termly to meet. - Meeting to prepare and manage the plan effectively. - Speak to the Office to arrange dates. 	<p>£1000</p>		

Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport				Percentage of total allocation:
				4%
School focus with clarity on intended impact on pupils:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Departmental Training Sign up to the Association for Physical Education (AfPE) accreditation scheme. Nationally recognised kite mark for excellence.	<ul style="list-style-type: none"> - Email AfPE to obtain the document and application form. - Self-review PE performance to inform improvement. - Apply by 26th June 2020 for accreditation - Book supply day to meet with KBA and set our plan going forwards. 	£275	<ul style="list-style-type: none"> - Reviewing current position against the criteria. Action plan is being written to get us into a position to apply. 	
Join Youth Sport Trust at L2	<ul style="list-style-type: none"> - Join online - Complete online audit tool. - Develop an action plan to implement Active 30:30. 	£500		<ul style="list-style-type: none"> - Provides access to online audit and Kitemark tool. - Provides access to Active 30:30: 10 steps to an active school.

Key indicator 4: Broader experience of a range of sports and activities offered to all pupils				Percentage of total allocation:
				18%
School focus with clarity on intended impact on pupils:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Additional achievements: Extrem Golf equipment is purchased and a unit of learning has been built into KS2 in the summer term.	<ul style="list-style-type: none"> - Talk to golfing staff to get a club ready to start after Easter. - Approach the local golf clubs to see if they can come and run a club in school. 	£500		<ul style="list-style-type: none"> - Use SPH to build specific links into Hexham Golf Club.

<p>Team Building Day for Y5: Re run the successful day from last year. Ran by an external provider. Help new classes bond together and develop a strong class spirit.</p>	<ul style="list-style-type: none"> - Pupils to participate in a range of physical team building challenges. - Contact provider from last year to book in a date. 	<p>£250</p>	<ul style="list-style-type: none"> - All staff commented on better integration of pupils from the different schools. - It was felt that this would be a good activity to do more of to help with listening skills. 	<ul style="list-style-type: none"> - Build team building activities into warm ups during curriculum lessons. - Specifically identify target pupils to be specific leaders within the activities.
<p>Orienteering Pupils have really taken to the sport. Bring in John Crosby to run some coaching in school to further raise the profile and develop a club school link.</p>	<ul style="list-style-type: none"> - Contact JC from local club NATO. - Identify a suitable time to run coaching sessions. Probably the summer term. 	<p>£500</p>		<ul style="list-style-type: none"> - Build up our use and experience of the Sportident equipment. - Develop the use of sport ident for other activities.
<p>Cricket: The local SDO will run an extracurricular club for cricket in preparation to attending festivals in the summer.</p>	<ul style="list-style-type: none"> - Run a KS2 boys and girls cricket club in preparation for the summer tournaments. 	<p>£1000</p>	<ul style="list-style-type: none"> - Boys club started. We had 23 pupils attending. Girls specific club to run in November. 	<ul style="list-style-type: none"> - Use Y8 pupil as a role model to promote the club and be a key link in school. - Get Y8 pupils trained as Activators to help with clubs in school.
<p>Fitness/ Dance Mass Participation Use of online and recorded workouts used on the projectors to provide fun physical activity for staff and pupils.</p>	<ul style="list-style-type: none"> - Run turn up and dance sessions in the Gym and Beaumont hall. - Sessions informal, social and fun. 	<p>No Cost</p>	<ul style="list-style-type: none"> - proved to be a successful way of activating pupils last year. 	<ul style="list-style-type: none"> - Run as a wet weather activity.
<p>TOP UP Swimming</p>	<ul style="list-style-type: none"> - Extra catch up swimming lessons to allow pupils to succeed at NC swimming and water safety requirements. 	<p>£1000</p>	<ul style="list-style-type: none"> - Currently have 35 pupils who are at risk of not achieving national expectations. 	<ul style="list-style-type: none"> - Have established better communication with WLC. At risk pupils are identified before they come to HMS. These pupils are targeted to swim from week 2.

Key indicator 5: Increased participation in competitive sport				Percentage of total allocation:
				20%
School focus with clarity on intended impact on pupils:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
<p>Intra School Activity: Expand our range of House based competitions. We will buy</p> <ul style="list-style-type: none"> • medals • upgrade old trophies • buy new Trophies • Certificates to support TREDs values <p>Hire of equipment to support the delivery of sports day.</p>	<ul style="list-style-type: none"> - Provide a competitive opportunity each term. - Ensure that each competition provides all pupils to compete and contribute to House totals. - Build into curricular PE more opportunities to play in intra house competitions. Last lessons in a teaching sequence will become moderation festivals. Pupils will participate in a range of sports scoring points for their own houses. - Provide Medals and TREDs values certificates for pupils and or teams. - Reevaluate the activities that we use for our intra school competitions. 	£2000		<ul style="list-style-type: none"> - Trophies are one off payments. - Yard development will redevelop yards as meaningful learning spaces. - Continue to develop curriculum provision to support intra house competition. - Design and purchase TREDs value certificates to reward pupils.
<p>Develop a dance festival/ evening with QEHS.</p>	<ul style="list-style-type: none"> - Talk to QEHS dance staff. - Identify a date to work towards. - Use QEHS high performers to help support dance at QEHS. 	No cost		
<p>Transport: Due to rural catchment in Tynedale the cost of attending inter school sport is substantial. Funding will be used to support the extensive inter school sporting offer at HMS.</p>	<ul style="list-style-type: none"> - Fund transport to support existing provision. - Attend L2 School Games competitions. 	£1530	<ul style="list-style-type: none"> - 10 KS2 girls have attended the Girls Football School Games Qualifier 09.10.19. 	