

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. • Forest schools ran successfully in Y5, Y6 and we now have a after school club running on a Thursday. • Yoga class was ran successfully till lockdown closed the school – 30 pupils regularly attending. • SEND club embedded in our provision. • Tchoukball – non contact invasion game - added into Y5 curriculum, • Continue to embed the use of TGfU into teaching and learning. Build a spiral curriculum around the central themes of game categories. • Embed and extend the use of TREDs RFU core values for teaching in every PE lesson. • 2 HMS staff training to be L3 forest school delivers. • Achieved School Games Virtual Award for activities that we had online. • Achieved School Games Gold Award. 	<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. • Implement a whole school healthy life styles plan – develop a healthy week in school. • Develop the use of social media to promote healthy activities that can be used by the whole family. • 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. • Reward pupils with TREDs use the specific language on ClassCharts.. • Further develop the discrete SEND PE club and attend school games inclusive events. • Assess ourselves against the YST and AfPE Kitemark national awards and apply for each award – postponed due to Covid 19. • Join YST at Premium level to access training, mentor advice and an athlete visit. • Top Swimming needs careful consideration due to Y5 lessons stopping in March due to Covid-19. • Money allocated for transport needs to be continually reviewed as inter school competition may not happen at all this year. • Build on the positive use of equipment during lock down. Think about any lessons that can be learnt and applied to yards this year. Purchase equipment to positively influence play on the yards. • Purchase equipment to support and extend specific sports introduced last year and from September that have been positive learning experiences for pupils in Y5 and Y6.

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?	91%
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?	91%
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?	Yes

Academic Year: 2020/21	Total fund allocated: 2020 2021 = £ 18220 (based on 222) Carry forward due to Covid 19 = £8,161.83 Total Available = £26381	Date Updated: September 2020		
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: 29%
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"> - Identify an evening to run a session. - Introduce a session for the staff. 	£500	<ul style="list-style-type: none"> - Meet 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.

<p>Increase the use of the School Games Website</p>	<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. 	
<p>MATCH FIT The MATCH FIT programme will target our KS2 pupils as in the previous year. It raises awareness about healthy and active lifestyles and offers additional inspirational PE outside of the normal curriculum allocation.</p>	<ul style="list-style-type: none"> - Target our Y5 and Y6 pupils. - raises awareness about healthy and active lifestyles. - Build key messages into health and fitness week. 	<p>£3000</p>	<ul style="list-style-type: none"> - Each of the 4 Y6 classes have a full block of six weeks. This allows the sessions to be inclusive for all. - In addition, a 4th block has been added to support those children who would particularly benefit from additional help whether that be to support mental health, obesity, communication or self-esteem and confidence. 	
<p>Dan The Skipping Man Whole day skipping activities with Y5 and Y6.</p>	<ul style="list-style-type: none"> - Skipping proved to be a popular activity during lockdown. - It is a great Fundamental skills activity. - Target activity for pupils on the yard spaces. - We get access to skipping videos that can be used by playground leaders to run activities. 	<p>£500</p>		

Archery Wild About Adventure Offer an extracurricular club. Activity can run indoors in Beaumont Gym. We will look to move outdoors when the weather picks up.	<ul style="list-style-type: none"> - Discuss with Paul Mordue the suitability of Beaumont hall. - Start with a taster session for Y5 in PE lessons. - Identify an evening to run a session. - Letters to be sent out. 	£500	<ul style="list-style-type: none"> - Look to start a club after half term. - May need to rotate pupils if the activity proves popular. 	
Total Spend		£7563		
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: 14%
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.
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.	<ul style="list-style-type: none"> - Sessions to start with a specific group of targeted pupils. - Fund extra-curricular club. - Purchase and replace equipment to enhance provision. 	£1000		<ul style="list-style-type: none"> - Explore the list of training courses identify HMS staff to attend the course.

<p>Play Ground Leaders and Building on Bubble Experience from lockdown.</p> <p>Train KS2 pupils to run activity on the yards at Break Time and Dinner Time. Look to brand around our Active Hexham clubs.</p> <p>Purchase targeted equipment that can be used on the yards to support play. This was a positive of school day for Key Worker, vulnerable and Y6 pupils during lockdown.</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</p> <p>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</p> <p>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>		
	<p>Total Spend</p>	<p>£3700</p>		

Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport				Percentage of total allocation:
				11%
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 Premium	<ul style="list-style-type: none"> - Join online. - Complete online audit tool. - Develop an action plan to implement Active 30:30. 	£1155		<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.
Forest School L3 Leaders Award	<ul style="list-style-type: none"> - Two staff to undertake online training course @ £795. 	£1590		
Total Spend		£3020		

Key indicator 4: Broader experience of a range of sports and activities offered to all pupils				Percentage of total allocation:
				24%
School focus with clarity on intended impact on pupils:	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Golf 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"> - Contact Martin Forster PGA professional to run a club.
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.	<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. 	£250	<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.
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.	<ul style="list-style-type: none"> - Contact JC from local club NATO. - Identify a suitable time to run coaching sessions. Probably the summer term. - Purchase 30 more dibbers. - Purchase 30 compasses. - Get the new build mapped in preparation for next year. 	£500		<ul style="list-style-type: none"> - Build up our use and experience of the SPORTident equipment. - Develop the use of SPORTident for other activities.
Cricket: The local SDO will run an extracurricular club for cricket in preparation to attending festivals in the summer.	<ul style="list-style-type: none"> - Run a KS2 boys and girls cricket club in preparation for the summer tournaments. - Take two boys and two girls' teams (32 players) to competition. 	£1000		

Fitness/ Dance Mass Participation Use of online and recorded workouts used on the projectors to provide fun physical activity for staff and pupils.	<ul style="list-style-type: none"> - Run turn up and dance sessions in the Gym and Beaumont hall. - Sessions informal, social and fun. 	No Cost	<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.
TOP UP Swimming	<ul style="list-style-type: none"> - Extra catch up swimming lessons to allow pupils to succeed at NC swimming and water safety requirements. 	£1000	<ul style="list-style-type: none"> - Currently have 10 Y6 pupils who are at risk of not achieving national expectations. They missed Top Up due to Covid-19. - WLC don't have exact data for Y5 due to Covid-19 but it is generally 25-30 pupils at risk at the start of lessons. 	<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.
Purchase new equipment/ replace broken equipment to support curriculum offer	Key Purchases required: <ol style="list-style-type: none"> 1. Table tennis tables, nets, balls x6. 2. Rebound nets for Tchoukball x6. 3. Handball Goals x6. 4. A2 Folding white boards 5. Football goals x2. 6. Replace broken Lacrosse sticks. 7. Re bound boards for indoor athletics. 	£3000		
Total Spend		£6250		

Key indicator 5: Increased participation in competitive sport				Percentage of total allocation:
				22%
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. - Term 1 Y5 Tchoukball Y6 Lacrosse/ handball Term 2 Y5 Winter Games Y6 Winter Games Term 3 Y5 Orienteering Y6 Orienteering Y5 Sports day Y6 Sports day - 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. - 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. 	No cost		

	<ul style="list-style-type: none"> - Use QEHS high performers to help support dance at QEHS. 			
Entries to competitions/ affiliations to school sports associations	<ul style="list-style-type: none"> - Attend L2 School Games competitions. - West Tyne SFA KS2 Leagues. - Northumberland SFA County Cup football. - Tynedale Schools Athletics. - Northumberland Schools Athletics. - Tynedale Schools rugby. - Tynedale Netball. - Tynedale Kwick cricket competition. - Northumberland Schools orienteering County Championships. - ESSKIA – dry ski slope competition. - Northumberland Schools Orienteering Championships. 	£1000		<ul style="list-style-type: none"> - Sustain current competition structures. - Look to expand opportunities into new sports.
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.	<ul style="list-style-type: none"> - Fund transport to support existing provision. 	£2480		<ul style="list-style-type: none"> - Covid-19 restrictions currently limiting inter school activity, - Local school sports associations are currently reviewing guidance for a January competition re-start if permitted.
	Total Spend	£5480		