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*

2023-2024

The Bliss Charity School: PE and Sport Premium Strategy (2023-24)

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.

Section 1: Summary information					
Academic Year	2023-24	Most recent PE and Sport Premium Strategy review	July 2023 (See below)	Basic PE and Sport Premium Grant	£16,000
Pupils in Y1-Y6	159	Next review of the PE and Sport Premium Strategy	December 2023	Additional PE and Sport Premium Grant	£1,530
				TOTAL Primary PE and School Sport Grant	£17,530

Section 2: Highlights and impact of the Primary PE and Sport Grant in 2022-23

In 2022-23, The Bliss Charity School received a Primary PE and Sport Premium Grant of £17,600.

Achievement Summary:

- 100% of Year 6 children were able to use a range of strokes to swim and 100% achieved their 'Swimming Safety Award'
- Swimming programme delivered in Terms 4/5/6 of 2022-23 for Year 5 children, meaning that this cohort completed the Bliss swimming programme.
- Bliss once again achieved the Gold School Games Mark for 2022-23
- Extra-curricular clubs organised and delivered by external coaches (Rhino Sports) before/after school every day with over half of the school accessing at least one club.
- 34% of KS2 represented Bliss and competed in at least one inter-school sports event.
- Over 30 children from Upper KS2 are now regularly running as part of the level 0 lunch time running club.
- All staff have now received Real PE, Real Gym and Real Dance training.
- 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 was once again a huge success.
- Active zones continue every break and lunchtime with the introduction of a full-time lunchtime sports coach. This ensured that every child had the opportunity to enjoy extra intraschool PE at lunchtimes and complete over 2 hours of physical exercise each week.
- Our Year 6 boys team won the South Northants Sport Cricket Finals Day. There was also lots of other individual and team success over the course of the year.
- 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.
- Bikeability Level 1 (Class 3) and Level 2 (Class 5) delivered in 2022-23

Full 2022-2023 Review

Term 2 Evaluation Term 4 Evaluation Term 4 Evaluation Term 6 Evaluation Bliss Charity School once again achieved the 'Gold' Schools Gam' Swimming lessons are successfully being carried out and will continue in Term 5. AJ has completed her Level 1-2 swimming course and is supporting ME with the weekly sessions. Initial 'PE lesson' support has commenced and pupil voice will be carried out during terms 5 and 6. (Contact DH) RC currently looking at new opportunities for PE assessment based	<u>Full 2022-2023 Review</u>							
3a: Quality PE Lessons Swimming lessons booked and due to start in Term 3. AJ to have Level 1-2 staff swimming training. Initial 'PE lesson' support given to teachers with deeper observation and support scheduled for the remainder of the year. RC currently looking at new opportunities for PE assessment. 3a: Quality PE Lessons Swimming lessons are successfully being carried out and will continue in Term 5. AJ has completed her Level 1-2 swimming course and is supporting ME with the weekly sessions. Initial 'PE lesson' support has commenced and pupil voice will be carried out during terms 5 and 6.	Section 5: Review							
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Rhino sports effectively running daily 'extra' lunchtime PE sessions for every year group throughout the week giving every child in the school the opportunity to take part in 30mins extra exercise per week. (Young leaders supporting) 3c: Intra-school sport Since September, Rhino sports have been running a variety of sports and performing arts clubs with opportunities for intra competition. Some clubs are organised in preparation for Level 2-3 inter sports events. Numbers for clubs have increased from last year and are hitting a wider range of children with a targeted SEN sensory club in place (free) gits netball club in place. Rino sports continue to run a variety of sports and performing arts clubs with opportunities for intra competition. Some clubs are organised in preparation for Level 2-3 inter sports events. Numbers for clubs have increased from last year and are hitting a wider range of children with a targeted SEN sensory club in place (free) gits netball club in place. 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(Young leaders supporting) 3c: Intra-school sport Since September, Rhino sports have been running a variety of sports and performing arts clubs with opportunities for intra competition. Some clubs are organised in preparation for Level 2-3 inter sports events. Numbers for clubs have increased from last year and are hitting a wider range of children with a targeted SEN sensory club in place (free) girls netball club in place. 3d: Inter-school sport Level 2-3 inter sport competitions have commenced at cluster and district level. A wide-range of inter-sports events for Term 3-4 have been booked and scheduled in. Bliss Charity School to take part in the SND Active 30 League in January giving children a greater opportunity to be active and compete against other schools. 3e: Health and wellbeing Healthy eating week is scheduled in for the week commencing 6/2/23. All staff aware and will be making healthy food with	 3a: Quality PE Lessons Swimming lessons are successfully being carried out and will continue in Term 5. Al has completed her Level 1-2 swimming course and is supporting ME with the weekly sessions. Initial 'PE lesson' support has commenced and pupil voice will be carried out during terms 5 and 6. RC currently looking at new opportunities for PE assessment based upon support received at the Northants Sports conference in March. Chance to Shine Cricket arrangements finalised for Term 6 with Northants Cricket. PE equipment successfully ordered and received based upon feedback from teachers and coaches at the school. 3b: Active Playground Rhino sports continue to run daily 'extra' lunchtime PE sessions for every year group throughout the week giving every child in the school the opportunity to take part in 30mins extra exercise per week. ME received sensory circuit training which will be used during lunchtimes in Terms 5 and 6. Sports leaders supporting on a rota every lunchtime. 3c: Intra-school sport Rhino sports continue to run a variety of sports and performing arts clubs with opportunities for intra competition. Some clubs e.g. netball are organised in preparation for Level 2-3 inter sports events. Numbers for clubs have increased from last year and are hitting a wider range of children with a targeted SEN sensory club in place (free) (See school sports tracker) RC to review clubs for Terms 5/6 with Sam KS2 carried out an intra-school sports tracker) RC to review clubs for Terms 5/6 with Sam KS2 carried out an intra-school sports afternoon with a range of competition will be carried out in Terms 5 and 6. (See school sports tracker) Level 2-3 inter sport competitions have continued at cluster and district level. A wide-range of inter-sports events have been carried out in Terms 3 a	Bliss Charity School once again achieved the 'Gold' Schools Games award. 3a: Quality PE Lessons Swimming lessons successfully completed with 100% (27 children) completing their 25m distance. Pupil voice carried out across all year groups and feedback analysed. RC met with David Hanson (SND Sport) to discuss assessment options from September Every child took part in the Chance to Shine Cricket during Term 6 and the programme has been rebooked for 23/24. New goal and basketball posts ordered. 3b: Active Playground Rhino sports lunchtime PE sessions completed for every year group. New sports leaders in place to take over from September. Rhino sports completed their sensory circuits programme with ME taking over from September. 3c: Intra-school sport Rhino sports successfully carried out their 2022/23 intra sport programme. The data from the tracker and pupil voice has been analysed to ensure that the inclusive programme is in place to continue 2023/24. 3d: Inter-school sport Level 2-3 inter sport competitions continued at cluster and district level throughout Terms 5-6 with the Bliss cricket team winning the SND finals. (See school sports tracker for further details on competitions entered.) 3e: Health and wellbeing The Snack attack scheme was completed so that every child had the opportunity to receive a healthy snack at break time. The					

- Snack Attack is successfully being run by Year 6 two times a week giving every child at Bliss the opportunity to eat healthy at break time.
- Bikeability took place during term 1 and 2 with Years 3 and 5.
- <u>Healthy</u> and wellbeing updates/opportunities shared with parents through social media and newsletters.

Next Step(s):

- RC to look at PE assessment options
- · RC to put in PE equipment order
- RC to gain teacher and pupil voice feedback
- RC and OT to co-ordinate healthy eating week

3e: Health and wellbeing

- Healthy eating week was successfully carried out in February and showcased in newsletters and social media.
- Snack Attack continues to be run by Year 6 two times a week giving every child at Bliss the opportunity to eat healthy at break time.
- <u>Healthy</u> and wellbeing updates/opportunities shared with parents through social media and newsletters.

Next Step(s):

- RC to finalise PE assessment with staff
- RC to continue to gain teacher and pupil voice feedback
- RC to review Rhino clubs with Sam
- RC to co-ordinate more intra school sports afternoon across the school

 <u>Healthy</u> and wellbeing updates/opportunities shared with parents through social media and newsletters.

Next Step(s):

- RC to put in place new assessment sheet for teachers to follow on an ongoing basis throughout the year.
- RC to organise new goal and basketball posts to be built.
- RC to meet with ME to discuss lunchtimes and sensory circuits club
- Enter Bliss into 23/24 inter school competitions through the Northants Sports gateway.
- RC to work with LW to create 22/23 Sports Premium Plan.



Section 3: Primary PE and Sport Premium Grant Strategy (2023-24)

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:

- a) **Quality PE Lessons** For all pupils to access high quality, active and well-resourced PE lessons throughout the school.
- b) **Active Playground** For the playground to be a safe, healthy environment full of adult-led and child-led physical activity.
- c) 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.
- d) **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.
- e) **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.

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Objective	Action(s) Responsibility and timescales		Resources and cost	Planned impact & sustainability			
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 watersafety and lifesaving skills.	Pool hire for an extra two terms to run immediately the initial block of swimmi lessons. This will total 25 sessions, giving the pupils best chance of attaining distances and skills beyon minimum requirements of National Curriculum for PE Provide ASA swimming tra (Poolside Assistant) for unqualified school staff or pool-side.	 ME to plan and deliver the sessions and keep records of the pupils' attainment for national comparison and evaluation of impact (Terms 3-6). 	 25 hours swimming coaching and professional development. Additional swimming time, coaching and funded from the PE and Sport Premium Grant: 12 x £260 = £3120. 	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.			

3a.II

Now that Real PE, Real Gym and Real Dance is fully embedded into the teaching programmes for PE lessons, it is important to ensure that all staff are fully confident and that all PE lessons are of a high standard.

- RC to work with all members of staff in a 'coaching' capacity to plan and deliver lessons (Term 2, 3 and 4)
- RC to introduce PE heat maps as an ongoing tool for PE assessment across KS1 and KS2
- RC to gather pupil voice
- Cover to be discussed with LW.



Key	d 6	PE	S	cills
w = working beyond				
a = achieved				
c = consolidating				
b = beginning				
	name	name	name	name
Moving (MO) M0S3.4 Refines and applies movement skills creatively to a variety of challenging situations				
Adapts throwing action to cater for different types of equipment				
Throws objects for distance, accuracy and speed, e.g. netball, Frisbee, shotput				
Demonstrates survival water skills:				
25m swim				

Real Gym

'Real Gym' is a totally new and holistic approach that makes gym relevant, meaningful and challenging for every child. What makes real gym unique?

- 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.

Real Dance

'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?

- 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 selfexpression through creativity, authorship, ownership and individuality.

Providing all staff with 'Real PE', 'Real Dance' and 'Real Gym' training ensures that all children at the school have access to at least two hours of high-quality PE every week. The annual renewal cost is £695 to ensure the quality of teaching PE will be sustained in the future.

3a.III Ensure pupils in KS1 and KS2 have access to some professional sports coaching.	Years 1/2/3/4/5/6 to take part in NCCC's 'Chance to Shine' programme in the summer term.	 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). 	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. Working alongside the NCCC coaches – and having access to the 'Chance to Shine' portal – will provide school staff with high quality professional development.
3a.IV Support the delivery of high quality PE lessons by providing resources and training to ensure every child is actively engaged.	Resources for all areas of the PE curriculum kept wellstocked and in good order.	-	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.
3a. V Training opportunities	RC to continue to offer staff the opportunity to improve their professional development in PE.	introducing sensory circuit and CP training for all staff with the opport	Sensory circuits are designed to engage and stimulate the senses of your pupils, promoting proprioceptive and vestibular feedback. A sports circuit pathway at Bliss will guide all pupils through a series of movements and sports-themed graphics, which will leave them feeling calmer, more focused and ready to engage with their learning. Cross-Curricular orienteering through a nationwide programme will provide Bliss with the infrastructure to

				enhance outdoor learning across the curriculum in a fun, engaging and active way.	
3a Total: £8,615					

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
3b.I Engage as many children as possible in physical activity at break times and lunch times.	 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. 	 Rhino Sports to once again supply a young leader coordinator to train Sports Leaders in delivering daily sessions on the playground for all pupils. RC to liaise with Rhino Sports and ME to timetable, resource and supervise the 'Young Leader' zone on the back playground at lunchtimes. RC and EH to track participation for the School Games Mark award, including 'Level 0 Personal Challenges'. ME/RC to prepare playground resources and equipment order in (Term 2). 	 Budget for playground resources and equipment = £1,000. Sports Leader Coordinator = £4,000 	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. The Young Leaders Award is a fully resourced leadership and character education programme designed to both enhance and form part of the school curriculum. It offers an exciting opportunity for your young people to: • Engage in new learning experiences • Grow in leadership, character and key life skills

3b Total: £5,000

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	
Provide a wide range of extracurricular sports clubs – before and after school – throughout the year.	•	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 from Rhino Sports to provide sports club opportunities, and subsidise costs using the PE and Sport Premium Grant. Utilise school staff and volunteers to run extracurricular sports clubs e.g. Lunch time Fun Run Club.	•	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 2023-2024 for the School Games Mark award. RC to oversee the range of clubs offered to the pupils and monitor participation rates among different groups of pupils.	•	Bliss Charity School to fund the clubs which target specific groups that have been identified as non-active or need support with their well-being. Budget = £1,000	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. By using the PE and Sports Premium Grant to subsidise club costs, a comprehensive extracurricular sports programme is more sustainable for both the school and its pupils/parents.	

3c Total: £1,000

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	
Ad.I Participate in inter-school competitions in a range of different sports throughout the year.	 Enter a range of Level 2/3 sporting events in 2023-24 through affiliation with cluster and county primary school sports organisations. Organise and run 'team practise sessions' in the build-up to competitions. 	 RC to co-ordinate The Bliss Charity School's Level 2/3 competition calendar. RC and EH to track Level 2/3 participation in 2023-2024 for the School Games Mark award. Rhino Sports and RC to accompany teams to Level 2/3 events within and beyond the school day. 	 Inter-sports programmes affiliation budget = £1,000. Transport budget for Level 2/Level 3 competitions = £1,000 	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. 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.	

3d Total: £2,000

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
3e.I Encourage healthy eating choices within — and beyond — the school day.	 Run a healthy eating 'Snack Attack' selling only nutritional snacks. Plan, organise and deliver a whole school 'Healthy Eating Week' to inform pupils (and parents/carers) about healthy food choices. 	 AE to run the 'Snack Attack' with pupil 'employees' (Term 2 onwards). RC 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). 	 Running costs for 'Snack Attack' = £200 'Healthy Eating Week' budget = £250 	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. 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.

Se.II Encourage 'active travel' among pupils so they are physically active beyond the PE and sport provision provided by the school.	 Hold an 'Active Travel' week in 2023-24 and encourage regular active travel Equip pupils in KS2 with the knowledge, skills and understanding to be able to cycle to school safely by participating in the Bikeability scheme: 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. 	 RC to arrange an 'Active Travel' week in school (Terms 1-2). EH to book the 2023-2024 Bikeability sessions for Year 3 (Level 1) and Year 5 (Level 2). RC to work with the class teachers to timetable the Bikeability sessions: Y3 = Term 2 Y5 = Term 2 LW to signpost community-based sports opportunities through the whole-school newsletter and ensure club-links for all sport-specific clubs in KS2. 	 'Active Travel' weeks = no cost. Bikeability: Level 1 = £250 Level 2 = £350 	'Active Travel' events will improve physical activity, mental health, quality of life and the environment – see DfE's 'Healthy Rating Scheme'. 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. 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 extracurricular sport is very high – taster sessions, sport-specific club links and signposting should raise the level of community-based involvement.
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3e Total: £1,050

Section 4: Funding

- ➤ In 2023-24, The Bliss Charity School will receive a Primary PE and School Sport Premium Grant of £17,530
- Planned expenditure in 2023-24 = £17,665

Section 5: 2023-24 Review	Section 5: 2023-24 Review						
Term 2 Evaluation	Term 4 Evaluation	Term 6 Evaluation					
3a: Quality PE Lessons	3a: Quality PE Lessons	3a: Quality PE Lessons					
3b: Active Playground	3b: Active Playground	3b: Active Playground					
3c: Intra-school sport	3c: Intra-school sport	3c: Intra-school sport					
3d: Inter-school sport	3d: Inter-school sport	3d: Inter-school sport					
3e: Health and wellbeing	3e: Health and wellbeing	3e: Health and wellbeing					
Next Step(s):	Next Step(s):	Next Step(s):					
Governor Monitoring	Governor Monitoring	Governor Monitoring					

Mr. R. Colton

PE Co-ordinator