

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*

2019-2020

The Bliss Charity School: PE and Sport Premium Strategy (2019-2020)

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	2019-20	Most recent PE and Sport Premium Strategy review	July 2020	Basic PE and Sport Premium Grant	£16,000
Pupils in Y1-Y6	164	Next review of the PE and Sport Premium Strategy	N/A	Additional PE and Sport Premium Grant	£1,640
				TOTAL Primary PE and School Sport Grant	£17,640

Section 2: Impact of the Primary PE and Sport Grant (2018-2019)

In 2018-2019, The Bliss Charity School received a Primary PE and Sport Premium Grant of £17,600.

Achievements Summary:

- 100% of Year 6 children were able to use a range of strokes to swim ≥ 25 m, with 75% swimming ≥ 50 m.¹ 100% achieved both their bronze and silver 'Swimming Safety Awards', with 36% achieving their gold award.²
- 100% of Year 5 children were able to use a range of strokes to swim ≥ 25 m, with 97% swimming ≥ 50 m and 75% swimming ≥ 100 m.³ 100% achieved their bronze 'Swimming Safety Award', with 63% achieving their silver award and 57% attaining gold.
- 100% of Year 4 children were able to use a range of strokes to swim > 25 m, with 88% swimming > 50 m and 85% swimming > 100 m.⁴ 100% achieved their bronze 'Swimming Safety Award', with 100% achieving their silver award and 62% attaining gold.
- In 2018-2019, all pupils at Bliss participated in extra-curricular physical activity on the playground at lunch times, which included Level 0 personal challenges organised by the Year 6 sports crew.
- 62% of the school (122 children) accessed the extensive range of extra-curricular sports clubs provided at Bliss in 2018-2019, the vast majority of which were run by school staff and free to access for pupils.
- The PE and Sport Premium Grant was used to part-fund a 'PaddlePower' canoeing course delivered by British Canoeing instructors at the Nene Whitewater Centre in Term 6 (4 x 2 hour sessions).



¹ These children went swimming with the school when they were in Year 5 (2017-2018).

² All 'Swimming Safety Awards' at The Bliss Charity School include safe, self-rescue.

³ These children went swimming with the school when they were in Year 4 (2017-2018).

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

Achievements Summary ... continued:

- A range of intra-school (Level 1) sports events were delivered at Bliss in 2018-2019, including an intra-KS2 cross country run, a carousel of athletic and skills-based events at Sports Day and regular tournaments within KS2 clubs.
- 64% of KS2 pupils (76 children) represented Bliss in at least one of the 35 Level 2/3 inter-school competitions entered throughout 2018-2019. The school won the Champion cluster Level 2 tag-rugby competition and finished in joint first place at the SSP Level 2 sportshall athletics, going on to represent the district at the Level 3 finals. Bliss also finished runners-up in a SSP Level 2 swimming gala and the NTSSF Year 5/6 football 'plate' finals.
- The Bliss Charity School participated in 'Junior Strictly Come Dancing' in November 2018.
- Through a range of initiatives, the pupils at Bliss were provided with information about – and given access to – nutritious food choices throughout 2018-2019. These initiatives included running a healthy eating snack shop; a healthy food project for all pupils led by Year 6; and a 'Healthy Eating Week' for the whole school.
- School Games Mark GOLD awarded (July 2019) in recognition of the sporting opportunities provided at Bliss and the pupils' engagement in physical activity within and beyond the school day.
- The Bliss Charity School was recognised at the annual Northamptonshire Sport Awards in November, after being shortlisted for 'Sport School of the Year Primary 2018' and the 'PE and Sport Premium Impact Award 2018'. All the finalists in the 'PE and Sport Premium Impact Award' were filmed and our film clip can be viewed by visiting the following link: www.bliss.northants.sch.uk/index.php/information/sports-premium.

For a full-break down of the impact and sustainability of the PE and Sport Premium at The Bliss Charity School in 2018-2019 please see the evaluated version of last year's plan ('PE and Sport Premium Strategy 2018-2019 – July 2019 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 (2019-2020)

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.

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 (Term 1). 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). LAnd to source ASA swimming training for RJ. RJ and LM to attend ASA training (Terms 1-2). 	<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. ASA Poolside Assistant qualification x 2 = £250 	<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>3a.ii Adopt and embed the 'Real PE' teaching programme for PE lessons.</p>	<ul style="list-style-type: none"> Provide training and support for all staff so 'Real PE' is implemented effectively throughout the school. 	<ul style="list-style-type: none"> RC to attend key lead training. RC to liaise with Northamptonshire Sport to organise/lead 'Real PE' training for all members of classroom-based staff (Terms 1-2). RC to monitor the implementation and impact of 'Real PE' through lesson monitoring, providing extra support where necessary (Terms 3-6). 	<ul style="list-style-type: none"> £2,290 	<p>'Real PE' is a unique, child-centred approach that transforms PE teaching, engaging and challenging every child. The 'Real PE' programme provides fun and easy to follow schemes of work and support for Early Years Foundation Stage, Key Stage 1 and Key Stage 2 practitioners that give them the confidence and skills to deliver outstanding PE. 'Real PE' is fully aligned to the National Curriculum and focuses on the development of agility, balance and coordination, healthy competition and cooperative learning. The foundations of the Schemes are based on Fundamental Movement Skills (FMS) of agility, balance and coordination, inclusive competition and broader essential holistic skills (creative, cognitive, social and personal skills).</p> <p>Providing all staff with 'Real PE' training will ensure all children at the school have access to at least two</p>	

				hours of high quality PE every week. There are no ongoing costs following the initial purchase price of £2,290 so improvements to the teaching of PE will be sustained in the future.	
3a.iii Ensure pupils in KS1 and KS2 have access to some professional sports coaching.	<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"> £500 	<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>	
3a.iv Support the delivery of high quality PE lessons by providing resources to ensure every child is actively engaged.	<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 = £250. 	<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>	
3a Total: £4,850					

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
<p>3b.i Engage as many children as possible in physical activity at lunch times.</p>	<ul style="list-style-type: none"> Organise and deliver daily sports activities on the front 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 timetable and oversee sports activities throughout the year, helping the Year 6 Sports Crew deliver daily sessions to all year groups throughout the week. 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 2019-2020 (Term 1). ME to supervise the 'active' zone on the back playground. 	<ul style="list-style-type: none"> Budget for playground resources and equipment = £250. SSP Sports Crew Training = £160 Sports Crew kits = £190 	<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>	<p>RAG Rating</p>

3b Total: £600

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. • Utilise school staff and volunteers to run extra-curricular sports clubs. • Liaise with external sports coaches to provide additional sports club opportunities. 	<ul style="list-style-type: none"> • RC to timetable, organise and deliver a range of sports clubs before and after school. • RC to ensure sports clubs have regular intra-school competition (Level 1) and leadership opportunities. • 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"> • Part-fund school staff – and/or external coaches – to run extra-curricular sports clubs – budget = £3,600. • Part-fund the British Canoeing ‘PaddlePower’ course for Year 6 in Term 6 = £1,000. 	<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>	<p>RAG Rating</p>

3c Total: £4,600

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 2019-2020 through the Champion SSP, the Daventry and South Northants SSP and the Northampton Town School Sports Federation (NTSSF). 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 to track Level 2/3 participation in 2019-2020 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"> Campion School Sports Package 2018-2019 = £1500. SSP events (£20 per event) x 15 = £300 NTSSF Sports Package = £350. 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 the following events – if selected:</p> <p><u>Campion SSP</u></p> <ul style="list-style-type: none"> KS1 rugby 'wow' day Year 5/6 tag-rugby competition KS2 badminton KS2 inclusive sports festival Year 5/6 sportshall athletics Year 4/5 basketball KS1 inclusive sports festival KS2 cross country Year 5/6 high five netball Year 3/4 quicksticks hockey Year 5/6 cricket competition Girls in sport event KS1 potted sports <p><u>South Northants and Daventry SSP</u></p> <ul style="list-style-type: none"> KS2 Boccia KS1 new age kurling KS2 new age kurling Year 3/4 gymnastics – performance Year 3/4 gymnastics – development Year 5/6 gymnastics – performance Year 5/6 gymnastics – development Year 5/6 sportshall athletics KS2 inclusive archery Year 4/5 archery Year 5/6 high five netball Year 5/6 swimming gala Year 3/4 quicksticks hockey Year 3/4 quadkids athletics 	

				<ul style="list-style-type: none"> Year 5/6 quadkids athletics <u>NTSSF</u> <ul style="list-style-type: none"> Year 5/6 football league (B) Year 3/4 football league (B) Year 3/4 tag rugby festival Year 5/6 girls tag rugby competition Year 5/6 basketball league Year 5/6 tag rugby league Year 5/6 cricket league Year 3/4 football festival Year 5/6 football festival Year 3/4 festival of sport Year 5/6 boys festival of sport Year 3/4 girls festival of sport 	
3d.ii Utilise local sports facilities to increase inter-school participation.	<ul style="list-style-type: none"> Contribute towards the cost of a new storage container at Nether Heyford Playing Fields so that school sports equipment (e.g. football goals and basketball nets) can be stored at the competition/fixture venue. Host school-to-school competitions and B/C team fixtures at Nether Heyford Playing Fields. Make use of the facilities at Nether Heyford Playing Fields (both grass and hardcourts) for PE lessons and clubs. 	<ul style="list-style-type: none"> SC to liaise with the Nether Heyford Playing Field Committee regarding the purchase of storage container which will be jointly funded by a number of community-based organisations, including the school, Nether Heyford Parish Council and Nether Heyford Scouts (Term 1). 	<ul style="list-style-type: none"> The container will be ordered on behalf of the Parish Council at a cost of £3,180 (inc. delivery and VAT) from 'Budget Containers'. A grant claims form will then be submitted to South Northants Council so that the grant of £2,932 can be obtained. The remaining, and any other costs, will be met by the Nether Heyford Scouts and The Bliss Charity School – this has been agreed to a maximum of £450 each. 	Storing equipment and resources at our local sports venue (Nether Heyford Playing Fields) will allow the school to host school-to-school competitions and B/C team fixtures, which will increase the number of opportunities available to represent the school. Moreover, having sport specific equipment stored at the playing fields will allow teachers/coaches to make use of the facilities (both grass and hardcourts) for PE lessons and clubs too. There are no on-costs following the initial contribution of up to £450 so this investment will broaden opportunities now and in the future.	
3d.iii Provide opportunities for children in KS2 to perform in dance-based	<ul style="list-style-type: none"> Participate in 'Junior Strictly Come Dancing 2019'. Perform maypole dances at the village fete. Perform at 'NMPAT: The Festival'. 	<ul style="list-style-type: none"> MS to attend weekly staff training for 'Junior Strictly Come Dancing 2019' and run the club before school on a Wednesday morning (Terms 1-2). 	<ul style="list-style-type: none"> Costume and competition budget for 'Junior Strictly Come Dancing 2019' = £250. Coaching costs for maypole dancing = £160. 	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>events throughout the year.</p>		<ul style="list-style-type: none"> • MS to source costumes for all the 'Junior Strictly Come Dancing 2019' dancers and arrange fittings (Term 2). • CW to run maypole dancing practice sessions before/after school in Term 5 in readiness for performing in Term 6. • KB to compose/choreograph the Class 5 performance and prepare the children for 'NMPAT: The Festival' through Terms 5-6. 	<ul style="list-style-type: none"> • Budget for 'NMPAT: The Festival' (costumes, resources, transport and professional coaching) = £600. 	<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>	
<p>3d Total: £5,360</p>					

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 Ensure pupils are equipped to make good decisions about their own health and wellbeing by fulfilling new statutory requirements for Health Education.</p>	<ul style="list-style-type: none"> Purchase a new school-wide scheme of work for PSHE that is compliant with the 2020 statutory requirements for Health Education. Map the new PSHE scheme of work across the school, ensuing statutory duties are fulfilled. Provide whole staff training on the new scheme of work and monitor/support its implementation. Write a new 'Relationships and Health Education Policy' which is compliant with new statutory requirements and reflects the school's aims/needs 	<ul style="list-style-type: none"> LA to purchase a new scheme of work for PSHE ('3D PSHE'). DN to lead on, curriculum mapping (Term 1), staff training (Term 2) and policy writing (Terms 3-4). 	<ul style="list-style-type: none"> '3D PSHE' = £1,295 	<p>The introduction of new statutory Health Education is a key 'action for schools' in the new 'National School Sport and Activity Action Plan (July 2019)' – see page 15.</p> <p>'3D PSHE' is a high quality, fully-resourced scheme of work for the whole school that aims to develop children who are healthy, sociable and emotionally literate. With its three core themes (<u>Health and Wellbeing</u>, <u>Relationships</u> and <u>Living in the Wider World</u>), '3D PSHE' is a comprehensive programme that exceeds the 2020 government requirements for both Relationships Education and Health Education. Through the <u>Health and Wellbeing</u> strand of the '3D PSHE' scheme, pupils cover the eight statutory themes:</p> <ul style="list-style-type: none"> - Mental wellbeing - Internet safety and harms - Physical health and fitness - Healthy eating - Drugs, alcohol and tobacco - Health and prevention - Basic first aid - Changing adolescent body <p>There are no ongoing costs following the initial purchase price of £1,295 so this investment will ensure pupils have the knowledge and understanding they need to make good decisions about their own health and wellbeing now and in the future.</p>	<p style="text-align: center; color: green; font-weight: bold;">RAG Rating</p>
<p>3e.ii Encourage healthy eating choices within –</p>	<ul style="list-style-type: none"> Run a healthy eating 'Snack Attack' 4 days a week (break times – morning and afternoon), selling only nutritional snacks. 	<ul style="list-style-type: none"> AE to run the 'Snack Attack' with pupil 'employees' (set up by the end of Term 1). 	<ul style="list-style-type: none"> Running costs for 'Snack Attack' = £100. 	<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>	

and beyond – the school day.	<ul style="list-style-type: none"> Class 6 to undertake a 'Healthy Eating Project' to inform other pupils about healthy food choices. Undertake food hygiene training so that staff can safely deliver healthy food preparation lessons in line with the DfE's 'Healthy Schools Rating Scheme'. 	<ul style="list-style-type: none"> OT to plan and organise a 'Healthy Eating Project', where Year 6 present information on healthy eating and prepare a range of healthy eating options for the other classes to try (Terms 1-2). 	<ul style="list-style-type: none"> Class 6 'Healthy Eating Project' budget = £100 Food hygiene course = £48 	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.	
3e.iii Encourage 'active travel among pupils' so they are physically active beyond the PE and sport provision provided by the school.	<ul style="list-style-type: none"> Hold two 'Active Travel' weeks in 2019-2020. Equip pupils in KS2 with the knowledge, skills and understanding to be able to cycle to school safely by participating in the Department for Transport's 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 two 'Active Travel' weeks in school. EH/LA to book the 2019-2020 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 1 Y5 = Term 1 SC to signpost community-based sports opportunities through the whole-school newsletter. SC/RC to arrange taster sessions for a variety of community-based sports clubs. SC to ensure club-links for all sport-specific clubs in KS2. 	<ul style="list-style-type: none"> 'Active Travel' weeks = no cost. Bikeability: <ul style="list-style-type: none"> Level 1 = £396 Level 2 = £264 	'Active Travel' events will improve physical activity, mental health, quality of life and the environment – see DfE's new '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 extra-curricular sport is very high – taster sessions, sport-specific club links and signposting should raise the level of community-based involvement.	
3e Total: £2,203					

Section 4: Funding

- In 2019-2020, The Bliss Charity School will receive a Primary PE and School Sport Premium Grant of £17,610.
- Planned expenditure in 2019-2020 = £17,613

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 January 2020. • All teachers and TAs received full Real PE training and the programme is being effectively implemented throughout the school. RC to observe Real PE lessons across the school and offer support to teachers in Term 3. <p><u>3b: Active Playground/lunches</u></p> <ul style="list-style-type: none"> • Extra-curricular sport organised and delivered by the sports crew at lunch times every day. Level 0 activities to start in Term 3 where the children try to ‘beat their best’ every week. • Level 0 cross country fun runs have continued on a termly basis increasing to 2 scheduled runs in Term 3. <p><u>3c: Intra-school sport</u></p> <ul style="list-style-type: none"> • Extra-curricular sports clubs organised and delivered by school staff and external coaches before/after school every day. 49% of the school (91 pupils) accessed these clubs in Terms 1-2 (up 4% from this time last year): <ul style="list-style-type: none"> - KS1 Multi-Skills Club - KS2 Multi-skills Club - KS1 Gymnastics Club - KS2 Gymnastics Club - KS2 Tag-Rugby Club - Hotshots Basketball for KS2 - KS2 Football Club - Y5/6 Strictly Come Dancing Club - Y3/4 Table Tennis Club • Intra-school, house-based competitions organised within KS2 clubs (football, tag-rugby, table tennis and basketball), with leadership opportunities for pupils, e.g. captaincy and officiating. 	<p><u>3a: Quality PE Lessons</u></p> <ul style="list-style-type: none"> • Year 4 swimming commenced in January 2020 but stopped on 20th March due to the Covid-19 outbreak. Targets were set for each pupil based on initial assessments. Swimming for Year 4 will be resumed when schools re-open. • RC observed Real PE lessons across KS1 and KS2 throughout Terms 3 and 4. Teaching and learning observation forms were completed for every lesson and video evidence was uploaded onto the staff OneDrive. A summary of the observations – and the video – will be shared with governors at the next FGB meeting and/or Curriculum Committee meeting. • RC completed a £250 equipment order based upon staff feedback. Resources for all areas of the PE curriculum are well-stocked and in good order. • ‘Chance to Shine’ cricket postponed due to Covid-19 outbreak. <p><u>3b: Active Playground</u></p> <ul style="list-style-type: none"> • The sports crew organised and delivered extra-curricular sport at lunch times throughout Terms 3-4 and successfully introduced Level 0 (Personal Challenge) competitions across KS1 and KS2. • Level 0 cross country fun runs were carried out throughout Terms 3-4 but stopped in March due to the Covid-19 outbreak. The whole school took part in the Sport Relief Mile on 13/03/20. <p><u>3c: Intra-school sport</u></p> <ul style="list-style-type: none"> • Extra-curricular sports clubs organised and delivered by school staff and external coaches before/after school every day. 59% of the school (111 pupils) accessed these clubs in Terms 1-4 (up 4% from this time last year): <ul style="list-style-type: none"> - KS1 Multi-Skills Club - KS2 Multi-skills Club 	<p><u>3a: Quality PE Lessons</u></p> <ul style="list-style-type: none"> • The swimming programme was not completed due to the partial school closure – Class 4 went swimming for nearly two terms (Term 3 and Term 4). If possible, the 2019-2020 programme will be completed in the 2020-2021 academic year. However, this will depend on when swimming pools are re-opened to schools and if it is possible to secure pool time for both Year 5 and Year 4. • A summary of Real PE observations was shared with governors at the FGB meeting in April. <p><u>3b: Active Playground</u></p> <ul style="list-style-type: none"> • Throughout Terms 5-6, all groups/bubbles were provided with ‘active break’ it bags to facilitate adult-led and pupil-led physical activity at break times. This was very popular during lockdown and the phased re-opening. As a result, ‘active break bags’ and ‘weekly active break challenges’ will be provided for the staggered break times in September when the school is opened fully. <p><u>3c: Intra-school sport</u></p> <ul style="list-style-type: none"> • School-based holiday sports club (Rising Stars Sports) delivered sessions in the May half-term holiday during the Covid-19 outbreak for the children of key workers and vulnerable pupils – funds from 3c.i (‘PaddlePower’ canoeing) and/or 3a.iii (‘Chance to Shine’) were reallocated to finance this provision. <p><u>3d: Inter-school sport</u></p> <ul style="list-style-type: none"> • Since May, staff delivered socially distanced challenges in a range of sports through the Nsport Virtual School Games – weekly videos and activity cards were provided by Nsport to support staff and pupils. All children in attendance from Reception, Year 1 and Year 6 – as well the children of key workers and vulnerable

- School-based holiday sports club (Rising Stars Sports) delivered sessions in the October and December holidays.
- 'Strictly Come Dancing' professional coaching sessions delivered by Step-by-Step Dance, followed by a weekly club in Year 5/6 throughout the autumn and a performance at The Derngate in November.
- Hotshots ran September taster sessions for Years 3/4/5/6, followed by a weekly KS2 club.

3d: Inter-school sport

- School sport engagement by 39% of the school (73 pupils) in Terms 1-2 (up 13% from this time last year). Extra-curricular school sport engagement in Terms 1-2 included:
 - NTSSF football fixtures for Years 5/6 and Years 3/4
 - Year 5/6 Champion cluster football competition – winners
 - NTSSF Year 3/4 tag-rugby festival
 - NTSSF KS2 girls tag-rugby competition – winners
 - Year 2 rugby 'wow' day
 - Champion cluster inclusive sports competition – winners
 - SSP KS1 new-age kurling competition – winners
 - SSP KS2 new-age kurling competition
 - SSP KS2 boccia competition – winners
 - NTSSF Year 4/5 basketball competition
 - SSP Year 3/4 gymnastic competitions
 - SSP Year 5/6 gymnastic competitions
 - Y5/6 Junior Strictly Come Dancing

3e: Health and wellbeing

- In Terms 1-2, DN completed the mapping for the new PSHE scheme of work, ensuring that the 3-D PSHE resources worked alongside existing topics, *Protective Behaviours* and other curriculum commitments. Whole-staff training on the new scheme of work was provided at the beginning of Term 2 on the November

- KS1 Gymnastics Club
- KS2 Gymnastics Club
- KS2 Tag-Rugby Club
- Hotshots Basketball for KS2
- Rhino Basketball for KS1
- KS2 Football Club
- Y5/6 Strictly Come Dancing Club
- Y3/4 Table Tennis Club
- Y5/6 Table Tennis Club

- Intra-school, house-based competitions organised within KS2 clubs (football, table-tennis and basketball), with leadership opportunities for pupils, e.g. captancy and officiating.
- School-based holiday sports club (Rising Stars Sports) delivered sessions in the February holiday.
- School-based holiday sports club (Rising Stars Sports) delivered sessions in the Easter holiday during the Covid-19 outbreak for the children of key workers and vulnerable pupils – funds from 3c.i ('PaddlePower' canoeing) and/or 3a.iii ('Chance to Shine') will be reallocated to finance this provision.

3d: Inter-school sport

- School sport engagement by 49% of the school (92 pupils) in Terms 1-4 (up 16% from this time last year). Extra-curricular school sport engagement in Terms 3-4 included:
 - School Games County Finals – Year 6 Boccia
 - School Games County Finals – New Age Kurling
 - Year 5/6 Sportshall Athletics Champion Cluster – First place
 - Year 5/6 Sportshall Athletics South Northants and Daventry District Finals – Fifth place
 - Champion Year 5 basketball – First Place
 - NTSSF KS2 Tag Rugby
 - KS1 Cricket Festival at NCCC

3e: Health and wellbeing

- DN successfully completed the mapping for the new PSHE scheme of work, ensuring that the 3-D PSHE

pupils from Years 2/3/4/5 (and a number of pupils at home) – were engaged in these challenges and recorded weekly scores for themselves, their class and the school.

3e: Health and wellbeing

- The new PSHE scheme of work was taught to all children in attendance from Reception, Year 1 and Year 6 – as well the children of key workers and vulnerable pupils from Years 2/3/4/5 – throughout Term 6.

SCHOOL GAMES MARKS were awarded in July 2020 to recognise The Bliss Charity School's commitment to physical activity during the partial school closure.



<p>training day. SC wrote the new PSHE Policy in Term 2 ready for consultation with staff, governors and parents/carers, which has now taken place.</p> <ul style="list-style-type: none"> • ‘Snack Attack’ operating 4 days per week. Reward card scheme to be introduced to increase interest. • ‘Healthy Breakfast Project’ successfully delivered by Class 6 in Term 2. • All teaching staff attended a ‘Healthy Eating’ staff meeting in Term 2. • Active Travel Week delivered across the whole school for 5 days as part of the Healthy Rating Scheme. • 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. <p><u>Next Step(s):</u></p> <ul style="list-style-type: none"> • Continue working towards the ‘Healthy Schools Rating’ award. • Complete the Inclusive Health Check on the ‘Your School Games’ dashboard. • Plan, organise and deliver the NTSSF, SSP and Champion inter-school sports competitions for Terms 3-4. • Establish club-links for the sport-specific clubs in KS2 e.g. table-tennis. • Real PE observations to take place by RC across the school in Term 3. • Sports Crew to run Level 0 sports activities at lunch. • Introduce reward card for ‘Snack Attack’ to increase interest. 	<p>resources worked alongside existing topics, <i>Protective Behaviours</i> and other curriculum commitments.</p> <ul style="list-style-type: none"> • ‘Snack Attack’ continues to operate 4 days per week and the reward card scheme is successfully in operation. • ‘All Star’ and ‘Chance to Shine’ cricket assemblies postponed due to the Covid-19 outbreak • Bliss completed the Sports England ‘Active Lives Children and Young People’ survey achieving the Silver Healthy Schools Rating Award. <p><u>Next Step(s):</u></p> <ul style="list-style-type: none"> • RC and SC to organise/attend school, cluster, NTSSF and NSP meetings to consider ways to move forward with PE post Covid-19. • RC and SC to assess 2020 swimming and ‘Chance to Shine’ opportunities once schools have re-opened. • RC and SC to collect and analyse Level 0 lunchtime data from the Sports Leaders. • RC and AE to evaluate the success of the ‘Snack Attack’ reward card system. • OT to follow up our Silver Healthy Schools rating to understand what steps are required to achieve Gold. 	
Governor Monitoring (December 2019)		Governor Monitoring (April 2020)
<p><u>3a: Quality PE Lessons</u> What has been the impact of Real PE compared to what was previously done? How does it differ and what are its advantages?</p>	<p><u>3a: Quality PE Lessons</u> Real PE video shows active participation and the children all spoke positively about it. This is great to see.</p>	

Real PE is a unique, child-centred approach that transforms how we teach PE to engage and challenge EVERY child. Essentially, Real PE is a skills-based approach rather than being sport-specific. Real PE focuses on the development of agility, balance and coordination, healthy competition and cooperative learning. The foundations of the Schemes are based on Fundamental Movement Skills (FMS) of agility, balance and coordination, inclusive competition and broader essential holistic skills (creative, cognitive, social and personal skills).

Real PE is currently being monitored and outcomes – including pupil voice – will be shared with governors through the curriculum committee in due course.

3b: Active Playground/Lunches

What percentage of children are participating in Active Playground at this stage of the year? How does it compare to last year?

Every child at Bliss is engaged in the Active Playground initiatives.

3c: Intra-school Sport

It's a rich set of activities with something for everyone. Having lost dedicated 'sports' staff over the past 2 years are there any concerns regarding maintaining this level of activity?

No concerns at present – many more staff have been assisted sports clubs and competitions this year than last which has spread the workload. Also, more external coaches are being used to supplement intra-school sports opportunities offered by school volunteers.

3d: Inter-school Sport

It's a rich set of activities with something for everyone.

Is there a discernible difference (overall) between boys' and girls' participation?

Is there a discernible difference between boys doing what has traditionally been thought of as predominantly boys' activities, e.g. football and rugby, and girls doing what has traditionally been thought of as predominantly girls' activities, e.g. gymnastics and dancing? If there are differences what can the school do to address this?

Assuming swimming starts again before year end will it pick up from where it previously finished i.e. still working towards the original goals or will the goals change?

3b: Active Playground/Lunches

I am pleased that Active Playground continues to provide a positive aspect to school life.

3c: Intra-school Sport

It's great that participation is up albeit slightly compared to this time last year and that a wide variety of activities continue to be available.

It's a credit to the staff that this continues as much as is possible even during the Covid-19 crisis for critical workers' children.

3d: Inter-school Sport

The increase in participation compared to this time last year is impressive and again credit to the staff who devote their time to make this possible.

3e: Health & Wellbeing

Congratulations on the Silver award – keep up the good work.

Girls involved in inter-school sport so far this year = 36%. Boys involved in inter-school sport so far this year = 43%. All children at Bliss have the opportunity to access every sport on offer and some sports have single gender competitions to increase girls' participation, e.g. girls' rugby and football. However, there are clubs where there are more boys/girls due to the sport on offer.

3e: Health & Wellbeing

What is the impact of this program as children progress throughout the school e.g. more impactful, less or the same?

Is there a difference regarding the impact (that the school is aware of) between children who have a more 'healthy' home life compared to those who have a less 'healthy' home life? If so, how does this manifest itself?

The launch of the new PSHE scheme has been monitored recently and outcomes have been shared with governors in the most recent Headteacher's Report (January 2020). The impact of the scheme will be assessed formatively through lessons and summatively when PSHE assessments are made at the end of the year (July 2020). It is anticipated that – through the new PSHE scheme – pupils will develop greater knowledge skills and understanding regarding being healthy as the syllabus meets all the requirements of the governments' new Health Education curricula which is due to become statutory in September 2020.

Mr. R. Colton

PE Co-ordinator (July 2020)