

# The Primary PE and Sport Premium

Planning, reporting and evaluating website tool



Rosehill School  
Impact Report 2022 – 2023

Commissioned by



Department  
for Education

Created by



At Rosehill School, we believe PE and Sport plays an important role in making our PE vision statement a reality for every pupil, with the potential to change young people's lives for the better.

### Rosehill PE and Sport Vision Statement

*At Rosehill School, we pride ourselves on providing a high-quality Physical Education curriculum that inspires every child to succeed; promoting excellence and equality for all. We believe that all our children should leave the school physically literate, with a memorable experience of engaging in physical education and sports, as well as experiencing a range of challenging and enjoyable active opportunities; developing independence skills, making healthy choices, looking after our mental health and promoting positive wellbeing and developing a passion for physical activity and sport.*

Rosehill School continues to prioritise children's physical wellbeing, to help children get an active start in life and improve the quality of their PE and sport provision so that pupils experience the benefits of regular exercise – from becoming healthier both mentally and physically to help improve behaviour and self-regulation and better academic achievement.

### How we are using the Grant at Rosehill School

*Our commitment to providing children with high quality health and wellbeing opportunities continued to be a priority during 2022-2023 with ongoing projects and sporting opportunities such as mental health and wellbeing week, rebound therapy club, dance, multi-skills and after football sessions. Rosehill is a Healthy School which is committed to delivering high quality and consistently good PE provision to all our children which enables our children to improve their health, fitness, welfare and wellbeing, their understanding of sport, teamwork and citizenship. We are very passionate about the UK Medical Officers Guidance, which promotes, that "being active every day provides a foundation for a healthier and happier life".*

We promote an inclusive ethos where all pupils enjoy participating in sport and exercise; empowering them to become the best they can be. One of the many ways we have used the sports funding at Rosehill has been to update our resources for physical education lessons.

Ensuring that the equipment is accessible for all children in the school means that they are able to develop their skills in each area of the curriculum. Recent developments include the use of sensory circuits, rebound training for more staff, a range of sports company's delivery a variety of activities for our pupils. Rosehill continues

**Physical activity for children and young people (5-18 Years)**

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- MAINTAINS HEALTHY WEIGHT
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

**Be physically active**

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

Activities to develop movement skills, and muscle and bone strength **ACROSS WEEK**

**Get strong** **Move more**

INACTIVITY

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

to be part of the NST and Nottingham City Council Partnership which provides advice and quality training for teachers. We have also hired coaches from Dance Equation, Kixx and EPIC Sports to offer additional multi-sports and fundamental movement sessions linked to maths, to broaden the variety of daily physical activities being offered and to help spark an interest in new ways of enjoying active times together in a social context.

We will continue to broaden the level of activity within the school through sport clubs and the daily exercise activities such as outdoor running and wake and shake, which will have a long-lasting impact on the health and fitness of every child in the school.

We have continued to access swimming lessons with additional lessons before the end of Key Stage 2. In 2022/2023, 9 KS2 pupils successfully progressed through part of the swimming programme and grading system in line with the ASA (SEND programme). All pupils had the opportunity to swim according to their needs and have developed their confidence in accessing the water. For most, this was based a pre-swimming/foundation programme, which supports their water safety skills, confidence, sensory needs and wellbeing.

At our school we have developed a plan to ensure this funding is invested to maximise the long-term impact of our PE provision for pupils and staff. The impact of these initiatives is monitored through assessment of children's skills, staff and pupil feedback, uptake of clubs etc. We received excellent pupil feedback in June 2023, which has enabled us to develop our plans for next year.

In 2023/24 we will continue to use the PE associations 5 key indicators, to support the planning of developments and improvements in physical activity and wellbeing within the school. The poster above details the key indicators which are taken into account.

## Primary PE and Sport Premium - Key Indicators

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport they offer.  
There are 5 key indicators that schools should expect to see improvement across:

1. The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school
2. The profile of PE and sport is raised across the school as a tool for whole-school improvement
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport
4. Broader experience of a range of sports and activities offered to all pupils
5. Increased participation in competitive sport

Download the full DfE guidance at [www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools](http://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools)  
Download afPE's exemplification guidance at [www.afpe.org.uk/physical-education/advice-on-sport-premium/](http://www.afpe.org.uk/physical-education/advice-on-sport-premium/)

association for Physical Education

## Key achievements to date until July 2023:

- ✓ Improved the effectiveness of teaching by employing specific sports specialists across the school to work alongside primary teachers when teaching PE to develop the skills of teachers and enhance specific skills need by the children for particular sports.
- ✓ Increased daily time spent on sport, exercise and PE and wellbeing related physical activities.
- ✓ Increased support to vulnerable, inactive or pupil premium learners.
- ✓ Improved physical activity opportunities at playtimes, lunchtimes and after school extra-curricular clubs - to support access to a wider range of sporting opportunities.
- ✓ Pupils offered alternative sporting opportunities i.e., archery, cycling, cricket and the rebound therapy.
- ✓ The importance of healthy active lifestyles and mental health and wellbeing, children accessed sporting and healthy lifestyle activities including the Change4Life programme, mental health and wellbeing events, rebound therapy, sensory circuits, daily exercise, sports days and sports challenges.
- ✓ Pupils encouraged to have a healthier packed lunches as part of a drive to improve overall lifestyle choices.
- ✓ Pupils were provided with places on after school sport clubs and holiday clubs.
- ✓ Pupils offered additional swimming sessions for year 5-6 pupils.
- ✓ PE Scheme of Work has been reviewed to ensure progression of skills across the school.
- ✓ Staff provided with professional development where necessary to help them to teach PE and sport effectively to embed physical activity. Monitored the effectiveness of CPD and delivery of PE teaching.

## Funding

Total amount allocated for 2021/22	<b>£16,420</b>
How much (if any) do you intend to carry over from this total fund into 2022/23	0
Total amount allocated for 2022/23	<b>£16,330</b>
Total amount spent and reported on by 31st July 2023	<b>£16,458 (Overspend £128)</b>
Total amount of funding for 2023/24 (including any carry over from 2022/23)	<b>£16,320</b>

## Swimming Data

Swimming at Rosehill School takes place by the end of Key Stage 2. All pupils have the opportunity to swim according to their needs. All pupils taking part in core swimming and additional funded swimming this year scheme of work is based on a pre-swimming or a foundation programme. This supports their water safety skills, confidence, sensory needs and wellbeing.

9 KS2 pupils have successfully progressed through part of the swimming programme and grading system in line with the ASA SEND programme.

- 9 pupils participated in Drowning Prevention awareness lessons
- 9 pupils have completed the pre-swimming programme
- 9 pupils have completed the pre-swimming foundation programme

(Pre-swimming grades 1-3) All children have gained confidence in the water:

- 9 children have explored blowing bubbles in the water and submerging their face and head
- 9 children were able to follow the structure of the lesson and were able to follow safety rules
- 9 children have learnt to turn their bodies and float in the water
- 9 children have learnt to propel themselves with the aid of floats/woggles
- 5 children have learnt to kick their legs and use their arms to scull and pull through the water

Overall, the swimming programme has enabled 9 pupils to develop their awareness of water safety, develop their confidence and regulation of sensory needs when in water, also showing good levels of desensitisation.

- 9 pupils have expressed they have enjoyed swimming this year and have had fun
- 9 pupils received recognition of their achievements through certificates and during assemblies, also shared with parents/carers.

## Action Plan and Budget Tracking

### Primary PE and sports premium key indicators of improvement:

- **Key Indicator 1:** The engagement of all pupils in regular physical activity - the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.
- **Key Indicator 2:** The profile of PE and sport is raised across the school as a tool for whole-school improvement.
- **Key Indicator 3:** Increased confidence, knowledge and skills of all staff in teaching PE and sport.
- **Key Indicator 4:** Broader experience of a range of sports and activities offered to all pupils.
- **Key Indicator 5:** Increased participation in competitive sport.

Intent		Implementation				Impact
Area of Focus	Evidence of need	Action Plan	Who	Time Scale	Funding Breakdown Initial spend Actual spend	Success Criteria & Evidence Recorded
<p><b>Improve Health and wellbeing within school.</b></p> <p>Continue to focus on and improve mental health and well-being strategies for the whole school community.</p>	<p>Some pupils have significant needs in relation to their emotional and mental wellbeing and physical health, particularly following the pandemic, and continue to demonstrate low self-confidence and poor social interaction skills, despite the range of strategies being used. These factors impact upon their engagement with the curriculum and wellbeing.</p>	<p>Improving health and wellbeing:</p> <ul style="list-style-type: none"> <li>- These cohorts require opportunities for a wider range of health, wellbeing and bespoke learning initiatives and experiences to build their confidence and self-esteem and planned social inclusion to further develop important social and communication skills/ relationships with others.</li> <li>- In school support for pupils (targeted pupils) on: emotional health, building resilience, healthy eating, first aid, improving fitness.</li> <li>- Health and wellbeing Champion meetings.</li> <li>- Wellbeing sessions i.e., EP twilight delivered to staff and strategies</li> </ul>	<p><b>EW / OT &amp; EP input</b></p> <p><b>EW</b></p>	<p>Sept 22- July 23</p> <p>Ongoing</p>	<p>Health and wellbeing support and activities with additional services (EP/OT)</p> <p><b>£1200</b></p> <p><b>(£1,000)</b></p> <p>Staff release time to support initiatives</p> <p><b>(funded in Sports Coach Costs)</b></p>	<p>Staff and pupils have a number of strategies available to promote sensory regulation; including running or walking activities. Sensory breaks are built into timetables. Rebound timetable for targeted pupils.</p> <p>The focus on mental health and well-being for example dance lunch time workshops, has impacted self-esteem and self-worth. Sensory and wellbeing activities have supported pupils regulate.</p> <p><b>Evidence</b></p> <p>Pupil voice, staff feedback, parental feedback, newsletters,</p>

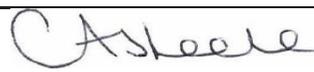
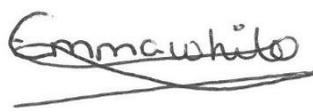
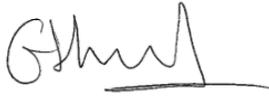
<p>Continue to embed the amount of time pupils are physically active across the school day, with a key focus on activating alertness/ sensory regulation.</p> <p>Further develop outdoor learning opportunities on school site.</p> <p><b>Key Indicator 1</b> <b>Key Indicator 4</b></p>	<p>School/ Nottingham City mental health and wellbeing profile and feedback from families.</p> <p>Government obesity strategy: (30mins active in school 30mins at home).</p> <p>SEN PE research and sensory OT plans/ journals.</p> <p>Feedback from staff and SEF/ PE action plan review.</p> <p>Outcomes from previous years sustainability impact work.</p>	<p>used and considered throughout the school at all times of the day.</p> <ul style="list-style-type: none"> <li>- Arrange for yoga sessions in school with children.</li> <li>- Continue to look at opportunities to promote emotional health and well-being through embedding use of rebound therapy/ yoga/ mindfulness/ Zippy opportunities. Link to RSHE and new government guidelines that need to be in place for Sept.</li> <li>- Purchase resources to support pupil's health and well-being.</li> </ul> <p>Improving fitness:</p> <ul style="list-style-type: none"> <li>- Daily sensory sessions/ physical exercise and activities at the start of the school to activate bodies: – increasing alertness, focus and concentration, boosting energy, reducing fatigue, and improving mood (see British Journal of Sports Medicine)</li> </ul> <p><a href="https://bjsm.bmj.com/content/54/13/776">https://bjsm.bmj.com/content/54/13/776</a></p> <ul style="list-style-type: none"> <li>• Sensory circuits</li> <li>• Dance/ Zumba (including videos from Dance Equations)</li> <li>• Wake and shake/ Activate/ Go Noddle</li> <li>• Rebound therapy</li> </ul>	<p><b>EW</b></p> <p><b>EW</b></p> <p><b>EW</b></p> <p><b>EW/ JR</b></p> <p><b>CS/ EW</b></p>	<p>AuT22</p> <p>AuT22- SpT23</p> <p>AuT22- SpT23</p> <p>SpT23</p> <p>Termly</p>	<p>Staff training <b>£250</b></p> <p>Yoga sessions (including for staff) <b>£1000 (Only had 1 session £250)</b></p> <p>Part fund Sports Coach cost <b>£3280</b></p> <p>Rebound Therapy course <b>£2,000</b></p>	<p>display, case study. Impact reports for Dance Equation, EPIC, outdoor running, Rebound, Kixx, Ridewise.</p> <p>Sports development officer delivered high quality PE lessons, validated by School Improvement Advisor, learning walks and observations.</p> <p>Extra swimming sessions for pupils with additional health needs.</p> <p><b>Sustainability</b> 8 staff trained to deliver rebound sessions for targeted pupils who need daily help with their sensory regulation. This will have a long-term impact on pupil's sensory needs and regulation therefore pupils' long-term attainment.</p>
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<p>fundamental movement skills</p> <p>Improve staff subject specific knowledge in identified areas and increase number of pupils meeting recommendations.</p> <p>To link and share ideas with other services. NST Network and schools who value PE and Sport and are working on physical exercise and outcomes for their pupils.</p> <p><b>Key Indicator 2</b> <b>Key Indicator 3</b></p>	<p>Observations of pupils with mobility/ low active.</p> <p>Pupil voice feedback regarding last year's dance/ sports/ multi skills/ football/ cycling experiences.</p>	<p>Audit equipment and purchase new as necessary to develop PE and sensory/ regulation activities.</p> <p>PE CPD needs planned for the year based on staff feedback and monitoring activities conducted; Deliver Dance workshops with Dance Equation focused on Dance and Maths.</p> <p>Develop sporting interventions for children identified as needing extra support to develop basic physical skills; including multi skills, football and cycling with external specialist providers.</p> <p>PE lead to attend networking opportunities and continue to raise profile of the school and best practice. - PE network meetings and local courses.</p> <p>Organise enrichment days linked to school focus for classes:</p> <ul style="list-style-type: none"> <li>• Outdoor Learning</li> <li>• Keeping Active</li> <li>• World cup</li> </ul>	<p><b>EW</b></p> <p><b>CS/ EW</b></p> <p><b>EW</b></p> <p><b>EW</b></p> <p><b>EW</b></p> <p><b>EW</b></p> <p><b>EW/ JR</b></p>	<p>Oct 22</p> <p>Oct-Nov 22</p> <p>Across year</p> <p>SpT-SuT22</p> <p>Termly with NST</p> <p>SpT22</p>	<p>Resources cost <b>£400</b></p> <p>Dance Equation costs <b>£3000</b> (only primary)</p> <p>EPIC (only primary sessions) <b>£2000</b> (invoiced <b>£1078</b>)</p> <p>Little Kicks cost <b>£1000</b></p> <p>Ride Wise <b>£500</b></p> <p>Release time <b>£200</b></p>	<p>staying healthy and a love of PE. See impact reports.</p> <p>The difference of funding has meant children are exposed to different sports with EPIC sports, little kicks and dance equation. These organisations have all delivered structured sports and dance sessions to the primary classes. This has developed a variety of fundamental skills which has enabled pupils to become more physically active.</p> <p>EW attended PE network meetings with the trust to expand knowledge, discuss PE plans and further develop knowledge of the national requirements for PE. This has broadened EW knowledge, skills and supported EW in bringing knowledge back into school.</p>
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		Monitoring activities planned to judge impact of the spend – lesson observations, questionnaires etc.	EW/ JR	Termly checks		
<p><b>Competition and Community</b></p> <p>To increase the awareness and engagement of parents in health and sports activities.</p> <p>Offer a range of additional and competitive opportunities for all pupils.</p> <p>To increase links with community clubs and organisations.</p> <p><b>Key Indicator 4:</b></p> <p><b>Key Indicator 5</b></p>	<p>Audit of areas to develop.</p> <p>Learning walks/ observations.</p> <p>Conversation and feedback from Staff.</p> <p>Impact reports/ PE action Plan – next steps.</p> <p>Pupil voice feedback regarding community experiences links with other services and external providers, including additional swimming lessons.</p> <p>Parent feedback regarding out of school opportunities, clubs and experiences.</p>	<p>Additional swimming group to continue for year 6 pupils.</p> <p>Further increase engagement and involvement with parents through: i.e., inviting them to join in with activities and sharing ideas through the website/ newsletters.</p> <p>Signpost parents to club links event, PE courses and advice websites and look into developing separate section on school website to help encourage pupils and families to be more physically active and further improve their skills.</p> <p>Offer children a trip to a sports facility and take part in activities e.g., University sports campus for sports day.</p> <p>Take part in sports competitions and link these to fitness unit to be taught in school and pupils achieving personal best scores and goals (including local schools' competitions/ special schools).</p>	<p>EW</p> <p>EW/ JR</p> <p>EW</p> <p>EW/ CS</p> <p>EW</p>	<p>SpT-SuT23</p> <p>SpT23</p> <p>Termly checks</p> <p>SuT23</p> <p>Termly plans</p>	<p>Additional swimming – year 6 1 term <b>£1500</b></p> <p>Built in sports coach costs.</p> <p>Web area development and updates.</p> <p>Competition cost/ sports coach release time <b>£600</b></p>	<p>Additional swimming group established for year 6 pupils; pupils have developed their confidence in the water, and enjoyment of swimming. Pupils have become more physically active, which has had a positive impact on their mental health and wellbeing. Some pupils now have the confidence to access swimming lessons after school. Parent voice has shown that parents now have confidence to take their own children swimming.</p> <p><b>Sustainability:</b> Calendar of events will be used in future years to help continue to provide opportunities for pupils. Areas improved through working towards school pathways criteria will also be sustained and built upon further in future years. Raised profile of health and well-being apparent to pupils and families will ensure a year-on-year involvement of pupils and encourage more pupils to join teams, clubs and activities.</p>

		Register the school to take part in the National Sports Week.	EW	AuT22		
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Signed off by	
Head Teacher:	Cheryl Steele 
Date:	06/07/2023
Subject Leader:	Emma White 
Date:	05/07/2023
Governor:	G Hicks 
Date:	7 <sup>th</sup> July 2023