

Physical Education 2022 - 2023

Again, this year a large proportion of our Sports Premium Grant has been used to buy in to the Howard Academy Trust as we are limited with our school site and resources and they can provide a rich and broad P.E experience for our children. Staff have continued to express how much they value "their support and deliverance of P.E lessons and the broad range of activities and experiences they provide to enhance our P.E curriculum."

We have endeavoured again this year to provide all the children with up to 1.5 hours physical education (P.E) or physical activity per week. Our goal is always to develop a natural enthusiasm for movement and exercise and to understand the importance of physical activity for a healthy lifestyle.

Furthermore, we have continued to encourage the children to take up sporting and physical activities both inside and outside of school this also includes football sessions for all students.

Through provision of competitions and events when we have been in school and by linking and signposting parents to online resources for maintaining health and exercise whilst at home, we have managed to maintain a good level of development during lockdown.

We have also been committed throughout the year to emphasise the importance of healthy living and healthy eating. We hoped to give the children confidence and responsibility to play an active role during lunchtimes, supporting and encouraging their peers to maintain a healthy lifestyle. At snack time the children are offered different pieces of fruit and vegetables to try. They have enjoyed learning about how to have a healthy lifestyle

"We have to help people to be healthy."

"I like trying new fruits and vegetables"

"I like to show others how to be healthy just like me"

Children's responses have been positive, and they are able to talk about what they need to do to stay healthy.

"I have to eat fruit and vegetables."

"If I exercise and move about, I will get fit and strong."

"Don't eat too many crisps, sweets or chocolate bars."

When we are in school, P.E lessons have provided the children with broad experiences in gymnastics, dance, golf, movement and multi-skills, and tennis. All children have learned to improve their coordination and balance through Balance ability lessons using the balance bikes.

The children have been able to learn and continue to improve a variety of skills, develop and enhance individual skills, work collaboratively with others through partner and teamwork and experience and understand competition through individual and team challenges.

We have continued to be part of the Howard Academy Trust this year. They have provided us with support in:

- delivering quality P.E lessons
- access to inter-school competitions
- providing advice and resources

2022-2023 Impact of P.E at St John's C of E Infants

□ Lesson support for year 1 and 2 from Howard Academy Trust.

Do you enjoy P.E lessons?

I enjoy P.E lessons	I do not enjoy P.E lessons
Girls: 89% Boys: 96%	Girls: 11% Boys: 4%

Which P.E lessons do you enjoy?

	Gymnastics	Dance	Football	Balance Bike	Multi-skills
Girls	41%	61%	16%	34%	43%
Boys	25%	46%	80%	46%	50%

What do you like/dislike about P.E?

"I like having fun in P.E"

"I like P.E because we always have a warm-up and a practice."

"P.E makes me active and healthy."

"P.E is fun. We play with balls and play different games."

"I like P.E as I get to learn different sports."

"P.E is good exercise and we learn new things."

"I like P.E because it keeps me fit."

"I like P.E because we have to run a lot."

"I like P.E because we use different equipment, like the climbing wall bars in our hall."

"I don't like P.E because sometimes it is cold outside, and we have to sit down."

"I don't like it when people cheat at games."

IMPACT: The lesson support from Howard Academy Trust this year has provided the children with the opportunity to develop skills in a wide range of sports. Staff are now confident and understand how to deliver a P.E lesson and how to use the lesson card resources to plan and deliver appropriate lessons to the age and ability of the children. Staff have had support this year on assessing P.E. The children have received specialist teaching in P.E which continues to develop their skills and challenge their thinking. Almost all children enjoy their P.E lessons with everyone having at least one favourite activity. Two children expressed a concern that they did not feel safe during P.E.

"I don't like it when a ball hits me."

"I don't like it when everyone is running around. I like it when we walk"

2023-2024

Next year we should receive a similar amount of funding and our aim will be to continue to improve and provide high quality P.E provision.

We intend to use our funding to maintain our support from Howard Academy Trust.

	Balance Bikes	P.E Afterschool Club	Mini Sports competition
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Girls	50%	21%	43%
Boys	42%	42%	25%

- They will provide afterschool clubs for two terms in the year
- They will provide access to quality CPD for staff will provide access to resources will provide advice and support and share good practice.
- They will provide Mini Sports Competition training for year 1 and 2 children.
- They will continue to support us in the delivery of quality P.E lessons.
- They will co-ordinate Balance Bike sessions with Year 1 & 2 and provide balance bikes for the school to keep.

As a school we will -

- Improve and maintain current resources and fund new resources for both inside and outside provision of P.E
- Access and promote information about local sports clubs for the children to attend outside of school.
- Aim to achieve the gold standard for Infant P.E
- Provide P.E workshops to support cross curricular topics.
(Dance - Around the world week, healthy living workshops - science/P.E)