



HOLY TRINITY Church of England Academy

Sports Premium 2018-2019

What is School Sports Premium Grant?

The Sports Premium Grant is additional funding from the Government to improve provision of physical education (PE) and sport in primary schools. It is also for improving the health and wellbeing of primary pupils.

How much is the Sports Premium Grant?

Allocations for the academic year 2018/19 were calculated using the number of pupils in Years 1 to 6 and those age 5 in Reception, as recorded at the January census. At Holy Trinity we have received £17,800. The table below shows how we have spent our allocation and the impact across school. There was a planned carry forward from the previous year (for our Outdoor Gym) of £1996.94 (revised figure) meaning that this year's total spend was £19796.94. The carry forward from 17/18 was initially to be used for outdoor gym equipment, however changes to the way schools can spend the PE and Sport Premium were made for the 2018/2019 grant allocation meaning schools could no longer fund for capital expenditure from our PE and Sports Premium. Therefore, the academy funded the new outside play equipment from the main school allocation to ensure that the children would have access to fitness equipment over break times, lunchtimes and PE for circuit type training.

Target area	Cost Details	Potential Impact	Measured Impact
Service Level Agreement with South Tyneside Schools Games	£2250.00	<p>Pupils to participate in a variety of interschool games, competitions and festivals. Staff CPD. (including Outdoor Education Buyback service)</p> <p>CPD Primary PE Conference September 2018 PE Network Meeting January 2019 30 Minutes Active for Every Child, Every Day February 2019</p> <p>Competitions and Games</p> <ul style="list-style-type: none"> • Key Stage 2 Cross Country Championships • Key Stage 2 Sports Hall Parallel Athletics (awarded Bronze for South Tyneside) • Year 1 Multi Skills • Year 2 indoor athletics • Year 3 Multi Skills 	Increased participation, motivation and enjoyment in sport activities, games and events including interschool competitions across all three key stages. Developed staff expertise in ensuring that the school is providing pupils with requirements suggested by national guidance.
Affiliation Fees South Tyneside	£80.00	KS2 Pupils to participate in the FA Snowdon League against other local	Participation in the FA Snowdon League.

Primary Football Association		schools at Temple Park. To develop team spirit and pride through participation in competitions.	Sense of enjoyment, pride and achievement in representing the school. Continued to form links with other schools in the area to organise friendly competitions.
Motor Skills Lunch Time Group Key Stage One and Two. (two to three times per week) Identified pupils who need to develop their spatial awareness, perceptual skills, i.e. visual, sequence, hand/eye, foot/eye co-ordination, body balance and memory.	£465.00	Pupils will increase their confidence, self-esteem and become aware of their own personal strengths. Pupils will have more opportunities to take part in team games and develop skills that will become not only transferrable to PE but also when playing outside within their peer group.	Pupils have developed their fundamental skills through playing games and taking part in a range of different activities involving coordination, balance and a range of both gross and fine motor movements.
Hoops for Health - Newcastle Eagles Basketball Club in partnership with Eagles Community Foundation	£280.00 transport £472.00 H4H Program	Pupils will have four hours coaching from a qualified level two professional coach based on healthy living themes. Pupils will participate in South Tyneside Hoops4Health Tournament.	The Newcastle Eagle came into school and delivered their Hoops 4 Health program. The children enjoyed learning about healthy eating, good lifestyle choices and lots of other things which helped us with our science work. We also got to work with some of the actual basketballers, taking part in a range of shooting, catching and dribbling drills and learning how to be part of a team. Finally, we took two teams along to Temple Park Leisure Centre and represented our school in the year five basketball competition. One of

			teams were very successful and not only made it through to the semi-finals but went on to win the whole competition at the Newcastle Eagles home ground.
After School Clubs – Football Little Dribblers Boxing Gymnastics Rugby Fitness Club Dance	£2950	Provide pupils with opportunities to develop personally, socially and physically through participating in extra- curricular activities in a safe, challenging and enjoyable environment. Enable pupils to take responsibilities for organization and development of their learning.	Children's skills, abilities and confidence developed. Increased participation in physical activity. Providing pupils with an opportunity to try something new. Participation in Snowdon League Cup and other inter-school competitions and events. Participation in After-School Rugby Matches with other local schools. Participation in a Dance Festival held at The Customs House South Shields where teams from local schools perform for parents and other visitors.
Tranquil Treehouse After School Yoga	£1834.50 Y6 Mindfulness £325.00	Yoga and Relaxation Regular exercise is an essential life skill children need to develop in order to stay happy and healthy. Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. It is an all-encompassing activity, which can stay with the children for many years. Our after school yoga club postures are a series of movements designed to increase strength and flexibility in children. Our yoga is an inclusive, non-competitive activity open to both sexes, all abilities and all ages. Tranquillity During our clubs tranquil time, we aim to let children just 'be'. We facilitate the process to allow children to be	A large proportion of KS1 and 2 children have accessed yoga club. We have seen an improvement in the core strength of most of the children and the majority are able to hold key yoga poses and positions for a sustained amount of time. Mindfulness meditation Mindfulness is a form of mediation. It is simply 'awareness' or 'paying attention on

		<p>present, in the here and now, with clear, kind and relaxed minds. Our children's tranquillity practices are techniques that encourage and develop concentration, clarity and self-esteem. They are also a vehicle to calmly see the true nature of things. We practice visualization, which is used at the end of meditation in some of our classes.</p> <p>Mindfulness meditation</p> <p>Mindfulness is a form of mediation. It is simply 'awareness' or 'paying attention on purpose'. The main aim of our mindfulness techniques is to help our children calmly acknowledge and accept their feelings, thoughts and bodily sensations. In a rapidly changing modern world, this is a critical skill children need to learn. Used in collaboration with stories, the mindfulness techniques are used to nurture the whole child; physically, mentally and emotionally.</p>	<p>purpose'. The main aim of our mindfulness techniques is to help our children calmly acknowledge and accept their feelings, thoughts and bodily sensations. In a rapidly changing modern world, this is a critical skill children need to learn. Used in collaboration with stories, the mindfulness techniques are used to nurture the whole child; physically, mentally and emotionally.</p> <p>At first all pupils struggled to settle and listen to the softly spoken words from the mindfulness app. However this is something that is now requested by most of the pupils as they seem to cherish this quiet time where they can focus on themselves.</p> <p>Mindfulness has increased the time that pupils are able to stay calm and quiet, they have developed their breathing techniques and some of these skills have been transferred into both the classroom and on the yard.</p>
Attendance at various sporting events in the area, including transport costs.	<p>Costs so far from September to current date –</p> <p>£569.00</p>	Pupils to participate in a variety of interschool games, competitions and festivals.	Increased participation in school games and competitions across all three key stages.

Booster Swimming Lessons for Year 4 pupils.	Transport £605 Lessons £412.50	To provide pupils in year 4 who have little or non-experience of swimming and water safety to ensure that when they receive swimming lessons next academic year they have gained some experience and confidence.	Increased confidence in water safety and swimming ability. Pupils achieved 10 meter swimming awards.
Additional PE Kit costs including Water Bottles for every child	£1792.56	Various items of PE Kit to allow pupil participation in PE lessons, interschool games, competitions and festivals.	All children are provided with the clothing they need to participate in physical activity and sport, including after school clubs. This has resulted in increased participation for after school clubs because children no longer need to borrow kit or equipment.
PE Equipment	£1101.85	<p>Playtime equipment – including foam flyers, balls, tossing rings, stompers and bead balls - Develop physical activity at break and lunch times. Ensure pupils have access to quality equipment to develop a range of skills during PE sessions and after school clubs.</p> <p>Netball equipment including posts, bibs and balls for pupils have the opportunity to attend netball club.</p> <p>Outdoor speaker: To encourage pupils to engage in movement to music</p>	<p>Created more opportunities for KS1 & KS2 children to develop balance, control, special awareness and sense of enjoyment during play time and Physical Education lessons.</p> <p>Create opportunities for children to attend netball club.</p> <p>Pupils have enjoyed being outdoors listening to a range of music. Children have engaged in dance and circuit training sessions linked to music.</p>

Swimming and Water Safety

All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2, in particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Holy Trinity Church of England Academy delivers swimming lessons in Key Stage 2 as part of the Year 5 PE curriculum.

Pupils travel by coach from school to Brinkburn Baths for weekly swimming lessons.

The current cohort of 30 Year 6 pupils achieved the following:

- 15 pupils can swim competently, confidently and proficiently over a distance of at least 25 metres
- 18 pupils can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- 15 pupils can perform safe self-rescue in different water-based situations.

2018/19 PE and Sports Premium underspend of £6659.53, the carry forward from this underspend will be used to fund the cost of employing a Sports Apprentice for 2019/20.