



Hollymount School

INSPIRING SUCCESS

"I want every child to be able to aim for the stars, and to be supported in reaching them." (David Laws, Education Minister, 2012). Since September 2013 each school has received funding called Sports Premium. The funding is to make 'additional and sustainable improvements to the provision of PE and sport for the benefits of all pupils to encourage the development of healthy, active lifestyles.' (Gov) This means that we can use the premium to:

- Develop or add to the PE and sport activities that our school already offers
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future year.

This funding is jointly provided by the Departments for Education, Health and Culture, Media and Sport, with money going directly to primary school Head Teachers to spend on improving the quality of sport and PE for all their children. Sport funding can only be spent on sport and PE provision in schools.

2023/2024 Sports Premium Strategic Plan

Number of children	309
Allocation for September 2023 - July 2024	£18,920

Rationale

At Hollymount School we are fully aware of the importance of Sport and PE. We are committed to providing our children with the opportunities to get to participate in a variety of different sports and games in a competitive environment; to foster a love of sport that remains with them for life and opens up opportunities beyond what we offer at school. We provide opportunities to develop healthy, active lifestyles through:

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

The DfE vision is that, “all pupils leaving primary school to be physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy, active lifestyle and lifelong participation in physical activity and sport.”

The Primary School Physical Literacy Framework, developed by Youth Sports Trust, Sport England, County Sport Partnership Network, Association of Physical Education and Sports Coach UK describe Physical Literacy as, “the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity. Enabling them to be physically literate supports their development as competent, confident and healthy movers.”

The improvements in school will provide additional, sustainable improvements to the provision of PE and sport for all pupils and to encourage healthy, active lifestyles as:

- Staff members will have increased their knowledge, skills and confidence teaching Physical Education
- Pupils will be educated about the positives of a healthy active lifestyle
- Pupil will be provided with a broader experience of sports

Intent

At Hollymount School we feel having a healthy active lifestyle is key to having positive mental health and, as a result, encouraging children to take up daily exercise and healthy eating is paramount. This viewpoint is supported by the Mental Health organisation who have produced a report that supports this. They believe that:

“Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood.”

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety.

Impact on our mood

Physical activity has been shown to have a positive impact on our mood. A study that asked people to rate their mood immediately after periods of physical activity (e.g. going for a walk or doing housework), and periods of inactivity (e.g. reading a book or watching television) found that the participants felt more content, more awake and calmer after being physically active compared to after periods of inactivity. They also found that the effect of physical activity on mood was greatest when mood was initially low. There are many studies looking at physical activity at different levels of intensity and its impact on people's mood. Overall, research has found that low-intensity aerobic exercise – for 30–35 minutes, 3–5 days a week, for 10–12 weeks – was best at increasing positive moods (e.g. enthusiasm, alertness).

Impact on stress response

When events occur that make us feel threatened or that upset our balance in some way, our body's defences cut in and create a stress response, which may make us feel a variety of uncomfortable physical symptoms and make us behave differently, and we may also experience emotions more intensely. The most common physical signs of stress include sleeping problems, sweating, and loss of appetite. Symptoms like these are triggered by a rush of stress hormones in our body – otherwise known as the 'fight or flight' response. It is these hormones, adrenaline and noradrenaline, which raise our blood pressure, increase our heart rate and increase the rate at which we perspire, preparing our body for an emergency response. They can also reduce blood flow to our skin and can reduce our stomach activity, while cortisol, another stress hormone, releases fat and sugar into the system to boost our energy. Physical exercise can be very effective in relieving stress. Research has found that highly active individuals tend to have lower stress rates compared to individuals who are less active.

Impact on our self-esteem

Exercise not only has a positive impact on our physical health, but it can also increase our self-esteem. Self-esteem is how we feel about ourselves and how we perceive our self-worth. It is a key indicator of our mental wellbeing and our ability to cope with life stressors. Physical activity has been shown to have a positive influence on our self-esteem and self-worth. This relationship has been found in children, adolescents, young adults, adults and older people, and across both males and females.

Impact on mental wellbeing

Physical activity can have a positive impact on mental wellbeing. For more details about how physical activity can help increase wellbeing and prevent or manage mental health problems, read the [full report](#), or get more information about how exercise can improve your mental health on the website: www.mentalhealth.org.uk.

For these reasons, pupils at Hollymount School deserve high quality physical education experiences. After a period of national lockdown, and the continuing stress of a pandemic, the need for physical and mental wellbeing is more important for our pupils than ever. We therefore propose to spend the 2023- 24 allocation of funding in the following ways:

Sport	Year Group	Objective	Implementation	Cost	Lead	Resources	Monitoring	Timescale	Impact milestones (RAG RATE TERMLY)
Daily Exercise	Years 1-6	To ensure that all pupils participate in daily sporting activity To increase fitness levels by enabling all children to take part in a daily sporting activity.	To complete and record daily exercise, tracking individual or group progress. A series of exercise opportunities to be developed at an age appropriate level. An incentive programme to be developed to encourage all children to take part in daily exercise.	£500	Class teachers and PE Lead	Record sheet	Data analysis Pupil Voice Parent voice Staff voice	Autumn Daily exercise re-established and new methods of exercise introduced Initial incentive programme introduced – improvement on own fitness levels Questionnaire to gather child and adult voice for 2023-24 Baseline records introduced	Individual children have an increased level of fitness Children have an improved attitude towards keeping mentally and physically healthy through exercise. Increased level of mental wellbeing is reported. Children talk positively about their achievements.

								<p>Children's newsletter – "Healthy Body, healthy mind" feature</p> <p>Spring Records analysed – has fitness/ resilience increased Difference in questionnaire responses Celebration of success</p> <p>Summer Sporting celebration of personal/ group success</p>	
Lunchtime opportunities	YR to Year 6	<p>To give children opportunity to take part in fun, organised exercise opportunities.</p> <p>To target key children who would benefit from extra physical opportunities either physically or emotionally.</p>	Lunchtime supervisor to lead initiative and to monitor exercise opportunities.	£1920 lunchtime resources	<p>PE Lead</p> <p>Deputy Head</p> <p>Lead Lunchtime supervisor</p>	None extra	<p>Observations of children</p> <p>Child/ adult voice</p> <p>Records of achievement</p>	<p>Autumn Term</p> <p>Train lead worker</p> <p>Set up system</p> <p>Encourage participation</p> <p>Monitor views</p> <p>Spring Term</p> <p>Analyse achievements/p articipation</p> <p>Target individuals</p>	<p>An increased proportion of children participate in adult-led activities</p> <p>Children's views of playtime opportunities improve</p> <p>Targeted individuals have a more active playtime.</p>

								<p>Monitor views of children/ adults</p> <p>Summer Term</p> <p>Analyse achievements/p participation</p> <p>Target individuals</p> <p>Monitor views of children/ adults</p>	
<p>Healthy Living Days</p>	<p>Nursery – Year 6</p>	<p>To focus attention of whole school community on what “healthy body; healthy minds” means.</p> <p>To act as a launchpad each term for new healthy living initiatives</p>	<p>Identified staff to lead school council in planning day</p> <p>Staff to guide others in events of day</p> <p>Staff to plan and organise events</p>	<p>£1500</p>	<p>MH ZH</p>	<p>Dependent on day e.g. bouncy castle hire</p>	<p>Pupil and parent voice</p>	<p>Autumn</p> <p>Look at links across curriculum and opportunities to link to healthy living</p> <p>Vote for school council</p> <p>School council meetings to plan</p> <p>Spring</p> <p>Healthy living day A and B</p> <p>Summer</p> <p>Healthy living day C and D</p>	<p>Children are able to talk about healthy choices in lifestyle.</p> <p>Children can explain why keeping active is important.</p> <p>An increased proportion of parents value healthy lifestyles for their children.</p> <p>An increased proportion of parents provide their children with healthier options in snacks.</p> <p>Children’s can talk about their diet and</p>

healthy choices they make.

2. Raise the profile of PE and sport across the school as a tool for whole school improvement

3. Increased confidence, knowledge and skills of all staff in teaching PE and sport

At Hollymount School all pupils have the opportunity to participate in PE sessions led by their class teacher. Many of our teaching staff have had the opportunity to work alongside coaches in the past to help with their teaching of dance and gym. The teacher is able to develop their own skills as well as their confidence and competence within a particular area.

The school is confident in its teaching of physical education and the PE leads are available to support newly qualified or less confident staff.

Sport	Year Group	Objective	Implementation	Cost	Lead	Resources	Monitoring	Timescale	Impact
Swimming	Years 3 – Y6	To increase the number of children achieving the 3 national curriculum requirements for water safety at the end of KS2	To provide additional top-up swimming lessons to meet the 3 national curriculum requirements.	£2000	MH	Pool hire Travel	Data analysis	<p>Autumn Year 6 and 4 swim CPD staff – swimming handbook and record keeping Records kept of children's progress</p> <p>Spring Years 5 and 3 swim Records kept of children's progress PE lead to monitor 1 x swimming session</p>	Records show that an increased proportion of children reach the expected standards for their age.

Staff CPD	All pupils to benefit from increased staff subject knowledge	To increase the understanding of how to assess children within a PE lesson	<p>CPD to be offered to all staff on how to select key performance indicators and what opportunities need to be built within sequences of learning</p> <p>Teachers to implement strategies of assessment in their own practise.</p> <p>Teachers to make judgements more confidently about the next stages for children based on their assessment.</p>	£2500	MH EMc		<p>Staff Voice</p> <p>Planning</p> <p>Assessment records</p>	<p>Autumn</p> <p>Meet with PE leads from trust</p> <p>Adapt medium term plans to show exit assessment opportunities</p> <p>Teachers trial assessment opportunities and give feedback to PE lead</p> <p>Spring</p>	<p>Teachers are able to accurately assess children's achievements in PE.</p> <p>Assessment opportunities support teachers in their judgement</p> <p>PE leads are able to talk about the impact of high-quality PE teaching on children's attainment.</p>
Outdoor resources	Rec – Year 6	<p>To ensure all pupils have access to high quality resources during their lessons.</p> <p>Provide children with high quality continuous provision.</p> <p>To broaden the sporting</p>	<p>MH to audit equipment and place an order to ensure enough equipment is available for PE lessons, wider outdoor learning and daily exercise.</p> <p>A range of apparatus is available for children to apply gross motor skills in their independent learning.</p> <p>Monitor impact on children's physical development. MH to audit results and</p>	£2500	MH Worcestershire PE lead		Staff questionnaires and pupil interviews	<p>Autumn</p> <p>Audit equipment in line with updated PE curriculum</p> <p>Order equipment</p>	Wider sport is well resourced for after-school clubs, breaktimes and PE lessons.

		<p>opportunity available to pupils.</p> <p>To provide children with a range of opportunities to enhance fine and gross motor skills.</p>	<p>follow up equipment ready for the following year.</p> <p>Staff questionnaires to be completed about equipment – and what equipment would be needed for the following year.</p>						
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4. Broader experience of a range of sports and activities offered to all pupils

5. Increase participation in competitive sports

At Hollymount School we endeavour to enhance our pupils experience of sport by offering a range of opportunities to participate in both adventure and sporting activities not only because we feel it is key to our pupils' academic achievement and wellbeing, but that so that pupils can develop healthy lifestyles which they can develop throughout their lives. Our school sits in a locality with poor public health and life chances, the more opportunities our pupils can have to take part in a diverse range of sporting opportunities, the more likely they are to continue these when they are older.

According to Sport England, physical activity can reduce stress and anxiety, with the mastering of new skills often increasing confidence and self-esteem. There is much evidence that physical activity contributes to enjoyment and happiness, and more broadly to life satisfaction, with the element of social interaction often cited as central to this. Taking part in sport is also associated with having a sense of purpose and pride. That self-esteem and confidence are known to increase through short or long term participation because of the opportunity to develop new skills and relationships.

We therefore propose to spend the following proportion of the grant in widening sporting opportunities.

Sport	Year Group	Outcome	Implementation	Cost	Lead	Resources	Monitoring	Timescale	Impact
Bell Boating and Regatta	Year 6	<p>To develop team work skills</p> <p>Children understand the dangers associated with water and how to stay safe.</p> <p>To broaden the sporting opportunity available to pupils</p> <p>To experience competition against other schools</p>	<p>Year 6 to have 2 full days on the river with qualified helm</p> <p>Class teachers to work alongside coaches to develop their own practice</p> <p>Pupil questionnaire to be given out before and after attending sessions – focus on confidence and resilience.</p> <p>PE Lead available to discuss outcomes and progress with class teachers</p> <p>End of unit a review is completed</p> <p>Progress of children against set learning outcomes</p>	£1000	<p>MH</p> <p>Class Teacher</p> <p>Qualified helms</p>	<p>Use of bell boating equipment</p> <p>Travel</p> <p>Instructor</p> <p>Regatta</p>	<p>Pupil interviews and questionnaires</p>	<p>Spring term</p> <p>Book Bell Boating</p> <p>Summer Term</p> <p>Interview pupils about their experience</p> <p>Monitor impact of team work from children who attend Bell Boating</p>	<p>Year 6 children have experienced water sport.</p> <p>Children have had the opportunity to take part in a regatta.</p>
External agencies	Rec – Year 6	<p>To develop levels of fitness</p> <p>To broaden the sporting opportunities available to pupils</p> <p>To increase</p>	<p>Previous experience shows that a wide variety of after-school clubs are popular.</p> <p>MH to liaise with outside providers to secure a range of opportunities for children and potentially parents.</p>	£3000	MH	None	<p>Pupil interviews and parent questionnaires</p>	<p>Termly</p> <p>3 after school clubs to run termly throughout the year.</p>	<p>All children have the opportunity to take part in a variety of sport clubs.</p>

		engagement in a wider range of sports							Clubs are well attended Pupils talk positively about their experiences.
Competitions	KS2	To develop team working skills To broaden the sporting opportunity available to pupils To experience competition against other schools	MH to organise a BPT football and rugby tournament. MH to book Hollymount School into a local football tournament with local schools. Explore opportunities to develop a netball team.	£1000	MH Class teachers	Variety of sports equipment – depending on the sporting activity	Pupil voice Staff questionnaire	Autumn term MH to book Hollymount into a local competition with different schools. Spring term MH to email other trust schools to organise dates for a football and rugby tournament in the Summer term Summer term MH to organise tournaments for BPT football and rugby tournament	Trust and local school competitions are well attended. Children are resilient in their approach to competition.
Residential	Year 4, 5 and 6	To further develop outdoor and	Identified staff to liaise with headteacher to arrange residential opportunities for all children in Year 4 – 6	3000	AD	To support cost reduction	Pupil voice	Autumn Term Booking arrangements to be finalised.	Pre and post residential questionnaires

		adventurous skills. To broaden opportunities. To improve teamwork				n for all families.		Liaise with parents Spring Term/ Summer Term Residential to take place	
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