

Sports Premium Plan Essex Primary School 2023-24 (Updated with Evaluation and Impact - July 2024)

Total on roll	884 pupil on roll (Autumn term - 30/10/23) 815 pupils excluding Nursery (Autumn term - 30/10/23)
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Financial year	Amount of Sports Premium Funding
2022 - 2023	£22,860
2023 - 2024	£22,935
Total budgeted cost (2023-2024)	£42,630
Amount to be funded by the School	£19,695

Area of expenditure	Amount allocated	New or continued	Year group and pupils involved	Intended outcomes
Langdon Sports Partnership	Amount Allocated £2,410	Continued	Years 1 - 6	<ul style="list-style-type: none"> ● To enable children to participate in sporting competitions across both key stages and to develop skills in these areas. ● To maximise staff training opportunities to ensure teachers are fully equipped to deliver high quality PE lessons. ● To give opportunities to network with other schools and develop links with other agencies. ● To support the organisation and planning of Schools Sports days. ● To be able to compete at a high level of competition such as county and national grade.

Subscription to Yoga bugs	Amount Allocated £2220			<ul style="list-style-type: none"> • Yoga can help you to cope with stress and improve wellbeing • Helps pupils develop flexibility, strength, balance and coordination. • Yoga is a way to support pupils in remaining calm and relaxed • Improved concentration and focus • Clearer minds and thought processing
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**Langdon Sports Partnership
Review & Impact**

At Essex Primary School the sports competition results for 2023 - 2024 academic year have moved in an upward trend since joining the Langdon Partnership. Increasing the number of competitions has led to an improvement in last year's competition results and given the PE coaches a greater understanding of how each year groups need to be targeted with regards to coaching.

Date	Competition/ Skill	Achievement
11/10/2023	To develop physical skills Football KS1 Boys Langdon	5th Position (out of 12)
15/11/2023	To develop physical skills Handball Y3/4 Mixed Langdon	8th Position (out of 11)
22/11/2023	To develop physical skills Sports Hall Athletics (SHA) Y5/6 Mixed Langdon	6th Position (out 16)
11/1/2024	To develop physical skills Hot Potato Y1/2 Boys Langdon	4th Position (out of 10)
24/1/2024	To develop physical skills Basketball Mixed Y5/6 Mixed Langdon	5v5 = 2nd Position, 3v3 A =Quarter-Finals Position, B = Semi-finals Position
21/02/2024	To develop physical skills Sports Hall Athletics (SHA) Y3/4 Mixed Langdon	7th Position (out of 11)
28/02/2024	To develop physical skills Handball Y5/6 Boys Langdon	2nd Position (out of 11)
06/03/2024	To develop physical skills Football Y1/2 Mixed Langdon (at Essex)	1st Position (out of 9)

20/03/2024	To develop physical skills Sports Hall Athletics (SHA) Y3/4 Boys Langdon	10th position (out of 12)
27/03/2024	To develop physical skills Football Y5/6 Boys Langdon	2nd Position (out of 10)
18/04/2024	To develop physical skills Football Y3/4 Mixed Basketball	Joint 3rd Position (out of 6)
24/04/2024	To develop physical skills Sports Hall Athletics Y1/2 Mixed Langdon	Joint 2nd Position (out of 8)
01/05/2024	To develop physical skills Tennis Y3/4 Mixed Langdon	Quarter Final (top 8)
23/05/2024	To develop physical skills Cricket Y5/6 Mixed Langdon	2nd Position
19/06/2024	To develop physical skills Cricket Y5/6 Mixed London Youth Games	Boys = 2nd in group Girls = 3rd in group

PE professional coaches Coaches for after school clubs	Allocated Amount £9,000	Continues	All	<ul style="list-style-type: none"> • To deliver high quality PE lessons to help pupils achieve their personal best. • Combating Obesity levels and making children aware of healthy eating and healthy lifestyles. • Aiming to provide government requirements of 2 hours of physical activity a week. • To provide additional sports provision of before and after school for vulnerable groups including pupils with SEND. (Eg. Handball, Netball, Gymnastics, Football, Hockey, Dance after school clubs as well as before school). • To teach alongside staff members to improve their subject knowledge and confidence in identified areas. • Exceeding government requirements of physical activity per week.
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PE professional coaches for PE lessons and for after school clubs

Review & Impact

The employment of PE coaches especially this academic year has challenged our pupils to greater levels of success. There has been a great focus on improving participation in different types of physical activity and this has a positive impact on mental health and wellbeing. PE teaching at Essex is always at (or above) the government standard of 2 hours a week, along with before and after school clubs and more extra curricular activities during lunch time.

Pupils enthusiasm and motivation has improved with greater participation in after school sports clubs including, football, netball, gymnastics, athletics and yoga. Before and after school sports clubs are fully subscribed and sessions are fairly distributed to give as many pupils opportunities to participate. Pupils are allowed snacks which are healthy; this has increased their awareness of how important it is to have a healthy balanced diet. Specific sessions are also available for those who are chosen to participate in competitions. This has improved their ability to interact with other pupils from different years and improved their communication skills as a whole.

The inclusion of yoga in PE lessons and clubs has helped the children to have a better understanding of what wellbeing is. With a wide variety of sports being available, the children have had increased opportunity to participate in competitive and non-competitive environments. An increase in the number of competitions has meant the children have a greater knowledge of how to compete to the best of their ability on a consistent basis. Fun and enjoyment has also been a focus and this has inspired pupils to participate with more competitiveness. Overall, these factors have helped boost overall participation in physical activity as a whole.

<p>Equipment , Physical Educational visits, resources (new lunchtime equipment and trophies and medals) PE Coach leads on sessions at lunchtime for KS 2 pupils.</p>	<p><u>Allocated Amount</u> £1000</p>	<p>Continued/ new</p>	<p>All</p>	<ul style="list-style-type: none"> ● To ensure lessons are sufficiently resourced to maximise full pupil participation. ● To encourage children to try “new” sports at playtime / lunchtime/ before and after school club /half term clubs play based on a variety of equipment ● Active lunchtime play. ● The use of medals and trophies to motivate and inspire children to enter into competitive sport. ● To enable children to attend a residential visit promoting physical activity and good health.
<p>Subsidise residential (Fairplay House) promoting physical activity</p>	<p><u>Allocated Amount</u> £10,000</p>			

**Equipment, Educational visits, resources (new lunchtime equipment and trophies and medals)
PE Coaches lead sessions at lunchtime for pupils, Subsidise residential (Fairplay House) promoting physical activity**

Review & Impact

The school has an increased number and variety of sports equipment available to the pupils, for lunchtimes and lessons. This equipment has also been used for competition practice, lessons for G&T pupils and those with SEND. During break times and lunchtime the equipment offered to pupils promotes the development of their social skills and creates new friendships across year groups. This equipment has also contributed to a more organised and detailed Sports Week, allowing for all children to participate and compete. Specifically, new equipment has increased the number of activities we can deliver to SEND pupils in smaller group sessions. Essex covers a variety of sporting activities and all of these sports have top quality equipment that the pupils can use to progress their physical skills.

Fairplay House Residential visits (Year 5 & 6) have been a fantastic tool to take pupils out of their comfort zone and engage them in tasks which may not be accessible in a typical inner-city school environment. Pupils have become more independent and improved their life skills.

Swimming with highly qualified Swimming instructors at the Aquatic Centre	Allocated Amount £18,000	Continued/ new	Year 4 & 6	<ul style="list-style-type: none"> ● To ensure swimming lessons are of high quality where pupils make excellent progress. ● Swimming sessions for pupils in Year 6 who have not achieved the National requirement will ensure progress for these pupils. ● To ensure the majority of the pupils meet the national expected standard at the end of primary school <ol style="list-style-type: none"> 1. pupils could swim competently, confidently and proficiently over a distance of at least 25 metres 2. a greater % of pupils could perform a safe self-rescue in different water based situations 3. pupils can use a range of strokes effectively.
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Swimming with highly qualified Swimming instructors at the Aquatic Centre

Review & Impact

Of the Year 6 cohort (2023-24) that went swimming in year 5, 31% met the expected standard by the end of the sessions.

Of that 31%, 2% started as non-swimmers and 57% had already been swimming before

45% of the pupils made progress in water confidence (could swim 2m or more)

38% of the pupils made progress in water confidence (could swim 5m or more)

31% of the pupils made progress in water confidence (could swim 10m or more)

2 pupils (2%) of the non-swimmers made progress in water confidence (could swim 15m or more)

At the beginning, only 15 pupils could actually swim (14%) and were already at the expected standard. These pupils were already having swimming lessons outside of school.