

## The Glenwood Way: PE and Sports Premium Funding 2018/19

### Introduction

The PE and Sports Premium is additional funding given to schools by the Government so that schools can make additional and sustainable improvements to the quality of PE and sport that they offer.

This means that schools should use funding to:

- develop or add to the PE and sport activities the school already offers
- build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

The PE and Sports Premium funding is allocated to schools for learners, in Year 1 through to Year 6. In cases where schools do not follow year groups (for example, in some special schools), pupils aged 5 to 10 attract the funding. The government determine how many pupils in our school attract the funding using data from the January 2017 school census.

### For the Academic year 2018 to 2019

The school has received £16950 PE and Sports Premium funding over the last year.

The grant has been used to fund the following activities:

- Additional swimming (over what is required)
- Swimming awards and badges
- South East Essex gym sessions
- Sports lessons run by staff from The Deans School include basketball, mini tennis and bootcamp
- Sports and swimming equipment
- Purchase of a range of bikes including balance bikes and scooters
- The purchase of an outside in ground trampoline
- Additional pool-based exercise for some learners by the provision of additional support staff hours
- Relaxation classes

Looking back – What was the impact of this expenditure?

- Additional swimming and swimming awards

*The impact of this spend is particularly significant in supporting our learners to develop their gross motor skills. A teacher described how this initiative had made a huge impact on a learner in her class by saying, “X has responded positively to working towards gaining a swimming award. They have shown a greater increase in stamina, motivation and enjoyment during swimming sessions”.*

- South East Essex gym

*The weekly sessions in the gym have a considerable impact on the learners' wellbeing, physical development and social skills. The activities and specialist equipment that the learners have access to enable them to improve their co-ordination, balance, body awareness and muscular strength. Learners can work on their communication targets, as they are required to follow instructions, make choices and socially interact with familiar and less familiar adults. A carer of one of our learners commented that, "X has grown in confidence during physical activities and I have noticed how much more capable she is when climbing at the park."*

- Sports sessions run by staff from The Deans School

*Learners have benefitted from taking part in a number of activities including basketball, mini tennis and bootcamp. They have learnt about warming up and cooling down their bodies before and after exercise. They have learnt new skills, used different equipment and worked alongside and with others. Fitness and skills levels have increased through enjoyment and participation.*



- Sports Equipment

*The increase in sports equipment has enabled clubs to take place and a range of PE activities to be taught. The impact of having a wider range of equipment has added excitement to the sessions and has enabled staff to teach learners the same skills using a wider range of resources which has helped maintain interest and motivation.*

- Pool exercise

*Pool exercise impacts on the health and wellbeing of our learners who have a range of disabilities and health conditions. It can impact on muscle tone, movement of joints, body awareness, understanding of routine, communication and sensory processing. The sessions are specific to each learner and are based on their individual pool exercise plan. One teacher remarked, "The support of the physiotherapists has given me the confidence to teach the exercises correctly using any relevant equipment."*

- Relaxation Classes

*Two classes in the Autumn and Spring terms and three in the Summer term attended the sessions. Numbers varied between 7 and 9 learners per class. Learners have benefitted*

*from the sessions through learning breathing exercises, taking time to be still and calm and to relax their bodies and minds.*

#### Looking ahead to the 2019-20 academic year.

Next academic year we intend to spend the grant by:

- Continuing to run school clubs to support and engage young people who may not be able to access non-specialist facilities
- Purchasing additional resources to support the physical education programme and the teaching of swimming
- Providing additional swimming lessons beyond what is required
- Making links to other community sports providers – encouraging learners to join out of school sports clubs
- Part fund a Sports Apprentice to support learners 1:1 and in small groups for rebound therapy, swimming and P.E lessons.

#### How we plan to raise the profile of PE and sport at Glenwood?

- The profile of PE and sport is raised across the school
- Increasing confidence, knowledge and skills of all staff in teaching PE and sport by working alongside disability coaches
- Ensuring a broader range of experiences of sports and physical activities is offered to all pupils and to cater for a range of needs
- Increasing participation in competitive sport in school and with other schools.
- Increasing the involvement of staff, parents and carers, governors and partner agencies in identifying needs and possible provision through the use of PE and Sports Premium funding.
- Ensuring that all learning in this area impacts and enhances life opportunities by also supporting their Communication/PSHED learning in the community as well as across the curriculum.