



Thorner's Church of England VA Primary School

Schoolhouse Lane, Litton Cheney,

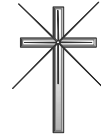
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## PE 2022-23

### **National Context**

The Government have noted that “playing sport helps to keep people healthy and is good for communities. Playing sport at school or in a local club is also the first step to competition at the highest level, which helps improve our reputation as a sporting nation, and contributes to economic growth.”

Crucially we monitor ourselves against the 5 key indicators:

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

**Engagement of all pupils in regular physical activity**

**The profile of PE and sport is raised across the school as a tool for whole school improvement**

**Broader experience of a range of sports and activities offered to all pupils**

**Increased participation in competitive sport**

Given this context, it is critical that we at Thorner's do all we can to ensure every child enjoys physical activity and gets as much as possible out of the curriculum and extra-curricular clubs (both in school and those run by local clubs and coaches) on offer!

### **School Context**

Our School Development Plan makes plain that we work to ensure that we improve sports provision at Thorner's (both its quantity and its quality) and the PE Development Plan details how we are to ensure this:

- 1) Promoting a healthy lifestyle through (inter alia), Fit4Life Clubs, After-School Clubs, Summer activities and healthy eating at Breakfast Clubs and learning about cooking and nutrition in class;
- 2) Increasing participation in sports and activities at all levels of the school;
- 3) Purchasing new resources and sending staff for training to improve their teaching/coaching;
- 4) Organising more school games and

(building on our previous Silver Award 2018) obtaining the School Games Silver or Gold Kitemark.

## Annual Sports Cycle

We start every year with a series of questionnaires for pupils to gauge their physical activity levels.

These surveys ask the children how much activity they think they undertake both in and out of school. We also take this chance to ask the pupils (especially those that don't participate yet) what clubs they would like to attend/organise.

A sample questionnaire is below:



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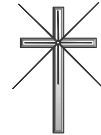
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## PE SURVEY

START OF YEAR QUESTIONS		
Do you play sport/do an activity in a school club at lunchtime or after school? (ECO/Football/Archery etc)		
Do you play sport/do an activity in a local club at the weekend or after school? (Martinstown/Bridport/Dorchester lubs)		
What new clubs would you like us to set up?	Badminton, Dance, Tennis, Squash, Gym, Golf	

What new sports do you want to try?	Golf, Dance, Climbing, Sailing	
What sports/activities equipment shall we buy for school with our PE money?	More playtime equipment and class footballs.	
END OF YEAR QUESTIONS		
Have you joined a new club this year in school?		
Have you joined a new club this year out of school?		

### Annual Assessments

In addition to this questionnaire, we also measure the pupils' general fitness levels by giving each child a Bleep test at the start and end of the year and compare how much the child has increased their level of fitness. We then use the results (together with club attendance lists) to invite specific children along to one of our Fit4Life clubs to help get them engaged in a fun range of activities. We also ask whether they would like any specific clubs that we could organise to get them more active and involved in PE!

### Active Every Day

Sport England recommend that all children are active for **at least** 60 minutes every day! To help the children with this we ensure that we offer the following to all children:

15 minute Break time play (balls/games/ropes etc provided)

30 minute lunch time play (balls/games/ropes etc provided)

15 mins shuttle runs/Daily Mile

15 minute KS1 afternoon play (balls/games/ropes etc provided)

We also offer 15 minutes of activities at Breakfast Club and a range of changing seasonal after school clubs such as football, basketball, X-Country, multiskills (KS1), tag rugby, swimming, gym, rounders, cricket or sailing.

In addition to this, each class has PE two afternoons every week. To support this and to raise the quality of what is provided to the children a rolling programme of professional coaching is provided. This year it is as follows:

Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Archery	Football	Dance	TBC	Forest School	Swimming

The above coaching consists of a full day in school (4 sessions) with each individual class receiving a lesson's worth of coaching. **In Summer 2 all children swim every 3 to 4 times a week in our own pool for half an hour.**

As such, throughout the year, all pupils in an average week have at least 60 minutes a day available for physical activity.

#### Extra-Curricular

As well as the coaching and lessons offered within curriculum time, staff also offer a range of clubs at lunchtimes and after school.

Term	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Lunch	Tues: Netball  Wed: Gardening  Fri: Tag Rugby	Tues: Netball  Wed: Gardening  Fri: Tag Rugby	Tues: Netball  Wed: Gardening  Fri: Basketball	Tues: Hockey  Wed: Gardening  Fri: Basketball	Tues: Hockey  Wed: Gardening  Fri: Cricket	All children swim 3/4 times a week  Wed: Gardening  Fri: Cricket
After School	Mon: Football  Thurs: X- Country	Mon: Football  Thurs: X- Country	Mon: Indoor Ball Skills  Thurs: X- Country	Mon: Indoor Ball Skills  Thurs: Athletics	Mon: Rounders  Thurs: Athletics	Mon: Rounders  Mon: Sailing  Thurs: Athletics

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Attendance at these clubs is monitored and we record how many Boys/Girls/Children with SEND and/or pupils in receipt of Pupil Premium attend each class to ensure that no groups are absent from our clubs and that we ensure we are offering the kind of clubs that **all** pupils enjoy. We review this information regularly so that pupils don't go a whole year without school picking up on the fact that they are not getting involved (or that we are not offering a session) in something they like. It can also enable us to pick up on children who might benefit from being invited to our Change4Life Club in the Summer Terms.

### Competitions, Matches and Friendlies

We have a strong calendar of competitions and friendly matches.

Many of these competitions act as qualifiers for the School Games programmes and enable teams or pupils to compete against other schools in different areas, regions and counties.

Our Sports Fixture Calendar is as follows:

<b>Sport</b>	<b>Date</b>	<b>Competition</b>
X – Country	October	Pyramid
Netball	November	Pyramid
X- Country	January	Area
Football	Sept – Mar	Kenway Cup
Tag Rugby	March	Area
Swimming	March	Area Gala
Netball	March	Area
Golf (3 & 4)	March	Tri-Golf
Kwik-Kricket (5 & 6)	May	Pyramid, Area, County
Athletics	May	Quadkids
Gym	May	Area
Football (5 & 6)	May	6-a-side
Swimming Gala (KS1)	July	School
Swimming Gala (KS2)	July	School
Sports Day	July	School

In addition to this, the school is helping to organise a series of Half Termly competitions in a rolling programme of Sports across the West Dorset Collaboration:

Tag Rugby (Aut 1), Football (Aut 2), Netball (Spring 1), Archery (Spring 2), Cricket (Sum 1) and Swimming (Sum 2).

This series of friendly competitions enables “B” teams, or those less confident in competitions to take place in a less intense set of fixtures.

### **PasSPORT to Sport Scheme**

As a result of the increased PE funding, Thorner’s has now trialled (2021) and run in 2022 and 2023 is our *PasSPORT to Sport Scheme*. This scheme is designed to help enable pupils to make more of the good links we have with a range of local clubs offering professional coaching out of school hours.

We are aware that for parents, sports coaching can be expensive, especially if two or more children have multiple sports interests. It can also be a barrier to participation in high-cost events/activities. As such we have allocated part of the increased PE funding towards getting more of our pupils into regular coaching at clubs ranging from Sailing, Golf and Swimming to Cricket, Rugby and Trampolining.

As an example, this Summer we have used it to enable 25 KS2 pupils to attend a 6 week after school sailing club which has enabled them to work towards their RYA Levels 1/2/3 sailing qualifications. Once they have passed this qualification (typically after 6 weeks), they can then attend the Portland Sailing Academy Weekend Sessions for further coaching at a cost of £10 per session.

The cost of obtaining this RYA Level 1 qualification is typically £170 and has proved a barrier to many children attending the Weekend Club (even though at £10 per session this subsequent cost is extremely reasonable); as the cost of passing the initial exam itself is prohibitive.

However, by running it weekly in the Summer and making a group booking for our school we have negotiated a price of £160 per pupil for the RYA Level 1 course and exam. We have then allocated £30 per pupil from the Sports Premium money to top up a parental contribution (Pupil Premium children have this additional money paid for out of their Pupil Premium allowance). Also by giving five months’ notice before the course, parents can pay in installments to spread the cost of their contribution.

The result is that pupils can get regular sailing coaching at an internationally recognised club at an Olympic venue for £120 and then £10 per session thereafter.

Crucially, this scheme will only be made available where staff/coaches at the club are professionally qualified with their national bodies and where parents match fund the cost of the club fees.

Our local clubs have links on our SPORTS tab on our main school website. We encourage children to attend any club local to them but our main local clubs are:

Swimming: Bridport Barracudas

Football: FOOTY4DORSET

Rugby: Bridport Rugby Club

Cricket: Martinstown Cricket Club

Tennis: Dorchester Tennis Club

Golf: West Dorset Golf Club

Sailing: Weymouth and Portland Sailing Academy

Archery: Bride Valley Archers

Trampolining: Bridport Trampolining (Bridport Leisure Centre)

## **Finances**

This year the school received £16,661 (split into two tranches November £9,661 and March £7,000). Please see below as to how this has been allocated.

## **STAFF TRAINING AND CPD**

Every two years we ask staff to complete the following questionnaire to assess areas of need and what we ought to spend our money on to improve the quality of the PE lessons that the teachers offer. **Our main goal is to ensure that each member of staff obtains a professional qualification in one or more sport. Although teacher level CPD events and courses are worthwhile we feel that professional qualifications from nationally recognised awarding bodies will offer staff members the best chance to embed high quality PE in their teaching of both lessons and extra-curricular games.**

To date staff currently hold coaching qualifications in the following sports:

Cricket: English Cricket Board Level 1 Coaching Award

Swimming: Institute of Swimming Level 1 Coaching Award

Sailing: Royal Yachting Association Level 2 Sailing Award (enabling staff to take out pupils with SEND)

Sailing: Royal Yachting Association Level 1 Sailing Award (enabling staff to take out pupils with SEND)

Teacher Level Courses completed this year:

## STAFF PE SKILLS AND TRAINING AUDIT

1. Do you work in KS1 or KS2? (Please circle)

<b>Sport/Activity</b>	<b>Areas of Expertise/Training Received (in last 5 years)</b>	<b>Areas of Need/Training Required (Please pick top 3)</b>	<b>Activites/Sports undertaken outside School (Walking/Dance/Keep Fit/Teams etc)</b>	<b>Awards or Certificates Held?</b>
Athletics				
Football				
Racket Sports				
Dance				
Gym				
Golf				
Netball				
Hockey				
Tag Rugby				
Cricket				
Trampolining				
Archery				



Basketball				
Active Club				
Swimming				
Other				

1. Which activity/sport do you feel most confident teaching?
2. Which activity/sport do you feel least confident teaching?
3. Which new sports/activities would you like the school to offer?
4. What three items of new equipment/resources would help you most when teaching PE?

### **PUPILS**

As well as staff, we ensure that our senior pupils (Yrs 5/6) also go on training (via the Young Leaders schemes) to ensure that they can assist in the smooth running of events in school (such as KS1 Sports Days and Swimming Galas) and ensure they are ready to run events at secondary school (where they regularly officiate Primary competitions).

### **YR 6 SWIMMING**

By the end of July 83% of the Yr 6 cohort can competently, confidently and proficiently swim at least 25 metres.

By the end of July 77 % of the Yr 6 cohort can use a range of different strokes.

By the end of July 77% of the Yr 6 cohort can perform self rescue in different water based situations.

## **END OF YEAR REVIEW**

At the end of each year, we repeat the pupil questionnaire to measure the difference in the amount and level (school or local club) of sport/activity each child is doing and whether they have obtained any qualifications or started any new sports that year. We seek feedback from the children as to what clubs they might like next year (especially from those whose participation is low in extra clubs).

We also repeat the Bleep Test fitness test to measure and track pupil fitness across the year and from year to year as they grow.

Following on from this review, our Sports and PE Co-ordinator meets with the PE Governor and produces a report on the year's work. From this we then plan what to put in place to improve or vary our offering.

<b>PRIMARY SPORT FUNDING EXPENDITURE 22-23</b>			
<b>DATE</b>	<b>EXPENDITURE</b>		<b>COST</b>
01/10/2022	PRIMARY SPORT FUNDING		£9,713
01/04/2023	PRIMARY SPORT FUNDING		£6,937
			£16,650
<b>PAYMENTS TO PROFESSIONAL COACHES</b>			
AUTUMN	WHOLE SCHOOL ARCHERY @ 6 weeks (24 Hrs x £23 + 5 Hrs @£15)		£627
AUTUMN	WHOLE SCHOOL DANCE 6 SESSIONS		£900
AUTUMN	FOOTBALL COACHING FOR KS2 7 Sessions@£68		£476
SPRING	FOOTBALL COACHING FOR KS1 6 SESSIONS @ £68		£408
SUMMER	SWIMMING COACHES FOR WHOLE SCHOOL		£1,500
<b>PASSPORT to Sport</b>			
Spring	BREDY WOEC TRIP		£350
Spring	CHESIL WOEC VISIT		£350
SUMMER	SAILING SUPPORT		£250
<b>NEW EQUIPMENT</b>			
Autumn	FOOTBALL nets and balls		£304
<b>TRANSPORT</b>			
Autumn	CHESIL KS1 FESTIVAL		£125
Autumn	DANCE FESTIVAL		£60
Autumn	BREDY WOEC TRIP		£115
Autumn	SAIL FOR A FIVER 31 X £5		£155
Autumn	EGGARDON COACH TO BLC		£425
Autumn	EGGARDON COACH TO PORTLAND SAILING ACADEMY		£195.00
<b>AFTER SCHOOL CLUBS</b>			
ALL YEAR	COACHES AND STAFF COSTS		
	BASKETBALL STAFF MEMBER ' 6 weeks 1 x (£25 x 1hr)		£150
	FOOTBALL COACHING STAFF MEMBER @ 10 weeks 1 x (£15 x 1hr)		£150
	X COUNTRY COACHING STAFF MEMBERS @ 3 weeks 2 x (£25 x 1hr)		£150
	ARCHERY PROFESSIONAL COACH AND STAFF MEMBER @ 6 weeks 2 x (£25 x 1hr)		£300
<b>STAFF CPD and STAFF COVER</b>			
	PE CLUSTER MEETINGS STAFF COVER X3	EST	£100
	STAFF COVER FOR COMPETITIONS/EVENTS/TRAINING	EST	£500
	SPORTS COORDINATOR FEES		£812
<b>MISC</b>			
Autumn	WDSSA PE AFFILIATION FEES		£50
Autumn	SPORTSSAFE REPAIRS TO PE EQUIPMENT		£122
Autumn	WEY VALLEY SCHOOL FEES		£30
Autumn	LATCH HIRE FOR BASKETBALL		£7
Autumn	ENTRY FEE SWIMMING GALA x 2		£40
Autumn	QUAD KIDS ENTRY		£10
	OIL FOR POOL		£2,500
	CRESTA LEISURE SWIMMING POOL ANNUAL MAINTENANCE/CHECKS		£3,200
Autumn	HIRE OF HALL FOR DANCE		£42
Autumn	COLLABORATION SWIMMING GALA		£34
Autumn	TENNIS BALL BUCKETS		£142
	PE KIT BAGS		2,091
		<b>TOTAL</b>	<b>£16,670</b>