



# Millhouse

Primary School and Nursery

PE & Sports Premium Report 22-23

To be reviewed: September 2024

*Inspiring tomorrow's generation, today.*

## **Millhouse Primary School and Nursery PE and Sports Premium Information 2023 - 2024**

At Millhouse Primary School and Nursery, we recognise the contribution of PE and sport to the health and well-being of the children.

Physical education, sport and regular physical activity is part of Millhouse Primary School and Nursery's deep, rich, broad and exciting curriculum. It provides children the opportunity to learn different sporting techniques, games, competition and tactics but more importantly releases energy which helps de-stress and lowers anxiety levels.

Research is very clear about the benefits of physical activity and about the positive relationship between physical activity and improved mental health. Exercise has an effect on certain chemicals in the brain, like dopamine and serotonin. Brain cells use these chemicals to communicate with each other, so they affect your mood and thinking in a positive way. A vital aim of the school is to create a positive environment and by putting PE, sport and regular physical activity as a high priority, we are supporting and helping improve the health and well-being of our children not only now but into the future.

Our Primary School PE and Sport's Funding will enable us to continue and extend our provision through employing additional sports professionals, entering into more competitive sports competitions and training our staff to deliver in-house quality PE sessions.

### **How to use the PE and sport premium**

The premium must be used to fund additional and sustainable improvements to the provision of PE and sport, for the benefit of primary-aged pupils, in the 2023-24 academic year, to encourage the development of healthy, active lifestyles.

#### **At Millhouse Primary School and Nursery, we use the PE and sport premium to:**

- Develop the physical activities we provide
- Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

## Primary PE and Sport Grant 2023 / 2024 Strategy

### Objectives of spending PPSG

There are 5 key indicators that schools should expect to see improvement across:

- 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
- the profile of PE and sport is raised across the school as a tool for whole-school improvement
- increased confidence, knowledge and skills of all staff in teaching PE and sport
- broader experience of a range of sports and activities offered to all pupils
- increased participation in competitive sport

The school receives £21,271 sports grant funding.

Activity	Amount
Improvement the provision of PE (through the training of teachers and HLTAs) via professionally qualified coaches to deliver lessons to pupils which staff have observed and team teach.	£35,000 Essex Football coaching staff
Employ qualified sports coaches and members of staff to increase sporting competition entered, the number of school sporting clubs and introducing a new range of sports and physical activities (such as dance, cheer leading and fitness sessions) to encourage more pupils to take up sport and physical activities and	
Targeted activities or support to involve and encourage the least active children and pupil premium to participate.	No cost
Encourage and increase active play during break times and lunchtimes by MDA training and purchasing extra resources	£500
Trained Pupils to be 'sport leader'	No cost
Trained pupils to be 'playground leaders'	No cost
Increased opportunities for gifted and talented sports people.	No cost
Promoted participation in sports in school and the community by newsletters and sporting achievement celebrations.	N/A
Purchase resources, team kit, schemes of work and specialist equipment to develop physical education.	£500
Engage in local sports network and partnerships to develop sports coaching initiatives	£1,500

<b>Assessment of year 6 2024 cohort Meeting national curriculum requirements for swimming and water safety 2024</b>	
What percentage of your current Year 6 cohort swim competently, confidently and proficiently over a distance of at least 25 metres?	47%
What percentage of your current Year 6 cohort use a range of strokes effectively for example, front crawl, backstroke and breaststroke?	33%
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	24%

### **The impact the school has seen on pupils' PE and sport participation**

Since the implementation of the action plan we have entered more sport competitions and tournaments (football, indoor athletics, cross country , athletics, cheer leading and district sports).

#### **Increased confidence, knowledge and skills of all staff in teaching PE and sport, for example by:**

- We have provided staff with professional development, mentoring, appropriate training and resources to help them teach PE and sport more effectively,
- We have employed professional qualified sports coaches and PE specialists to work alongside teachers to enhance current opportunities offered to pupils
- Our PE leader has implemented a scheme of work

#### **Broader experience of a range of sports and activities offered to all pupils, for example by:**

- We have introducing a new range of sports and physical activities (such as dance, cheer leading and fitness sessions) to encourage more pupils to take up sport and physical activities
- We have provided more variety of extra-curricular activities after school delivered by the school or other local sports organisations

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

- We have targeted activities or support to involve and encourage the least active children
- We encourage active play during break times and lunchtimes by MDA training extra resources
- We have established school sport clubs and holiday clubs

#### **The profile of PE has always been high, we have continued this by new initiatives and sustaining current practices:**

- Pupils are trained to be 'sport leader'
- Pupils are trained to be 'playground leaders'
- We have increased the number of sporting competitions entered
- We have promoted participation in schools in school and the community via media such as school newsletters