Ethos



Perseverance , Friendship, Thankfulness and Wisdom (PFTW).

Physical education develops pupils' physical competence and confidence, and their ability to use these to perform in a range of activities. Physical education provides opportunities for pupils to be creative, competitive and to face up to different challenges as individuals and in groups and teams.

National Curriculum (1999 and subsequent revisions)

For this reason, we consider physical education as an essential and integral part of the curriculum, challenging children to develop their physical skills alongside social skills and a positive growth mindset that recognises setbacks as opportunities for future learning and resilience to overcome negative feelings. We aim to teach and support all children to enjoy success and equally how to persevere when something is difficult and how to pick yourself up and keep going if you have a set-back.

Sport and PE provision was highlighted as an area of specific focus within our school development plan for 2020-2021. To *be active* is a key focus in our 5 ways to flourish and we are keen to promote this both in school and in the community. We are passionate about developing this important aspect of the curriculum. We recognise **being active** as a key ingredient of education which contributes enormously to the children's development, their happiness, health and well-being.

PE and Sport Premium Grant.

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport offered.

At Cawood we are committed to using the sports 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 years.
- Invest in quality equipment, storage and planning resources to enable continued access to a wide variety of activities, experiences and skill development.
- raise the profile of sport and physical activity within school and home life, as a vital component of a healthy mind and body.

Seven very important points lie at the heart of the Sports development strategy at Cawood:

- 1. Staff are professionally developed to help children to become physically literate by the time they leave Cawood.
- 2. We aim to close the gender and disability gap which sees girls and children with disabilities much less likely to participate in school sports.
- 3. To have professionally trained sports coaches to teach generic and specific sporting skills alongside a positive mindset to the very highest standard.
- 4. To have two hours of active sport or PE a week to improve the children's physical development as well as their social and emotional wellbeing.
- 5. To have a school action plan to provide at least 30 minutes, approximately, of exercise per day for every child, encouraging active outdoor learning and physical activity.
- 6. Being active is one of our 5 ways to wellbeing. At Cawood we are passionate for all children to be healthy, achieve their best and flourish during these primary years, and to go on to live fulfilled lives.
- 7. To ensure that sports provision is delivered in a safe, hygienic way which highlights the importance of social distancing and continuing to minimise opportunities for infection transmission as much as possible with continuing vigilance appropriate to the current situation regarding COVID 19.

In conjunction with York City FC (York City Foundation) and York City Knights (rugby), we run a full range of interesting and engaging sports clubs to encourage everyone to participate whatever their skills and abilities. This enables children who are very fit and keen to develop high levels of skills to develop their talents and compete in a wide range of competitions against children of similar ability in our local cluster of schools. We also ensure a wide variety of clubs and out of school events that target children who are not as competitive but wish to enjoy sport, try new activities and join in at an entry level.

We will continue to use a variety of strategies to incorporate a minimum of 30 minutes of physical activity into the school day, by integrating physical activity into classroom learning as well as using regular active *brain-breaks (eg) daily mile / dance / yoga etc)*. **All** children will be encouraged to run a distance with their class regularly as they build up their fitness levels and stamina. All children will be encouraged to further develop their skills and fitness levels. We hope that all children will take pride in working together and independently to improve their skills and regularly celebrate success.

Working in partnership with York City Foundation

All lessons delivered by York City will be of the highest quality. To ensure this, the coaches undergo Association for Physical Education Level 3 training. This means that the coaches plan, write and deliver lesson plans that achieve the outcomes of the National Curriculum. We are assigned a head coach at the start of the year whom we work closely with to build a good partnership between Cawood and York City. This allows the coaches to get to know us and the children and tailor the sessions to the children's age and levels of ability; provide challenge and enjoyment of sport. The aim of York City is to give every pupil a structured and enjoyable learning experience in sport.

To introduce pupils to a broader range of sports.

To introduce new sports to pupils in all year groups and encourage children to join in more sporting activities in and out of curriculum time.

We will further develop our health and wellbeing week to incorporate opportunities for whole families to attend and take part in sports based events, as well as continuing opportunities to try new activities and focus on healthy bodies and minds. Community sports clubs will be invited to offer taster sessions in school, and encourage sign up to out of school clubs and teams.

SEND and pupil premium children will attend extra-curricular lunchtime clubs to prepare for sporting events run by the local cluster. They will be encouraged to make links with organisations outside of school to increase their experience and level of physical activity.

2022 – 2023

To develop skills working with York City - a professional sporting body.

Looking ahead to the future, pupils will have more opportunities to attend sports workshops at York City Football Club. They would be introduced to professional football players, have a tour of the stadium and be given a workshop with coaches from the mens and womens teams.

Children will be encouraged to develop a positive mind growth mind-set that *I can do it and I can achieve*. In the purpose built classrooms, children will also be encouraged to develop team work and literacy skills with incentives such as having tickets to attend matches. The teachers will then transfer this to their teaching and planning of lessons during curriculum time. Ideas can be fed into planning for SEN and gifted and talented children. An important aspect of this will be assessing the children's level of skills and their improved fitness levels.

Cawood Church of England Primary. PE/Sports Strategy 2022 – 2023 Appendix 1: Attended / Planned Sporting Competitions / Events

*Due to COVID safety, some events and activities were cancelled or more difficult to attend in 2021-2022, but a full calendar of events has now been reinstated for 2022/2023

Date	Event	Detail
September 2021	KS1 / KS2 In-school girls	Run by Club Doncaster. Played in self-selected key stage teams, KS1 pupils could choose to join
	football tournament	matches or compete in skills-based activities. Open to all girls.
October 2021	Y5/6 boys football tournament	Organised by Club Doncaster at the Keepmoat Stadium. Club Doncaster selected our best boys team based on performance in PE and after-school clubs and attendance at training.
October 2021	Y5/6 girls football tournament	Run by Selby School Games partnership, versus other local primary schools. All girls who wanted to were able to attend.
December 2021	Sportshall Athletics	All of Class 5 attended – 30 children. Each child competed in at least 1 event.
9 th March 2022	High 5 Netball	A mixed squad of 9 Y5/6 pupils, including 3 boys attended against other local primary schools. Cawood won this event. Team selected via trials and attendance at lunchtime training.
21 st March 2022	Quicksticks hockey tournament	A squad of 6 children including 2 girls from Y3/4 attended. We played against 4 other local primary schools and won the event.
4 th October 2022	Y5/6 boys competitive football league	First match in the local league against Brayton. Team selected via performance in PE and at playtimes / lunchtime training. Regular training sessions now run by parent on Tue lunchtimes and looking to increase to include a Fri evening in future. 2 future fixtures currently planned before Xmas.
14 th October 2022	Y1/2 Multiskills event	10 children attended event organised by Selby School Games partnership at Selby College – children asked if they wanted to attend then selected at random.
14 th October 2022	Y5/6 girls football tournament	Run by Selby School Games partnership, versus other local primary schools at Selby College. We took a squad of 9 girls and came in 2 nd place overall.
19 th October 2022	Y5/6 girls netball league match	First match against Hemingbrough took place away. Team selected via attendance and performance in optional lunchtime training (weekly). 3 future fixtures currently planned before Xmas.
18 th November 2022	KS2 Cross Country Event (planned)	At Selby High School, organised by Selby School Games partnership versus other local schools. All children invited to attend if they wish. 41 children have requested to be included and all have been invited.

Planned future events this academic year:

Sportshall Athletics	Selby High School	Thursday 1st December	Arrive 12:30 - 3 finish	Y5/6 – Min 9 boys 9 Girls. Max 15 boys 15 Girls.	Yes, hire of external company to run the event	Team sheets to be sent out and filled in prior to the event. Sheets must be filled in correctly and brought to the event.
Swimming and Multi-skills	Selby Leisure Centre	Monday 16th January	РМ	KS2 - 8 children in total. 4 girls and 4 boys. 1 child must be inclusive (TBC)	Potential hiring of the facilities	Swimming costumes, goggles. Indoor PE kit for the multi- skills.

Skipping	Selby High School	Tuesday 7th February	All Day (TBC)	KS1 - Potential for whole classes	Hiring of external provider	Indoor PE kit
High 5 Netball	Selby High School	Thursday 23rd March	Arrive 12:45 - 3 finish	Years 5/6 - Squad size 7/8/9 - Max of 3 boys in the squad. Max of 2 boys on the court at all times.	None	Played on a hard court surface, schools MUST fill in rotation forms and use them. Schools also must BRING high 5 bibs as well.
Quicksticks Hockey	Selby High School	Friday 21st April	Arrive 12:45 - 3 finish	Years 3/4 - 6 in a squad, 4 in a team. 2 in the squad must be girls, 1 on the pitch at least at all times	None	Gum shields and shin pads must be worn.
Mixed Football	Selby College	Monday 22nd May	Arrive 12:45 - 3 finish	Years 3/4 - 10 in a squad, 7 in a team. 5 girls and 5 boys, 3 girls on the pitch at least at once.	None	Children MUST wear shin pads. Matches will be played on a grass field so trainers, plastic or metal studs will be fine
Quadkids.	Selby High School	Wednesday 14th June	AM or PM slots, schools choice	Years 1/2/3/4/5/6 - 42 children MAX. 14 from years 1/2 (7 boys, 7 girls). 14 from years 3/4 (7 boys, 7 girls). 14 from years 5/6 (7 boys, 7 girls	Yes, hire of external company running the event.	Outdoor event competed on a grass surface. Trainers or running spikes are fine. Schools MUST complete a team sheet before the event.
Tri-golf	Stayyor, Hall Community Primary Academy/Selby College	Thursday 29th June	Arrive 12:45 - 3 finish	Years 3/4 - Squad of 10 children, 5 girls, 5 boys	None	Outdoor event played on a grass surface.

Appendix 2 Impact of Sport funding and greater sporting opportunities.

Cawood CE VA Primary School believes physical education is an essential and integral part of a child's educational development. The core components of the curriculum centre on movement, key skills and social interaction. We believe that physical education should teach students to recognise the diversity of individual ability whilst helping them to understand that participation in sport is just as important as gaining success from it.

In this report, we aim to address the expectations for all schools to evidence improvement against the following 5 key indicators:

- 1. the engagement of all pupils in regular physical activity kick-starting healthy active lifestyles and supporting mental wellbeing
- 2. the profile of PE and sport being 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 vision for the Primary PE and Sport Premium is that ALL pupils are leaving primary school 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.

1. the engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles

Cawood has a percentage of families who needed to develop healthier lifestyles. As well as PE lessons and Science and PSHE activities around healthy eating and healthy lifestyles in-school, we also regularly promote out-of-school events and opportunities to families via our newsletter. We encourage families to walk to school wherever possible. We invite inspirational sports people into school where possible, and have a high presence of professional athletes via our club coaches etc. who can inspire the children. We also try to encourage as much of the learning as possible to be delivered in active ways and outside in fresh air.

Now we have returned to being fully open, we have ensured that all children have maintained access to 2 hours of quality PE instruction each week despite difficulties around hall-time scheduling during poor weather. York Citycoaches and trained lunchtime play leaders also provide an opportunity for each class to get involved in at least 1 organised lunchtime sport activity or competition each week – with designated sports being driven by pupil interests. Investment in outdoor facilities for foundation classes has also enabled even greater use of outdoor space and more physically active learning opportunities for our youngest children.

Following COVID playtime zoning we have maintained separate KS1 and KS2 morning playtimes to allow for greater space for children to play and use equipment with less risk. Playtime equipment is invested in regularly and staff aim to encourage and support children who wish to join in organised games such as football and netball at playtimes. Sports Crew organise rotas for use of courts and outdoor climbing equipment to ensure they are accessible to all and well used. Afternoon playtimes have been replaced by teacher-led activity breaks, ensuring that pupils are active via activities such as daily mile, active maths and literacy games, learning walks, nature exploration, gardening activities, role-play, dance and drama.

We have continued our commitment to including a minimum of 30 minutes greater physical activity levels during the main school day (in addition to timetabled PE sessions and sports clubs). This has been achieved via a range strategies including active worship activities, active fluency games in maths and literacy, screen-based brain breaks, as well as frequent outdoor activity breaks. All teachers and classes have been encouraged to use outdoor learning as frequently as possible, and each class has been given an allotment space in the school garden to design and maintain

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

Be Active is a key message throughout school as part of our 5 ways to wellbeing philosophy. Whole school and in-class worship has continually highlighted this message and we have continued to celebrate and promote the profile of sports via our Newsday Tuesday worships, including such topics as the Olympics, Euro football tournament, Wimbledon etc. and our weekly celebration worships. We have now returned to a full programme of inter and intra-school sports competitions and events as well as launching competitive teams to compete in leagues.

This year we were able to return to our full 5 day health and wellbeing week. We were able to arrange a number of visiting experts to build enthusiasm and teach new skills, as well as encouraging children to set their own targets for skill development and healthy lifestyles in class. Year 6 leaders worked with Young Leaders from Selby High School to support the delivery of some activities and also provided regular updates of scores throughout school and via notice boards to parents. This year it we reframed the scoring system for the week as a means of promoting good attitudes, communication, perseverance and our school values as a way of achieving success in addition to competitive success. All pupils were allocated to 1 of 4 house teams and were able to earn points for their team for participation and attitude as well as winning.

Where possible we have continued to offer after school sports clubs for the children to participate in, led by York Citycoaches.

Last year the school has applied for and achieved a silver Healthy Schools award, with specific focus on physical activity and SEMH, we continue to monitor our performance against the criteria set and strive to maintain the standards achieved.

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

Staff CPD

This year we have continued to invest in the Complete PE web-based planning and sports CPD portal developed in conjunction with the Youth Sport Trust. All teaching and support staff have been trained and given access to the system, which not only provides units of work, but also provides CPD materials for sport leaders and lesson delivery staff via videos, progression maps, assessment statements and exemplars. The staff PE lead has worked directly with Complete PE and York Cityleaders to design the long-term plan and educate and support staff with skills progression and assessment. Current attendance on the Level 5/6 PE leadership course will further embed key principles and ensure a strong and well-led curriculum.

Through the Sports Premium, we have been able to continue to employ professional coaches from York City Foundation and York City Knights who come into school twice – 3 times a week to deliver the following:

- Lunch time provision of organised sports competition (Tag rugby and multi-skills beginning in Jan this year)
- After-school clubs giving children from both KS1 and KS2 the opportunity to develop further in a specific sport including football, multiskills, tag rugby and competitive team training for netball and football.
- Teacher/TA CPD through delivering one curriculum lesson per week, per class. Many of our TA's have had weekly CPD since September in a variety of sports both indoor and outdoor. Two of which have also been involved with lunch time provision thus upskilling them with the knowledge and confidence to deliver games independently.
- York City coaches are available to all staff to support planning of teacher-led PE sessions across a wide variety of sports, advising on game structures and rules as well as skills-based activities to compliment / add to coach-led sessions.
- Our teachers have been provided with half termly progression trackers that they have been able to monitor the children's progress and development throughout the year. This has also provided them with the way in which the children's physical activity can be measured and how to show progression.
- Lessons Opportunities to do different sports during lessons. Football, multisports, gymnastics, tag rugby, cricket and athletics.

Staff have also been encouraged to attend virtual learning courses wherever possible including: Virtual PE Network meetings and NYCC sports conference as well as sport-led courses such as "Introduction to school dodgeball" led by the British Basketball Association .

4. broader experience of a range of sports and activities offered to all pupils & increased participation in competitive sport

This year in addition to our existing programme of events, we introduced basketball, tri-golf, boccia, cup-stacking and mini-olympics events as part of our Health and Wellbeing Week. We were able to return to the local tennis courts to offer pupils experience of playing on real courts, as well as including dance, football competitions (including a penalty shoot-out with Donny Dog) etc. We are currently investing in equipment required to launch handball and archery as part of our PE provision and we are expanding our orienteering and communication, teamwork and problem-solving aspects of our curriculum. We have also launched an annual opt-in in-school football tournament for KS1 and KS2 girls as well as reinstating our swimming programme which was sadly prevented by COVID.

Appendix 4 – A detailed review of the 5 indicators for 2022-2023

Key achievements to date:	Areas for further improvement and baseline evidence of need:
Meeting national curriculum requirements for swimming and water safety	Please complete all of the below:
What percentage of your current Year 6 cohort swim competently, confidently and proficiently over a distance of at least 25 metres? N.B. Even though your children may swim in another year please report on their attainment on leaving primary school.	tbc
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	tbc
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	tbc
Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming but this must be for activity over and above the national curriculum requirements. Have you used it in this way?	Yes/ <mark>No</mark>

Academic Year: 2022/23	Total fund allocated: f]		
Key indicator 1: The engager guidelines recommend that day in school	Percentage of total allocation: %			
School focus with clarity on intended impact on pupils :	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Incorporate a minimum of 30 minutes of physical activity into the school day for all pupils in addition to PE and playtime provision - this is considered a key focus in the school's recovery plan as a means of supporting children's physical and mental health and wellbeing.	 reinforced throughout school. 2. Invest in early years outdoor areas and playtime equipment 3. Whole-school focus on gardening and maintaining a school allotment 4. PE lead to attend CPD and disseminate ideas and resources for active learning throughout school. 5. Continue delivery of daily mile, but alternate with other in-class brain break activities. 	£0 £4600 £500 Inc' £0 £500	All children are aware of the importance of Being Active and could name / come up with ways in which they are active during H&W week. Observations of playtimes show most if not all children are engaged in physical activity and use of equipment for majority of playtimes.	"Sports Crew" pupil leadership group to continue monitoring and raising the profile of active learning. Pupil-generated Be Active competition ideas. PE lead to continually monitor and disseminate new ideas and resources relating to active learning.
		·		Percentage of total allocation:

Key indicator 2: The profile of improvement	%			
School focus with clarity on intended impact on pupils :	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
Everybody throughout school will be fully engaged with PE and sport, recognising its importance in its own right and as a vital element of healthy lifestyle and contributor to learning engagement.	 Be Active messaging regularly reinforced throughout school Ensure PE curriculum is rich and engaging offering a wide range of skills based and sport specific learning via use of passionate dedicated coaches. PE Lead and York Citycoaches to advise staff working with physically disabled pupil regarding activity planning and reasonable adjustments to ensure inclusion. Ensure PE engagement and success criteria focus not only on physical fitness and skill development, but also sportsmanship, teamwork and metacognition. Reinstate health and wellbeing week to demonstrate the school's commitment to physical and mental health and wellbeing 	York City fees. £1000 York Knights £500 staff CPD and supply	added Pupil voice: data 93% of children enjoy PE – no marked difference between ages or classes 99% of children answered that PE is	York Cityto be retained next year along with Complete PE resource. Sports Crew will take ownership of pupil voice and make suggestions for PE curriculum as well as sports and play equipment. Healthy Schools Silver Award attained

Key indicator 3: Increased co	onfidence, knowledge and skills of	f all staff in tea	ching PE and sport	Percentage of total allocation:
				%
School focus with clarity on intended i mpact on pupils :	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
All staff will feel confident in planning, delivery and assessment of PE and sport and having access to ongoing support and guidance.	lesson each week for every class, with opportunities for teachers and support staff to observe / team-teach each week	Inc' above Inc' above	2 year rolling long-term plan with staff commentsSkills progression document.Complete PE resource usage: all	York Cityretained for following year. Complete PE subscription to be maintained ongoing
	termly planning and progression trackers to all teachers and be	Inc' above	class teachers and some support staff have commented on the ease of use and class enjoyment of activities. Staff wellbeing survey indicated	LM to continue attendance of network and cluster meetings
	 4. Complete PE resource and CPD materials to be available to all staff 	Inc' above	that teachers feel well-supported in delivery of PE.	
		£500 and training supply costs	Pupil voice survey: 98% of children believed that teachers enjoyed being active themselves.	
	Lead Training via NYSports7. PE lead to attend regular cluster and network meetings to remain up to date and disseminate new ideas and developments.	£2,500 inc course fees and supply costs		
				Percentage of total allocation:

Cawood Church of England Primary.

PE/Sports Strategy 2022 – 2023 Key indicator 4: Broader experience of a range of sports and activities offered to all pupils

School focus with clarity on intended impact on pupils:	Actions to achieve:	Funding allocated:		Sustainability and suggested next steps:
All pupils will have the opportunity to take part in a wide range of different sports and activities at an appropriate level.	incorporating a wide range of		popularity of a wide range of different PE topics this year, with cricket, rounders, football, dance, gymnastics and archery being named as most popular. See health and wellbeing week timetable for range of different sports and activities offered. SEND children took part in most of activities in health and wellbeing week, and some of competitions this year as well as joining all PE lessons.	Continue 2-year rolling plan, using sports crew / pupil voice to inform and add new sports to PE planning, oos clubs and health and wellbeing week timetable. Continue use of adult play leaders aiming to incorporate more cross- class games and activities. Least active pupils identified, PE lead / sports crew will engage with them to develop strategies for motivation in and out of school.

Key indicator 5: Increased partic	Percentage of total allocation:			
	%			
School focus with clarity on intended	Actions to achieve:	Funding	Evidence and impact:	Sustainability and suggested
impact on pupils:		allocated:		next steps:

		Church of Engl s Strategy 20	•	
All pupils will have the opportunity to compete in inter and intra-school competitions and community events will be promoted to engage families.	Include at least 1 game or competition for each class at the end of PE units to allow pupils to compete and show of their skills in a competitive format. York City coaches to incorporate virtual and in- class competition as part of PE and after school clubs. Invite local clubs eg) Selby Martial Arts to lead taster- sessions in health and wellbeing week. Reframe sports day and health and wellbeing week to class bubble delivered points-scoring events to maintain intra-school element of competition. Attendance of regular local events organised by Selby	£0 £inc	Health and Wellbeing Week passports with pupil recounts with many positive comments. Pupil voice shows 52% of children attended in-school sports clubs and 73% attended out of school clubs. Return to full schools competition calendar – so far all possible events organised by our cluster have been attended – including KS1 so far in 2022-2023 Y5/6 boys football league and Y5/6 girls netball league's launched and first fixtures undertaken. Lunchtime training sessions run by staff and parent coaches well attended.	full-family / parent attended events as well as in-school. Keep looking to include different sports and activities and especially focus on things