



## 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:

Staff are professionally developed to help children to become physically literate by the time they leave Cawood.

We aim to close the gender and disability gap which sees girls and children with disabilities much less likely to participate in school sports.

To have professionally trained sports coaches to teach generic and specific sporting skills alongside a positive mindset to the very highest standard.

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.

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.

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.

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 Sports and a local coach, 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.

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**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 men's and women's 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.

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Appendix 1: Attended / Planned Sporting Competitions / Events

<b>Date</b>	<b>Event</b>	<b>Detail</b>
12th October 2023	Y5/6 girls football tournament	Run by Selby Cluster, a tournament against multiple schools in the Selby area, hosted at Selby College. Cawood won this event.
11th March 2024	Y5/6 boys football friendly match against Sherburn Hunslet	Organised by Sports Lead as part of school games cluster non-competitive league
11th March 2024	Y5/6 boys football friendly against Sherburn Hunslet	Organised by Sports Lead as part of school games cluster non-competitive league
20th March 2024	High 5 Netball	A mixed squad of 98Y5/6 pupils, including 3 boys attended against other local primary schools. Cawood won this event. Team selected via trials and attendance at lunchtime training.
11th April 2024	Friendly netball match against Riverside	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.
12th April 2024	Y4/5 boys Friendly football match against Ricall	Organised by Sports Lead as part of school games cluster non-competitive league
19th April 2024	Quicksticks hockey tournament	A squad of 6 children including 2 girls from Y3/4 to attend. Run by Selby Cluster. A tournament against multiple schools in the Selby area, taking place at Selby High School
23rd May 2024	Y3/4 boys football tournament	Run by Selby Cluster, a tournament against multiple schools in the Selby area, hosted at Selby College.
11th June 2024	Y3/4 girls football tournemant	1Run by Selby Cluster, a tournament against multiple schools in the Selby area, hosted at Selby College.
wc 17th June 2024	Health and Wellbeing Week	To include a wide range of sporting events, competitions and taster sessions including Archery, Tennis, Quidditch and Olympic-style events.
27th June 2024	Tri-Golf festival	A festival organised and run by Selby Cluster at Staynor Hall primary school - squad of 15 Y1 &Y2 children.
July 2024	Cross Country Event	KS1 and KS2 inter-school competition.



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**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.

All children have access to 2 hours of quality PE instruction each week despite difficulties around hall-time scheduling during poor weather. York City and other professional coaches 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.

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Our pupil leadership group - sports crew, are involved in the purchase, organisation and effective use of a wide range of playtime equipment. They have agreed and organised a weekly rota of different play equipment to encourage all children to be active. The leaders ensure that equipment is used and stored correctly and spend time in the leadership sessions developing different ways to play that they can pass on to other children. 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. 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 will also deliver a full 5 day health and wellbeing week. This includes 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. There will be a strong link this year to the Olympics, both in terms of our sports day activities as well as other activities throughout the week. Last year 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, which was very successful and will continue this year, as it allowed many different children to experience and celebrate success in different ways. 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 City coaches as well as Coach Mark Gunn who offers a range of different activities from basketball through to orienteering and archery.

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

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### 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. Achievement of Level 5 certificate in PE leadership was also achieved by the Sport Lead last year, and there is plan in place to complete Level 6 at next available opportunity.

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 including a planned virtual baseball course this year.

### 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 plan to include quidditch tournaments, archery and mini-olympics events as part of our Health and Wellbeing Week. We hope to return to the local tennis courts to offer pupils experience of playing on real courts, as well as including dance, football competitions as well as some healthy eating and cooking activities delivered by Greencore. We are currently investing in upgrading and zoning our playground facilities to incorporate a music and dance area, as well as new playground markings and areas to facilitate more opportunities for games.

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\*Note needed about swimming

Appendix 4 – A detailed review of the 5 indicators for 2023-2024

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? <b>N.B.</b> Even though your children may swim in another year please report on their attainment on leaving primary school.	100%
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	unknown
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	unknown
Schools can choose to use the Primary PE and Sport Premium to provide additional provision for swimming but this must be for activity <b>over and above</b> the national curriculum requirements. Have you used it in this way?	Yes/No

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Academic Year: 2022/23	Total fund allocated: £	Date Updated: February 2023		
<p><b>Key indicator 1: The engagement of <u>all</u> pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school</b></p>				Percentage of total allocation:
				%
School focus with clarity on intended <b>impact on pupils</b> :	Actions to achieve:	Funding allocated:	Evidence and impact:	Sustainability and suggested next steps:
<p>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.</p>	<ol style="list-style-type: none"> <li>1. Be Active messaging regularly reinforced throughout school.</li> <li>2. Invest in playground marking and equipment to ensure safe and varied play zones for independent and organised games</li> <li>3. Whole-school focus on gardening and maintaining a school allotment</li> <li>4. Regular investment in new and exciting equipment to support active playtimes including agility equipment, throwing games, music player etc</li> <li>5. PE lead to attend CPD and disseminate ideas and resources for active learning throughout school.</li> <li>6. Continue delivery of daily mile, but alternate with other in-class brain break activities.</li> <li>7. Research, subscribe to and promote a range of paid and unpaid screen-based activity</li> </ol>	<p>£0</p> <p>£7000</p> <p>£500</p> <p>£500</p> <p>Inc’</p> <p>£0</p> <p>£300</p>	<p>All children are aware of the importance of Being Active and could name / come up with ways in which they are active during H&amp;W week.</p> <p>Observations of playtimes show most if not all children are engaged in physical activity and use of equipment for majority of playtimes.</p> <p>Pupil voice survey shows that children enjoy both their playtimes and afternoon activity breaks.</p>	<p>“Sports Crew” pupil leadership group to continue monitoring and raising the profile of active learning.</p> <p>Pupil-generated Be Active competition ideas.</p> <p>PE lead to continually monitor and disseminate new ideas and resources relating to active learning.</p>

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	programmes eg) I-sing pop / Jumpstart Jonny etc.			
<b>Key indicator 2: The profile of PESSPA being raised across the school as a tool for whole school improvement</b>				Percentage of total allocation:
				%
School focus with clarity on intended <b>impact on pupils</b> :	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.	1. Be Active messaging regularly reinforced throughout school	£0	PE baseline + end of year data to be added	York City to be retained next year along with Complete PE resource.
	2. Ensure PE curriculum is rich and engaging offering a wide range of skills based and sport specific learning via use of passionate dedicated coaches.	Inc' £1,200 York City fees. £1000 York Knights	Pupil voice: data to be added after H&Wellbeing week  x% of children enjoy PE – any difference between ages or classes?	Sports Crew will take ownership of pupil voice and make suggestions for PE curriculum as well as sports and play equipment.
	3. PE Lead and Coach Mark Gunn to advise staff working with physically disabled pupil regarding activity planning and reasonable adjustments to ensure inclusion.	Included below	x% of children answered that PE is mostly fun.	Healthy Schools Silver Award attained
	4. Coach Mark Gunn to provide team-teaching with staff to deliver high quality PE lessons across a range of	£550	x% of children agreed that being physically active is important and could list lots of reasons.	

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	<p>sports including basketball, hockey, orienteering and badminton</p> <p>5. Ensure PE engagement and success criteria focus not only on physical fitness and skill development, but also sportsmanship, teamwork and metacognition.</p> <p>6. Continue grow and build health and wellbeing week to demonstrate the school’s commitment to physical and mental health and wellbeing</p>	<p>Inc’ in £300 complete PE ongoing subscription</p> <p>£750 external provider costs</p>		
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<b>Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport</b>				Percentage of total allocation:
				%
School focus with clarity on intended <b>impact on pupils:</b>	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.	<ol style="list-style-type: none"> <li>Coach Mark Gunn / York City / York Knights will regularly team teach providing opportunities for teachers and support staff to observe / develop</li> <li>Coaches will provide half-termly planning and progression trackers to all teachers and be available to discuss.</li> <li>Coaches will liase with teachers</li> </ol>	<p>£500</p> <p>Inc’ above</p>	<p>2 year rolling long-term plan with staff comments</p> <p>Skills progression document.</p> <p>Complete PE resource usage: all class teachers and some support staff have commented on the ease of use and class enjoyment of activities.</p>	<p>York City retained for following year.</p> <p>Complete PE subscription to be maintained ongoing</p> <p>LM to continue attendance of network and cluster meetings</p>

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	<p>to support inclusion of physical disability.</p> <p>4. Complete PE resource and CPD materials to be available to all staff</p> <p>5. PE lead to provide overview long-term plan, monitor staff confidence levels and assessment data and advise on training</p> <p>6. PE lead to attend regular cluster and network meetings to remain up to date and disseminate new ideas and developments.</p>	<p>Inc' above</p> <p>Inc' above</p> <p>Inc' below</p> <p>£500 training + supply costs</p>	<p>Staff wellbeing survey indicated that teachers feel well-supported in delivery of PE.</p> <p>Pupil voice survey: 98% of children believed that teachers enjoyed being active themselves.</p>	
				Percentage of total allocation:
<b>Key indicator 4: Broader experience of a range of sports and activities offered to all pupils</b>				
School focus with clarity on intended <b>impact on pupils:</b>	Actions to achieve:	Funding allocated:	Evidence and impact:	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.	<ol style="list-style-type: none"> <li>2 year rolling long-term plan incorporating a wide range of different sports and skills across games, athletics, gymnastics, dance and outdoor adventure.</li> <li>Ensure ongoing provision and organisation of sufficient high-quality sports and skills-specific equipment – New football posts, this year plus replacement of netball posts + ongoing investment in balls, rackets etc for various sports</li> <li>York Citycoaches and Coach Mark Gunn deliver out of school clubs</li> </ol>	<p>£2,500 equipment costs inc new football posts</p> <p>Inc' above</p> <p>Inc' above</p>	<p>Pupil voice surveys showed popularity of a wide range of different PE topics this year, with cricket, rounders, football, dance, gymnastics and archery being named as most popular.</p> <p>See health and wellbeing week timetable for range of different sports and activities offered.</p> <p>SEND children took part in most of activities in health and wellbeing week, and some of competitions this</p>	<p>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.</p> <p>Continue use of adult play leaders aiming to incorporate more cross-class games and activities.</p> <p>Least active pupils identified, PE lead / sports crew will engage with them to develop strategies</p>



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	<p>covering a wide range of sports and skills, bringing specialist equipment as required.</p> <p>4. Health and Wellbeing week provides opportunities to try and compete in new sports and form links with community clubs</p>	Inc' above	<p>year as well as joining all PE lessons.</p> <p>Pupil voice survey: 52% of children have attended after-school sports clubs despite the reduced offer</p>	for motivation in and out of school.
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<b>Key indicator 5: Increased participation in competitive sport</b>				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:
All pupils will have the opportunity to compete in inter and intra-school competitions and community events will be promoted to engage families.	<ol style="list-style-type: none"> <li>1. 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.</li> <li>2. York City coaches to incorporate virtual and in-class competition as part of PE and after school clubs.</li> <li>3. Invite local clubs eg) local tennis clubs, Yorkshire cricket, young leaders from high school etc. taster-sessions in health and wellbeing week.</li> <li>4. Include parent / family</li> </ol>	<p>£0</p> <p>£inc</p> <p>£0</p>	<p>Health and Wellbeing Week passports with pupil recounts with many positive comments.</p> <p>Pupil voice shows x% of children attended in-school sports clubs and x% attended out of school clubs.</p>	<p>Continue Health and Wellbeing week – looking to include more full-family / parent attended events as well as in-school.</p> <p>Keep looking to include different sports and activities and especially focus on things to inspire less active / motivated pupils.</p>

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	<p>events as part of health and wellbeing week - including football and netball competitions and possible cricket / rounders festival</p> <p>5. Attendance of regular local events organised by Selby School Games Partnership</p>	<p>£100</p> <p>£1,500 to inc' transport and fees to sports co-ordinator</p>		
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