



Carnforth School

INSPIRING EXCELLENCE

“I want every child to be able to aim for the stars, and to be supported in reaching them” (David Laws, Education Minister, 2012). Since September 2013 each school has received additional funding called Sports Premium. The funding is to make ‘additional and sustainable improvements to the provision of PE and sport for the benefits of all pupils to encourage the development of healthy, active lifestyles.’ (Gov) This means that we can use the funding 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 year.

This funding is being jointly provided by the Departments for Education, Health and Sport, Media and Sport, and will see money going directly to primary school Head Teachers to spend on improving the quality of sport and PE for all their children. The sports premium can only be spent on sport and PE provision in schools.

2022/2023 Sports Premium Strategic

Number of children	149	
Total allocation	£17,500	
Current Attainment	Target % expected and above	
End of KS1	88%	
Current Attainment	Target % expected and above	
End of KS2	82%	

Pupil Voice

Llanrug Y5&6

'The trip was good because it was nice to stay in a room with my friend but it got even better when I scaled needless to say that this week long trip was the best trip!'

'The trip to Llanrugg was extremely good because we got to go to the beach and climb mountains! Climbing noone gave up! This was one of the best trips I have ever been on!'

Oakwerwood -Y4

'The trip to OakerWood was brilliant because I enjoyed staying overnight in the cabins and playing capture

'Eating together and camp fires were really good fun and doing the Zip Line'

Pupil voice from the Healthy Living Days:

'The climbing wall was amazing I have never climbed like that before'

'It's been great to learn how to kick and punch safely during Taekwondo'

'I loved tasting all of the different kinds of fruit'

At Carnforth School we are fully aware of the importance of Sport and PE. We are committed to providing opportunities for all pupils to participate in a variety of different sports and games in a competitive environment, to foster a love of sport and to provide opportunities beyond what we offer at school. That we provide opportunities to develop healthy, active pupils.

1. the engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that 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 sport or vigorous physical activity
2. the profile of PE and sport is 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 DfE vision is that, "all pupils leaving primary school to be physically literate and with the knowledge, skills and confidence to participate for a healthy, active lifestyle and lifelong participation in physical activity and sport."

The Primary School Physical Literacy Framework, developed by Youth Sports Trust, Sport England, County Sports Partnerships, Physical Education and Sports Coach UK describe Physical Literacy as, "the motivation, confidence, physical skills, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity and sport. Physical literacy supports their development as competent, confident and healthy movers."

The improvements in school will provide additional, sustainable improvements to the provision of PE and sport and to active lifestyles as:

- Staff members will have increased their knowledge, skills and confidence teaching Physical Education
- Pupils will be educated about the positives of a healthy active lifestyle

- Pupil will be provided with a broader experience of sports

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

At Carnforth School we feel having a healthy active lifestyle is key to having positive mental health and to take up daily exercise and healthy eating is paramount. This viewpoint is supported by the Mental Health Foundation, which produced a report that supports this. They believe that:

Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking can increase alertness, energy and positive mood.

Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety, prevent the development of mental health problems and in improving the quality of life of people experiencing mental health problems.

Impact on our mood

Physical activity has been shown to have a positive impact on our mood. A study that asked people to record their periods of physical activity (e.g. going for a walk or doing housework), and periods of inactivity (e.g. watching television) found that the participants felt more content, more awake and calmer after being physically active than during periods of inactivity. They also found that the effect of physical activity on mood was greatest when measured during periods of inactivity. Many studies looking at physical activity at different levels of intensity and its impact on people's mood have found that low-intensity aerobic exercise – for 30–35 minutes, 3–5 days a week, for 10–12 weeks – was best at increasing mood (e.g. enthusiasm, alertness).

Impact on our stress

When events occur that make us feel threatened or that upset our balance in some way, our body's stress response, which may make us feel a variety of uncomfortable physical symptoms and make us behave differently, is activated. We experience emotions more intensely. The most common physical signs of stress include sleeping problems, headaches, muscle tension, and changes in appetite. Symptoms like these are triggered by a rush of stress hormones in our body – otherwise known as the 'fight or flight' hormones, adrenaline and noradrenaline, which raise our blood pressure, increase our heart rate and make us perspire, preparing our body for an emergency response. They can also reduce blood flow to our skin, making us feel cold. Physical activity, while cortisol, another stress hormone, releases fat and sugar into the system to boost our energy. Regular physical activity is effective in relieving stress. Research has found that highly active individuals tend to have lower stress levels and are less active.

Impact on our self-esteem

Exercise not only has a positive impact on our physical health, but it can also increase our self-esteem, how we perceive ourselves and how we perceive our self-worth. It is a key indicator of our mental wellbeing and our ability to cope with stress. Physical activity has been shown to have a positive influence on our self-esteem and self-worth. This research applies to children, adolescents, young adults, adults and older people, and across both males and females.

Dementia and cognitive decline in older people

Improvements in healthcare have led to an increasing life expectancy and a growing population of people over 65. As a result of this increase in life expectancy, there has been an increase in the number of people living with dementia and cognitive decline. The main symptom of dementia is memory loss; it is a progressive disease that results in people losing their ability to think, time. Decline in cognitive functions, such as attention and concentration, also occurs in older people, and can lead to people develop dementia. Physical activity has been identified as a protective factor in studies that examined the impact of exercise on people who have already developed the disease, physical activity can help to delay further decline in cognitive function. There is approximately a 20% to 30% lower risk of depression and dementia for adults participating in physical activity. Physical activity also seems to reduce the likelihood of experiencing cognitive decline in people who do not have dementia.

Impact on depression and anxiety

Physical activity can be an alternative treatment for depression. It can be used as a standalone treatment or in conjunction with medication and/or psychological therapy. It has few side effects and does not have the stigma that is often attached to taking antidepressants or attending psychotherapy and counselling. Physical activity can be used to manage mild symptoms and may also be helpful for treating clinical anxiety. Physical activity is available to everyone and is an empowering approach that can support self-management.

For more details about how physical activity can help increase wellbeing and prevent or manage mental health problems, see our [report](#), or get more information about how exercise can improve your mental health on the website: [www.nhs.uk/exercise](#)

Sport	Year Group	Objective	Implementation	Cost	Lead	Resources	Notes
The Daily Mile	Y1-6	To ensure that all pupils participate in daily sporting activity and beating their Personal Bests	Complete and record the daily mile	£2790	Class teacher and PE Lead	Record sheet Staffing	D P S

Sporting Equipment	Y1-6	To support sporting activities in school	Lessons fully resourced for PE lessons	£150	PE Lead	PE Equipment	C
---------------------------	------	--	--	------	---------	--------------	---

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

At Carnforth School all pupils have the opportunity to participate in a variety of events and PE and Sp improvement. Sessions are led by teachers who have had professional development previously and a use of the PE Lead to support the teaching of the subject across the school is a useful attribute as it pro as the coaching is sports specific. The teacher works alongside the PE Lead and is supported, rather th teacher is able to develop their own skills as well as their confidence and competence within a partici

Sport	Year Group	Objective	Implementation	Cost	Lead	P
Swimming	Y4,5 and 6	To increase the number of children achieving the 3 national curriculum requirements for water	To provide additional top-up swimming lessons to meet the 3 national curriculum requirements.	£1100	Sports Lead	P I T S

		safety at the end of KS2			
Sporting Events	Y1 - 6	To raise the profile of sporting events and the impact on our physical health		£2133.85	PE Lead

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

At Carnforth we use the coaching model because the benefits of using this model in schools are that

Provide additional capacity to help schools deliver a greater range of sports opportunities for children

Support teachers to develop FUNdamental movement skills in young people to help them to be more and physical activity as part of a healthy and active lifestyle.

Promote lifelong participation in sport and physical activity to young people.

Be role models and play a pivotal role in the mentoring and development of young leaders as coaches

Contribute to the raising achievement agenda in schools through developing confidence and self-esteem and through educating young people on the importance and value of sport.

Support the transition between school and community sport through helping to create and develop links between school and community clubs.

Sport	Year Group	Outcome	Implementation	Cost	Lead	P
Coaching	Y1-6	To develop staff knowledge of Physical Education and its importance	Audit staff knowledge on Physical Education strands. Identify needs of staff. Plan a coaching strategy with staff as required. Implement and train staff on PE continuum and assessment tool. Monitor the use of the PE continuum and assessment tool to identify its impact.	£2,133.85	Sports Lead	S

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

At Carnforth School we endeavour to enhance our pupils experience of sport by offering a range of adventure and sporting activities because we feel it is key to our pupils academic achievement and well-being. Research in the UK and England physical activity can reduce stress and anxiety, with the mastering of new skills often increasing self-esteem. That there is much evidence that physical activity contributes to enjoyment and happiness, and more social interaction often cited as central to this. Also volunteers and sports fans also experience benefits associated with having a sense of purpose and pride. That self-esteem and confidence are known to be enhanced through participation or volunteering, because of the opportunity to develop new skills and relationships. That sport and physical activity has the potential to reduce anxiety and depression symptoms, with most ev

subgroups. Other positive outcomes include improved cognitive functioning, benefits for people with emotion regulation.

Residential	Y4 - 6	To experience new sports. To develop teamwork skills	Attend a residential outdoor centre. Experience adventurous activities. Work together to solve problems to complete activities.	£2500	Assistance to costs	
Healthy Living Days	Y1 - 6	To experience new sports and understand the importance of healthy living	Source new sports for children to experience. Plan healthy living days for the children to experience new sports and understand the importance of healthy living for the mind and body.	£2060	PE Lead External agencies	
Sporting enriched experiences	Y1 - 6	To experience new sports	Variety of after school clubs offered. Opportunities offered to participate in specialist sports	£2205.93	PE Lead Teachers	

5. Increase participation in competitive sports

At Carnforth School we believe competitive sporting events are extremely important for a child all round. This is supported by Progressive Sports who state that:

Competition for every child is important because they need to learn that they won't always win and if they lose they can improve the next time. As stated above when arranging competitions, the teacher/school must ensure every child has a chance to compete in something they are excelling in, of course they need to persist with the sport even if they lose but they need to feel like they have accomplished something.

Competition provides children with motivation to achieve a goal, demonstrate determination, persevere and learn to understand that hard work and commitment leads to greater chance of success. All of this links to success in life. Just like going for a job, they have to understand that they don't get what they want they have to work hard for it.

Through competitive sports children will have to stick to rules otherwise there will be consequences which they will have to live with. Adhering to rules are important throughout their lives.

Children will gain better knowledge of the sport as they play more of it. The need to be taught to review their performance and see where they can improve it. Getting the children to work in small groups to discuss how they have done and help each other, ask them to give two positives and two improvements. Always allow the children to work on their own as they will be different so give them free time for this.

Teaching children to focus on the process of the competition rather than the end result, helps them to learn from the experience. If they focus on the process they will be able to review and assess how the competition went and make it better.

Festival and events	Year 1-6	To develop team work skills To promote a competitive ethos To experience competition against other schools	Sports Day Volley ball competition Tag rugby competition Handball competition Hockey competition Netball competition Football competition Bell Boating	£2500	Class teacher PE Lead Travel Equipment	/
----------------------------	----------	--	---	-------	--	---