

St. Mary's Sports Premium Evaluation for 2014 – 2015

Amount of funding for academic year 2014-2015 - £8,795

Area Developed	Amount spent	Effect on pupils' PE and sport participation and attainment
To work with local coaches and take part in festivals and competitions with other schools	£3,500	<p>Through buying into the North East Herts School Sports Partnership (SSP) our children have received coaching in a variety of sports. Children have continued to develop better skills and knowledge of these activities and have had the opportunities to put their newly acquired skills into practice through inter and intra competitions and festivals. Staff have also received training in these areas to make the development of children's skills in these sports sustainable.</p> <p>"I really enjoyed the tag rugby training because we got to work as a team" - Maddison, Year 4.</p> 
To increase the staff skill level in the delivery of Physical Education	£479.14 (Also included in SSP cost)	<p>The P.E. coordinator attended leadership days and the annual P.E. conference at the University of Hertfordshire. This enabled the coordinator to have a wider overview of the sports funding and leadership within the school.</p> <p>All teaching staff have observed professional SSP coaches, helping them to build their knowledge of the sport which has enabled them to provide lessons in a wider range of sports.</p>
To increase and improve the children's gymnastics skills throughout the school.	£378	<p>By providing a gymnastics coach to work alongside the Rising Stars coach during the weekly gymnastics sessions has allowed the children to gain a wider range of gymnastic skills, showing progression throughout the term. This has also allowed us to monitor gymnastics progression throughout the school.</p>
To improve equipment and environments	£1,856.74	<p>The purchase of the netball posts have enhanced the weekly netball training sessions, giving the children more opportunity to practise shooting and defending skills. It has enabled us to host netball matches on home ground, therefore more children are able to participate in team matches.</p> <p>The purchase of the football goals and new training equipment has helped further develop the children's motivation to take part in football training, leading to more opportunities for team matches both on home ground and away.</p>

		<p>The purchase of new equipment has produced a stimulating physical education environment and has enabled higher quality lessons using a wider range of resources.</p>
<p>To develop and embed a 'Wake and Shake' programme</p>	<p>£203.88</p>	<p>The purchase of the programme '5 a day fitness' has enabled all classes in the school to take part in a wake and shake programme within their classes, to fit around the curriculum. The teachers can use the '5 a day fitness' dances to enhance children's attention, memory and behaviour during lessons and the 'time 2 chill' sessions to relax the children and give them time to reflect.</p> <p>“Vigorous exercise before learning improves student’s memory, mood and behavior, and helps create a heightened state of attention. Exercise is the single most powerful tool you have to optimise your brain function and improve learning. To keep our brains at peak performance, our bodies need to work hard.” – John Ratey, MD, author of SPARK (taken from '5 a day fitness' website).</p> <p>The programme also has access to an online inter-schools competition that we aim to take part in next year.</p> <p>"It makes you fit and it's fun" - Jenny, Year 2</p>
<p>To develop active playtimes</p>	<p>£1,508.25</p>	<p>The active playtimes have had a positive effect on young leadership within the school by providing the children with skill to lead others in a wide range of sports. This has also had a notable effect on how the children work with each other in other lessons.</p> <p>The children now have the opportunity to be physically active during playtimes and are offered a range of activities throughout the week.</p> <p>We have also purchased an outside shed to store the new playtime equipment in. This has allowed the leaders to take control and have responsibility for their own equipment.</p>



To develop children's social and emotional skills through physical activity	£420	Part Fit have run weekly team building sessions throughout the summer term for upper key stage 2 children. The children now have more respect for each other and have been able to develop their communication and social skills through physical activities.
To provide opportunities for parents to participate in physical activities with their children	£80	We offered the family boot camp sessions as a way to involve parents and carers in their children's physical fitness. We funded the initial sessions and then the parents were offered a discounted price to continue. To the families that attended, this was an ideal way to become physically fit together as a family unit.
To inspire the children to pursue their goals	£368	<p>In June, Mark Cryer, who is a Great British Athlete, visited our school. He shared his experiences with children during an assembly, demonstrating to them that if you really want to achieve it, anything is possible. The children then had the opportunity to take part in athletic activities led by Mark. On the day, the children seemed inspired to pursue their goals and really benefited from having the opportunity to ask questions and train alongside a GB athlete.</p> <p>"It was great because he was a real athlete and it was good to know how he does it" - Sidney, Year 3</p>



Total amount spent on physical education this academic year was £8,794.01