

About the PE and Sport Premium



At **West Kirby Primary School** we recognise that physical activity has numerous benefits for children and young people's physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are physically active are happier, more resilient and more trusting of their peers. Ensuring that pupils have access to sufficient daily activity can also have wider benefits for pupils and schools, improving behaviour as well as enhancing academic achievement.

The [school sport and activity action plan](#) sets out the government's commitment to ensuring that children and young people have access to at least 60 minutes of sport and physical activity per day. It recommends 30 minutes of this is delivered during the school day (in line with the [Chief Medical Officers guidelines](#) which recommend an average of at least 60 minutes per day across the week).

The PE and sport premium received by schools, can help primary schools to achieve this commitment. It is allocated directly to schools, so they have the flexibility to use it in the way that works best for their pupils.

How to use the PE and Sport Premium



Schools must use the funding to make additional and sustainable improvements to the quality of the PE, physical activity and sport they provide. This includes any carried forward funding.

This means that we must use the PE and sport premium to:

- develop or add to the PE, physical activity and sport that your school provides
- build capacity and capability within the school to ensure that improvements made now are sustainable and will benefit pupils joining the school in future years

We use the PE and sport premium to secure improvements in the following five key indicators.

Engagement of all pupils in regular physical activity, for example by:

- providing targeted activities or support to involve and encourage the least active children
- encouraging active play during break times and lunchtimes
- establishing, extending or funding attendance of school sports clubs and activities and holiday clubs, or broadening the variety offered

- raising attainment in primary school swimming to meet requirements of the national curriculum before the end of key stage 2 - every child should leave primary school able to swim

The profile of PE and sport is raised across the school as a tool for whole-school improvement, for example by:

- actively encourage pupils to take on leadership or volunteer roles that support the delivery of sport and physical activity within the school (such as 'sports leader' or peer-mentoring schemes)
- embedding physical activity into the school day through encouraging active travel to and from school, active break times and holding active lessons and teaching

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

- providing staff with professional development, mentoring, appropriate training and resources to help them teach PE and sport more effectively to all pupils, and embed physical activity across your school
- hiring qualified sports coaches and PE specialists to work alongside teachers to enhance or extend current opportunities offered to pupils - teachers should learn from coaches the necessary skills to be able to teach
- these new sports and physical activities effectively

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

- introducing a new range of sports and physical activities to encourage more pupils to take up sport and physical activities
- partnering with other schools to run sports and physical activities and clubs
- providing more and broadening the variety of extra-curricular physical activities after school
- Increased participation in competitive sport, for example by:
- increasing and actively encouraging pupils' participation in the [School Games](#) organising more sport competitions or tournaments within the school
- coordinating and entering more sport competitions or tournaments across the local area, including those run by sporting organisations

Raising attainment in primary school swimming

Swimming and water safety are a [national curriculum requirement](#). It is required that by the end of key stage 2, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively, for example, front crawl, backstroke and breaststroke
- perform a safe self-rescue in different water-based situations

We use the PE and sport premium to fund the professional development and training that is available to schools to train staff to support high quality swimming and water safety lessons for pupils at West Kirby Primary School.