



St Gildas' Catholic Junior School

PE and Sports Premium 2016-17 Planned Use

Academic Year	2016-17	Total Fund Allocated	£ 9172
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Primary PE and Sports Premium Key Outcome	Planned impact for pupils	Planned Funding	Actual Funding	Outcomes
Support sports tournaments and competitions for pupils throughout the school	Increased participation and success in sports activities Development of pupils' healthy lifestyle choices Team building opportunities	£2000		
Coaching and training	High quality coaches employed to teach alongside teachers, providing specialist coaching sessions throughout the school Access to a wider range of sporting opportunities Improved understanding of the rules of different sports Opportunities to develop new skills	£4000		
A-Life workshops	Encourages children to choose an active lifestyle and helps them to realise that being active and choosing to participate in exercise can be a lot of fun	£500		
Walk a mile	A study of 10,000 primary school children across the UK found that two thirds of them lacked basic fitness. <i>(Fit For Sport Ltd. May 2015)</i> The aim of the Daily Mile is to improve the physical, emotional and social health and wellbeing of our children, regardless of age or personal circumstances. Helps to reduce childhood inactivity and obesity It's social, non-competitive and fun.	£500		

	<p>It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds.</p> <p>The Daily Mile has numerous benefits to children, whether they run, jog or walk.</p> <p>Within 4 weeks, children who do The Daily Mile become fitter</p> <p>The 15 minute break from lessons is invigorating and leaves children (and teachers!) more focused and ready to learn.</p> <p>The time spent outside, in all weathers, helps children become better engaged with the outdoors and aware of their surroundings.</p> <p>The Daily Mile is also a social occasion, and improves relationships, giving children the opportunity to talk to their peers and teachers in a way they might not in the classroom.</p> <p>The Daily Mile builds teamwork and leadership skills, with children helping and encouraging their peers.</p> <p>Children bring the benefits home, eating and sleeping better and encouraging their families to get active together.</p> <p>The Daily Mile builds self-esteem and confidence, improving children's perception of exercise for life.</p> <p>The Daily Mile is critical to reducing childhood inactivity and obesity</p>			
Provide helmets for cycle training	<p>Cycling helmets reduce injuries</p> <p>A head injury can mean a brain injury. Wearing a helmet doesn't mean children can be reckless, but a helmet will provide some protection for face, head, and brain in case of a fall.</p>	£200		
Playground equipment	<p>Encourage participation in playtime games</p> <p>Positive playground experiences for all pupils</p> <p>Improved behaviour</p> <p>Helps children to be more social. This means that children will be more willing to join in games and activities, while they will also be more likely to talk to different children and make new friends. This all encourages children to learn social skills and how to interact with other children.</p> <p>They learn how to take turns playing games and how to negotiate unfamiliar equipment, resulting in children learning how to be independent and self-reliant.</p>	£1000		

The actual impact of these interventions will be monitored throughout the year and outcomes will be available on our website at the end of this academic year