



<u>Development Area/Activity</u>	<u>Term/Year Group</u>	<u>Impact</u>	<u>Key Indicators</u>
Curriculum planning, delivery and assessment (Equipment)	All year groups	There is an appropriate, progressive and challenging PE curriculum which is consistently used across school. All children access 2 hours of quality PE teaching every week and are developing skills across all areas and accessing broader opportunities. Progress is being mapped and gaps addressed.	1 2 3 4
Daily Movement Breaks	Year 1 – Year 6	All class have an allocated time in the afternoon for a dedicated movement break, which includes fitness and stamina activities, such as the daily mile. This helps improve both physical health and cognitive function, helping children maintain focus, manage energy, and build essential motor skills.	1
Sports after school clubs and curriculum sessions.	Throughout the year all classes.	A sustainable change will continue to be created by staff being involved in the delivery and assessment of lessons. Children will gain an earlier understanding of health and how physical activity impacts on them. All children are included in these sessions.	1 2 4
Muddy Boots Walking Club (Equipment)	April-October each year, Year 5	All year 5 children access the club on a Thursday afternoon. Children attend on a fortnightly rota. Staff take children on a minibus to various locations to enjoy a walk and have their tea with the sunset in the Lake District. Exposure to the local environment. Build stamina and enjoyment of physical exercise. Exposure to group exercise opportunities. Opportunity to engage in a new experience and hopefully build lifelong enjoyment and memories which they build upon in the future.	1 4
Pentathlon Competitions Bowling, Athletics.	Autumn 2024 SEND children in KS1 and KS2.	Opportunity for SEND children to participate in the interschools bowling competition. Aimed at children who do not usually access sporting competitions and events.	4 5
Swimming	Spring 2025 – Y2 Summer 2025 – Y6	All children are equipped with the opportunity to learn to swim and achieve national standards. Year 6 have the opportunity to catch up on their swimming skills during the summer term. More children leave being able to swim 25m. More children with water safety skills.	4
Network Meetings and CSP Meetings	Each term, Subject Leader	Carlisle and district network meetings, Active Cumbria. An excellent opportunity to have national updates, and a Cumbrian update on P.E. Opportunities to share good practice.	2 3



Sports Day Supported by CUFC staff on site	June 2024 Whole School	Reception-Yr6 involved, Outdoor track and field events. Competitive and Sports trophy awarded to the winning house group. Parents invited to share the day.	2 4 5
Sports Assembly- Trophies, Cup and engraving, shields.	July 2024 Whole School	A whole school recognition assembly of how important physical activity and healthy choices are to us. Certificates and special mentions for all sporting competitions/participation in different clubs and events throughout the year. Raise the profile of sports by awarding a Sports Man and Women of the year for the school.	2 4 5
Swimming	Summer 2024 Year 2	All of year 2 receive a swimming session each week of each term. An increase in children swimming the desired distance is increasing due to the increased amount of time they spend in the pool during the year.	4
Wheelchair Basketball	November 2023 March 2024	2 full days working with Inclusive Sports. Working with a world class athlete and learning about inclusivity in sports. Opportunities to try using a wheelchair and look at how sports can be adapted for different groups of people.	2 4 5
Eden Rock	September /October 2024 – All KS2 children	Broader experience of a range of sports and activities offered to pupils. Increase strength, endurance and flexibility as well as build confidence and self-esteem,.	4
John Easton Football Coaching Spring and Summer Term 2025	All children access for 1 half term Breakfast club Y5/6 and Y3/4	Breakfast club gets children moving, developing fitness and stamina. Extra-curricular activity. Teachers observing coaching session to support future teaching of football to develop team games. Working with children to develop a football team for upper and lower KS2. Supporting staff in developing confidence and skills for coaching. Develop children's confidence and skills in football.	1 2 3 4
Community Football competitions Autumn 2025	Years 5/6 girls Year 5/6 boys Year 3/4 boys	Summer term training by John Easton used to support development of these year groups to find core teams of plays. Develop these to competition standards. Children have the opportunity to compete at a competitive level.	5



CUFC-Community Sports Trust 1 day per week, Wednesday – Autumn Term 2024	Autumn 2023, Summer 2024 Nursery through to year 6.	Each key stage alternates between curriculum lessons and an after school club, on a half termly basis. Breakfast club and Lunch club also included each Friday. Community coaches deliver high quality PE lessons, which all children and staff are involved in. Staff develop skills and confidence to deliver these lessons in the future. Covered all core areas of the PE curriculum, Gymnastics, Dance, tackling and defending, basic skills.	1 3
CUFC after school sessions - Autumn Term 2024	Throughout the year – all classes	Range of session offered to children in different year groups. Tuition time used to coach teams for competitive events. No charge to parents so all children can access. CUFC out of school activities and holiday clubs also promoted to children.	1 4 5
Cricket Coach – Curriculum sessions Autumn Term 1	September and October 2024	Expert tuition for children and staff on the skills needed for cricket. Coach directs children to cricket club and other out of school activities. Supports children in preparation for cricket competition.	1 3 4 5
Gym mats and repairs	Summer 2025	Ongoing improvements to resources for curriculum gymnastics.	2
New Crash Mat	Summer 2025	Needed for the Gymnastic club re-established in the Summer Term for KS2. With intention of entering competitions in academic year 2025-2026.	1 4 5
Stocks Wood Forest School	October 2024 Reception – Year 6 May 2025 Nursery – Y6	An outdoor experience for every child in school from Reception to Year 6. Pond dipping, shelter building, archery, bush craft skills, marshmallow toasting, fire lighting, camp fire singing-all of which the majority of our children wouldn't experience otherwise.	1 3 4
Relax Kids	June 2025	All children in school are experiencing Relax Kids sessions, 1-2 times per week, led in class by the class TA. Stretching, breathing, positive thinking, massage and relaxation sessions.	1 3 4



Transport to events	Throughout the year	Children provided with the opportunity to compete in competitive competitions against children of their age. Engage in a range of opportunities throughout the year. Cricket Rounders Cross country Athletics Football Olympic event – Year 2 and Year 6 (CSP)	1 2 4 5
	<u>Future Spending Plans</u>	<ul style="list-style-type: none"> • Development of the Daily Mile in all classes and resources to support this. • Continued development of Forest School approaches and outdoor learning on and off site. • Investigate ways of children becoming more active within lessons using Active Teach resources and building purposeful movement breaks into the curriculum. • Develop teachers' confidence in delivering Gymnastics curriculum. • Extending Muddy Boots to a walk for each class at some point during the year. • Reinstating playground buddies across school to develop more active playtimes through setting up playground games. 	

Key Indicator 1	The engagement of all pupils in regular physical activity – Chief Medical Officers guidelines recommend that primary school pupils undertake at least 30 minutes of physical activity a day in school
Key Indicator 2	The profile of PE being raised across the school and there is whole school improvement.
Key Indicator 3	Increased confidence, knowledge and skills of all staff in teaching PE and sport
Key Indicator 4	Broader experience of a range of sports and activities offered to all pupils
Key Indicator 5	Increased participation in competitive sport