

Sports Premium Impact

Report 2019/20

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During the financial year 2019/20 the sports premium funding has had a significant positive impact on improving physical development at castle school.

To ensure the impact is significant, funding is only released once a detailed report has been compiled outlining why a project is needed, its predicted outcome and how this impact will be evidenced.

The projects chosen to be undertaken have been carefully chosen to ensure our students are progressing physically, socially, cognitively and developing their communication. Although the main focus is that they are developing physically.

This physical development is monitored through our continuous assessment throughout the year and recorded on our assessment for learning app.

Several projects have been undertaken this year, these include:

- Rebound therapy
- Cycling
- Swimming at Chesterton for primary students
- Level 3 Wellbeing TA

Each of these projects will now be explained and their outcomes evaluated.

Rebound Therapy Proposal

In 2017/18 we launched Rebound Therapy as an alternative therapy to enhance our curriculum time physical activity and help us achieve our aim of having a bespoke physical activity programmes for all students who have complex physical needs (physical , emotional or social). Initially we trained a small number of staff and worked with 5 key students to embed this therapy into school life.

Rebound Therapy now acts as one of many physical activities we will use to create bespoke programmes. Other examples of activities which are used within this bespoke provision include; swimming, sensory circuits, horse riding and biking.

How Rebound Therapy will be delivered in 2019-20:

This year our aim was to ensure the majority of our classes had a qualified rebound therapist trained. This would allow each class the flexibility to deliver Rebound Therapy to the students it would benefit the most in each class.

In addition the PE department would assist in the delivery for our more complex needs students (Bees and Kings) to ensure the classes had the capacity to deliver an effective programme. Whilst our Level 3 Wellbeing TA would assist class teams who had many students who would benefit from Rebound Therapy.

To ensure we have a clear understanding of the impact of this therapy, targets will be set and we will monitor each child's programme carefully to ensure rebound therapy is working. Class teams will be responsible for this.

Rebound Therapy Evaluation:

In 2019-20 we have trained 4 new members of staff which has enabled us to expand our Rebound Therapy provision significantly, as we now have 18 qualified members of staff. Currently we provide Rebound Therapy across 14/19 of our

classes allowing more than 44 students to undertake Rebound Therapy on a regular basis.

We have also written and introduced a detailed monitoring system to ensure impact is measured and safety is at the forefront from of our practice.

The programme is progressing well and students are really benefiting from this therapy. However; there are still some classes who are not taking full advantage of this therapy, therefore in the academic year 20-21 this is an area we will be looking at closely.

Documentation we use:

-Sunken Trampoline Policy

-RA for all trampolines

-Medical information to ensure trampolining is appropriate for referred students

-Referral forms

-Assessment system

Targets for 2020/21:

To ensure Rebound Therapy continues to thrive at Castle School we have set some targets to ensure that it continues to develop and progress.

- 1) Ensure more students have an opportunity to access our outdoor trampoline during lunchtimes. This will be achieved by having a qualified member of staff supervising the trampoline everyday.
- 2) SLT to monitor class teams are making use of facilities / expertise we have invested in
- 3) PE department to offer regular training and consultation to all trained staff

Castle School Cycling Proposal

Introduction:

At Castle school students have much opportunity to cycle in curriculum time and during extra-curricular activities.

We have some very good equipment from small 3 wheelers to 2 wheel bikes. We also offer students the opportunity to undertake bikeability so they are ready to ride on the road.

However at present we do have gaps in our provision:

-We have many students who should be able to ride a bike, this is a result of there being a gap in progression from 3 wheeler bikes / stabilizers to riding a regular 2 wheel bike. The best way to address this is by purchasing balance bikes so our students can naturally learn to balance and ride a bike.

- Our bikes are not very accessible therefore this makes it difficult for class teams to use bikes throughout the school day.

Proposal:

Stage 1:

The first area we need to address is our storage capacity - at present our bikes are getting damaged very easily because of the lack of storage. Therefore we need to purchase a new shed/garage so we can keep our current bikes / new bikes in good condition.

Stage 2:

Fit new storage space with bike stands

Stage 3:

Ensure all current bikes are serviced

Buy balance bikes of varying sizes

Buy additional 2 wheelers to ensure we have a mixture of sizes.

Stage 4:

Send a staff member on balanceability training - so other staff can be trained up

Train a staff member and students on bike maintenance

Stage 5:

Develop cycling opportunities

-Class teams target student who can't ride a bike and teach them

-Cycling clubs - where students gain confidence cycling in public places

-Triathlons or other initiatives

Cycling Evaluation:

This year we have made a significant investment in storage space to ensure we can keep our current bikes in good working order. This storage place was completed in June 2019 allowing us to store our bikes in an orderly way. This year (19-20) we have also developed the space so it can be used as a workshop for pupils to undertake bike maintenance. In the academic year 20-21 students will be undertaking part of their work experience in school undertaking bike maintenance.

Unfortunately due to unforeseen circumstances we have been unable to progress to stage 4/5 of the bike proposal -however academic year 20-21 this will become a real focus.

This year we have continued to run regular bike clubs, many students have also undertaken bikability and bike maintenance courses with Outspoken

Swimming at Chesterton for Primary students

At Castle school we are very lucky to have our own Hydro pool which enables all our students to undertake swimming throughout the year. This pool is an excellent resource to have, however it is too small for our larger and more able primary students. Therefore we decided to send our oldest and most able primary class to use Chesterton swimming pool on a weekly basis throughout the year.

Evaluation of swimming at Chesterton Pool:

Students have thrived using Chesterton swimming pool due to the extra space and challenge it has presented. The larger area has allowed students to develop their strokes considerable.

An example of this progress is student T:

Then	Now	Next
September 2018; In September 18, student T could swim on her front and back with limited technique.	March 2020: Student T can now undertake frontcrawl, backstroke and breaststroke with good fluency and control.	Develop her breathing technique further

Level 3 Wellbeing TA:

Over the year our Level 3 Wellbeing TA has played an important role in delivering physical activity across the school. She has allowed us to deliver more specific interventions in swimming (using Halliwick techniques and hydro-therapy), rebound therapy, general physio provision. These interventions have had a significant impact on many students physically and mental and well-being.

Rebound Therapy:

Our Level Level 3 TA has been able to take a variety of students for weekly Rebound Therapy sessions, incorporating physio programmes into the therapy when appropriate. This intervention has had a massive impact on students mental and physical wellbeing, specifically marked improvement in posture, strength and control.

Physio:

Our Wellbeing TA is now running physio sessions every morning. The morning physio sessions are becoming a great place for students to work, with 7 students now attending almost 100% through the week. Personal targets have also been set for each student; these help the students to hone their skills and give staff direction in how to work with the students, for example;

- I will keep my feet flat on the floor while I am doing my exercises.
- I will try to hold positions showing straight posture and good angles.
- I will come to the physio room independently.

Alongside this morning club our wellbeing TA, also ensures that Physio programmes are being offered across the school and offers support to students/classes who need extra assistance. For instance half termly reviews on all students with Physio programmes are undertaken, allowing consultation between all key members of staff. This has helped to gain an overall picture of our physical health across the school, which is improving all the time.

Data from half termly reviews looks at physio goals and below you can see the positive impact which has been achieved in the past year.

In Jan 2019

Compared to Jan 2020

32% Were achieving

65% Were achieving

28% Had improvements

15% Had improvements

40% Needed urgent action

19% Needed urgent action

Swimming:

In the extra swim sessions, students that attend are all students with physio programmes or that benefit from extra physical support. Using the Halliwick method activities have been chosen that compare to physio stretches and programmes on 'dry side'. These have resulted in a massive improvement in confidence, for instance one student is now happy to go underwater, another floats independently on their back. This confidence aids the students to relax their muscles and really feel the effects this has on their body, creating better posture and tension.

Sports Premium Spending 19-20

<u>Item</u>	<u>Cost</u>
Level 3 TA	11000
Physio Equipment	133
Bike Shed	4253
Strider Bike	132
Rebound Therapy	480
Rebound Refresher	242
Tarpaulin cover for trampoline	40
Trampoline Maintenance	262

