

Make the most of your PE and Sport Premium

**A simple guide to help
you get more young
people, more active.**

**Covering academic
year 2016 to 2017**





About us

We are committed to making London the most physically active city in the world. Children and young people are vital to our vision. We specifically work with schools, the education sector and the wider community to promote effective methods of embedding physical activity and sport among young Londoners.

OUR PURPOSE

to make physical activity and sport work better in London

OUR VISION

to make London the most physically active city in the world

OUR TARGET

to get 1,000,000 Londoners more physically active by 2020

Objectives for working with schools and education

1. To make it easier for Londoners to find the right activity, stay in it, and achieve their potential.

2. Get more resources by making best use of what we have, whilst securing more.

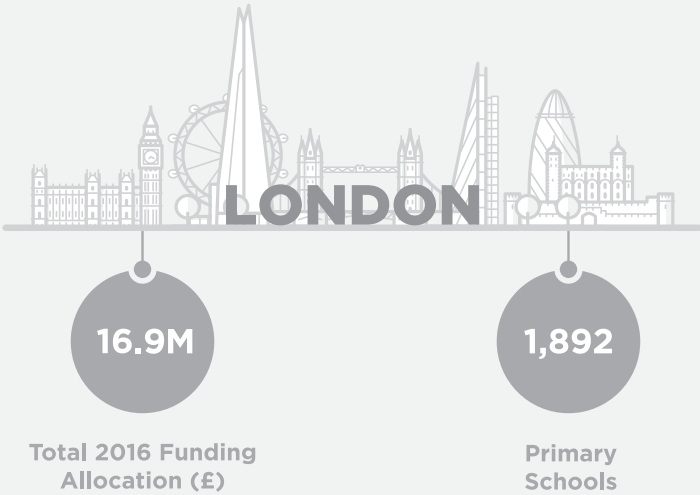
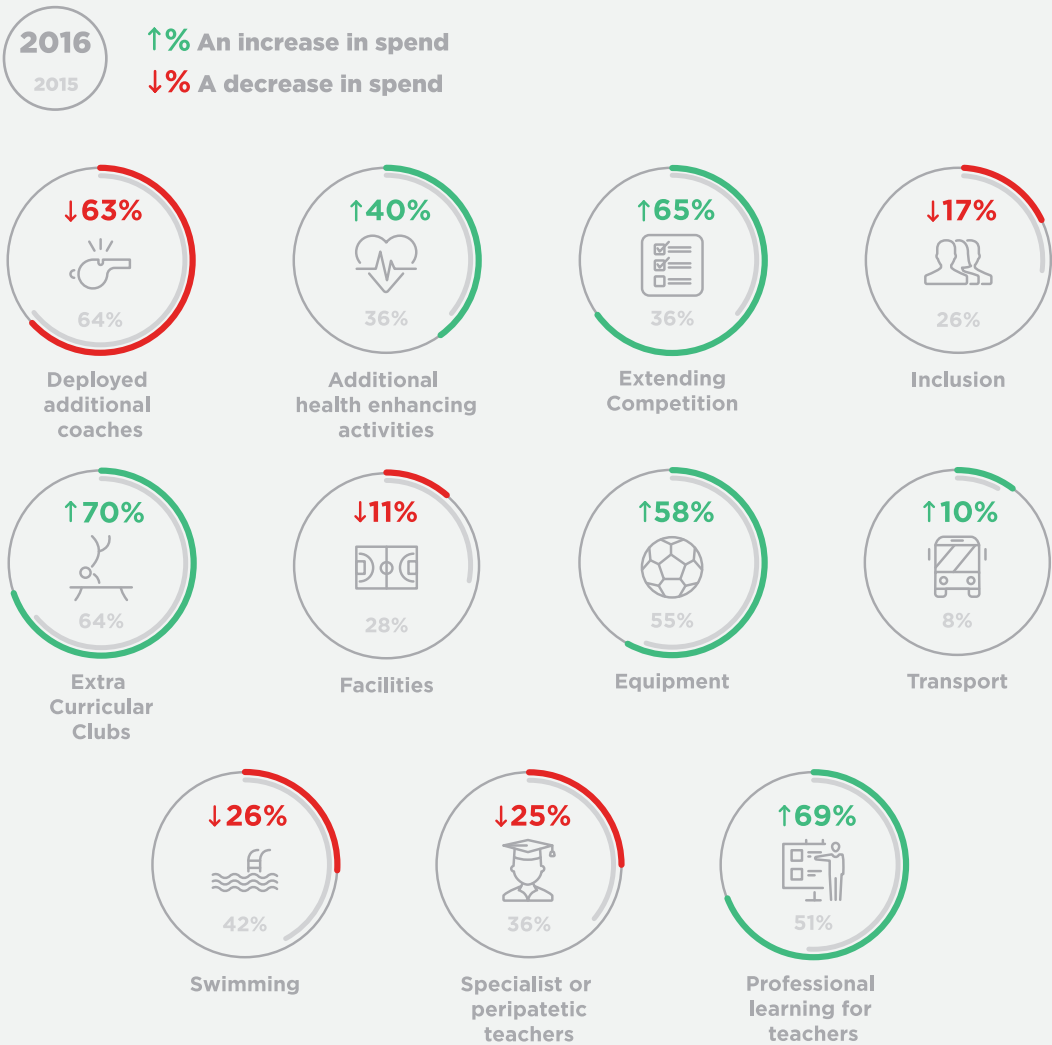
3. Support grassroots organisations by making the sector simpler and better.
4. Bigger and better workforce to support activity.

5. Harness the power of elite sport to create sustained grassroots activity and inspire the next generation.

PE and Sport Premium

The London picture of how schools are using their funding to get young people more active, comparing 2015 with 2016.

(source: London Sport)



PE and Sport Premium for primary schools

The important information

What?

The PE and Sport Premium is designed to help primary schools improve the quality of the physical education, physical activity and sport that they offer their pupils. **Over £650 million** has been allocated to this funding over three academic years 2013 to 2017.

Who?

Most schools with **primary-age pupils** receive the PE and Sport Premium in the academic year 2016 to 2017. Independent schools do not receive this funding.

When?

Financial Year	2016-2017 academic year	Local authorities and maintained schools will receive the funding on:	Academies and free schools will receive the funding on:
2016-2017	September 2016 to March 2017	29 October 2016	1 November 2016
2017-2018	April to August 2017	27 April 2017	1 May 2017

How to use the PE and Sport Premium?

The premium must be used to fund additional and sustainable improvements to the provision of PE and sport, for the benefit of primary-aged pupils, in the 2016 to 2017 academic year, to encourage the development of healthy, active lifestyles.

You should not use your funding to:

- Employ coaches or specialist teachers to cover planning preparation and assessment (PPA) arrangements – these should come out of schools' core staffing budgets.
- Teach the minimum requirements of the national curriculum PE programmes of study – including those specified for swimming or, in the case of academies and free schools, to teach your existing PE curriculum.

How much?

Based on data collected from the January 2016 census, schools receive PE and Sport Premium funding based on the **number of pupils in years 1 to 6** (ages 5 to 10). New schools from 2016 will have their funding based on data from the autumn 2016 school census;

- Schools with 16 or fewer eligible pupils receive £500 per pupil.
- Schools with 17 or more eligible pupils receive **£8,000 and an additional payment of £5 per pupil.**

Accountability

Schools are required to publish details of how they spend their PE and Sport Premium funding on their website by **4 April 2017**. The information on the website must include:

- The amount received;
- A full breakdown of how it has been spent (or will be spent);
- The effect of the premium on pupils' PE and sport participation and attainment;
- How you'll make sure these improvements are sustainable

Schools are also encouraged to consider how their use of the premium is giving pupils the opportunity to develop a healthy, active lifestyle.

Ofsted inspections

Ofsted will assess how primary schools spend their PE and Sport Premium under the 'effectiveness of leadership and management' section of the inspection.

The PE and Sport Premium cannot be used for PE specialists or sports coaches covering PPA time. This must come out of schools' core staffing budgets.

WHAT ARE OFSTED LOOKING FOR?

'How effectively leaders use the PE and Sport Premium and measure its impact on outcomes for pupils, and how effectively governors hold them to account for this'. Ofsted school inspection handbook, page 38.

For more information on the PE and Sport Premium official guidance, click [here](#)

Local support

London Sport have been commissioned by Sport England to provide direct support to schools across London, to make maximum use of the PE and Sport Premium for primary schools and to ensure that this funding is being used appropriately.

We will work with a number of primary schools; the ones that want and need help, to make effective use of the PE and Sport Premium.

Support will include:

- Providing schools with an online diagnostic tool to identify what development needs they have.
- Providing information about providers online to make it easier for schools to find school providers who can meet their needs.
- Allocating a Primary Sports Premium Mentor to provide direct support on behalf of London Sport where it is required.

Spending the PE and Sport Premium effectively – a continuous process

We would advise you and your school to follow a simple four-step process. The following pages also give more details on each stage of the process.

WHERE ARE YOU NOW?

- How broad is your PE, physical activity and sport offer across your school?
- Where are the gaps?

IS IT SUSTAINABLE?

- How sustainable is your spending?
- Will there be the same impact in one year?
Five years?
10 years?

WHAT IS THE IMPACT?

- Your impact can be qualitative and quantitative.
- Recording impact allows you to monitor how effective your spending is.

WHAT WILL YOU DO

- Create an action plan of what you are going to do.
- Have clear timescales so you know what needs to be done and when.

In 2015/2016 London Sport directly supported 214 Primary Schools, working through locally funded partners. This led to over 20,000 young people being more active every week in London schools.



Your school website

Deadline 3 April 2017

You must...

- Share last year's action plan on your school website; Ofsted will look at this before their visit
- Evaluate the impact that your spending had last year;
 - Quantitative (number of children or number of staff)
 - Qualitative (how have they been affected)
- Create an action plan for this year; and
 - Continue from last year
 - Areas for development?
 - What will the expected impact be?
- Consider the sustainability of your spending

You could...

Add further information to your website, such as:

- Photos
- Termly updates
- Case studies of pupils, families or teachers who have been positively affected
- Videos

Where you are now and what will you do?

We suggest you group your plan and spending into five themes:

- 1. Healthy active lifestyles**
Ensuring your school is as active as possible, as much as possible.
- 2. Using PE as a tool for whole school improvement**
Sharing the contribution PE can make across the whole curriculum.
- 3. Professional Learning and your PE team**
Having the right people leading this area in your school and the rest of your staff suitably trained.
- 4. A broad offer to all pupils**
Offering a range of challenging and inclusive experiences to all pupils.
- 5. Competition for all**
Providing opportunities for all children to compete against themselves and others, both in your school and against other schools.

To download the newly updated template to support schools with the reporting of their PE and Sport Premium funding produced by afPE and the Youth Sport Trust click [here](#)

OFSTED

Be prepared.
The PE coordinator and a nominated governor will be expected to discuss the impact the PE and Sport Premium has had in your school.



1. Healthy active lifestyles

Ensuring your school is as active as possible, as much as possible.

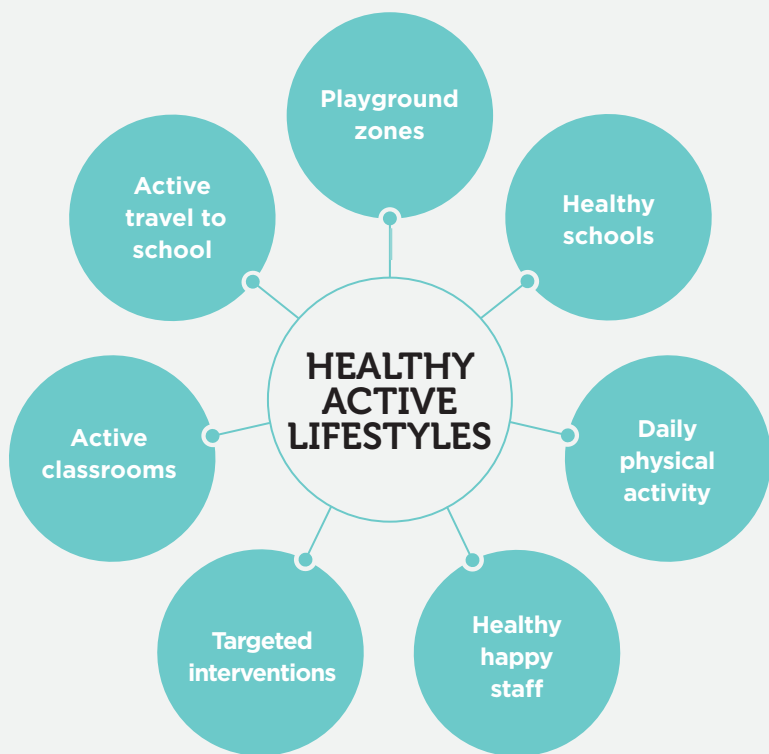
Health and Wellbeing

- Does your school have a physical activity policy?
- Do you have structured physical activity in your playground?
- Do you offer daily physical activity in the classroom?
- Pupils and parents encouraged to walk, cycle or scoot to school?
- Do you support your parents to be active with their children?
- Do your staff know where they can take part in physical activity?

At present, nearly a quarter of all reception aged children and one third of Year 6 pupils are overweight or obese (source NHS).

There is substantial evidence, which clearly shows that by promoting the health and wellbeing of pupils, schools have the potential to improve their educational attainment.

How could you develop healthy active lifestyles in your school?



Young people that are physically active will have healthy habits later in life.

2. Using PE as a tool for whole school improvement

Sharing the contribution PE can make across the whole curriculum.

Using PE, school sport and physical activity to impact on whole school priorities

- Can you share the contribution PE can make across the curriculum and give ideas?
- Has positive behaviour and a sense of fair play been enhanced?
- Has pupil concentration, commitment, self-esteem and behaviour improved?
- Have incidences of bullying and poor behaviour reduced at break and lunch times?
- Has attendance improved?
- Has staff confidence and morale improved generally?
- Have relationships with parents or carers improved?

Did you know?

Top facts about physical activity from the World Health Organisation (www.who.int)

- Regular physical activity helps to maintain a healthy body.
- Doing some physical activity is better than doing none.
- Schools should have safe spaces and facilities for pupils to spend their free time actively.

Children should be physically active for at least 60 minutes a day.

The benefits of physical activity

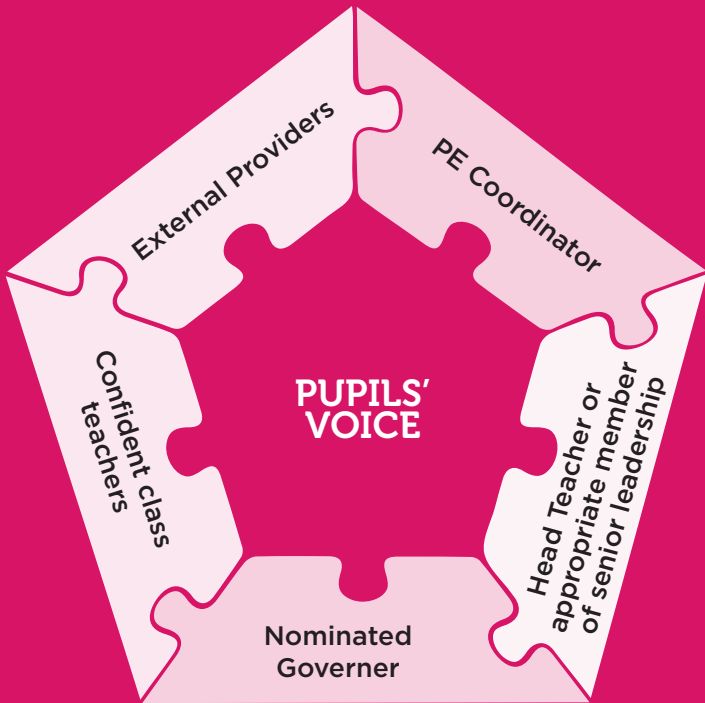
- Healthy bodies (musculoskeletal system).
- Healthy hearts (cardiovascular system).
- Improved coordination (neuromuscular awareness).
- Healthy body weight.

3. Professional Learning and your PE team

Having the right people leading this area in your school and the rest of your staff suitably trained.

Professional Learning

- How good is the teaching and learning of PE in your school?
- How confident and competent are your staff?
- How is the planning and delivery of PE lessons monitored?
- How is progress assessed?
- Are pupils motivated and engaged in PE, with good standards of behaviour?
- Are pupils given the opportunity to take part in leading parts of lessons?



USING SPORT COACHES IN YOUR SCHOOL

Specialist sports coaches and organisations can add value to PE and school sport in your school. We believe that in curriculum time, teachers should not be replaced by coaches but they can be a useful addition to enhance provision and upskill teachers.

For more information click [here](#)

PROFESSIONAL DEVELOPMENT

Are your school staff well trained and proficient in delivering high quality PE and physical activity to your pupils? It is vital that your staff have access to high quality professional learning. Contact us to find providers in your area education@londonsport.org

4. A broad offer to all pupils

Offering a range of challenging and inclusive experiences to all pupils.

A broad offer to all pupils

- Are pupils consulted on opportunities that are available outside of the curriculum?
- Does your school offer links to outside sports clubs and organisations?
- Do you target groups of pupils who are less active and address barriers to their participation?
- Do you provide a range of sports and activities to all pupils both in and out of the curriculum?
- Do you stretch and challenge your higher ability pupils?



5. Competition for all

Providing opportunities for all children to compete against themselves and others, both in your school and against other schools.

Competition

- Are pupils able to access a range of opportunities to take part in competitions?
- Do you have a calendar of events for the year?
- Does the school take part in School Games events via their local Schools Games Organiser (SGO)?
- Are children in Early Years Foundation Stage (EYFS) and Key Stage One (KS1) provided with appropriate competitive opportunities?
- Are children with disabilities provided with opportunities to compete?
- Is appropriate provision made for talented pupils?

The School Games is a national programme designed to inspire millions of young people to take part in more competitive school sport.

There are four levels of participation:



COMPETITION

Competition for primary school children should focus on achieving a 'personal best' as well as being 'the best'.

To participate in competitions in your borough, contact your School Games Organiser.

Reporting the impact of your spending

Reporting the impact of your PE and Sport Premium is vital. It identifies how lives are enhanced as a result of your spending.

You must also consider how **sustainable** your spending is.

London Sport would advise you to put together an impact report for the last year. What goes in this report is up to you, but as a starting point, we suggest you consider the following headings.

- ✓ **SUMMARY OF THE YEAR**
What have you done in relation to PE, school sport and physical activity in 2016
- ✓ **SPENDING**
A breakdown of how you have spent the money
- ✓ **PHOTOS**
Smiling, happy, active children
- ✓ **QUANTITATIVE IMPACT**
Statistics or number of teachers receiving training; number of children impacted and/or number of sports and activities offered. Can you work this out as a percentage increase?
 - e.g. Reduced number of incidents in playground since adding more physical activity areas
 - Before and after data for whole staff training
- ✓ **QUALITATIVE IMPACT**
 - What are staff saying?
 - How are staff feeling as a result of their training?
 - Quotes from teachers about confidence and subject knowledge
 - Quotes from pupils
- ✓ **THREE CASE STUDIES**
Three pupils or teachers who are now more active or more confident as a result of the funding
- ✓ **SUSTAINABILITY**
How is your spending sustainable? What does this mean for the school next year and in 5 years' time?

WHAT DOES IMPACT MEAN

'Have a strong effect on someone or something.'

Reporting impact is just as important as deciding how you are going to spend the PE and Sport Premium. It communicates how effective this funding is in your school.





**LONDON
SPORT**

Contact us

For any questions about this guide or for further information about our expert leadership and knowledge in the sector, get in touch

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Photos: Cranbrook Primary School, Redbridge
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