

### Why?

- A physically active child is a healthy child. It strengthens muscles and bones but also prevents excessive weight gain and reduces the risk of diabetes, cancer and other medical conditions.
- Obesity levels across the country steadily rising. The prevalence of obesity has increased in Year 6 children to 20.1% (NHS research 2018).
- We are a primary school situated within the top 10% of deprived areas nationally.
- There is also a strong relationship between deprivation and obesity nationally. Children of both Reception and Year 6 age have obesity levels that are twice as high compared to their counter parts.
- Government guidelines suggest children aged between 5-18 should engage in moderate to vigorous intensity physical activity for at least 60 minutes per day. Many Wren's Nest children are in active which can result in unhealthy lifestyles.
- Emphasis on physical activity is extremely important at Wren's Nest, as studies have shown (NHS research 2018) that significant inequalities in activity levels are based on family incomes.
- Not only does physical activity have an impact on obesity levels but it is also beneficial to the mental health of Wren's Nest children. Physical activity is linked to fewer symptoms of depression and improves classroom functioning of children with behaviour disorders.
- Succeeding and thriving in sport allows children to feel valued and talented.
- Using sport, children are able to take on leadership roles, support peers and develop communication skills needed in life.
- We give our children as many sporting opportunities as possible, taking on challenges they would not necessarily be given the chance to do.
- To develop an understanding of how to lead a healthy lifestyle.
- To encourage children to be ambitious for future career opportunities in sport.
- Encourage children to play as part of a team and develop sportsmanship.
- Developing perseverance and resilience.
- Some Wren's Nest children lack experience of outer school clubs due to their family environment (lack of finance, transport, interest, larger families).
- Swimming is taught in Year 2 to address water safety as many of our children encounter water in the local environment e.g. - local canal network, Local open water - 'The Donkey pool.'

### How?

- Identify strengths and areas for development.
- Develop a keen interest in P.E.
- Embed a willingness to participate eagerly in every lesson.
- Help children understand and achieve a healthy lifestyle.
- Develop the ability children have to acquire new knowledge and skills.
- Develop a whole school approach to rewarding children, building on sports values and improving school ethos and pupils' social and moral development.
- Develop staff confidence in P.E.
- Identify SEND and Gifted and Talented children and use relevant teaching strategies.
- Effective use of sports premium grant.

## What?

- PE kits are provided and laundered to enable all children to actively participate in sport without stigmas attached.
- We teach from long term plans, which reflect clear milestones of progression throughout Key stages and year groups
- Action plans updated every year.
- Impact evaluated annually and reported back to SLT and Governors.
- Health education will also be taught through P.S.H.E and Science. Children have a greater understanding of the body and why we must stay healthy.
- Our least active children are invited to a Change4Life club to help them feel comfortable during physical activity. They are monitored and progress is assessed.
- Bootcamp club aimed at children who can have challenging behaviour and need a focus.
- Sports Organising Crew established allowing children to have a voice in the school discussing sporting values and issues.
- Pupil questionnaires - discussed in School Council meetings.
- CPD in school by Sarah Abbiss to improve the overall standard of teaching and learning. Specialist teachers to work with other members of staff to develop the delivery of lessons.
- Each P.E. lesson has a high level of physical activity, allowing children to work alone, in small groups and in teams, practising skills in a wide range of different activities.
- Sport leader to conduct lesson 'drop ins' to monitor the teaching and learning taking place throughout the school.
- SEND pupils to have support or resources to help learning.
- Resource audit carried out throughout the year.
- Support given to Gifted and Talented children preparing them for competition and helping further progression.
- Large amount of active after school clubs held. At least 66% of KS2 children to attend active after school club.
- Increased participation in competitions throughout the year - covering a range of sports. By July 2020 a larger amount of children to have taken part in at least seven competitions (equal to the seven from the last academic year).
- We give every child the opportunity to 'learn and lead' through the PE curriculum. Children enthused by the prospect of showing their understanding and supporting other children. Improve the overall progress of lessons.
- We have developed links with local primary schools, secondary schools and clubs. Children will meet children from different schools and take part in inter-school competitions. Children take part in a wider range of sporting experiences that we do not offer at Wren's Nest - E.g. - Black Country Games.
- Children rewarded in assembly. School values and ethos are complemented by sporting values.
- Encourage a healthy lifestyle by walking to local trips and places of interest.
- Gold Award achieved to recognise contributions in sport at Wren's Nest.
- All playgrounds are designed to encourage physical activity.
- Sport Days are used to encourage healthy competition, team work and resilience.
- Residential experience to promote physical development, resilience and for children to experience activities that cannot be offered in school.
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- All year groups have made a link with a local activity centre (Sycamore Adventure) based within Wren's Nest community.
- Links are made with local health and fitness facilities to promote healthy lifestyle outside of school - Dudley Leisure Centre, The Village Gym.