

Lumley Junior School Sports Premium 2019-2020

Our sports premium allowance for **2019-2020 is £17, 590.00** (+ carry forward associated with activities which could not be undertaken due to Covid-19 of **£2722.00**). We aim to use this funding to have a lasting impact on the health and fitness of our children, by promoting healthy lifestyles, improving the teaching of PE, providing opportunities to participate in a range of competitions, to offer a range of out of school clubs and create links with local community organisations and sports clubs.

Swimming Analysis: Pupils from Years 3-6 take part in weekly swimming lessons throughout the year in order to ensure that as many of them as possible reach the required expectation to be able to swim confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively and be able to perform safe self-rescue in different water-based situations. In 2019-2020, Year 6 pupils were timetabled to take part in weekly swimming lessons in the Summer term, but due to Covid-19 and the subsequent closure of Bullion Lane Swimming Pool, coupled with the closure of Lumley Junior School to all but key worker children, Y6 pupils could not undertake the required assessments. In the academic year 2018-2019, Bullion Lane Swimming Pool closed for urgent refurbishment and, in addition, lessons in that year were suspended due to the illness and subsequent unavailability of the swimming teacher. These circumstances were beyond Lumley Junior School's control and have resulted in the inability of the school to provide Year 6 swimming data for the academic year 2018-2019. As soon as is practical, Year 6 pupils will resume swimming lessons and assessment data will be made available.

National Objective	Programme/Initiative/Action	Cost	
	<p><u>School Sport Partnership GOLD SLA Programme (2019-2020).</u></p> <p><u>GOLD COVER OPTIONS:</u></p>	<p>£6975.00</p> <p>TOTAL POINTS 30</p>	
<p>To improve the quality of teaching of PE.</p> <p>To provide sport related after school clubs.</p> <p>To further extend a competitive element to the PE provision, both within school and against other schools.</p>	<p>A fully organised annual programme of competitions tournaments and festivals <u>in addition</u> to School Games which are provided free of charge to schools as part of a national government funded programme.</p> <ul style="list-style-type: none"> - <u>Access to flagship events e.g. (Durham DASH).</u> - <u>Access to SSP Network Meetings to support PE Subject Leaders in their role developing P.E. and sport within school.</u> 		

<p>To increase participation in PE.</p> <p>To provide links with local clubs outside of school.</p> <p>To engage ALL pupils in regular physical activity - kick-starting healthy active lifestyles</p> <p>To increase the confidence, knowledge and skills of all staff in teaching PE and sport</p>	<ul style="list-style-type: none"> - Access to multi-skill academies for Year 5 & 6 children who show potential sporting talent. - 2 full days or 4 half-days of high-quality P.E. and strategic support from a specialist PE teacher which can be used (but not exclusively) for the following services:- - Auditing the CPD needs of staff across the school - Planning with teachers to highlight resources/strategies available to them. - Half day CPD session (in school) with identified member/s of staff and their pupils - Whole staff CPD on an aspect of the P.E. Curriculum. - Assisting with P.E. Curriculum planning. - Support developing a P.E. assessment system - Support for P.E. Subject leaders with P.E. lesson observations. 		

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| | <ul style="list-style-type: none">- Assisting schools to produce a development plan and reporting on their use of Sport Premium funding.- Support for P.E. Subject Leaders and Head teachers to ensure the information they have on their school website about their Sport Premium funding is OFSTED ready.- Equipment Audit / Demonstrating to staff how 'different' equipment can be used in curriculum P.E.- Support with 'Active 30' implementation or support with setting up a 'Daily Mile' initiative.- Access to the Destination Judo programme for every young person in school.- Online catalogue of P.E. and Sport resources, including session plans, ideas for activities, skills and drills.- Equipment Library: a central pool of specialist equipment available on a temporary loan basis.- Online and telephone support and email news/alerts. | | |
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	<ul style="list-style-type: none">- Centrally coordinated development opportunities for staff. - Intra-school virtual competitions (online resource) - 'Personal Best Challenge' Online Resources. - Reporting service for Ofsted. - 12-hours of High-Quality curriculum staff mentoring by a coach in one of the following areas: Invasion Games, Net & Wall, Athletics, Fundamental Movement Skills (<u>to take place on a morning</u>). The role of the coach mentor will be to offer the staff they work with ideas of activities/drills/mini games which will aid them with their curriculum delivery. Coaches will be sourced, vetted and supplied by the School Sport Partnership. As advised by the government these coaches will work alongside teachers to provide professional development and will not cover PPA time. - 12-hours of High-Quality curriculum staff mentoring by a Dance coach (<u>to take place on a morning</u>). The role of the dance coach mentor will be to offer the staff they work with ideas of how they can deliver the core tasks which will aid them with their curriculum delivery. Coaches will be sourced, vetted and supplied by the School Sport Partnership. As advised by the government these coaches will		
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work alongside teachers to provide professional development **and will not cover PPA time.**

- A 36-hour fitness & health education programme (24-hours of curriculum coaching **to take place on an afternoon over 12 weeks** plus 12 hours of extracurricular coaching to take place afterschool). Weekly sessions will include junior circuit training, health & nutrition workshop, children's boxercise, smoothie bike session, fun fitness etc) coupled with an afterschool Change 4 Life / Fitness Club aimed to help schools achieve the goal of having all students active 30 minutes per day. The SSP Staff member will work alongside school staff members to up skill them and will leave a resource pack.
- 2 half days of playground/sports leadership training, to be delivered in your school by SSP staff
- 3 half days of support to create a resource bank of 'Active Burst' videos involving the students from the school
- Provision of 5 buses to festivals / competitions.
- A full day intra-school sport event to be delivered in your school by SSP staff. The full day will include an element of sports leadership training for a selected group of students, identified by the school,

	<p>who will work alongside SSP staff to deliver the event.</p> <ul style="list-style-type: none">- A half day intra event where an SSP staff member works alongside a class teacher/s to deliver an intra event on the school site aiming to help staff select the students who will go on to represent the school in an inter-school event- 3 half day intra events for year 5 or 6 class where an SSP staff member works alongside a class teacher/s to deliver an intra event on the school site aiming to help staff select the students who will go on to represent the school in an inter-school event. 3 additional inter-school event are included in this package. Example Sports will be: Dodgeball, Rounders, Tri Golf- A 'Zumba Kids' morning (Dance coach will work with 2-3 classes during the morning and give each class an introductory 40-60-minute session)- 5-Week After-School Fencing Club delivered by a qualified Durham Phoenix Fencing Club Coach- P.E. & Sport recognition pack. Includes 216 wristbands (school games values), 234 certificates, Trophies for 'Most Improved', 'Sporting Contribution', 'Sporting Values'		
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National Objective	Programme / Initiative / Action	Cost	Outcomes	Impact / Sustainability																																												
To further extend a competitive element to the PE provision, both within school and against other schools.	Children to compete against other schools within Chester-le-Street and in Durham & Tyne & Wear. League games /competitions and festivals organised in a variety of sports.	Football Affiliation Fee £150.00	Opportunities for pupils to participate in a wide range of competitions / festivals against other schools. Opportunities for the P.E. Subject Lead to develop children's knowledge and skills when leading and developing P.E. and sport within school.	Festival / Competition / League Participation 2019-2020																																												
		Netball Affiliation Fee £30.00		<table border="1"> <thead> <tr> <th>Year Group</th> <th>Festival/ Competition</th> <th>No of children</th> <th>Year group %</th> </tr> </thead> <tbody> <tr> <td>Year 3</td> <td>Swimming Gala</td> <td>2</td> <td>4%</td> </tr> <tr> <td>Year 3</td> <td>Multi-skills Sports Festival</td> <td>30</td> <td>61%</td> </tr> <tr> <td>Year 3 / 4</td> <td>Boys' Football</td> <td>3</td> <td>4%</td> </tr> <tr> <td>Year 4</td> <td>Swimming Gala</td> <td>6</td> <td>19%</td> </tr> <tr> <td>Year 4</td> <td>Multi-Skills</td> <td>32</td> <td>100%</td> </tr> <tr> <td>Year 4</td> <td>Gymnastics Carousel</td> <td>32</td> <td>100%</td> </tr> <tr> <td>Year 4</td> <td>Boys' Football League</td> <td>10</td> <td>31%</td> </tr> <tr> <td>Year 4/5/6/</td> <td>Girls' Football Festival</td> <td>8</td> <td>7%</td> </tr> <tr> <td>Year 5</td> <td>Cross - Country Competition</td> <td>22</td> <td>44%</td> </tr> <tr> <td>Year 5</td> <td>Swimming Gala</td> <td>8</td> <td>16%</td> </tr> </tbody> </table>	Year Group	Festival/ Competition	No of children	Year group %	Year 3	Swimming Gala	2	4%	Year 3	Multi-skills Sports Festival	30	61%	Year 3 / 4	Boys' Football	3	4%	Year 4	Swimming Gala	6	19%	Year 4	Multi-Skills	32	100%	Year 4	Gymnastics Carousel	32	100%	Year 4	Boys' Football League	10	31%	Year 4/5/6/	Girls' Football Festival	8	7%	Year 5	Cross - Country Competition	22	44%	Year 5	Swimming Gala	8	16%
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Cross-Country & Rugby Affiliation Fee £25.00																																																

				Year 5	Tri Golf Festival	24	48%
				Year 5	District Cross Country	17	34%
				Year 5	Boys' Football League	11	22%
				Year 5/6	Tag Rugby (SSP Competition)	20	24%
				Year 5/6	Sportshall Athletics	18	22%
				Year 5/6	Boys' Winter Football League	10	12%
				Year 5/6	Boys' Five-a-Side Football	7	8%
				Year 5/6	County Cross - Country Finals	6	7%
				Year 5/6	Inter-School Dodgeball	30	36%
				Year 5/6	Tag Rugby Winter League	11	13%
				Year 5/6	Girls' Football League	10	12%
				Year 6	Swimming Gala	8	24%
				Year 6	Girls' Netball League	10	30%
				Year 6	District Cross Country	15	45%
				Year 6	Boys' Football	9	27%
				Year 6	G&T Programme	4	5%
To provide sport related after school clubs /	After-school / lunchtime / before school clubs organised to support pupils in the development of key skills and to improve overall fitness levels.	Costs incurred per activity	Pupils have the opportunity to attend a wide range of clubs to improve confidence and skills in a variety of sporting	Clubs organised to support the development of key skills 2019-2020			

<p>lunchtime clubs and before school fitness clubs.</p> <p>To provide links with local clubs outside of school</p>		<p>- see below.</p>	<p>disciplines. All clubs delivered by Specialist Coaches / the school's Sports Apprentice / P.E. Subject Lead.</p>	<table border="1"> <thead> <tr> <th data-bbox="1503 113 1709 217">After School /</th> <th data-bbox="1709 113 1935 217">Year Groups</th> <th data-bbox="1935 113 2154 217">Numbers</th> </tr> </thead> <tbody> <tr> <td data-bbox="1503 217 1709 320">Tag Rugby Winter League</td> <td data-bbox="1709 217 1935 320">Years 5/6</td> <td data-bbox="1935 217 2154 320">24</td> </tr> <tr> <td data-bbox="1503 320 1709 392">Boys' Football</td> <td data-bbox="1709 320 1935 392">Years 4/5/6</td> <td data-bbox="1935 320 2154 392">25</td> </tr> <tr> <td data-bbox="1503 392 1709 464">Girls' Football</td> <td data-bbox="1709 392 1935 464">Years 4/5/6</td> <td data-bbox="1935 392 2154 464">18</td> </tr> <tr> <td data-bbox="1503 464 1709 496">Girls' Netball</td> <td data-bbox="1709 464 1935 496">Years 4/5/6</td> <td data-bbox="1935 464 2154 496">20</td> </tr> <tr> <td data-bbox="1503 496 1709 568">Cross - Country</td> <td data-bbox="1709 496 1935 568">Years 4/5/6</td> <td data-bbox="1935 496 2154 568">38</td> </tr> <tr> <td data-bbox="1503 568 1709 600">Change4Life</td> <td data-bbox="1709 568 1935 600">Years 3/4</td> <td data-bbox="1935 568 2154 600">38</td> </tr> <tr> <td data-bbox="1503 600 1709 632">Multi-skills</td> <td data-bbox="1709 600 1935 632">Years 3/4</td> <td data-bbox="1935 600 2154 632">29</td> </tr> <tr> <td data-bbox="1503 632 1709 703">Fencing Club</td> <td data-bbox="1709 632 1935 703">Year 4 & 6</td> <td data-bbox="1935 632 2154 703">10</td> </tr> <tr> <td colspan="3" data-bbox="1503 703 2154 807" style="text-align: center;">Lunchtime Clubs</td> </tr> <tr> <td data-bbox="1503 807 1709 839">Football</td> <td data-bbox="1709 807 1935 839">Year 3</td> <td data-bbox="1935 807 2154 839">10</td> </tr> <tr> <td data-bbox="1503 839 1709 871">Football</td> <td data-bbox="1709 839 1935 871">Year 4</td> <td data-bbox="1935 839 2154 871">12</td> </tr> <tr> <td data-bbox="1503 871 1709 903">Football</td> <td data-bbox="1709 871 1935 903">Year 5</td> <td data-bbox="1935 871 2154 903">11</td> </tr> <tr> <td data-bbox="1503 903 1709 935">Football</td> <td data-bbox="1709 903 1935 935">Year 6</td> <td data-bbox="1935 903 2154 935">14</td> </tr> <tr> <td data-bbox="1503 935 1709 1007">Girls' Football</td> <td data-bbox="1709 935 1935 1007">Year 5/6</td> <td data-bbox="1935 935 2154 1007">10</td> </tr> <tr> <td data-bbox="1503 1007 1709 1118">Cross Country Training</td> <td data-bbox="1709 1007 1935 1118">Years 4, 5 & 6</td> <td data-bbox="1935 1007 2154 1118">38</td> </tr> <tr> <td data-bbox="1503 1118 1709 1150">Multi-skills</td> <td data-bbox="1709 1118 1935 1150">Years 3 & 4</td> <td data-bbox="1935 1118 2154 1150">22</td> </tr> <tr> <td data-bbox="1503 1150 1709 1182">Rugby</td> <td data-bbox="1709 1150 1935 1182">Years 5 & 6</td> <td data-bbox="1935 1150 2154 1182">22</td> </tr> <tr> <td data-bbox="1503 1182 1709 1214">Netball</td> <td data-bbox="1709 1182 1935 1214">Years 5 & 6</td> <td data-bbox="1935 1182 2154 1214">20</td> </tr> <tr> <td data-bbox="1503 1214 1709 1398">Sports Leader Club (Personal Best Challenges).</td> <td data-bbox="1709 1214 1935 1398">Years 3-6</td> <td data-bbox="1935 1214 2154 1398">100</td> </tr> <tr> <td colspan="3" data-bbox="1503 1398 2154 1489" style="text-align: center;">Before School / Other Sporting Initiatives</td> </tr> </tbody> </table>			After School /	Year Groups	Numbers	Tag Rugby Winter League	Years 5/6	24	Boys' Football	Years 4/5/6	25	Girls' Football	Years 4/5/6	18	Girls' Netball	Years 4/5/6	20	Cross - Country	Years 4/5/6	38	Change4Life	Years 3/4	38	Multi-skills	Years 3/4	29	Fencing Club	Year 4 & 6	10	Lunchtime Clubs			Football	Year 3	10	Football	Year 4	12	Football	Year 5	11	Football	Year 6	14	Girls' Football	Year 5/6	10	Cross Country Training	Years 4, 5 & 6	38	Multi-skills	Years 3 & 4	22	Rugby	Years 5 & 6	22	Netball	Years 5 & 6	20	Sports Leader Club (Personal Best Challenges).	Years 3-6	100	Before School / Other Sporting Initiatives		
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				JumpStart Jonny / Active Burst Fitness Sessions	Years 3-6	35
				Daily Mile	Years 3 -6	85

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To improve the quality of PE teaching.	Employment of specialist coaches through the School Sport Partnership to deliver an after-school club for 12 - weeks, focusing on health-related fitness. 36 Hours of Health - Related Fitness and weekly After-School Change4Life Club).	Leanne Kemp LK Health & Wellbeing Ltd SLA	To support all staff, including Teaching Assistants and Higher-Level Teaching Assistants with the planning, delivery and assessment of sport.	An opportunity for 34 pupils from Years 3 and 4 to engage in a 'Change4Life Multi-skills Programme' to promote a healthy lifestyle and improve self-esteem. Pupils, who would not normally engage in sport, were encouraged to attend. Through fun, team-building fitness sessions, pupils learnt all about the benefits of daily exercise, the importance of teamwork and how exercise can have a positive impact on general motivation levels.		
	Employment of a UEFA 'A' Qualified Coach from Durham Football Association to work alongside teachers and support staff to develop their knowledge and confidence in the delivery of high-quality P.E.	Durham F.A. £605.00	Opportunity to access Durham County Football Association's Primary Teacher Support Programme to upskill primary teachers / support staff in the delivery of high-quality National Curriculum P.E. Opportunities to lead a healthy lifestyle and to improve key skills in readiness for intra-school and inter- school competitions and festivals.	115 pupils from Years 4, 5 and 6, plus 4 teachers and 3 support staff received specialist coaching in the delivery of high-quality P.E. Teachers were offered the opportunity to take the lead in the delivery of the lesson, whilst receiving on-going support and feedback from Richard Shuffleton, (UEFA 'A' Coach). When required, best practice delivery / co-delivery was modelled to ensure staff were upskilled in key areas. Time was allocated at the end of each session to review and reflect, in order to positively inform the new cycle of planning and delivery, taking on board the feedback received during the delivery of the lesson. Pupils were encouraged to attend Durham County FA Player Development Centre at the Riverside Sports Complex in Chester-le-Street. (3 children have registered and presently participate in weekly training sessions).		
	Access to a specialist coach to teach Multi-skills.	A.E. Coaching Ltd	Opportunities for pupils in Years 4, 5 & 6 to receive specialist Multi-skills coaching	115 pupils from Years 4, 5 and 6, plus 4 teachers and 3 support staff were upskilled in the delivery of Multi-skills. Teachers worked with a specialist		

		£1190.00	to improve their overall co-ordination, balance, agility and fitness levels via a range of organised Multi-skills activities.	coach (Ant Lowerson) to deliver lessons. Best practice delivery was modelled, enabling staff to feel more confident on how to differentiate Core Task activities for less able / most able pupils. Teachers benefitted from seeing a range of warmup and cooldown activities – all of which were linked to the key objectives of each session.
	Access to a specialist fitness coach to work with pupils to improve their resilience and team building skills and to assess fitness levels.	A.E. Coaching Ltd. £60.00	Opportunities for pupils in Year 6 to receive specialist fitness coaching to improve their resilience, teambuilding and assess their fitness levels.	33 pupils from Year 6 gained experience of 'easy to adapt' exercises to enable them to improve, not only their fitness levels, but their team skills, mental capacity and resilience
	Access to a specialist Rugby Coach.	RL Rugby £250.00	Opportunities for pupils in Years 5 & 6. to receive specialist Rugby coaching to enhance their skills in readiness for their participation in the Durham & Chester-le-Street Rugby League.	24 pupils from Years 5 & 6 received specialist Rugby coaching. All pupils improved their cardiovascular fitness, endurance strength, upper and lower body agility, speed, ball-handling and kicking skills. During after-school coaching sessions and league games, pupils worked on their team skills, social interaction communication and self-discipline.
To increase the confidence, knowledge and skills of all staff in teaching PE and sport	Supply Cover to allow staff to attend CPD Courses.	SLA	Opportunities for CPD for all school staff, including the PE Subject Leader. P.E. Subject Lead to attend National Curriculum Physical Education Conference organised by Durham County Football Association in conjunction with the F.A. Conference focus - To explore the delivery of high-quality P.E. within Primary Schools	Cancelled due to COVID-19.
	CPD to be provided by SSP specialist coach for 12-hours of Invasion Games. (Autumn 2)	SLA	Opportunities for 2x Year 3 teachers and 1 x support staff to receive CPD to improve their knowledge and delivery of Invasion Games.	Teachers and support staff benefitted from 6 hours of CPD linked to Core Tasks for Invasion Games. All staff benefitted from seeing differentiation in practice and a range of warmups and cooldowns being delivered by a specialist

				coach. Staff now feel more confident and have a better understanding of the pace required to keep all pupils engaged when delivering high-quality P.E.
	CPD to be provided by SSP specialist coach for 12-hours of Dance coaching. (Spring 2).	SLA	Opportunity for 1x Year 3 teacher and 1x Year 4 teacher to receive CPD to improve their knowledge and delivery of Dance.	All staff benefitted from working with a Dance specialist to build up a Dance sequence. Staff improved in confidence and now have a greater understanding of how to model specific Dance moves so that over a period of weeks a Dance sequence can be produced to meet the objectives set out in a Core Task.
To promote active healthy lifestyles. To increase participation.	The employment of a Sports Apprentice to work with the P.E. Subject Lead to support the delivery of high-quality P.E. and sport.	£8713.00	Opportunities to work with teachers to support the delivery of physical activity, P.E. and school sport and to support the overall health and well-being of all pupils.	Sports Apprentice has worked alongside all class teachers to enhance the delivery of curriculum P.E and school sport by: <ul style="list-style-type: none"> • delivering warmups and cooldowns in P.E. lessons • recommending warmup and cooldown activities to enhance lesson delivery • coordinating Daily Mile, Active Burst & Jumpstart Jonny Fitness Sessions, • supporting the organisation and delivery of intra-competitions within school, • providing support and encouragement to small groups of disengaged pupils and pupils with additional needs.
	Participation in the Year 6 Gifted & Talented Programme	SLA	Opportunities to develop the skills of 4 Gifted and Talented pupils via the SSP Gifted & Talented programme.	4, Y6 pupils participated in the G&T Programme organised by the School Sports Partnership. All pupils benefitted from the programme by improved organisation skills, communication skills and teamworking via a programme of events throughout the course of the year. Pupils participating in the G&T programme were provided with extra support to help develop their all-round sporting skills, including agility, co-ordination, balance, strength and speed.

Lunchtime Club for the Year 5/6 Girls' Football Team.	£0 (Cost incorporated into AE Coaching Ltd support package).	<p>Opportunities for the Year 5/6 Girls' Football Team to improve their passing, dribbling, control, shooting and defending skills with the support of a specialist coach.</p> <p>Opportunities to encourage wider participation in girls' football.</p>	10 girls received specialist coaching over a period of 12 weeks. All improved their passing, dribbling, control, shooting and defending skills, as well as their overall fitness levels. Following the training, the Girls' Football Team improved in confidence and skill and performed well in competitions and league games.
A 5-week after-school Fencing Club to be delivered by Durham Phoenix Fencing Club.	SLA	Opportunities for pupils to take part in a non – traditional sport to improve their confidence, resilience and team skills.	At the end of the 5-week training programme, 10 children were able to showcase their Fencing skills via a 45-minute demonstration in front of parents / carers. Over the course of the 5-weeks, pupils demonstrated improved confidence, resilience and teamworking. 2, Year 6 children went on to join Phoenix Fencing Club in Durham to further enhance their skills and compete in competitions.
'Active 30 Daily Mile Initiative'.	£0	A tool to promote active learning, aid physical and mental wellbeing and support children to achieve a minimum of 30 minutes of daily physical activity.	Pupils have been actively encouraged to take part in the Daily Mile Initiative each morning from 8:30 – 8:50am. Pupils taking part feel more alert in morning lessons, have demonstrated improved concentration in the classroom and an improved mood, shown better resilience and improved stamina. Pupils have been proud of the improvements they have made to their Personal Best Challenge with many increasing the number of laps completed in a 20-minute period over the course of the year.
Sports Apprentice Fitness Sessions.	£0	Opportunities for pupils to improve their fitness levels by working with the school Sports Apprentice.	Pupils attending fitness sessions have shown an improvement in agility, speed and coordination and are now more motivated to nominate themselves to take part in a whole host of different sporting activities. 'Active 30' resources, available on the School Sport Partnership Website http://durhamcls-ssp.co.uk/ have worked

				well and been used to create a fun, competitive element to fitness sessions.
Intra -School Basketball	SLA	Opportunity for pupils in Years 3-6 to learn the skills associated with Basketball.		14 Sports Leaders became more confident with their delivery worked with a specialist coach from the SSP to gain experience in the delivery of basketball sessions. 160 pupils improved their coordination, catching and throwing skills and overall fitness, and, following this initial coaching session, pupils were motivated to organise additional practice sessions during break times.
Yoga	£225.00	Opportunity for pupils in Years 3-6 to take part in Yoga, a non- traditional sport, delivered by a specialist teacher.		To support 'Mental Health Awareness Week', 160 pupils learnt the techniques involved in the non-traditional sport of Yoga and worked with a specialist teacher. Pupils learnt how to: <ul style="list-style-type: none"> - increase their flexibility, - increase muscle strength and tone, - improve respiration, energy and vitality, - maintain a balanced metabolism, - protect themselves from injury.
Circuit Training with a specialist coach. (Emma Nichol, Manager SSP).	£0	Opportunity for pupils from Years 3 & 4 to receive specialist coaching to improve their cardiovascular fitness, muscular strength and muscular fitness.		80 pupils enjoyed the competitiveness of rotating through a number of stations, performing different exercises to time or repetitions back to back with minimum rest until the circuit was completed. During the sessions, pupils improved their cardiovascular fitness, muscular strength and muscular fitness. Circuit Training supported our whole-school effort to raise money for the NSPCC, as it was linked to a National Buddy's Big Workout Campaign. Pupils raised sponsorship and as a school we used this sporting activity to raise £1159.78 for the NSPCC
Intra - School Dodgeball	SLA	Opportunity for pupils in Years 3-6 to learn the skills associated with Dodgeball		14 Sports Leaders supported the delivery of this Intra-School Dodgeball activity and improved their confidence, communication skills and team skills. 160 pupils improved their coordination, catching and throwing skills and improved their overall fitness.

	Renewal of Jump Start Jonny Online Fitness DVDs to be used	£209.00	A tool to promote active learning, aid physical and mental wellbeing and support children to achieve a minimum of 30 minutes of daily physical activity.	JumpStart Jonny Fitness DVDs have been used each morning in the school hall from 8:30 – 8:50am. Being active before school helped pupils to feel more alert in morning lessons, demonstrate improved concentration in the classroom, have an improved mood, and gain improvements to their overall fitness levels. Pupils had the opportunity to produce their own Dance fitness videos with the support of a specialist Dance Coach.
	3 half days of activities to support the making of Active 30 Dance Fitness Videos	SLA	An opportunity for pupils from Years 3-6 to work with a Dance coach from the School Sport Partnership to produce 15 short videos, which will then be used on a morning to compliment JumpStart Jonny Online Fitness sessions. Videos will be edited professionally and made available as a whole school resource.	Pupils received specialist Dance coaching and were able to improve their muscular strength, endurance, aerobic fitness, agility and flexibility. Pupils' confidence and coordination improved as they worked to develop their team skills, practising various sequences and routines in a group situation.
	Playground / Sports Leader Training	SLA	Playground / Sports Leaders to organise activities and games to encourage wider participation during break times.	14, Year 5 pupils received 2 half days of training supported by Marie-Claire Lowery from the School Sport Partnership. Both session introduced pupils to a variety of games, which were delivered in teams during playtimes and lunchtimes to encourage all pupils within school to become more active. All activities supported our drive to achieve 'Active 30'.
	Dance City Coaching.	£0	Opportunities for pupils in Year 6 to receive specialist Dance coaching and to be encouraged to join a dance club to improve their co-ordination, core strength and cardiovascular fitness.	33, Year 6 pupils received specialist Dance coaching and were able to improve their muscular strength, endurance, aerobic fitness, agility and flexibility. Pupils' confidence, coordination dance skills and overall fitness levels improved.

			and become more interested in Dance as a mode of fitness.	
Zumba Kids Morning	SLA	Opportunities for pupils to be introduced to Zumba, receive coaching from a specialist Dance coach and become more interested in dance as a mode of fitness.	33 pupils in Year 4 became more confident in performing fun, Zumba Dance moves. 4 pupils showed an interest in joining a Dance school to further enhance their skills.	
<u>Bikeability Training</u>	£0	Opportunity for pupils to be taught to ride their bikes without stabilisers and to provide children with the confidence to ride their bike independently and be road safety conscious.	28 pupils from Year 4 received specialist coaching on how to maintain, ride and stay safe on the roads.	
Purchase of 'Teach Active' English Resources.	£545.00	Opportunity for pupils to use 'Teach Active' English planning templates and resources to promote active learning in English, aid physical and mental wellbeing and support children to achieve a minimum of 30 minutes of daily physical activity.	'Teach Active ' lesson plans and accompanying resources have been used in all classes to engage pupils and support less able and SEN pupils with active learning. Utilising resources for starter activities to engage disengaged pupils has worked well and improved targeted pupils physical and mental wellbeing.	
To enhance the teaching of P.E. by accessing resources from the School Sport Partnership equipment library.	SLA	Opportunities to enhance the delivery of P.E & sport by accessing a range of resources.	Circuit Training / HIIT equipment, such as ropes, boxing equipment and ladders were delivered to school to enhance P.E. delivery and improve pupils' overall enjoyment of fitness training sessions.	
<u>Transport</u> To utilise opportunities to attend festivals and events through the availability of 5 buses as part of the GOLD SLA package.	SLA (+£500 contribution towards transport costs).	Opportunities for pupils to participate and compete against other schools.	Transport has been provided as part of the SLA package to enable children to participate in sporting events / competitions.	

	Production of 'The Lumley Blue Sports Newsletter'.	£0	An opportunity to advise all parents /carers and pupils of the sporting achievements and activities completed each term.	<p>The Lumley Blue Sports Newsletter' is produced 3 times per year at the end of Autumn / Spring and Summer term and acknowledges the sporting achievements of all school teams. It provides an overview of sporting achievements and activities each term, together with a list of the specialist coaches who have worked in school.</p> <p>'The Lumley Blue' is available on the school website.</p> <p>Positive feedback from pupils has resulted in improved motivation levels towards participation in team sports.</p>
	Sporting Achievements Noticeboard in school to recognise all sporting achievements and motivate pupils to become more active and participate in a whole host of different sports.	SLA	Opportunities to showcase sporting success and reflect the importance of a healthy lifestyle.	The Sporting Achievements Noticeboard is a visual reminder of the sporting activities undertaken each term. Sports Leaders have been involved in taking photographs and writing reports following participation in sporting events. This display is regularly updated with pictures and brief reports to reflect pupils' achievements in specific events, such as District Cross Country, Netball, Football, Rugby, Fencing, Multi-skills and Swimming are
Activities planned to promote active healthy lifestyles and to increase participation but cancelled due to COVID-19				
	A Street Activities and Games Day.	<p>A.E. Coaching Ltd.</p> <p>£150 To be carried</p>	Activity day aimed to inspire pupils to go outside and play on the streets of the local community rather than play on games consoles in the house. (includes information on road safety & how to play with care	Cancelled due to COVID-19.

		over to 2020-2021	at key locations within the area, (parks / community centres etc).	
	Judo Workshop.	SLA	Opportunity for Years 3-6 children to attend a Judo workshop and participate in a 'non-traditional' P.E. activity.	Cancelled due to COVID-19
	High Intensity Interval Training (HIIT) / Fitness Day	(Leanne Kemp) LK Health & Wellbeing Ltd. £150 To be carried over to 2020-2021	2 days of HIIT and Multi-skills Fitness Sessions on the school field to celebrate the end of the school term and to stress the importance and benefits of cardiovascular training on the mind and body.	Cancelled due to COVID-19
	<u>Year 5/6 Team Orienteering</u>	SLA	Opportunity for Year 5/6 pupils to discover that orienteering is a fun and challenging activity that allows children to explore the great outdoors and at the same time improve mental health and wellbeing, cardiovascular capacity and decision-making.	Cancelled due to COVID-19
	Year 5/6 District Athletics Competition	SLA	Opportunity for pupils to compete against other schools in track and field Athletics events.	Cancelled due to COVID-19
	Year 4/5 Cricket Festival	SLA	Opportunity for pupils to compete against other schools in a Cricket Festival.	Cancelled due to COVID-19

Additional Spending on Sports Equipment.	- Kitlocker Nike Football Socks	£88.90		
	- Pump & Adapter	£6.50		
Links with Local Clubs	- Durham & Chester-le-Street School Sports Partnership			
	- Sedgefield School Sports Partnership			
	- Durham F.A.			
	- Riverside Sports Complex (Athletics)			
	- Durham Rugby Club			
	- Park View Secondary School			
	- The Vixens Netball Club, Durham			
	- Durham Gymnastics Club			
	- Sacriston Cricket Club			
	- Freeman's Quay Swimming Club			
	- Dance City. Newcastle			
	- Phoenix Fencing Club, Durham			
	- Cocken Lodge Golf Club			