

Meadlands Primary School.
Subject Leader's Annual Report to Governors 2018.



Name of Subject Leader: Jess Bunker

Subject: PE & Healthy Living

Effectiveness of leadership and management

Healthy Living encompasses many areas of learning and of school life, many crossing over with PSHE and SMSC, therefore please refer to these reports also to fill any gaps that might have been left. This report will feed back largely on PE and sport as well as healthy eating at Meadlands.

This year we have, through high expectations during lessons as well as whole school assemblies, initiatives and events, continued to develop a culture of high expectations in and passion for PE and sport. PE continues to be a popular subject at Meadlands in which the vast majority of children are successful and happy, and sport (in its wide variety of forms) continues to be a passion and hobby for most of our children also. There is a strong team delivering PE and clubs, including excellent and well-respected internal and external practitioners. I am incredibly lucky to have the continued support of Josh Penberthy, who next year will take on the role of PE and Healthy Living Coordinator, as well as three other keen and experienced sports coaches amongst our internal team: Don Eckford, Caleb Wolfreys and Dan Notice. Teacher confidence among the wider teaching team has improved, and expectations in PE and sport continue to be high. I have worked hard this year to continue to build and sustain a high profile, with positive feedback from all stakeholders.

We are delighted to have just achieved Gold Sports Mark status again, in recognition of (amongst other criteria) the excellent curricular and extra-curricular provision at Meadlands, the higher than average curriculum time dedicated to PE and number of children participating in clubs, as well as how children are developed as young sports leaders.

We have made great progress on the key areas for development I identified at the end of last year, including monitoring and improving engagement of target groups (PP/SEN/inactive), developing the role of sports leaders, and developing teacher confidence and teaching quality.

Assemblies

There have been a number of PE and Sport or Healthy Living based assemblies this year, led by myself, JLT or specialists in the field (e.g. NSSport). These have promoted dialogue between children about healthy living and enabled children to have a better understanding of how to stay healthy. Assemblies designed by my JLT leaders have been a particular success, creating a 'buzz' and conversation amongst their peers of all ages, and motivating children to take on physical challenges and change existing habits.

For a third year, I have successfully organised sports awards and led a Sports Personality of the Year assembly, this time supported by Monty and Rushpal, my Junior Leaders. Thirteen individual sports awards were presented to children who have shown, for example, great commitment, sportsmanship, skill, progress or attitude in each of our school clubs/sports. In addition, children across the school were able to vote for their 'Sports Personality of the Year' and gave a written explanation of why they were choosing that person. I received around 120 nominations, which shows its popularity, and the final winner and runner-up were then selected by myself and the PE team. Parents were invited to be a part of the celebration, and gave incredibly positive feedback, in addition to the children who were "shocked but so happy", to quote one of the winners. This small financial investment continues to be a highlight of sports week and the Meadlands year, and has helped to lift the profile of and raise expectations in PE and sport, as well as promote our school values.

Extra-curricular Provision

Our number and breadth of clubs continues to be excellent, particularly for a small school. This year's sports and healthy living clubs have included:

Meadlands Primary School.
Subject Leader's Annual Report to Governors 2018.



- | | |
|--|---|
| <ul style="list-style-type: none"> ✓ Athletics (internal) – KS2 ✓ Basketball – KS2 ✓ Dance (Boundless dance) – KS1 ✓ Dance (Boundless dance) – KS2 ✓ Football (AFC) – Y1-4 ✓ Football (AFC) – Y4-6 girls ✓ Football (internal) – Y4-6 boys ✓ Gymnastics (Motiv8) – KS1/2 | <ul style="list-style-type: none"> ✓ Judo (Academy Judo) – KS1/2 ✓ Multi-sports (NSSport) – KS1 ✓ Netball (internal) – KS2 ✓ Running club (internal) – All years ✓ Tag rugby (internal) – Y4-6 ✓ Tennis (Baseline) – All years ✓ Yoga (Sarah Tucker) – All years ✓ Cooking (internal) – All years |
|--|---|

With the increase of clubs over the last few years, the opportunities for participation and take-up across the school has steadily improved. This year's figures (see table below) demonstrate particular success, with the vast majority of children attending school clubs, most of which (although not all) are sports-based. These figures do not include Breakfast Club or Fit for Sport after school provision.

Clubs attendance (Rec, KS1 & KS2)	2015	2016	2017	2018
All	55%	64%	77%	83%
SEN	41%	77%	65%	92%
PP	42%	57%	62%	96%

Targeted invites were sent out to all SEN/PP families as well as children who were identified as being vulnerable, inactive or not currently participating in a club, and their places have been funded by the school through our Sports Premium budget. The take up for this was excellent with 35 out of 36 children accepting places (10 Rec/KS1, 25 KS2). Several of the children I interviewed

about PE this term (see pupil voice section to follow) were those who had been targeted, and their feedback about clubs was 100% positive. I hope that, with close monitoring and continued personalised approach next academic year, this will have given confidence to key targeted groups and inspired more active lifestyles and enthusiasm for PE and sport.

Yoga club continues to be a success and nurture healthy minds as well as bodies, and a cooking club has been introduced this year, led by Mr Wolfreys, which has been increasingly popular. The children create a delicious, healthy snack or meal each week and take this home to share with families. Feedback has been very positive and this club will be continuing in the Autumn term.

Events and competitions

As in previous years, we have continued to enter a range of leagues and competitions this year, with a focus on exposing as many children as possible to competitive game situations, while also developing and showcasing our stronger athletes. Competitions have ranged from more formal, highly competitive borough events, to more relaxed friendlies and opportunities to learn from/with other schools. The children's behaviour at all events has been exemplary and they represent Meadlands with pride, showing a fantastic attitude and level of sportsmanship.

Competitions and events include the following:

- **Dance:** Ignition Dance Festival – KS2 Dance club
 Dramatic Edge dance festival – KS2 Dance club
 In-school performances – KS1 and KS2 Dance clubs
- **Football:** Richmond schools year 5/6 boys football league
 Football friendlies with cluster schools – Girls/Boys KS2 clubs
 Year 2 local schools tournament
 Y5/6 Richmond schools tournament
- **Netball:** Friendlies with cluster schools and Richmond schools
 Y5/6 Richmond schools tournament
 Y6 vs staff netball match

Meadlands Primary School.
Subject Leader's Annual Report to Governors 2018.



- Rugby: Friendlies with cluster schools
- Swimming: Richmond schools swimming gala – KS2
- Running: Richmond mini mile – all year groups invited
- Athletics: Borough Sports competition at St Mary's University
Sports Day – EYs and KS1/2
- Other/multi-sports: Year 2 Sports festival at Greycourt School
Sports Day morning, inter-house games - KS1/2
Various inter-house competitions (in PE lessons/lunch times/sports week)
Trip to watch an international cricket match at The Oval, including activities

Engaging parents

With so many events in the PE and Sport calendar, we are reliant on strong, regular communication with families and this tends to be via letters sent on Parentmail or face-to-face conversation. As a result we have been able to gain volunteer helpers for travelling to matches/trips, coaching the swimming team, supporting children during matches and – ultimately – gain the trust, backing and support of the parent community. In support of this, I received an email from a parent following an event this year, saying “there is no SATs for sport and culture, but it’s one of the things you remember your school for, and where Meadlands excels.” I feel confident that Josh Penberthy, who is taking on the PE leadership next year, has already established positive relationships with and gained the support of a number of Meadlands families, and I have no doubt he will continue to build on this.

There continues to be PE and Sport page on the website, under which parents can access the curriculum map, events list as well as photos from events. Twitter posts have proved a particularly successful way of promoting sports and events and of immediately sharing photos and news with parents and the local community. To summarise highlights and successes of clubs, individuals and events each term, I have also continued to share a termly Sports Newsletter (see website for examples).

Sports Premium budget

We continue to receive a Sports Premium budget from the government and this year this has been increased drastically to £17000 this academic year, with the introduction of the ‘sugar tax’. So far this has contributed to events and competitions attended, resources and equipment, cover for staff to attend PE events, and paid clubs places for our more vulnerable families or targeted groups. For more information on impact, see the Sports Premium action plan on the school website, which I have continued to update this year and outlines both expenditure and the impact this has had.

It is important that Josh Penberthy, early in Autumn term if not before, is supported by myself and other members of SLT to develop a plan for future spending priorities and create an up to date document to be released online, as this is a statutory requirement each year. With only a proportion of our funding having been spent, we have discussed possible spending priorities for the year ahead, including contributing to the resurfacing of the MUGA to make this a safe space for outdoor PE and sport, and development of the EYs outdoor equipment such as a permanent climbing structure. Various factors (such as investigating the possibility of a new EYs building, and waiting for tree roots beneath the MUGA to die) have prevented us actioning these this academic year, so it is important that we consider whether these are likely to be a possibility in the near future and if not, how the budget would be best used in the next year for long term impact.

Equality and safeguarding

We have promoted equality in PE and sport through giving all children equal opportunities to take part in both PE lessons and extra-curricular sport. This includes SEN, EAL and those on the pupil premium register, who were sent personalised invites and offered free club places. With sporting events and competitions, children have been selected due to their commitment to clubs and attitude to sport rather than simply their sporting ability, and this policy has been formally agreed and shared with parents (within one of the termly sports newsletters). I continue to believe that

Meadlands Primary School.
Subject Leader's Annual Report to Governors 2018.



this approach is most appropriate and promotes Meadlands values, rather than simply selecting and developing elite athletes, although we do also very much encourage, nurture and challenge children who are higher achieving in PE as a whole or in individual sports. Josh and I – in discussing the future of PE at Meadlands – have discussed the need to challenge children and enable opportunities for strong cohorts and individuals to excel and succeed in inter-school competitions.

This year, we were able to secure the opportunity to take several of our more vulnerable children – including those with SEND, from low-income families, or who have been receiving ELSA support – on a day-long horse riding and grooming experience. The children were absolutely thrilled and eager to share their experiences with their peers on return, many of them still referring to it affectionately several months on. Initiatives like this in addition to our carefully timetabled and reviewed ELSA provision, from the wonderful Celia Day, continues to be a strength at Meadlands and enables children who may otherwise have difficulties engaging in classroom learning to successfully do so.

Quality of teaching and learning and assessment

Planning and assessment

Children in KS1 and KS2 continue to receive two hours of curriculum time PE a week (exceeding statutory requirements), which for all classes includes one specialist sport-focused lesson with Josh Penberthy and one 'Real PE' scheme lesson with the class teacher, which teaches developmentally appropriate skills that can be applied to various games and activities. This scheme is now well embedded across the school and teachers are more confident and able to deliver good or better PE lessons, as I have observed during formal lesson observations in Early Years, KS1 and KS2 this year. Teachers were receptive to feedback and grateful for ongoing curriculum support.

In addition to PE lessons, each class participates in yoga sessions led by yoga teacher Sarah Tucker, which promote a healthy body and mind. Timings of these sessions have been carefully planned so to be most effective, e.g. to support year 6 children's mental health and confidence during the build up to SATs. Sarah now knows the children very well and differentiates her sessions to suit all learners and to suit the specific physical, personal and emotional needs of that cohort, often giving them poses to practice at home to help them with a suggested problem (e.g. not being able to sleep, or being worried). Children who have previously not enjoyed yoga now participate fully and see the benefit of these sessions, with one year 6 for example winning the yoga award for her extreme change in attitude and the progress made in yoga sessions across KS2.

Formative assessment continues to play an important part in PE lessons, through observation and questioning. An end of term summative assessment for KS1/2 classes is carried out by Josh Penberthy. This continues to be based on teacher judgement as there are no set criteria for assessment in PE. We have also introduced a simple assessment system for swimming units, measuring which strokes and distances children can achieve at the end of their series of lessons. 93% of children were deemed to be working at the expected level within PE lessons this year, and 18% were exceeding this expectation. 77% of children showed in the end of year 6 swimming assessment that they were able to achieve the expected distance in swimming (25m unsupported), with 27% confidently exceeding this.

Cooking is not timetabled regularly although all classes have engaged in cooking as a part of their DT curriculum, often linking with class topics, and KS1/2 classes had additional healthy cooking sessions during Healthy Living week. Moving forward, it is important that we consider how cooking provision can be developed and improved to be more regular and consistently taught across the school and academic year.

Early Years

Physical Development continues to be one of the 'key areas...crucial for igniting children's curiosity and enthusiasm for learning, and for building their capacity to learn, build relationships and thrive' and this, alongside Communication and Language and Personal, Social and Emotional Development, are carefully planned for by the Early Years team, through child-led activities. Reception class receive a formal weekly PE lesson in addition to this, and benefit from specialist

Meadlands Primary School.
Subject Leader's Annual Report to Governors 2018.



support staff (Dan Notice) enabling them to split the class into smaller groups during lessons for maximum impact. I was really impressed with the quality of teaching and learning taking place when observing this class, and with how engaged and excited the children were about PE. Creating quality outdoor provision for the Early Years will be a key focus for future Sports Premium funding, and how/when this will be delivered is currently being discussed by the Senior Leadership team.

Trips and Workshops

We have continued to run PE based residential trips for years 4 and 6 to Thames Young Mariners and Bowles. Both trips expose children to a range of Outdoor and Adventurous Activities (which form a part of the National Curriculum for PE), which they are unable to experience in our school facilities and are likely not to have experienced outside of school. Feedback from children and staff is consistently very positive and children develop social and personal skills as well as physical. Other trips include all Year 5 children attending a schools day at The Oval cricket ground, where they were able to experience a professional, international match as well a variety of activities linked to the sport. In the school grounds or local area, Year 2 enjoyed a week of scooter training in the Autumn term and Year 6 have recently had a week of cycling proficiency training, led by trained volunteers.

Sports and Healthy Living Week

Much like last year, the week was a great opportunity to celebrate and promote a variety of aspects of healthy living including physical activity, healthy eating, mental health and physical health and hygiene. The children's understanding of why these are important also improved, as was evident in discussion and in written work completed during the week. I feel confident that the exposure to a wide range of new and existing activities will promote participation in clubs and events in the future, and encourage healthier, more active lifestyles outside of school.

The week included mixed year group PE lessons allowing them to work with different peers and exposing the children to new or unusual sports outside of our normal curriculum (e.g. ultimate Frisbee, dodgeball, rounders). All children also took part in healthy cooking sessions led by Jeanette Campling, dance workshops led by Lee Harvey from Boundless Dance and whole school yoga led by yoga teacher Sarah Tucker, with many also engaging in science activities linked to healthy living, SRE lessons and peer massage/mindfulness. Sports days were also a great success, with incredibly positive feedback from children, staff and parents on the organisation and range of events children were exposed to.

Personal development, behaviour and welfare

When asked about their experiences of PE, sport and cooking, the children of Meadlands (including a cross section of SEN, PP and mixed abilities who were interviewed) had this to say...

Pupil Voice

Early Years	<i>Sports day was good! The best was the race and even my mummy got to race. I loved the sack race! And also PE is fun because we act it out like we are squirrels collecting nuts and we run around."</i>
Year 1	<i>PE is really fun! I like it too. Miss Liebmann is good at PE and Mr Penberthy is too. We wear our PE kits on PE days. I do multi-sports club before school, we do lots of games and sports with Jack and sometimes he lets us choose. I love dance too!</i>
Year 2	<i>I love PE because it's sporty and it's fun and it gives you exercise. I like doing dance and yoga clubs. PE is great because we do lots of games like baby tag! I went horse-riding once and it was the best! I got to look after the pony and I rode it too. I love doing cooking – it's yummy – I know because you're allowed to eat it! We made healthy pizza wheels and we made bruschetta. Miss Bunker teaches us how to live a healthy life.</i>
Year 3	<i>This year I have done football, basketball and cooking club. They're all good, I don't know which is my favourite...maybe basketball because I'm with all of my friends and it's so fun! I do tennis – that's new for me and it's really good – and multi-sports club too. In PE cricket is really fun. Mr P is a fun teacher and he teaches fun lessons!</i>

Meadlands Primary School.
Subject Leader's Annual Report to Governors 2018.



Year 4	<i>I love multi-sports club the most because we do lots of games and running which is my favourite sport. Borough Sports was great because we take part in lots of races and events, and I've also done the swimming gala and dance shows. PE is really great, I like it a lot! It was really nice having a different person [AFC coaches] teaching us PE for some of this term too – it was a change. But Mr P is really fun and really nice. Mrs Nolan teaches us PE too – her lessons are more skills like how to catch and things. They're all great!</i>
Year 5	<i>I like the different sports we get to try out in PE and how we build up to doing a proper sport – like this term we learned how to bat and how to bowl and at the end we got to play cricket games and we were prepared for it. Cooking was so great! We made pizzas but they were healthy because we made them with fresh ingredients and there wasn't lots of cheese or unhealthy toppings. We made salads too – it was fun because we all participated and they were yummy!</i>
Year 6	<i>I like warm-up games and activities. They're important because we are getting ready and prepared for sport so that we don't injure ourselves. PE is really good this year because it's so fun! I like that we try new things with Mr P. I didn't think I'd like cricket but it was actually really fun! I also got into rugby and go to the club every week now. I loved the football with St Richard's because absolutely everyone got to play and we won the trophy!</i>

It was clear from every group of children I met with that they didn't just like PE and sport, they loved it. Every child I interviewed – some because they were Junior Leaders for PE, some from target groups, some at random – attended sports and/or cooking clubs and was able to articulate what they liked about them. Feedback on the teaching of PE – by both class teachers and Mr Penberthy – was nothing but positive, and equally so for clubs leaders. Children don't just experience the physical benefits, they develop personal, social and communication skills too, and this was evident in speaking to children from all year groups.

JLT



Rushpal and Monty's Report

This year we have done several sporty events such as sprint and relay races, football tournaments, netball matches, Borough Sports and Sports day. It has been fun and exciting representing the school at competitions and I like that lots of people get to do them. Sports day was tiring because it was really hot but it was really fun!

As Junior PE Leaders we have done lots of jobs for example we planned and led an assembly explaining about healthy living e.g. how much water to drink, and we helped to lead a sports awards assembly at the end of the year. At the start of assemblies they were scary but then we got used to it and it felt exciting. Another example of our work is when we invited a visitor called Joe Wicks to talk to us about healthy living and what to eat. He did a work-out with KS2 and then we helped him onstage to lead the KS1 workout. It was really tiring! We also took him on a tour of Meadlands and answered questions. This year we have also written a newsletter which included a sports to do list for the holidays. A bigger group of us worked together with Miss Bunker last term and made a list of rules of how to pick children for sporting events and Miss Bunker sent this out to parents and told children in assembly.

It has been really fun being on JLT! I think the work we have done might encourage more people to stay healthy. I can't think of a way to improve sport but we think school would be even better if we did more cooking (especially in year 6) just like Mrs Campling helped us cooking healthy food this term.

Photographs/examples of children's work

**Meadlands Primary School.
Subject Leader's Annual Report to Governors 2018.**



Y4 children experiencing outdoor and adventurous activities at TYM



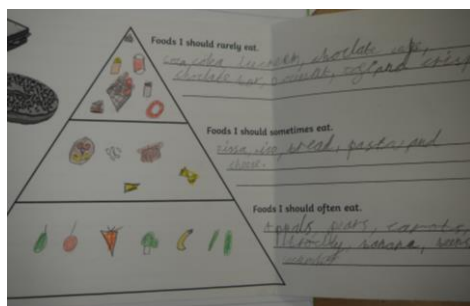
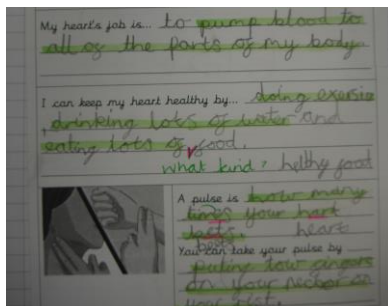
Sprint races at Sports Day



Sports Personality of the Year award winners 2018!



Girls and Boys Winner trophies received during a tournament with St Richards for all children in KS2



KS1 written work during Healthy Living Week



Year 5/6 netballers at the Richmond schools tournament



Whole school yoga during Healthy Living Week



KS2 Dance club performing at 'Richdance'



KS2 children training with coaches and players from AFC Wimbledon



KS1 cooking healthy snacks



Joe Wicks ('The Body Coach') leading whole school fitness training



Meadlands basketball team in the Richmond Schools semi-finals