

A young girl with dark hair tied back, wearing a white t-shirt and black leggings, is captured in a dynamic pose, performing a high kick or dance move. She is wearing a pink headband with white polka dots. The background is a blurred indoor sports hall with other people and bright lights.

**LONDON  
SPORT**

# **Make the most of your PE and Sport Premium**

**A simple guide from London Sport  
to help young people be more active**



# Who are London Sport?

At London Sport we support those who organise physical activity and sport in London by offering insight, knowledge and expertise to help lead positive change.

## 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 schools and colleges to:
  - access impartial guidance and advice to make sense of the many services being offered by organisations and commercial partners;
  - connect better with local networks, partners, schools and colleges;
  - be aware of local news and opportunities through regular communications; and
  - promote and share good practice.
- 2** To **get more resources** into establishments by signposting towards local funding opportunities and programmes.
- 3** To **support grassroots organisations** to work with schools and colleges to encourage links with local community sports clubs and programmes, and ensuring that these organisations are fit for this purpose.
- 4** To create a **bigger and better workforce** to meet the needs of schools and colleges, providing access to appropriate local training for teachers, adults other than teachers and young leaders that is both affordable and relevant.
- 5** To **harness the power of elite sporting events** to encourage more young people to take part in regular physical activity and inspire the next generation of talent.



# The difference between physical activity, physical education and school sport

Physical activity? Physical education? School sport?  
**Aren't they all the same?**

## Physical activity

refers to any active movement that uses energy. This can take place both in the classroom and in the playground. The NHS recommends that children aged 5 to 18 should do at least 60 minutes of physical activity every day.



## Physical education

takes place in the school curriculum and is the planned, progressive learning of movement skills. Schools should timetable at least two hours of PE each week.



## School sport

takes place outside of the curriculum and can be recreational or competitive. School sport should complement a school's physical education curriculum.



To read more about this click [here](#)



# 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 £450 million** has been allocated to this funding over three academic years 2013 to 2016.

### Who?

Most schools with **primary-age pupils** receive the PE and Sport Premium in the academic year 2015 to 2016. Independent schools do not receive this funding.

### How much?

Based on data collected from the January 2015 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 2015 will have their funding based on data from the autumn 2015 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**

### When?

Financial Year	2015-2016 academic year	Local authorities and maintained schools will receive the funding on:	Academies and free schools will receive the funding on:
2015-2016	September 2015 to March 2016	29 October 2015	2 November 2015
2016-2017	April to August 2016	29 April 2016	3 May 2016


### How to use the PE and Sport Premium?

The premium must be spent by schools on making **additional** and **sustainable improvements** to the provision of PE and sport for the benefit of all pupils 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





**NEW FOR 2015.**  
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.

## Accountability

Schools are required to publish details of how they spend their PE and Sport Premium funding on their website by **4 April 2016**. The information on the website must include:

- The amount received;
- A full breakdown of how it has been spent (or will be spent);
- What impact the school has seen on pupils' PE and sport participation;
- And how the improvement will be sustainable in the future.

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.

#### WHAT ARE OFSTED LOOKING FOR?

'How effectively leaders use the primary 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.

To provide local support, London Sport have commissioned **Local Funded Partners'** to provide direct support to a number of schools within the borough.

Support will include:

- Working with specific schools to complete a self-review and action plan
- Producing case studies and examples of good practice to advocate good use of investment
- Collecting local data from schools.



A local funded partner gives schools direct support with their PE and school sport offer. They are able to share good practice and help to identify areas for development.



# Spending the PE and Sport Premium effectively – a continuous process

London Sport 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.





# Your school website deadline 4 April 2016

## 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...

Additional ideas for your website:

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

### OFSTED

#### Be prepared.

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



# 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.

The next few pages feature information on each theme. You can also download the joint Association for Physical Education (afPE) and Youth Sport Trust guidance and template document [here](#)





# 1 Healthy active lifestyles

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

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

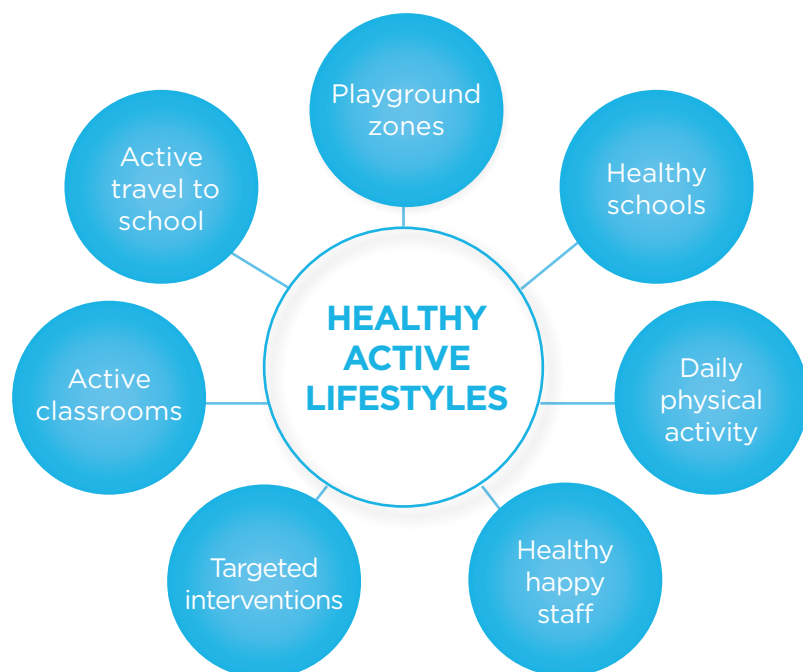
## Health and Wellbeing

- 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?







## 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](http://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

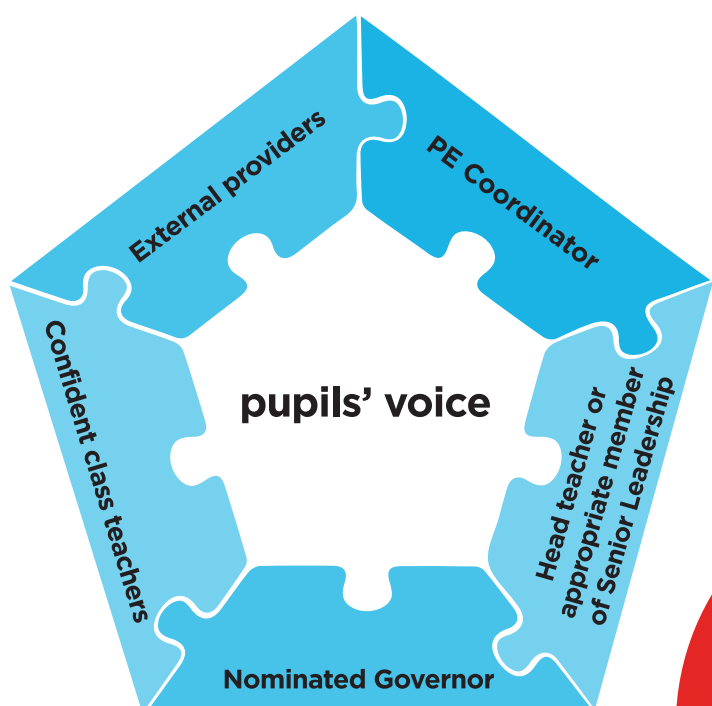


### 3 Professional Learning and your PE team

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](mailto:education@londonsport.org)

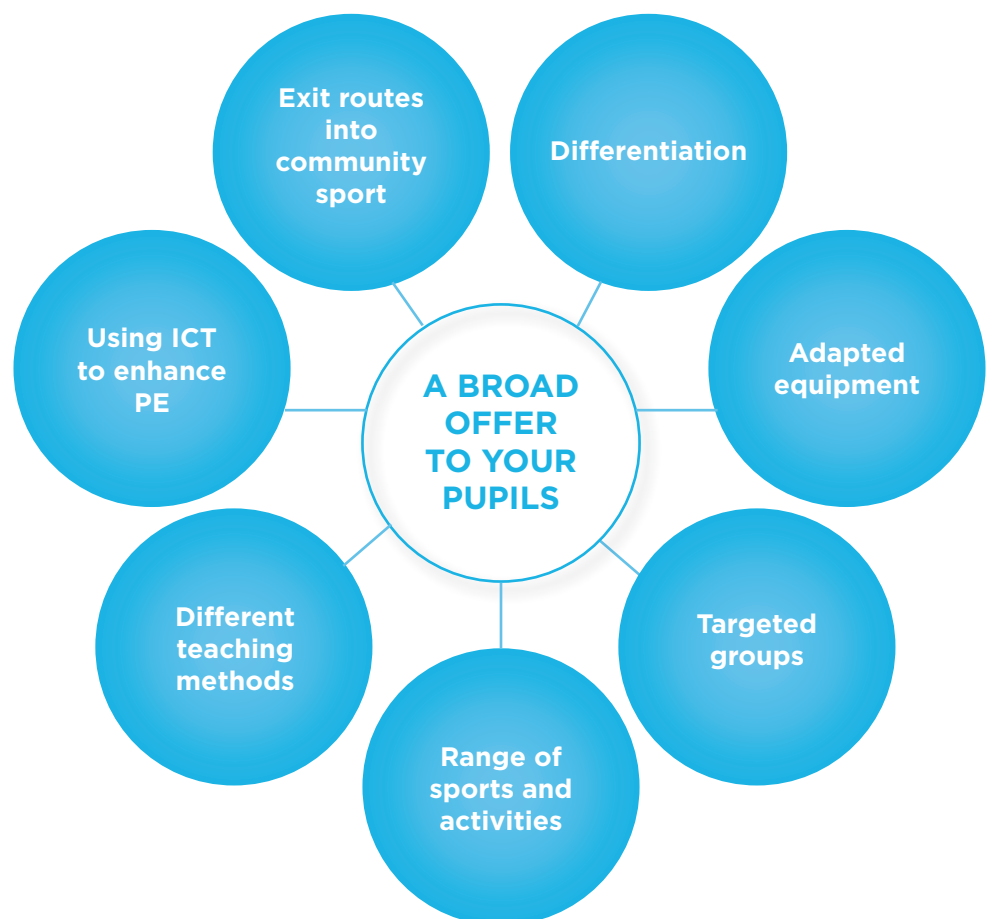


## 4 A broad offer to all pupils

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?

**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.

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:





# Reporting the impact of your spending

Reporting the impact of your PE and School 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.

## 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.



- ✓ **SUMMARY OF THE YEAR**  
What have you done in relation to PE, school sport and physical activity in 2014-2015
- ✓ **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 & 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?





## Contact us

For any questions about this guide or for further information, contact the London Sport Education team

[education@londonsport.org](mailto:education@londonsport.org)  
0207 868 5055

**Photos:** Cranbrook Primary School, Redbridge