



ACADEMIC YEAR SEPTEMBER 2019-AUGUST 2020

Palfrey Infant School is committed to the promotion of Healthy Lifestyles as a Rights Respecting BRONZE AWARD school

Palfrey Infants is a Food For Life BRONZE AWARD school.

We believe:

- 1. ARTICLE 24 Every child has the right to the best possible health.**
 - 2. ARTICLE 28 Every child has the right to education (Including around their health and well-being)**
 - 3. ARTICLE 31 Every child has a right to relax , play and take part in a wide range of cultural and artistic activities.**
- We believe educating our pupils in the importance of Healthy Lifestyle choices and offering arrange of physical activities promotes these rights**

LOCAL CONTEXT : Palfrey Infants is situated in the borough of Walsall. National and Local data 2015/16

England average for Overweight/ Obese children is 33.2%

Walsall average for Overweight/ Obese children is 37.6%

Palfrey average for Overweight/ Obese children is 44.7%.

Although not necessarily from our school we feel it is our role to educate our pupils and families in healthy lifestyles to allow them to make informed choices.

KEY INDICATOR 1 : ENGAGEMENT OF ALL PUPILS IN REGULAR PHYSICAL ACTIVITY (TARGET 30 mins daily)

Percentage of total allocation :36%

OBJECTIVE	KEY STRATEGY/ ACTIONS	COST	INTENDED IMPACT	EVALUATION OF IMPACT
To increase and the participation of organised Sports / physical activity at lunchtimes	2 play worker roles at lunchtime to focus pupils physical activity	£7092.00	Lunchtime focus on physical activity and organised taught games. Children developing an awareness of purposeful active play.	Lunchtimes are organised and staff are clear on roles. Children have active lunchtimes and are encouraged to join in new activities.
To increase the participation of organised physical activity at lunchtimes	Develop the Daily Mile Challenge for 15 mins at the end of lunchtime	Nil	Children to become more active and physical fitness to improve.	Children participate fully , they enjoy the mid point activities e.g. star jumps etc
To encourage pupils to walk to school	Walk to school initiative : A Stars	NA	More pupils walk to school, raise awareness of health benefits parents and children	Good participation in walking weeks are evidenced. (A Stars data) Bronze Award
To increase the activity of pupils in a measurable way	To develop a 'step challenge' with pupils along with the daily mile.	£208	Children to increase their daily exercise to equivalent to 30 mins per day	Step counters purchased, planned activities for year group challenges.



Children to participate at least 3 days per week using Wake Up Shake up in classroom	Wake up Shake up available for children during class registration	NA	Children have an active start to the day To work towards 30 mins daily target	Children enjoyment and self esteem
KEY INDICATOR 2 : THE PROFILE OF PE IS RAISED ACROSS THE SCHOOL AS A TOOL FOR WHOLESCHOOL IMPROVEMENT				Funded Streetly Academy SLA % of total allocation : 6% see below
Displays in hall show evidence of PE and sports including Spots day, also display to include Active lesson focus across the school Display to promote active lunchtimes.	Displays across the school raise the profile of PE and sport. Children encouraged to walk to school: newsletter focus	NA School Display budget	Notice boards celebrate PE & Sports at Palfrey, evidence for parental awareness.	Children proud to be on displays. Parents aware of the range of activities we cover at school.
Children encouraged to bring sporting awards to celebration assemblies on a Friday	Newsletter reminder to parents to bring awards on a Friday morning	NA	Children have opportunity to celebrate success in PE. Develop awareness of activities on offer in the community.	Pupils proud to be involved in awards assemblies and display boards, impacts on self-esteem.
To increase health awareness for parents (Childhood Obesity Plan for Action)	Parent meetings Healthy Eating	Funded Streetly Academy SLA	Parents more aware of the effect of sugar on their child's health	Parents feedback was good, felt well informed asked for further workshops with children
To increase health awareness for pupils : (Obesity Plan)	Year 2 x 6 curriculum sessions	Funded Streetly Academy SLA	Children more aware of what choices to make for a healthy diet	Parents feedback was very positive for both Year 1 & Year 2 pupils. Workshops to continue next academic year.
To increase health awareness for parents & pupils (Obesity Plan)	Family Inspire meetings Healthy Lifestyles	Funded Streetly Academy SLA	Parents & children more aware of the effect of sugar on their health and the link between diet and exercise.	Parents workshops were well received. Children using the APP when shopping.
To increase health awareness for Parents and Pupils (Childhood Obesity Plan for Action)	Parent meetings Super Wiggles Year 1 pupils (Health Team) Summer 2020	NA	Food for Life Bronze award to be gained Spring 2019 Target: Bronze awarded	Pupils and Parents are engaging with the Food For Life initiative. Improved understanding of healthier options.
To raise the profile of our sports day to a DAY OF SPORT	Rebrand Sports Day, report to parents through school website.	Nil	Pupils will be more active during the Sports Day taking part in all activities	Pupils enjoyed the new Sports Day structure as they had more chance to participate.



Raise awareness of high level sport	Olympic Gymnast to visit the school	Sponsor	Kristian Thomas to visit school to perform a gymnastic display for pupils	Pupils to be aware of high performance levels, to be inspired.
KEY INDIACTOR 3 : INCREASED CONFIDENCE, KNOWLEDGE AND SKILLS OF STAFF IN TEACHING PE AND SPORT				Percentage of total allocation : 39.5%
To work in collaboration with schools to develop a cohesive approach to the Sports & PE initiatives.	Member of the Streetly Network. Premier Sports and Walsall Football Club	SLA 4 terms £1200 £3,394	Share good practise and upskill teaching staff to deliver high quality teaching programmes	Co-ordinated approach to delivering the Sports & PE funding .
Increase high quality PE teaching and learning through high quality CPD for staff	Teaching staff to attend CPD opportunities for PE via Streetly Network	Cover costs £3588 (18 sessions)	Children to have access high quality PE across the phases and staff to have received a range of CPD in the delivery of PE . • NQT +	Teachers/ TAs attended CPD Teachers more confident in teaching dance , gymnastics. NQT + positive feedback on CPD Autumn 2019
Increase knowledge to deliver quality PE teaching and learning through high quality CPD for staff	Teaching staff to attend CPD opportunities for delivery of Special Needs and PE via Streetly Network	Cover costs £3650 (18 sessions)	All Staff teaching P.E. to ensure practical inclusion for Special Needs P.E.	Teachers/ TAs attended SEN CPD Teachers and Teaching Assistants to become more confident in teaching specific practices
To improve quality of planning and provision	Purchase 'I Moves' planning and resource tool online (3 years contract) Staff CPD 17.1.18	£672 £200	Teachers delivery of PE supported through focused planning tool	Staff feedback is good. Confidence in delivery is developing.
Increase subject knowledge of sports co-ordinator (AF) through CPD via Streetly Network	Sports co-ordinator role enhanced through external CPD and networking opportunities.	Cover costs £600	Sports co-ordinator (AF) to share best practise from the Streetly Network to further enhance provision	AF aware of the PE & Sports initiative , planning for implementation of the Childhood Obesity Strategy 2017
KEY IDICATOR 4 : BROADER EVIDENCE OF SPORTS AND ACTIVITIES OFFERED TO ALL PUPILS				Percentage of total allocation :22%
Pupils of all ages (YR – Y2) abilities and interests to access a range of sport activities .	After School Club to be available for Yr-Y2 throughout the year Walsall Football Club	Full Year	The school offers a rich, varied and inclusive school sports as an extension to the curriculum	Range of clubs eg laser tag, zorbing offered after school
Audit PE equipment both for physical activities in the playground	Review resources and purchase new equipment & kit	£80	Sports equipment is safe and compliant	Lunchtime equipment audited and ordered.



			New play workers trained in effective use of the equipment	
KEY INDICATOR 5 : INCREASED PARTICIPATION OF COMPETITIVE SPORT				Percentage of total allocation :2%
Pupils in Year 1 & 2 to have opportunity to take part in inter school competitions	Pupils to be entered into intra school competitions. Teachers to support children at Inter competitions Coaches & resources Broadway Cluster : KS1 Inter school Day	£479	Pupils empowered and had greater opportunities to achieve high standards of performance	Participation in Walsall Dance Festival Planned participation in Multi Skills Competition Y2.
Transport – 3 x Events		£600		

SUSTAINABILITY PLAN

Teachers to deliver all PE sessions in 2019-2020, to ensure CPD is effective. (Exception C9 L&M time)

Teachers confidence in PE delivery will be sustained through use of planning tool and CPD opportunities.

Sustainability of Healthy Eating Programmes, will be delivered through the planned curriculum and Parent workshops.

Active Lunchtimes are sustained through delegation of lunchtime staff into specific defined roles.

Daily Mile is free and easy to implement.