

## 2019/2020 PESSPA Impact report at The Good Shepherd

The information below shows the exact impact we have had on our pupils in PE and School sport activity using the Key performance indicators and our action plan targets. What we have actually provided for our pupils in The Good Shepherd Catholic Primary School in Physical Education (PE), School Sport (SS) and Physical Activity (PA).

**FOR EVIDENCE OF ALL RESULTS AND STATEMENTS SHOWN BELOW, PLEASE SEE THE 2019-20 PE EVIDENCE FOLDER and PESSPA ACTION PLAN**

**Key Performance indicators to show our IMPACT:**

Key Performance Indicator	Target
KPI 1	<i>The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school</i>
KPI 2	<i>The profile of PE and sport is raised across the school as a tool for whole-school improvement</i>
KPI 3	<i>Increased confidence, knowledge and skills of all staff in teaching PE and sport:</i>
KPI 4	<b>Broader experience of a range of sports and activities offered to all pupils:</b>
KPI 5	<b>Increased participation in competitive sport</b>

<b>The Good Shepherd 2019/2020 Targets taken from the school sport action plan:</b>
<b>Foundation (taking part for FUN stage of School Sport):</b>
<b>all children are provided with 2 hours of high-quality PE, with focus on enjoyment and giving children a positive experience of sport, being active and living a healthy lifestyle (KPI 1, KPI 2, KPI 4, KPI 5)</b>
<b>Participation (Taking part in School PE Competition e.g Inter Year and School Games Level 2 Competition):</b>
<b>Provide new and unique opportunities during school PE time and afterschool for children to experience different sports/activities and challenges. Enter level 2 competitions giving the channels for gifted and talented children to excel but also those less active the opportunity to represent the school in an enjoyable setting. (KPI 1, KPI 2,KPI 3, KPI 4, KP5)</b>
<b>Performance (not just entering but having success in School Games Level 2 and Level 3 events, routes for elite sports clubs):</b>
<b>Pupils are provided the opportunities to be well prepared for school competition. They compete with the school values and show outstanding sportsmanship during competition with other schools. (KPI 1, KPI 2,KPI 3, KPI 4, KP5)</b>

As you can see there is a direct link with our Key performance indicators and the school's personal targets. In the statements, I have indicated which KPI's link with which Good Shepherd target. Our targets link in some way to each KPI.

***Below we have used the KPI's to show our impact.***

**Key performance indicator 1:**

***The engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school***

- 100% of our children have received high quality PE lessons for a minimum of 2 hours a week \*\* This was obviously affected by the CV-19 outbreak\*\* see below on information and responses in what was put in place in response to the outbreak.\*\* In the PE folder are clear outlines of our Curriculum content and skill progression documents to show how we develop the whole child through all years in the school.
- 100% of our children get a total of 80 minutes break time to engage in free play or activity. This can be free play, sport leading, club leading or taking part in a lunchtime sport club. Details of clubs provided are detailed below.
- Sport leaders- every child in year 5/6 gets the opportunity to learn to lead. From this we have had 30 leaders help support reception children in there play and active time – showing them fun games to play and being there as a role model and support student
- **Active lessons-** Every Classroom has been given the information and tools to implement Active minutes in a classroom session so our pupils don't become sedentary in the classroom. This has been done using tools such as BBC Super Movers, Go Noodle, Just Dance and Premier League Stars
- **Active Travel-** In the Spring term some Year 6 leaders were tasked with getting the school more active and promoting the benefits of keeping active in and out of school. They decided on a competition for pupils to design a poster that would be put around the school. They then would record everyone that is actively travelling to school, e,g walking, cycling scootering. The pupils that showed most improvement would be awarded prizes at the end of the year \*\* This was obviously cut short due to CV\_19\*\*

## Key Performance Indicator 2:

### *The profile of PE and sport is raised across the school as a tool for whole-school improvement*

#### **GOLD School games mark**

- For the third year running the school has received the GOLD school games mark award. Which means the school has evidenced the top standard provided in PE, School Sport and Physical Activity. To achieve the Gold mark the school has had to:

<ul style="list-style-type: none"><li>• Have a system in place to track young peoples participation in the school games inclusive of activity</li><li>• Have tailored opportunities that attract less active young people</li><li>• Have completed the Health Check Tool</li><li>• Have a member of staff who has actively engaged with their School Games Organiser as part of your physical activity CPD.</li><li>• Have registered on the active school's planner</li><li>• Have positioned Personal Challenge as a key component of your school games provision</li><li>• Have held a school games day</li><li>• Organise at least 8 Intra Year school competitions a Year</li><li>• Take part in at least 6 Level 2 Inter year competitions</li><li>• Use the School Games format to enter at least 2 Inter school B competitions and at least one C team in these.</li><li>• Have a school sports organising committee</li><li>• Completed the activity heatmap</li><li>• Utilise sports coaches, volunteers or other providers to support school sport and physical activity delivery</li><li>• Have active links with at least 5 local community pathways, sports clubs and leisure providers.</li><li>• Of which 2 must engage in taster sessions or are active on the school site providing engaging sessions for the pupils.</li></ul>	<ul style="list-style-type: none"><li>• Have a calendar that has opportunities for all SEND and other targeted groups</li><li>• Have a notice board and in-house school digital system that promotes school games activity and uses social media for the same purpose</li><li>• Have maximised the School Games Values to support competition and festival experiences for all young people</li><li>• Provide all pupils with timetabled PE and have extracurricular provision as addition to this time.</li><li>• Engage at least 50% of pupils in extra-curricular activity per weeks</li><li>• Over the course of the year have targeted provision for those least active children in the school</li><li>• Provide at least 2 digital personal challenges</li><li>• Promote the school games and results at least once a fortnight to parents and the wider community</li><li>• Every young person is provided the opportunity to learn to lead through the PE curriculum</li><li>• Engage at least 15% of KS2 to lead, manage and officiate school games events</li><li>• Train and engage wider school staff in the delivery of pf school sport and physical activity</li><li>• Make sure the school is an Active school- promoting active travel!</li></ul>
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### **Sports Award Scheme**

- For the past 7 years we have implemented the Sports Award scheme which rewards effort and engagement in PE. It is a great behaviour management tool, but also something that the children consistently try to achieve and take great pride in getting a sports award in a lesson. The winners this year are shown in the PE evidence folder.

### **Virtual school games**

- During the outbreak we have still looked to take part in the School Games. These were provided by Northamptonshire Sport. This meant children were sent challenges every week of different sport topics, that they had to complete at home and then send in their scores to get a participation point for the school. We had a number of children engaged throughout, who won on the spot prizes and won accolades as the overall winners of a particular challenge.

### **SSOC/ Sport and play leaders**

- As mentioned before our school has a school games organising committee and Sport/Play leaders, the committee discuss how we can improve PE and school sport and help support in Inter year competitions with the sport/play leaders helping with younger reception children enjoy activity at break and lunchtimes.

### **Sports Board in Place**

- If you walk around our school you will see we have three sports boards. One which details all the information pupils need to join a club, find a new one or what they have been up to in these clubs. It also shows our sports newsletters providing results of recent competitions our pupils have been in. We also have our team sports board, showing pictures of our current and most successful sports team from the past and the present.

### Key Performance Indicator 3:

#### ***Increased confidence, knowledge and skills of all staff in teaching PE and sport:***

#### **Links with local communities and sports clubs:**

- In order to provide exceptional service to our children we have some new and existing sporting links to give opportunity to our children. **School Sports Specialists**- provide upskilling opportunities to our teachers and support everything in school around PE. Everything detailed here has been done through the help of SSS. We have **NTFC** providing Premier reading stars, a program used to engage those less confident in reading to have active opportunities and support in reading. **Healthy Heroes**- have come into the school and provided those maybe less active with information on how to be healthy in the way they eat and through physical activity. We also have **Steve Biss** who comes and provides Tennis lessons at lunch times for pupils wanting to try a new sport. We were also given the opportunity to be a **WILDCAT** centre, where we put on sessions for girls looking to take part in football in a comfortable and enjoyable environment.

#### **Opportunity for teachers PE CPD**

- As mentioned, our sport coaches in every PE lesson provide the opportunity for teachers to come and upskill themselves, this could be to initially observe a PE lesson, but then come in and team teach a session, getting hands on experience of taking PE and gaining more confidence and experience for the subject
- Competition experience- this year we have looked to get teachers more involved in some of the competitions we enter. We have had 6 different teachers and support staff help out with this that would not have done before. This includes Hockey training and event, Arrows Archery, both the year 3/4 and 5/6 gymnastic events and the Cross-Country event.

#### **Active classrooms**

- As you will see from our target goals, one of our main targets was to get classrooms more active, especially in lessons where there was very limited activity. The teachers have started to be given guidance and great programs and tools to use in order to be able to implement this. We have had two pilot classes, last year in year 3 and Mrs Richards class in Year 5 this year. This year every classroom will be expected to incorporate these active times in everyday classroom lessons.

**Key Performance Indicator 4:**

**Broader experience of a range of sports and activities offered to all pupils:**

We have provided a huge amount of Extra Curricular clubs for our pupils this year. Gifted and Talented clubs, where pupils looking to represent the school are invited to progress further in a chosen sport, choice clubs, which gives pupils the opportunity to choose if they want to do a club or not. And Clubs we provide for those less active.

***The three categories we have used to differentiate each club are as follows:***

Key: **(GT)** Gifted and Talented Club    **(MA)** Get more Active Club    **(CC)** Choice Club

<b>Autumn 1</b>		
<b>Day</b>	<b>Club</b>	<b>Numbers</b>
Tuesday (A/S)	Year 5/6 Tag Rugby (3 wk) (GT)	10
Tuesday (A/S)	Sportshall Athletics (4 Wk) (GT)	12
Tuesday (A/S)	Dodgeball (CC)	16 (13 KS2)
Wednesday (A/S)	Football (CC)	20
Wednesday (A/S)	Football (CC)	16 ( 8 KS2)
Thursday (A/S)	Gymnastics (CC)	20 (10 KS2)
Thursday (A/S)	3/4 Football Team (GT)	9
Thursday (A/S)	5/6 Football Team (GT)	9
Lunchtime Tues	Year 5/6 Gymnastics (GT)	4
Lunchtime Tues	Cross Country* (GT and MA)	50
Lunchtime Wed	Cross Country*(GT and MA)	50
Lunchtime Thurs	Cross Country*(GT and MA)	50
Activity Clubs ran by students at lunch	Mix- only included clubs with high activity e.g Dance (MA)	15
	<b>Total</b>	<b>181</b>
	<b>KS2</b>	<b>160</b>

In total there were 50 children practicing for cross country but they were all coming on different days, so the total accumulated is 50.

#### Autumn 2

Day	Club	Numbers
Tuesday (A/S)	Basketball (CC)	19 (11 KS2)
Tuesday (A/S)	Sportshall Athletics (GT)	12
Wednesday (A/S)	Football (CC)	20 (11 KS2)
Wednesday (A/S)	Football (CC)	20
Thursday (A/S)	Gymnastics (CC)	20 ( 9 KS2)
Thursday (A/S)	Year 5/6 Football Team (GT)	9
Thursday (A/S)	Year 3/4 Football Team (GT)	9
Lunchtime	Year 3/4 Gymnastics team (GT)	4
Lunchtime	Year 5/6 Gymnastics team (GT)	4
Tues, Weds and Thurs Lunch	Cross Country (GT and MA)	50
Activity Clubs ran by students	Mix- only included clubs with high activity e.g Dance (MA)	15
	<b>Total</b>	<b>182</b>
	<b>KS2</b>	<b>153</b>

#### Spring 1

Day	Club	Numbers
Monday	Quicksticks Hockey (GT)	6
Tuesday	Dodgeball (CC)	17 (14 KS2)
Tuesday	Sports Stars (MA)	20
Wednesday	Football (CC)	20
Wednesday	Football (CC)	12 (5 KS2)
Wednesday Breakfast	Premier sports Breki club (MA)	12
Thursday	Gymnastics (CC)	20 (11KS2)
Thursday	Arrows Team (GT and MA)	12
Lunchtime Tues	Year 3/4 Gymnastics (GT)	4
Optional Tues, Weds, Thurs	Cross Country (GT and MA)	48
Lunctime Thurs	Year 5/6 Gymnastics (GT)	4



Mix- only included clubs with high activity e.g Dance	Mix- only included clubs with high activity e.g Dance (MA)	15
	<b>Total</b>	<b>190</b>
	<b>KS2</b>	<b>152</b>

Spring 2

<b>Day</b>	<b>Club</b>	<b>Numbers</b>
Monday	Quicksticks Hockey (GT)	6
Tuesday	Hockey (CC)	12 (8 KS2)
Tuesday	Sports Stars (MA)	20
Wednesday	Football (CC)	20
Wednesday	Football (CC)	14 (2 KS2)
Wednesday Breakfast club	Premier Sport Breki Club (MA)	12
Thursday	Gymnastics (CC)	20 (9 KS2)
Thursday	Arrows Archery Team 3 wk (GT and MA)	12
Thursday	Girls Football team 3 wk (GT)	10 x 2 = 20
Activity clubs ran by students	Mix- only included clubs with high activity e.g Dance (MA)	15
Lunch Tues and Thurs	Cricket Team (GT)	8 x 2 = 16
Lunch Tues and Weds	Netball team (GT)	9 = 18
	<b>Total</b>	<b>175</b>
	<b>KS2</b>	<b>146</b>

Summer 1

(PLANNED- COVID Stopped these taking place, so all these figures are based on previous averages)

Day	Club	Numbers
Monday	Quicksticks Hockey (GT)	6
Tuesday	Athletics (CC)	18 (KS2 10)
Tuesday	Netball (GT)	10
Wednesday	Football (CC)	20
Wednesday	Football (CC)	16 ( 5 KS2)
Thursday	Gymnastics (CC)	20
Thursday	Quadkids Athletics (GT)	12
Lunchtime (Tues and Thurs)	Netball (GT)	10 x 2 = 20
Child Ran club	Dance (MA)	12
Tues and Thursday Lunch	Cricket (CC)	10 x 2 = 20
Steve Biss Tennis	Tennis (MA)	12
	<b>Total</b>	<b>156</b>
	<b>KS2</b>	<b>137</b>

Summer 2

(PLANNED- COVID Stopped these taking place, so all these figures are based on previous averages)

Day	Club	Numbers
Monday	Quick Sticks Hockey (GT)	6
Tuesday	Gymnastics (CC)	20 (8 KS2)
Tuesday	Netball (GT)	10
Wednesday	Football (CC)	20
Wednesday	Football (CC)	18 (9 KS2)
Thursday	NFL Flag Football (CC)	8
Lunchtime (Tues and Thurs)	Cricket and Netball (GT)	20 x 2 = 40
Thursday	1/2 Quadkids Athletics GT and MA)	10
Child ran clubs	Dance (MA)	15
Steve Biss Tennis	Tennis (MA)	12
	<b>Total</b>	<b>159</b>

	<b>KS2</b>	<b>138</b>
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As you can see the opportunity for the children in The Good Shepherd to do an extra-curricular club is huge. The table below shows how many clubs we provided over the year.

Breakfast clubs			Lunchtime clubs			Afterschool clubs		
More Active (MA)	Gifted and Talented (GT)	Choice Clubs (CC)	More Active (MA)	Gifted and Talented (GT)	Choice Clubs (CC)	More Active (MA)	Gifted and Talented (GT)	Choice Clubs (CC)
2	0	0	13	22	2	4	15	24

Total Clubs		
Get More active Clubs (MA)	Gifted and Talented Clubs (GT)	Choice Clubs (CC)
<b>19</b>	<b>37</b>	<b>24</b>

**Total clubs/opportunities provided over the school year: 80**

**This is an increase in 13 clubs based on last years figures of 67 clubs (10 more Gifted and Talented clubs provided and 4 more get active clubs with 1 less choice club) \*\*\*\* Summer Term was taken from planned clubs to take place\*\*\*\* effected by COVID**

**Average Calculator**

For the school games mark we must calculate how many KS2 children took part in extra curriculum activity:

Term and number of KS2 children	Percentage
Autumn 1: 160/212	<b>75%</b>
Autumn 2: 153/212	<b>72%</b>
Spring 1: 152 /212	<b>71%</b>

Spring 2:	146/212	<b>68%</b>
Summer 1:	137 /212	<b>64%</b>
Summer 2:	138/212	<b>65%</b>
TOTAL average		<b>69%</b>

Average of KS2 taking part in afterschool activity is 69%

### Swimming results

We also gave the opportunity for some pupils in KS2 to swim.

Results below

Outcome	% of pupils achieving outcome		% of pupils A O
	2017/2018	2018/2019	2019/2020
Swim competently, confidently and proficiently over a distance of at least 25 metres	56.4	64.3	Not completed
Use a range of strokes effectively; front crawl, backstroke and breaststroke	56.4	64.3	Not Completed
Perform safe self-rescue in different water-based situations	56.4	64.3	Not completed
The premium may also be used to provide additional top-up swimming lessons to pupils who have not been able to meet the national curriculum requirements for swimming and water safety after the delivery of core swimming and water safety lessons. At the end of key stage 2 all pupils are expected to be able to swim confidently and know how to be safe in and around water. <b>Have you used and funding for this purpose?</b>	YES	12 sessions (see breakdown below)	12 extra sessions

## Our none active children 2019-2020

From information taken from our activity questionnaires the children below were highlighted as taking no part in afterschool activity at the start of the year and hence are our *non- active group*.

In order to achieve the GOLD school games mark we have to get 15% of these actively engaged in a club over two terms. The coloured key below details which clubs these children took part in

**Red: Sports Stars Club**

**Blue- Sport team**

**Green- Other after school sports club**

**Next to their name indicates what club/team that was. E.g (SS) means sports star club (AT) means archery Team**

Year 3	Year 4	Year 5	Year 6
Lily	Luca (DB)	Eyo (SS)	Kenzie
Janelle (SS)	Leah (CC)	Poppy (CC)	Zoey
Farrell (SS)	Mihal (SS)	Niko (A)	Dominic (DB)
Manuela (SS)	Aiden (SS)	Szilard (A)	Georgina (TR CT)
Shyla (SS)	Daria	Jude (A)	Sara
Erik	Cuba (SS)	Alfie	Enestas
Tommie (left)	Junior (SS)	Ephraim	Joel
Alannah (SS)	Charlie (SS)	Harvey (SS)	Andrew
Midi (SS)	Nicole (G)	Zach h (FT)	Emelka (G)
	Jamie Y	Somtochi	Maya
	Octavian	Guari (A)	David (DB)
	Oscar (SS)	Ilinka (A)	Riya
	Gemma		Magedelana (N)
			Callum (DB)
			Jaiwin

			Tricia (QK)
			Patryk (CC)
			Alexia
<b>9</b>	<b>13</b>	<b>12</b>	<b>18</b>

Of the 52 children highlighted as non- active we managed to get 31 into a club or school team. This means we got 60% of our originally non-active children active! Taking into consideration he had a whole term missing from school, an incredible achievement!

**Key performance Indicator 5:**

**Increased participation in competitive sport**

Our school signed up to a huge number of events at the start of the year.

Our school has taken part in a huge number of sports competitions. The information below gives the information of what competitions we entered and how we did. Showing the number of pupils given the opportunity to engage in Primary Sport Competition. We took part in:

Northampton Town School Sport federation Competitions (NTSSF)  
Northamptonshire Sport School Sport Competitions (SSP)

Key: (C) Completed before Covid-19 (NC) Not completed due to Covid-19

<b>Level 2 Competitions entered</b>	<b>Number of Participants</b>
<b>NTSSF Year 5/6 Tag Rugby Trophy Finals (C)</b>	10
NTSSF Basketball League (NC)	8
<b>SSP Arrows Archery Competition (C)</b>	12
SSP Year 5/6 Girls Football (NC)	9
<b>NTSSF Year 3/4 Football League (C)</b>	9
NTSSF Year 3/4 Trophy Finals (NC)	10
<b>NTSSF Year 5/6 Football League (C)</b>	10

NTSSF Year 5/6 Football Finals (NC)	9
NTSSF Year 3/4 Football Festival (NC)	10
<b>SSP Cross Country (C)</b>	28
<b>SSP Year 5/6 Sportshall Athletics (C)</b>	12
SSP 5/6 Quadkids Athletics (NC)	12
SSP 1/2 Quadkids Athletics (NC)	12
<b>SSP Year 3/4 Gymnastics (C)</b>	4
<b>SSP Year 5/6 Gymnastics (C)</b>	4
SSP Year 3/4 Quicksticks Hockey (NC)	6
NTSSF Cricket League (NC)	8
SSP Year 5/6 Netball (NC)	8
NTSSF Dodgeball (NC)	10
Total number of events/comps: 19	Total number of Pupils: 191

As you can see just on the competitions we managed to complete and those we signed up for we would have had a huge number of pupils engaged in level 2 sports competitions. As some didn't take place it meant the extra final competitions were not accessible and we for the last 3 years have accessed at least two of these. We had already qualified for the two football ones.

**Results: from the competitions we did enter this year, we still had some fantastic results:**

**Year 3/4 NTSSF Football League: League Winners**

**Year 5/6 NTSSF Football League: League Winners**

**Cross Country:**

Year 4 Girls- 3<sup>rd</sup>/ 30

Year 4 Boys – 2<sup>nd</sup> /30

Year 5 Girls- 6<sup>th</sup>/30

Year 5 Boys – 3<sup>rd</sup>/30  
Year 6 Girls- 1<sup>st</sup>/30  
Year 6 Boys- 12<sup>th</sup> /30

**Year 5/6 Tag Rugby 4<sup>th</sup>/26 teams**

**Year 5/6 Sportshall Athletics 4<sup>th</sup>/32 school teams**

**Year 3/4 Gymnastics 4<sup>th</sup>/32 school Teams**

**Year 5/6 Gymnastics 8<sup>th</sup>/27 School Teams**

**SSP Arrows Archery Competition 9<sup>th</sup> and 15<sup>th</sup> out of 67 school teams!**

### **Virtual School Games**

The outbreak hindered us in actual school games competitions, but we still engaged as stated above in the Northamptonshire virtual school games, taking part in challenges of different sports, gaining participation points for every attempt. We have had some great results coming in the top ten schools in the county on a number of occasions.

Our results:

<b>Week 1 Dodgeball :</b>  5 <sup>th</sup> in the district (Juniors)	<b>Week 2 Gymnastics:</b>  Mary- Ann Primary Performer of the week
<b>Week 3 Athletics:</b>  Didn't make the top 10	<b>Week 4 Boccia:</b>  5 <sup>th</sup> in District (Juniors) 10 <sup>th</sup> in County (Juniors)
<b>Week 5 Cricket :</b>	<b>Week 6 Football:</b>



<p>5<sup>th</sup> in District (infants) 5<sup>th</sup> in District, 5<sup>th</sup> in County (Juniors)</p> <p>Selected for the showcase: Joseph and Luciano</p>	<p>Infants: 5<sup>th</sup> in District, 5<sup>th</sup> in county Juniors 3<sup>rd</sup> in District, 5<sup>th</sup> in County</p> <p>Zach- selected as Primary Performer of the week</p>
<p><b>Week 7 Basketball:</b></p> <p>Infants: 3<sup>rd</sup> in District 3<sup>rd</sup> in County Juniors: 3<sup>rd</sup> in District 3<sup>rd</sup> in County</p> <p>Samy- Selected as Primary performer of the week</p> <p>Samy, Katia and Mary-Ann selected for the showcase</p>	<p><b>Week 8 Tennis:</b></p> <p>Ollie D and Katia- selected for the showcase</p>

### Virtual School Games Day

- As you will see through the evidence folder, pictures of our school games day, this is where the whole school takes part in sports challenges against their own classmates. Competing as a house colour team and as an individual to be crowned sports day winner. We focus on displaying the school games values and hope this is evidenced to the parents. This year we had to do a virtual school games day. Meaning pupils would try challenges at home and then send in their scores to collate scores and achievements throughout the day.

### Personal challenges incorporated in PE lessons

- As part of achieving the GOLD school games mark, PE lessons must incorporate Personal Challenges. This is where pupils are looking to improve on their own personal bests and give feedback to others on how to improve. This year the whole school took part in a number of personal challenges: Hockey skills, Quad kids, Athletics challenges, Fitness Challenges and Multi skill challenges.

### Inter year level 1 competitions

- As mentioned in the GOLD school games mark criteria, we have to give children opportunities to take part in inter year competitions, where they are competing in teams in sports/challenges. They implement the school games values and help with officiating, leading and engaging as well. Our competitions run in line with what topic is being taught so if football is being taught, a inter year comp will be done at the end of the topic. We also have wet weather competitions such as Shuffleboard, Handball and Benchball.

## COVID-19 Response

In our 2019-20 Impact report it would be silly to not mention our provision during the outbreak and what we plan to do with the knock-on effect it would have had to the children Mentally, Physically and Socially.

We gave PE lesson examples and access to a number of websites so children could continue with there activity. An example timetable we gave is shown below:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Option 1	<p><b>MAGNIFICENT MONDAY</b></p> <p><i>Have a go at the new Northamptonshire sport Virtual challenge.</i></p> <p>Make sure you remember to record your attempt to get a participation point for the school!</p>	<p><b>TWIRLING TUESDAYS</b></p> <p><i>Do an Online Dance Routine:</i></p> <p>Use:</p> <p>Go Noodle Just Dance Oti Mabuse Dancing at Home BBC Super movers</p>	<p><b>WHEELIE WEDNESDAY</b></p> <p><i>Go out on your bikes, scooters or skates</i></p> <p>Remember to stay safe</p> <p>British cycling- ready set ride</p>	<p><b>THINKING THURSDAY</b></p> <p><i>Active learning at Home:</i></p> <p>Use REAL PE Login above and pick an activity to try</p> <p>Have a go at Mr Pearce's Personal Challenge</p>	<p><b>FITNESS FRIDAY</b></p> <p><i>Have a go at a home fitness class e.g.</i></p> <p>Joe Wicks HIIT Workout</p>	<p><b>SKILLS ON SATURDAY</b></p> <p><i>Practice one of your fundamental movement skills</i></p> <p>So: Running, jumping, Hopping, Skipping, Throwing, Catching, Striking an object, Agility, Balance, Coordination</p>	<p><b>SPORTY SUNDAY</b></p> <p><i>Choose your favourite sport and practice a skill!</i></p> <p>Let us see your attempts</p> <p>E.g. recreate your favourite goal, show us your hockey dribble, lets see your rugby running</p>
Option 2	<p><b>MOTIVATION MONDAYS</b></p> <p><i>Set yourself a personal Challenge. What can you learn this week?</i></p> <p>e.g. skipping, jumping, catching with weaker hand, beating your best score at My Pearce's Challenge</p>	<p><b>TIME OUT TUESDAYS</b></p> <p><i>Try some Yoga!</i></p> <p>Try a Cosmic Kids Yoga</p>	<p><b>WORKOUT WEDNESDAY</b></p> <p><i>Undertake a home fitness Class</i></p> <p>Create your own Joe Wicks workout for you and the family to try!</p>	<p><b>TEAM GAMES THURSDAYS</b></p> <p><i>Try an active game e.g. Youth Sport Trust- PE at home cards</i></p> <p>Northamptonshire Sport- Challenges online</p>	<p><b>FUN TIME FRIDAY</b></p> <p><i>Create your own game and try it!</i></p>	<p><b>ACTIVE CHALLENGE SATURDAY</b></p> <p><i>Complete a poster to get children at school more active.</i></p> <p>E.g. Active Travel</p>	<p><b>FREE SUNDAY</b></p> <p><i>Get Outside and enjoy yourself!</i></p>
Option 3	<p><b>MAGNIFICENT MONDAY</b></p>	<p><b>TRY PE TUESDAY</b></p> <p><i>Have a go at one of the Yorkshire sports PE lessons!</i></p>	<p><b>WORK IT WEDNESDAY</b></p> <p><i>On your TV you can now download and</i></p>	<p><b>TAKE IT OUTSIDE THURSDAY</b></p> <p><i>Have a go at Geocaching!</i></p>	<p><b>FREE FRIDAY!</b></p>	<p><b>STAY ACTIVE SATURDAY</b></p>	<p><b>SCAVENGER HUNT SUNDAY</b></p> <p><i>Set your own scavenger hunt</i></p>

<b>(NEW)</b>	<p><i>Have a go at the new Northamptonshire sport virtual challenge!</i></p> <p>Make sure you record your attempt every time on the Northamptonshire website to get a participation point for the school!</p>	<p>Just type in Yorkshire sport on Youtube or click the link from Mr Pearce's PE Section</p>	<p><i>have a go at some workouts.</i></p> <p>Have a go at Fit in 5 for kids! Just type in on your Tv search screen</p>	<p>A outdoor treasure hunt on your phone!</p> <p>Just download the app and have a go at finding geocaches</p>	<p><i>Create your own new sports kit for the school:</i></p> <p>Design, colour and special features!</p>	<p><i>Go on a walk/run/cycle or scoot with your family.</i></p>	<p>Use the template in Mr Pearce's files or list 10 items you have to go and find in the quickest time possible.</p>
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As you can see a huge range of ideas and opportunities were given to the children of things they could try at home. These included:

- Free sign up to REAL PE- giving lesson ideas and challenges for the children specifically designed for those in KS1
- Weekly challenges from Mr Pearce
- Weekly School Games challenges to log and score points for the school (mentioned previously)
- A range of fun sites to try new things: Joe Wicks workouts, Cosmic Yoga, scavenger hunts, walk and talks

All these ideas and tasks were linked to the school website. In terms of impact it is very hard to judge which children actually accessed this and used the information positively. The best thing we can do is assess the children on return and have plans in place to hopefully help the children recover. This is shown below.

## Recovery of Covid-19

It is immediately clear that the impact caused will have a knock-on effect in years to come. We came up with a Covid-response which perfectly sums up how we plan to go about improving The Good Shepherd physical, Mental and Social wellbeing in the coming terms.

Lockdown restrictions might cause pupils to return with:	Suggested activities we can implement in your school that link to the PE National Curriculum	Intent (in response to Covid-19)
<b>Loss of functional capacity</b>	<ul style="list-style-type: none"> <li>• Athletics (KS1 and KS2 running, throwing and jumping)</li> <li>• Fitness Circuits (KS2 health related exercise)</li> <li>• Fundamental Movement Skills (KS1 locomotion)</li> </ul>	<ul style="list-style-type: none"> <li>• To build stamina, strength and flexibility</li> </ul>
<b>Lacking movement competence</b>	<ul style="list-style-type: none"> <li>• Skills Basked activities (KS2 games and KS1 ball skills)]</li> <li>• Movement and agility activities (KS1 locomotion)</li> <li>• Creative movement patterns (KS1 and KS2 Dance)</li> </ul>	<ul style="list-style-type: none"> <li>• Increase in basic movements (agility and coordination) stability (balance and object control)</li> </ul>
<b>Suffering loneliness, social isolation and lack of belonging</b>	<ul style="list-style-type: none"> <li>• Activities which focus on communication and collective performance (OAA including team building and problem solving)</li> </ul>	<ul style="list-style-type: none"> <li>• Social interaction, connection, collaboration and teamwork</li> </ul>
<b>Anxiety, bereavement trauma or stress</b>	<ul style="list-style-type: none"> <li>• Play (maximise physical activity opportunities)</li> <li>• Walking including the daily mile</li> <li>• Yoga, Tai Chi, Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Controlling breathing, controlling emotions and mindfulness</li> <li>• Self-expression, how they are feeling</li> </ul>
<b>Inactivity (too much time indoors)</b>	<ul style="list-style-type: none"> <li>• Outdoor Adventurous challenges (scavenger hunts)</li> <li>• Athletics (KS1 and KS2 running Throwing and Jumping)</li> <li>• Personal Challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Connection with the environment and regaining perspective</li> </ul>
<b>Lack of motivation and confidence</b>		

	<ul style="list-style-type: none"><li>• Personal Challenges to achieve their personal best (KS1 and KS2 Athletics, Ks1 locomotion and KS2 games</li></ul>	<ul style="list-style-type: none"><li>• Engaged, confident and showing willingness to try new things</li></ul>
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## Conclusion

As you can see our school has hit every Key performance indicator outlined by the education department. Even under t Our pupils have the chance to thrive in PE. We try and give every pupil a taste of a huge range of topics, subject areas and insight into health and well being so they leave the school with a well-grounded knowledge and interest in PE and Physical activity.

A positive attitude and engagement for the future is all we try and do and as proven, we certainly give the opportunity for all pupils in our school to do this.

We will respond and get our children back on track. We have already got a brand-new Physical Education, School Sport and Physical Activity whole school plan ready to implement in the new school year.