



Physical activity has numerous benefits for children and young people's physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are physically active are happier, more resilient and more trusting of their peers. Ensuring that pupils have access to sufficient daily activity can also have wider benefits for pupils and schools, improving behaviour as well as enhancing academic achievement.

The school sport and activity plan sets out the government's commitment to ensuring that children and young people have access to at least 60 minutes of sport and physical activity per day. It recommends 30 minutes of this is delivered during the school day (in line with the Chief Medical Officers guidelines, which recommend an average of at least 60 minutes per day across the week).

The PE and Sport Premium money is to help primary schools to achieve this commitment, providing primary schools funding to make additional and sustainable improvements to the quality of the PE, physical activity and sport offered through their core budgets. It is allocated directly to schools, so they have the flexibility to use it in the way that works best for their pupils. In 2021-2022, Kincaig Primary School was allocated **£17,330**.

This academic year, Kincaig was decided to spend its Sport's Premium money on developing children's health and well-being. Research has shown that developing social, emotional and behavioural skills can result in a wide range of educational gains, including better problem-solving skills and higher levels of motivation and morale across the whole-school community. The government are also looking at the different approaches to Physical Education, ensuring children complete rigorous fitness programmes, developing their levels of fitness and endurance and improving stamina. In order to achieve this, we have worked with Blackpool Football Club Community Trust, looking at the content of our curriculum and the impact the delivery has upon the children and how we could further develop this and make it sustainable; improving fitness levels and motivation to participate in sport.

**The engagement of all pupils in regular physical activity – Chief Medical Officers guidelines recommend that primary school pupils undertake at least 30 minutes of physical activity a day in school.**

In 2021-2022, we allocated £13,830 of our Sports Premium Money to support the development and engagement of all pupils in regular physical activity, developing the environment and providing more opportunities and activities for children to participate in. Alongside buying in specialist support to cover lunchtime clubs and sports. We developed the EYFS and KS1 playground, buying a climbing wall/tower and new balance bikes/scooters and equipment to develop their gross motor skills, enhancing the current provision. Money was spent on developing the main playgrounds and the MUGA. This included a range of new resources and equipment. Alongside equipment we also purchased sets of Action Mats for children to enhance the MUGA and allow children to be more physical at lunchtimes and playtimes. Money was also spent on developing children's enthusiasm for taking part in the mile buy purchasing Moki Bands.

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

We allocated £1500 towards supporting staff knowledge and understanding within the delivery of PE sessions and how this could be then replicated in their own delivery. Staff worked alongside Blackpool Football Community Trust, Blackpool School Sports and accessed various CPD opportunities that focused on Physical Education and the delivery of PE. Due to Covid-19, resources were limited; however, we worked on a number of different projects including Sports 4 Champions, Unstoppable and Fit2Go. We also worked with Blackpool Schools to deliver additional sports classes supported by the class teachers.

**Increased participation in competitive sport.**

To reduce costs and enable more children to participate in extra-curricular clubs, the Sports Premium funding supported the running costs of the school mini-bus. Allowing £2000 to be spent on transport and fuel costs, we were able to take more children to compete in competitive sport across the authority. These included football matches, netball and hockey tournaments, Youth Games and swimming.