

## PE and Sport Funding

At Chowbent we are very keen to make the best use of the additional funding provided to promote the health and fitness of pupils at school. We believe that staying healthy is one of the 5 key areas that contribute to a mental wellbeing.

1. Connecting with people.
2. Being active.
3. Keep learning
4. Give to others.
5. Be mindfull.

The funding is used in several ways –

1. To employ specialised sports coaches.
2. To pay for staff training.
3. To pay for inclusion in the local network of schools and inter-schools sporting competitions.
4. To pay for sports equipment.

The school pays for Premier Sports coaches to be a presence at school lunchbreaks to both lead the pupils in learning new skills and sports but also to train up pupil play leaders to do the same. In this way we are helping build a legacy in sports beyond the funding. Premier Sports also provide after school sporting clubs for short blocks during the course of the year to provide a variety of experiences.

We measure the impact of the funding in three main ways.

1. The level of engagement in school sports team events and after school provision.
2. By measuring the level of fitness amongst the pupils. Three times a year we measure the number of shuttle runs each child can complete in a given time. This then sets a target to improve upon over the course of the year.
3. Pupils in Years 3 through to 6 take part annually in the Lancashire Pupil Attitude Survey, an anonymous online questionnaire that the children complete in June. Amongst the questions there are measures of how positively the children view keeping fit, sports and healthy eating and living.

Our evidence to date shows both an increase in participation in sports since the funding was introduced, but also an increase in the level of fitness amongst the pupils.

Our Pupil Attitude Survey consistently shows very high percentages of positive attitudes towards healthy lifestyles and eating. There is also a consistently positive response in relation to attitudes towards physical activities.