**HEALTH & WELL BEING TEAM**

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| **Action** | **Review** | **Impact** |
| To consider external awards to further enhance curriculum provision | SQ is working on an application for the Sainsbury’s School Games award (Bronze) with Kerstine Hogg from Knowsley School Sports Partnership. | School achieved Silver Award. |
| To further enhance provision for Physical Education in making best use of funding for School Sport | SQ has liaised with staff from Widnes Vikings and we have agreed to participate in their SLA for next year, with their staff offering 3 hours of PE / after-school clubs for a year. Cost £3,000.SQ has recently ordered new PE equipment to help enhance PE sessions. Cost £500‘Community Chef’ – promoting healthy eating. A session was provided for every class in the school. Children were able to prepare a healthy snack and discussed healthy options. Cost £1000SQ / DF recently trialed an after-school cookery club to help improve children’s awareness of healthy eating and cooking.Sport Relief Week – children and staff raised about £800 throughout the week for the Sport Relief charity. Children participated in different PE activities, with a specialist Zumba teacher teaching the whole school different dances. The KS2 classes also had a Judo session with a specialist Martial Arts coach.SQ held a Dodgeball tournament for the KS2 classes during National Sports Week, to help raise money for the British Heart Foundation.Sports Day – Reception and KS1 participated in their own Sports Day activities and KS2 held their event afterwards.Sport SLA £900 – the children have participated in many different sporting events throughout the year, such as:Football tournaments (girls / boys), rugby, netball, swimming, football league games, charity football matches and the Merseyside School Games.DF was able to hold a Question and Answer session with two footballers from Liverpool Ladies FC. 20 children joined in with the session and were able to find out more information about how the Women’s game is different to the men’s Premier League.Extended Schools SLA – Cost £3,500Through the Knowsley Children’s University scheme, the children have participated in many different after-school clubs, some of them sport related, such as: Multi-sports, rugby and netball. We have funded the multi-sports and rugby through the Sport funding, as the children were taught by specialist coaches. We were able to offer each session to 20 children. On a Friday afternoon, Y2 children were also able to participate in a 10 week block session of Dodgeball lessons with a coach from Knowsley’s Extended Services team.Children in Years 3 and 4 have had the opportunity to attend Halewood Leisure Centre for a 2 week block of swimming lessons. All children were able to join in with the sessions, and we were able to fund the lessons through the Sport Funding. Each group was taught by a trained swimming instructor. Cost £2,800Rebound dance – Year 3 children were able to participate in a 10 week block dance placement as part of their PE curriculum. The outcome of the dance project was for the children to perform at The Theatre Royal in St Helens, along with children from 8 other schools. This is the first time that we have joined in with this type of performance for Y3 children. Cost £250Rebound dance – Year 1 children were able to receive a block of 6 dance lessons, as part of their PE curriculum. Both classes of children were taught by the same specialist dance teacher from Rebound Dance, and the sessions were paid for through the Sport Funding. Cost £180BMX biking – Year 6 children have had a block of 6 lessons from Phil Ball, a member of the British Cycling team. The children visited the BMX cycling track at Huyton Sports and Arts Centre. The sessions were free as a trial, and hopefully we could part fund the sessions from the Sport Funding for the next Y6 class. Everton Tennis – Year 4 were able to be taught tennis lessons as part of their PE curriculum, from a specialist coach from Everton in the Community. At the end of the block placement, 8 children were selected to participate in a tennis tournament at David Lloyd Leisure Centre in Speke. The children competed against other Knowsley / Liverpool schools, who also had access to the tennis sessions. | School staff to participate in PE training from the coaches at Widnes Vikings, as part of CPD training.The children to receive high-quality PE, through games, from PE specialists.As a school, we will be developing our Community Link, as we will be a Widnes Vikings ‘Knight’, so we will be part of a network of about 100 local businesses / schools.Staff can use the new equipment to help improve their PE sessions with the children, which will encourage the children to actively participate in the sessions.Children developed a greater understanding of the importance of healthy eating. Confidence of staff was also increased resulting in staff offering an after school cookery club.The 30 children were interested in trying a variety of fruit / vegetables in their meals and they were interested in cooking a selection of new recipes at home, with their parents / families. All children received a Change 4 Life cookery book with recipes to create at home.Children were able participate in the fundraising event, which promoted team work and charity work. All of the children in the school were able to try out different sports, which helped to promote an active lifestyle throughout the week. Children were able to try out a new sport during PE sessions and this helped them to enjoy a different style of game. All children were encouraged to work in large teams and actively participate in the sessions. The children raised just over £90 for the British Heart Foundation. School was then able to keep the Dodgeball set, which was donated by the charity.Staff, due to their attendance, also developed a greater knowledge of Dodgeball and how to develop children’s skills in this game.All children were actively encouraged to join in with Sports Day, trying out 9 different activities. The impact of living a healthy lifestyle was promoted through the event, and all children were able to enjoy completing sports activities. 4 children from each class received certificates and a medal for Outstanding Achievement or Great Effort. Every child was rewarded and praised, each receiving a Sports Day sticker at the end of the event. The winning teams received the school trophy.Children have enjoyed participating in the different sporting events and they have continued to develop their healthy lifestyles. We were fortunate to take 8 children to the Merseyside School Games to represent Knowsley in the swimming events. The children really enjoyed this and were proud to represent not only their school, but also all of the schools in Knowsley.The children were able to have a free ticket to attend a Liverpool Ladies FC match at the Widnes Vikings Stadium. All of the children were presented with a match day programme and they could have autographs from the Liverpool Ladies players. Children gained an insight into how the women’s football league works and it encouraged the girls to take a keener interest into the sport.The children in Y3-6 were offered the opportunity to join the after-school club and some children did continue to attend the club throughout the year. Each club was about 50% full, with at least 10 children attending each week.All of the Y2 children were able to access the Dodgeball for PE in two group sessions, with 15 children in each group. All of the children were actively involved in the lessons and they thoroughly enjoyed learning a new game.Children’s swimming skills were developed over the block of lessons and they were much more confident in the water by the end of the two weeks. Each child was assessed in their swimming, either by a swimming instructor or SQ (Year 3 teacher) / AG (Year 4 teacher). The Y3/4 children will have access to swimming lessons again next year, building on their previous lessons. Most of the current Y4 children are confident swimmers now.Staff received excellent CPD working alongside quality swimming coaches. The children were actively involved in the dance sessions, helping to create their own class dance. They were so enthusiastic about performing for other children in the school and also for their parents / carers at the Theatre Royal in St Helens. We could look into participating in this Dance show again next year for another Y3 class.Y1 children were able to access the dance lessons and they all thoroughly enjoyed the sessions too. Again, both classes had access to PE lessons from a trained Dance specialist.All of the Y6 children were offered the free sessions, which they enjoyed and participated in. This was a great opportunity for all children to be involved in, as it is a sport which they would not normally try. Some of the children have now begun attending the BMX track at Huyton Sports and Arts Centre for further biking coaching at the weekend.SQ was able to take the 8 selected children to compete in a tennis tournament, as they were deemed to show great tennis skills by the Everton coach. The children really enjoyed the competition and they were all keen to show off their great skills. |