



Lathom Junior School - Sports Premium Report

2022-2023

Overview

At Lathom, we continue to actively promote the positive contribution of PE to the health and wellbeing of our children. We believe that a varied PE curriculum and extra-curricular opportunities have a positive impact on the concentration, attitude and academic achievement of all our children and that children are able to enjoy PE whilst learning new skills and developing qualities. As PE subject leader, I believe that it is crucial that we continue to develop our curriculum and extend our PE provision through employing additional sports professionals, entering into more competitive sports competitions and training our staff to deliver in-house quality PE sessions.

What is the Sports Premium?

The Sports Premium supports schools to prioritise, increase and improve PE and sporting opportunities and access for all children. The funding helps us to improve in the following 5 key areas:

- increasing all staff's confidence, knowledge and skills in teaching PE and sport
- increasing engagement of all pupils in regular physical activity and sport
- raising the profile of PE and sport across the school, to support whole school improvement
- offer a broader and more equal experience of a range of sports and physical activities to all pupils
- increase participation in competitive sport

At Lathom, we use the funding to effectively ensure that standards of learning and achievement in PE and Sports are raised. All children, regardless of their background, additional/special needs engage in physical activity as part of the National Curriculum and extra-curricular provision.

In Lathom's context, the Sports Premium funding received from the Government is a financial contribution to the overall delivery of our PE curriculum.

- Total amount allocated for 2022/23: £21,410
- How much (if any) do you intend to carry over from this total fund into 2023/24: £ 0
- Total amount of funding for 2022/23 to be spent and reported on by 31st July 2023: £21,410

Sports Premium – Lathom Junior School

Academic Year 2022/23	Total fund allocated: £ 21,410	Date Updated July 2023		
<p>What are the objectives of the premium?</p> <p>The Primary PE and Sport Premium is ring-fenced and must only be spent on physical education and sport provision in schools. The funding therefore aims to achieve a self-sustaining improvement in all areas of PE, from the quality of physical education to introducing health focused physical activities and after school sports.</p> <ul style="list-style-type: none"> • Engage all pupils in regular physical activity and healthy active lifestyles • Increase confidence, knowledge and skills of PE and sport teaching staff • Broaden the range of sports and activities offered to all pupils • Encourage the participation of pupils in competitive sport • Raising the profile of PE and sport across the school, to support whole school improvement 				
<p><u>Key indicator 1:</u></p> <p>The engagement of all pupils in regular physical activity – Chief Medical Officer Guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school</p>				
Intent	Implementation	Impact and evidence	Funding	Sustainability and next Steps
<p>Increased participation in physical activity during breakfast clubs, playtimes, lunchtime and after school clubs</p>	<ul style="list-style-type: none"> • Continue to maintain and increase participation rates in after school activities in order to develop enrichment opportunities. • Continue to invest in resources and their maintenance to support break and lunch time sporting and fitness provision. • Sports Coach to continue to lead games and activities at break/lunchtimes. • Classes to continue to access the <i>i-Moves</i> initiative promoting children’s physical and mental activity in between lessons, supporting their ability to focus and maintain attention during the day. • To continue to promote our Skipping initiative – skipping ropes for all year groups during break/lunchtimes. • To continue to signpost Swimming sessions in East Ham Leisure Centre. 	<ul style="list-style-type: none"> • Increased participation in all activities. • Increased fitness levels for all. • Pupil voice surveys reflect children’s desire to engage in and enjoyment of competitive sporting activities. • Pupil voice indicates the need for single/mixed gender teams and activities. • After-school club monitoring continues to highlight how many children are attending clubs. • Children demonstrate confidence and proficiency in swimming. 	<p>£9356</p>	<ul style="list-style-type: none"> • Continued TA and MDS staff training so that they can oversee and support during break and lunch time. • Staff to lead clubs where they have knowledge and experience. • Identification of target groups of children who would benefit from inclusion and attendance at an after-school sports club. • To provide extra clubs for those children who are at risk of becoming obese, e.g., <i>Change for Life club</i>. • Play Ambassadors to initiate and lead activity sessions in breakfast/after-school clubs and during break/lunchtimes. • Establish a <i>Sports Premium club</i>, e.g. provision for a Dance teacher to facilitate a club across the whole KS2.

Key indicator 2:

The profile of Physical Education, School Sport & Physical Activity (PESSPA) being raised across the school as a tool for whole school improvement

Intent	Implementation	Impact and evidence	Funding	Sustainability and next Steps
Increase the profile of PE in school, particularly in terms of its wellbeing and pastoral benefits for children	<ul style="list-style-type: none">• Teachers to continue to work with our Sports Coach to develop their knowledge and confidence in teaching PE.• The offer of extended school sports club provision including after school is accessed by increasing numbers of children.• PE lead will continue to work with the Sports Coach to enhance the PE curriculum and ensure appropriate resource provision.• All children have access to high quality teaching with the requisite resources available to develop their skills.• Monitoring indicates an increase in participation and range of competitive sports accessed by children across the school.	<ul style="list-style-type: none">• Children have access to high quality PE lessons and sports opportunities.• Children are motivated and engaged – including those who have less enthusiasm for sports activity and exercise.• Children are more physically active and are better aware of the benefits of a healthy lifestyle.• Children make connections in their learning across the curriculum in terms of their increasing understanding of what adopting a healthy lifestyle looks and feels like.	£9100	<ul style="list-style-type: none">• Inter-year group competitions to be organised at the end of each unit of learning.• On-going celebrations of children's success and participation in PE and Sports events in assemblies, Newsletters and reports to the Governing Board.• Healthy lifestyle initiatives to be introduced, e.g., healthy living days which include and support parental engagement.

Key indicator 3:

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

Intent	Implementation	Impact and evidence	Funding	Sustainability and next Steps
Ensure that teachers are more confident to plan and deliver PE, having a better understanding of the progression of skills, the game rules and the planning and delivering units of indoor and outdoor lessons Ensure ECTs are confident to teach PE	<ul style="list-style-type: none">• PE Lead and Coach deliver CPD to all staff.• Sports Coach to continue to support the delivery of lessons in conjunction with staff identified as wanting/needing more support, including ECTs.• PE Lead to work with SLT to identify teachers' who require support to deliver	<ul style="list-style-type: none">• Teachers have increased confidence to plan and deliver the curriculum.• Teachers have a better understanding of how to deliver quality lessons and how better to utilise resources.• Improved provision of PE for all children.	/	<ul style="list-style-type: none">• PE Lead to highlight CPD opportunities within the SSP.• Further opportunities for team/partnership teaching across the school and within year groups with the PE Lead are identified and timetabled.• The development of orienteering as a curriculum subject across the school; improving the quality of teaching in all

	<p>lessons and enrol them on the Langdon Academy's workshops.</p> <ul style="list-style-type: none"> • Opportunities for teachers to attend coaching workshops run by Langdon academy. • PE lead works with the Sports Coach to enhance the PE curriculum and support planning, ensuring a clear progression of skills for lessons delivered inside/outside. 			<p>year groups, especially in areas such as orienteering, dance and gymnastics</p> <ul style="list-style-type: none"> • PE Lead to prepare plans/resources for staff and to liaise and support targeted teachers in discussing the planning process and desired outcomes/standards.
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Key indicator 4:

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

Intent	Implementation	Impact and evidence	Funding	Sustainability and next Steps
<p>Continue to offer a wide range of sporting activities within the curriculum, school and local community to get more children involved in sport, particularly those who do not participate in clubs or activities outside of school.</p>	<ul style="list-style-type: none"> • Continue School Sport Partnership with Langdon. • Formalised timetable of events in school i.e., <i>Race for Life</i> is shared with all staff/strategic diary, <i>NSPCC Childhood day</i>, etc. • Purchase of additional resources to facilitate events. • Successful re-introduction of <i>Bike-ability</i> cycle scheme. 	<ul style="list-style-type: none"> • Children and staff are regularly participating and engaging in fun competitions. • Information to be shared with Governors. • Pupil voice to gauge children's reactions/experiences with their current clubs but also to gauge what clubs they'd like to see at Lathom. 	<p>£2370</p>	<ul style="list-style-type: none"> • Wider range of after school club provision. • Increase participation in sporting events both in local community and school. • Organise events specifically for those children with SEND and those who are disadvantaged. • Fully embed events within an annual calendar. Build upon these each year to ensure best outcomes for the children attending. • Purchase additional resources necessary to run new clubs e.g. Archery.

Key indicator 5:

Increased participation in competitive sport

Intent	Implementation	Impact and evidence	Funding	Sustainability and next Steps
Increase offer of, and participation in inter-school and intra-school tournaments	<ul style="list-style-type: none">• Continue School Sport Partnership with Langdon.• Continue to promote achievements as widely as possible, e.g., Newsletters, messaging to parents, etc.• Purchase additional resources to facilitate events as required.	<ul style="list-style-type: none">• Increased links with other schools and the wider local community.• Information is celebrated by Governors and our wider school community.• Children talk positively, enthusiastically and with increased confidence about the sporting activities which they have taken part in.• Continue to celebrate successes and competition inclusion through assemblies – raising the profile of sports and sporting competition.	£584	<ul style="list-style-type: none">• Organise events specifically for those children with SEND and those who are disadvantaged.• Share successes on school website and in the Google Classroom• Organise competitions within school in terms of inter year group competitions that can be run at the end of a unit of PE. These could take place twice yearly per year group as a target over the next year.

Autumn term 2022

Langdon Academy Sports Partnership – Competitions

Since the start of this academic year, Lathom teams have been attending and competing in competitions in a variety of different sports. We have competed in a football, handball and tennis. The children are gaining a lot of enjoyment from attending the competitions and feeling a sense of pride in the opportunity to be able to represent their school. Our aim is to see as many children as we can have the chance to represent the school and have that experience.

Resourcing

The school has invested in new batting tees for when cricket is being taught in lessons, these allow for the ball to be static when being hit. Moreover, additional 'crazy catch' equipment has been purchased as it benefitted the children immensely with their throwing and catching. In addition, there has been investment in new indoor athletics equipment such as indoor javelins and also new speed bounce mats. Having such a range of different resources, supports improvement in fine-motor, and hand-eye co-ordination skills and allows different goals to be set for individual and groups of children.

The Curriculum

While maintaining a broad and balanced PE curriculum which covers a variety of sports outlined in the National Curriculum, as a school Lathom has decided to continue with idea of making sure that the curriculum runs alongside the upcoming competitions - in order for Coach Aron to be able to select children to participate in competitions. In addition, multi-skills and indoor athletics have been added to the school curriculum to ensure a fixture of sports are being covered across each year group.

Year 3 – Multi-Skills

This term the Yr 3 children have been practising their multi-skills. In each lesson they have been performing different exercises which enhance their throwing, catching and also the 'mental resilience' aspect of PE. The children have been working in groups to throw and catch - using the crazy catch equipment has proved invaluable in allowing them to develop their skills further and challenge themselves. In addition, children have also been looking at different and dynamic ways of moving such as jogging, sprinting and jumping depending on what is being asked of them.



Year 4 – Indoor Athletics

Yr 4 has been learning indoor athletics this term. They have been performing different types of sports that make up athletics. For example, lessons have covered indoor javelin, SpeedBounce and also relay races, whilst other lessons have focussed on long jump, vertical jump and chest push. The children have been learning the correct technique for each individual sport and the necessary mechanics to perform better, e.g., pumping arms when sprinting, or swaying into the javelin throw to gain more momentum. At the end of the term, children competed in groups against each other in a mini-indoor athletics competition in their individual classes to showcase what they have learnt throughout the term. Once again, the promotion of teamwork, good communication, moving forward and fine-tuning not only the PE skills but also life skills was the aim.



Year 5 – Swimming

Year 5 have begun their **swimming** lessons this term. They are being assessed by the swimming teachers at the leisure centre on a regular basis in order to track their progression throughout the unit.

Year 6 – Invasion Games

This term Yr 6 has been practising their skills in different types of invasion games, the children have played games such as handball and bench ball. The skills that are carried throughout many different types of invasion games include: passing the ball with one hand, using an overarm or underarm pass - which ensures that the children are constantly working on areas that will improve their respective skills across many invasion sports. In addition, constantly working in a team environment means that the children are also improving their communication and social skills, by encouraging others around them.

Sports Clubs (Coach Aron)

We are ensuring that Gifted & Talented (G&T) sports clubs are continuing for each year group. Last term Yr 3 & Yr 4 and Yr 5 & Yr 6 G&T children were combined in order to promote collaboration in LKS2 and UKS2. This supported our teams of children who participated in competitions with other Primary Schools.

The clubs have most definitely raised the standard of sport throughout the school as many more children are now much more active throughout the learning day. A noticeable positive impact of the after-school clubs this term, has been the bond and team ethic created within the clubs which is beneficial for everyone involved. The Yr 3 & Yr 4 clubs run after school on Mondays and Wednesdays, and the Yr 5 & Yr 6 clubs run on a Tuesday and Thursday.

After School Clubs

We have a number of teachers and support staff who have an interest in sport and PE. This has enabled us to run after-school clubs that cover a range of PE and sports. In addition, this term we also have 2 support staff members running dance clubs; the cheerleading group have their club on Tuesdays and

Wednesdays every week and also the Badminton club is continuing for this term too. All these clubs have seen an increased number of children attending and participating.

Break & Lunch times

At both break and lunch time, children across the school have access to sports equipment to enhance their skills further or even just for their own personal enjoyment outside of lesson time. Children have access to the MUGA to play football or basketball, while there is a cricket area and also an area where children can use the skipping ropes during their play and lunch.

Spring term 2023

Langdon Academy Sports Partnership – Competitions

This year we have renewed our membership for the Langdon Academy Sports Partnership which gives us access to a range of live competitions in the borough. Aron, our sports coach, took a selected team of Year 3 and Year 4 children to the Academy, competing in a handball tournament. Children have also participated in a girls and boys Basketball tournament this term. Our aim is to give children the opportunity to represent Lathom Junior School by competing in as many tournaments as possible as this year.

Resourcing

Linked to the above competitions, Coach Aron and Mr Haider are looking to invest in kits for future competitions as we believe this will raise the profile of the school in outside tournaments. We are also seeking to broaden the provision for gymnastics in the school halls allowing better access for children across the key stage. We have also carried out an equipment audit for this year and will be renewing some sports equipment. In addition to this we have looked into the curriculum overview and identified what equipment will be beneficial based on the ability of the cohort of children we are engaging with this year, for example we have acknowledged that some children will need additional support of a 'batting tee' to help develop their batting skills when we move on to Cricket later in the year.

The Curriculum

As well as maintaining a broad and balanced curriculum which covers the range of sports outlined in the National Curriculum, we have sought to organise our curriculum to coincide with events featured in the Langdon Academy program. This way, we are able to get a better picture of team selections for any prospective tournaments. In addition, there has been the addition of Badminton as this term as there was new badminton equipment and now the children are able to access a new sport in terms of Badminton.

Year 3 - Swimming

Every Thursday, Year 3 for the term have been attending East Ham Leisure Centre for swimming lessons. They are monitored every week by the swimming teachers and will be awarded certificates at the end of this current term for the respective level that they reach.

Year 4 - Invasion Games (Attack v Defence)

This term, the Year 4 children have been playing a wide variety of invasion games to be able to improve their attacking and defensive skill set. They have played Handball and Benchball throughout the term as they are very similar and require a similar skill set in order to be successful. Children are focusing on aspects such as *passing*, *identifying space* and also *ways to attack and defend* as a team. They are also learning the correct terminology for the skills they are learning such as *overarm* and *underarm pass* and also when defending they are learning terms such as *marking* and also *press*. Learning this terminology is crucial as they grow older and start to look at sports in a more tactical manner. Also, consistently working in a team environment promotes personal skills such as communication and the capability to work on a team to reach a required end goal.

Year 5 - Handball

This term Year 5 has been learning about Handball. They have been learning the types of different passes and also the rules of the game in order to be able to play a competitive game whilst following the correct rules. In addition to just learning about handball as a sport, they have also been looking into the tactics side of the game too. For example, how does moving into space benefit you and your team members? or, even aspects such as why is defending and attacking as a team crucial? The aim is to attempt to get the pupils thinking about the tactics side of sport more and allow them to make better decision making during a match situation and be able to understand why they are moving in a certain way and this constantly develops the pupils not on in a physical way but also in a cognitive way as well which is extremely beneficial. At the end of the unit for handball the children played matches against each other in order to showcase what they have learned over the period of time which means all the aspects of handball they have learned throughout the term they could put into practice in real life match situations which is excellent as they continue to develop as sporting individuals.

Year 6 - Badminton & Tennis

Year 6 children have been learning about Badminton and Tennis this term. It was decided that outdoors, children will do Tennis and indoors will be Badminton, as the core elements of both sports are extremely similar. The children were working on how to strike the shuttle and also the tennis ball with using similar forehand and backhand techniques. In addition, the children are working on their hand-eye co-ordination and that is a crucial element to both sports. By engaging in different sports such as Badminton and Tennis it develops pupils further than just playing the usual sports as we as a school like to develop pupils further and bring them into new sports and carry on developing them as well rounded sporting individuals that can play a wide variety of sports. The lessons begun at a basic beginner level with just how to hold the racquet and as the weeks went on the children are now able to play badminton and tennis matches with good long competitive rallies which is excellent, the feedback from the children was that they enjoyed learning and playing a new sport.

SEND PE

Coach Aron has been conducting a SEND PE session every week on Wednesday morning for SEND pupils to be able to access PE. This is continuing throughout the year and while continue to be a weekly session each week. The children are being able to work together and with their respective adult 1:1 TAs in order for them to be able reach their respective targets that have been set out for them by the SENCO. The children are working on aspects such as *throwing, catching, kicking* and *running*.

Sports Clubs (Coach Aron)

At Lathom, we are ensuring that Gifted & Talented (G&T) sports clubs are continuing for each year group. A decision was made last term to merge Years 3 and 4 and Years 5 and 6 G&T children in order to promote *togetherness* as a key stage and also due to the fact that when Lathom attend competitions they do so in this format. The clubs have most definitely raised the standard of sport throughout the school as more and more children are now active as a result. On continuation of the clubs after school during this term, there has certainly been a bond and team ethic created within the clubs which is beneficial for everyone involved. The Year 3 & 4 clubs run on Mondays and Wednesdays after school, and the Year 5 & 6 clubs run on a Tuesday and Thursday after school. These clubs allow all children who wish to participate in sport a chance to do some extra-curricular sporting activities which as a school is extremely beneficial to have the majority of children participating in physical activity after school and promotes the school's healthy school ethos further.

After School Clubs

At Lathom, we have a range of teachers and support staff who have an interest in sport and PE. This has allowed us to run after school clubs that cover a wide range of PE. As well as Coach Aron covering a range of sports throughout the week with the sports club that are run. Moreover, this term we have the Cheerleading clubs continuing for all year groups and continuing on are two dance clubs run by TAs for both upper and lower key stage, which continuously encourages children to take part in some kind of sporting activity.

Summer term 2023

PE around Lathom

This term we have set-up structured play zones during break times where Coach Aron and other members of staff engage with the children in developing a range of sports to further their participation and enjoyment. The playground has been sectioned off into different areas so children are occupied in sports activities that are linked to upcoming tournaments. Children are able to practice their skills for Cricket, Football, Basketball and Running during break and lunch times which allows them to pursue their choice of sport as well give staff the opportunity to observe and spot any potential talent for the competition selection. We have created a MUGA (multi-use games area) timetable different classes to allow children to have exclusive access to an area to play an invasion game of their choice.



Langdon Academy Sports Partnership – Competitions

In the Summer term we have continued our participation at the Langdon Academy Sports Partnership which gives us access to a range of live competitions in the borough of Newham. Coach Aron, our sports coach, took a select team of Year 3 and Year 4 children to the Academy, competing in a handball tournament. Lathom has also participated in a girl's and boys' Basketball tournament this term. Our aim is to give children the opportunity to represent Lathom Junior School by competing in as many tournaments as possible this year.

Coach Aron and myself, Mr Haider have designed the curriculum map for PE at Lathom to train and prepare children to participate at tournaments organised by the Langdon Academy Sports Partnership. At the beginning of the term, we discussed which tournaments would be suitable for our children to enter and confirmed these on our strategic diary. Recently our cheer leading team achieved a gold award at a competition.



The curriculum

As well as maintaining a broad and balanced curriculum which covers the range of sports outlined in the National Curriculum, we have sought to organise our curriculum to coincide with events featured in the Langdon Academy program. This way, we are able to get a better picture of team selections for any prospective tournaments. At Lathom, children have the two PE sessions a week, one session is led by Coach Aron alongside the class teacher and the second session is led by the class teacher. This allows a good balance for children to experience taught lessons by an experienced sports coach as well as the class teacher to

develop their sports teaching skills. This term, Coach Aron has been teaching specific sports e.g., Cricket whilst the class teacher has been teaching Athletics in preparation for sports day.

The sports that each year group are covering the for Summer term are as follows:

Year 3

This term, Year 3 has been practising their Hockey skills. The lessons have been sequenced in a way so that children who are not confident are able to develop their basic skills e.g., dribbling and passing a ball whilst children that are competent are able to have a refresher on these skills. Children have been taught the following skills; dribbling, accurate passing, changing speed and direction, shooting and defending. Finally, to be able to play a match using the skills developed over the term. The match stage of the lesson incorporates all the skills combined to help children learn the fundamentals of good team work. Children have been practising Athletics with their class teacher in preparation for sports day.

Year 4

Swimming sessions are led by trained swimming coaches at Newham Leisure Centre. Children are split into two groups with the more advanced swimmers utilising the larger pool and the beginner swimmers developing their skills at the smaller pool. Throughout the term, children are tracked on their progress in preparation for their assessment at the end of the term. Due to the amount of school closures this year and missed swimming sessions, Year 4 will be continuing their swimming sessions until we break for the summer holiday. Swimming is a vital life skill to develop at a young age and is an activity that is thoroughly enjoyed by the children.

Year 5

Year 5 has been learning about Tennis this term. In their weekly sessions with Coach Aron they have been practising different types of shots such as a forehand and backhand and also performing tennis drills to improve foot movement as that is a crucial element when it comes to Tennis. Another key element that the children are learning is the terminology that is used in tennis and they are putting that into practice by using the correct language when addressing the rest of the class during a lesson. At the end of the unit, the year group will play mini-tennis matches in order to be able to showcase what they have learnt during the unit and carry on developing these even further. Finally, to be able to maintain a rally with a peer using the skills developed over the term. The rally stage of the lesson incorporates all the skills combined to assess if the child has reached their potential in this topic. Children have been practising Athletics with their class teacher in preparation for sports day.

Year 6

This term Year 6 has been practising their Cricket skills. Week-on-week they have been learning how to bat, bowl and field and performed activities during lessons that aided their personal development in both. Moreover, the Year 6 children have been able to use the crazy catch equipment that was purchased last time in order to enhance their fielding and catching skills. In addition, the children are now starting to put the skills learnt into match situations and are able to bat, bowl and field to a good standard and are setting extremely high standards for themselves. Furthermore, they are fine tuning their abilities of working in a team environment and using the key fundamentals of playing a team sport.

Sports club (Coach Aron)

We are continuing to run the Gifted & Talented (G&T) Sports Clubs for each year group. G&T is a specialist club for Lathom children with above average sporting ability. The club enables the children with a higher skill ability to improve as a team. The club has increased the standard of sport throughout the school by giving opportunities for more pupils to become active. The club promotes teamwork, motivation, dedication and equality for all. The club enhances what has been taught in class and extends the learning but it also an opportunity for children – who compete for Lathom at tournament level - to practise their skills, ready for competition.

SENCO mornings sessions

In the mornings, each Teaching Assistant has been working alongside Coach Aron to support the children in performing a variety of core skills. This has helped progress the student's engagement and understanding of sport. Activities are set up to help improve agility, coordination and communication which are targets set on their EHCPs.



Resourcing

Linked to the above competitions, Coach Aron and I are looking to invest in kits for future competitions as we believe this will raise the profile of the school in outside tournaments. We are also seeking to broaden the provision for gymnastics in the school halls allowing better access for children across the key stage. We have also carried out an equipment audit for this year and will be renewing some sports equipment. In addition to this we have looked into the curriculum overview and identified what equipment will be beneficial based on the ability of the cohort of children we are engaging with this year, for example we have acknowledged that some children will need additional support of a 'batting tee' to help develop their batting skills when we move on to Cricket later in the year. In addition to this we will be renewing our sports bibs to support our invasion games.

After school Clubs

We are delighted to have a broad range of teachers with a background and drive for sport. This allows us to run multiple sports clubs to benefit the children's health and fitness. As well as Coach Aron's sports club which covers a range of sports, we also have **Gymnastics** and **Cheerleading** clubs run in the upper Hall by an outside PE provider.

Sports day

Sports day took place on the week of 12th June 2023. This year we decided to host our sports day at Plashet Park and arranged for sports day to be in individual year groups. We decided the sports day will be more manageable as well as enjoyable to host one year group at a time. The activities were structured into five stations; relay race, javelin, long jump, speed bounce and tug of war. Children had a great time competing against their peers and parents were able to engage and support their children at the park.



Next steps

Moving forward we will be introducing a few initiatives for PE that will be incorporated into Lathom. We will present to staff a 'walk a mile a day' activity which teachers will fit into their schedules which in turn will promote a healthy and active lifestyle. Secondly, we will introduce a club solely for SEND children the club aims to bring many benefits to the children's wellbeing. The benefits of regular physical activity are many; improved cognitive health, better control of weight, healthier bone density, better emotional and psychological health, improved social skills, improved motor skills and improved self-esteem. In July, an external sports company will be coming to Lathom to demonstrate and expose children to a mixture of activities: Archery, Ultimate Frisbee and Golf. We will also be introducing different methods of assessing children's attainment in PE.