



Physical Education Area	Planned Action and Impact	Cost
1. Swimming	All pupils have had the opportunity to participate in 2 terms of swimming. This is a 30minute session every Thursday morning at Killingworth Leisure Centre with specialist instructors. They have achieved recognition for their efforts through the Kellogg's Rainbow Awards of Achievement as well as ASA certificates.	£2,500.00
2. Physical Education Instructor	Each class accesses one 50 minute PE session per week with an Instructor to develop a range of areas including; Access a new sport every half term which builds teamwork, motor skills, general fitness, eye hand co-ordination and awareness of health lifestyles. Through this sport specific facilities are visited such as Churchill Tennis Centre, DW Arena and Lakeside Centre.	£3065.76
3. Horse Riding	Each pupil has had the opportunity to attend Horse riding at Stepney Bank. These sessions have enabled the students to connect with the animals, learn a new skill and develop confidents in a physical activity. The students have learnt to responds to the movement of the horse enabling them to become more relaxed and supple, reducing spasticity and improving balance, posture and co-ordination. The movement of the pelvis influences the lumbar region and the spine, encouraging control of the trunk and head.	£236.00

<p>4. Indoor Skatepark Scooter and BMX</p>	<p>Scooters require the pupils to learn how to drive them and thus make them move along the road by themselves. Riding the scooter without hurting themselves and others was a huge responsibility and fulfilling this responsibility was a great confidence booster. It also encourages students to join their peers and get their approval and thus becoming a part of a social group of his or her own age, again another reason for improving the feeling of their self-worth. Scooters also proved to be a great way to help gain balance and co-ordination on two wheelers.</p> <p>The instructors at the Skatepark work 1:1, showing the pupils how to ride a BMX bike and the safety aspects of riding. This was a great opportunity to share and discuss the health benefits with pupils. They discussed this during PSHE and science session and recognise the benefits to their health which includes; increased cardiovascular fitness, strength, as well as balance and flexibility.</p>	<p>£384.00</p>
<p>Total Spend</p>		<p>£6185.76</p>
<p>PE Funding</p>		<p>£3072.00</p>
<p>Additional for MSB</p>		<p>£3113.76</p>