

Sports Fund 2020-2021

The government has provided funding to provide new and substantial school sport funding, so that our pupils develop healthy lifestyles.

Aims & Objectives of the Sports Fund 2020 -2021

- To work in partnership with parents, carers, teaching and onsite therapy teams to enable pupils to participate in PE, as part of a healthy lifestyle;
- To ensure the sports provision is monitored and is of the highest quality possible;
- To have a cohesive approach to PE and sports provision through the appointment of a teacher who leads the PE provision across all departments of the school;
- To encourage parents and carers to enjoy physical activity with their children in their homes.

At Bedelsford School, all of our children participate in 2 hours PE lessons per week. In addition, they also participate in regular outdoor Forest School sessions. We have an onsite hydrotherapy pool, where the children have the opportunity to attend weekly hydrotherapy sessions; these are in addition to the 2 hours PE for all children. We use of PE funding to fund a PE coach, so that children can take advantage of specialist PE teaching. Playtimes and lunchtimes are highly differentiated, active and interactive. We employ play assistants who organise the playtime and lunchtime sessions, and there is a wide selection of equipment for children to use, including balls, bats, cricket sets, hoola hoops and beanbags.

Following on from the pupils' personal experiences during the COVID-19 pandemic, including the recovery period, part of the allocation for this year's Sports Fund has been assigned to the introduction of a Sports Sanctuary at Bedelsford School. This entails the identification and demarcation of defined areas in specific classrooms and sensory spaces within the school building, as well as outside in the primary and secondary playgrounds. Over the academic year of 2020-21, the Sports Sanctuary will be co-developed with the pupils, so that the activities are meaningful to them. This, in turn, will further support the regulation of their vestibular and proprioceptive systems.

Bedelsford School is fortunate to have an onsite occupational therapy department, and the occupational therapists are involved in the development of the Sports Sanctuary provision across the school. The PE Lead, teaching and therapy teams work together to provide pupils with opportunities to seek out the Sports Sanctuary when they need to feel additional safety and security. 'As one policymaker puts it, we need to start building fences along the top of the cliff rather than parking ambulances at the bottom' (Carpenter, B, Carpenter, M., 2020).

When responding to the needs of the pupils at Bedelsford School, the Sports Sanctuary is used to provide physical activities that stimulate both the vestibular and proprioceptive senses. Therefore, depending on individual needs of the pupils at any given time, the Sports Sanctuary provision holds a range of sports related resources and apparatus, including trampettes, resistance bands, ball games, swings and hoops, as well as a designated area for calming activities, including mindfulness, meditation, massage and deep pressure exercises.

Our Sports Sanctuary space supports our pupils to feel safe, secure and valued, as well as supports them to develop a sense of self-awareness and self-efficacy.

The Sports Sanctuary enables our staff team to contribute effectively to the essential re-building and re-engagement of our pupils and supports our staff team to nurture the whole child.

Sports Funding 2020 – 2021 Total Due: £16,580

Planned Action	Cost	Impact
Sports Sanctuary Development	£11705	<p>Pupils with complex physical needs are enabled to access passive and active movement, which in turn support them to become more flexible, as the muscles, ligaments and tendons are further loosened -in the case of general stiffness or high muscle tone.</p> <p>Muscle strength is developed, which further supports the individual pupil physio programmes</p> <p>Reduction of spasticity - Loosening up the muscles in the case of sudden spasms.</p> <p>Strengthened sense of well-being – regular timetabled opportunities for exercise, doing something for themselves increasing positive influence on the sense of mental well-being and improved pain control and sleep pattern; evidenced by benefits to engagement in learning activities across the school week.</p> <p>Maintained sensory regulation across key times throughout the school day.</p> <p>Increased confidence and ability in gross and fine motor skills, including ball skills, throwing and catching, team games and pincer grip.</p>
Specialist Sports Coaches for pupils and staff training – Surrey Cricket and Surbiton Tennis Club	£ 3375	<p>Pupils are able to develop their physical health and well-being through access to a wide range of accessible sports.</p> <p>Staff are trained on how to deliver key aspects of PE related sessions to the pupils.</p>
Musical Hydrotherapy Project	£1500	<p>Basic fitness levels are maintained, e.g., endurance and muscle strength are developed, as well as increased limb and body movement and improved confidence in the water.</p> <p>Reduced muscle stiffness.</p>

Sports Funding 2019-2020 – Total Obtained: £16,620

Planned Action	Cost	Impact
Specialist Sport's Coaches for pupils and staff training – Surrey Cricket and Surbiton Tennis Club	£ 3375	Pupils are able to develop their physical health and well-being through access to a wide range of accessible sports
Accessible Transport to Disability sports days, Panathlon and St Mary's University for Adapted PE and Sport Research Project	£3900	Pupils develop their team work and physical stamina by accessing inter and intra Level 1 and Level 2 competitions and sports training modules including student mentoring modules.
Motomedes x2	£4400 x 2	Developed muscle strength - Build and improving on the muscle strength
Kingfisher Swim for more able swimmers	£445	Pupils advance their water confidence and ability to swim through swim instructor in full size pool