



PE & Sports Grant Intention 2018/ 2019

We have currently received funding of £10,000 for our PE Sports Grant 18/19. This will be used for the following;

The majority of the primary grant will be used this year to purchase a Cardio Wall, which will provide our pupils with a range of benefits to support their physical development. The cardio wall offers cognitive challenges motivating the mind as well as the body through a range of unique programs, improving mental alertness.

It has unique programs engaging multiple muscle groups, enhances core, upper and lower body strength and endurance.

Other benefits include inclusive stamina, speed, mobility, balance, strength and peripheral vision and effective for use within High Intensity Interval Training (HIIT).

This will be self-sustaining through developing our teachers, level 3B teaching assistants and teaching assistants to be competent in using the Cardio Wall through INSET programmes led by the PE department so they can learn how to use the Cardio wall and enable them to deliver sessions to our pupils.

The effectiveness will be measured through assessment for learning and pupil progress within Physical Education.

We will also use the grant to provide staff with training for Sherborne level 2 movement course supporting our students in Sports pathway 1. This will be self-sustaining because staff can implement practical and theoretical approaches learnt on the course in PE lessons to support our pupils meet V level and EHCP targets (Physical and Sensory) and share knowledge with other members of staff.