

A grant of £3,000 was received by Birtenshaw School in the year 2016-2017.

The grant has been used to prioritise efforts to give young people a greater range of physical activities to engage in which encourage them to be more physically active, develop core strength, balance and co-ordination and help to meet their sensory processing needs through physical activity.

Part of the grant has been spent on additional equipment and part on specialist instruction.

In addition to the benefits to physical health our pupils have benefited from the opportunities to increase in confidence and self-esteem, turn-taking and social interaction thus contributing to their overall health and well-being.

<b>Expenditure</b>	<b>Rationale</b>	<b>Cost</b>
Specialist instruction in Boogie Bounce and Yoga sessions	Boogie Bounce: High energy activity which has cardio-vascular benefits as well as developing co-ordination and rhythm. The individual trampettes used benefit those with autism who struggle to engage in shared activities. Yoga: research has shown the benefits of Yoga for children on the Autistic Spectrum – an activity which combines development of core strength and body awareness with relaxation techniques to reduce anxiety	£930
Outdoor Play Equipment	To encourage activities during “Choose” times which motivate children to be active and play outdoors	£332.21
PE Equipment for Individual and Team Games	To increase range of physical activities offered To encourage participation in team activities	£850.68
Equipment for physical activity with therapeutic benefit – Sensory Integration and Pool Equipment	To provide physical activities which help children to self-regulate	£377.93
Whole School Sports Day and	Celebration of achievement/progress/participation	£500
	<b>TOTAL</b>	<b>£2990.82</b>