

Primary PE and Sport Premium: Why 'Surge' by stormbreak® Is a Smart, Sustainable Investment



On June 11th, the Department for Education (DfE) confirmed that the **Primary PE and Sport Premium** will continue for the **2025/2026 academic year**, with funding maintained at **£320 million**. This funding will again be distributed in two tranches (Autumn and Spring) and is intended to help schools provide children with a more active start in life by improving the **quality of PE and physical activity provision** in primary schools.



Key Reporting Requirements

Schools must:

Report on **how the funding was spent and its impact**

Complete the new **digital expenditure reporting return** via DfE Sign-in by **July 31, 2026**

Publish this report on **their school website** by the same deadline

How the Premium Can and Cannot Be Used

The funding is **ring-fenced** and must be used to make **additional and sustainable** improvements to PE and sport provision.

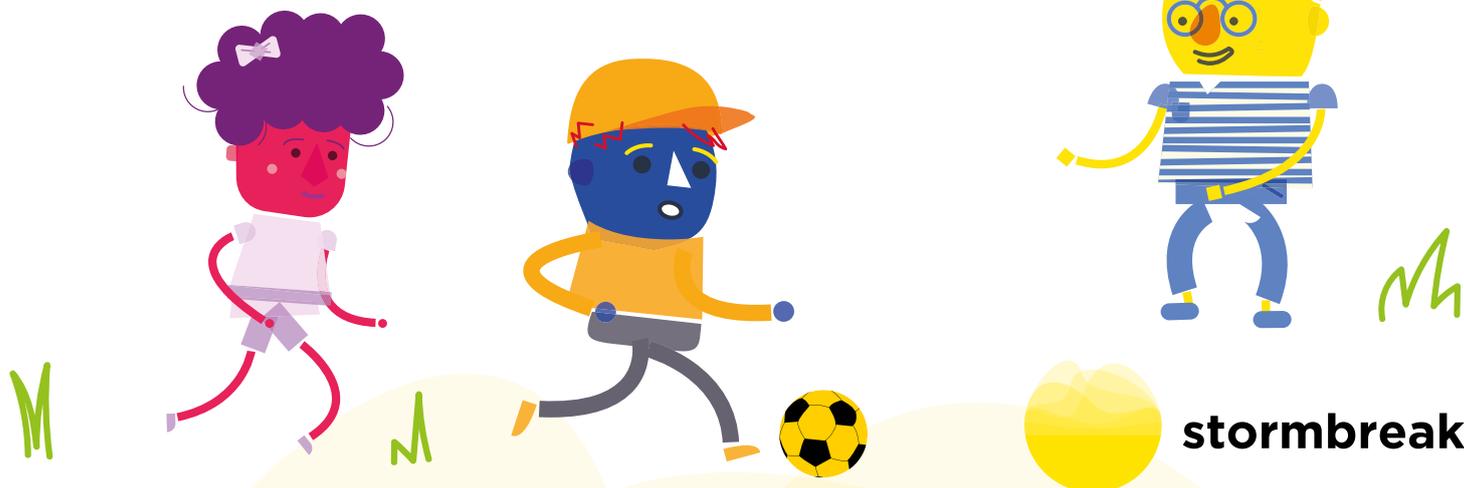
It **can** support:

- Professional development for staff
- Purchasing PE equipment
- Increasing pupil participation and activity

It **cannot** be used for:

- Core curriculum teaching
- Capital expenditure
- Staff PPA time

Refer to the **DfE's conditions of grant** for full usage guidelines.



stormbreak®

Stormbreak: A Strategic Use of the PE and Sport Premium

If you're considering how best to invest your 2025/26 Primary PE and Sport Premium funding, **stormbreak's 'Surge' training programme** offers a highly aligned, impactful, and sustainable solution.



Why stormbreak Fits the Guidance

The DfE makes it clear that schools must use the grant for its intended purpose and may face recovery of funds or withheld payments if misused. Stormbreak is built around the goal of sustainable, long-term impact, integrating mentally healthy movement into the school day.

In fact, a 2019 report from the **All-Party Parliamentary Group (APPG)** on a Fit and Healthy Childhood raised concerns about sustainability, cautioning that money spent solely on external coaching often leaves little legacy when funding ends. The group stressed the need for schools to build internal capability, warning that without it, schools risk “a wasteland consisting of teachers’ lack of knowledge and confidence.”

Stormbreak addresses exactly this issue.



Surge: Embedding Mental and Physical Wellbeing in Schools

Stormbreak's flagship programme, **Surge**, enhances the free content available on stormbreak.org.uk, providing **staff training, mentally healthy movement resources**, and a whole-school approach to wellbeing.



How Surge Aligns with the DfE's 5 Key Indicators:

Key Indicator 1
Increasing staff confidence, knowledge, and skills

How stormbreak meets this indicator

Stormbreak provides in-depth training for selected 'advocates' and full staff rollout. Activity cards (15 packs per school) are adaptable across all primary ages.



97% of schools said Surge training sessions were useful to help education professionals to embed stormbreak into day-to-day practice in schools

97% of school staff said they felt confident to effectively deliver stormbreak in schools.

97% of schools staff will continue to embed stormbreak into the school day.

Key Indicator 2
Increasing pupil engagement in regular physical activity

How stormbreak meets this indicator

Stormbreak is classroom-based and inclusive, reaching all pupils—including the least active. Activities can be embedded into daily routines and even at break times.

94% of children said they were enthusiastic to do more stormbreaks.

“Children have a positive attitude towards taking part in stormbreak sessions. They are moving more. They are having more conversations about wellbeing and the other stormbreak concepts (resilience, relationships etc.)”.

Key Indicator 3
Raising the profile of PE and sport across the school

How stormbreak meets this indicator

Stormbreak is not PE but does help all children to see that ‘movement’ can and should play an important part of their lives now and in the future. Surge is a whole-school initiative supporting personal development, wellbeing, and reducing sedentary time. It aligns perfectly with Ofsted’s personal development criteria.

“We love stormbreaks!”, “I really enjoy doing stormbreaks at the start of the day because I can feel that they help get me ready to learn!”.

Key Indicator 4
Offering a broader, more inclusive range of activities

How stormbreak meets this indicator

Stormbreak includes diverse movement categories like Run Moves, Creative Moves, Free Moves, Mindful Moves, Nature’s Moves—and even more through stormbreak Plus (e.g. Breath Moves, Musical Moves). One of the core underlying principles for stormbreak is to ‘celebrate engagement and interaction where movement is simple, inclusive and accessible for all’.

Key Indicator 5
Increasing participation in competitive sport

How stormbreak meets this indicator

While not competitive by nature, stormbreak encourages inclusive movement with optional friendly challenges (e.g. ‘Class Compliments’, ‘Ranagrams’) and has the potential to be a gateway to sports including competitive sport.

Long-Term Impact & Legacy

Stormbreak's philosophy is rooted in **creating a sustainable wellbeing culture**, equipping staff and children with tools for both **physical and mental health**. As highlighted in the DfE guidance, this funding should benefit **future cohorts**, not just current pupils.



Schools who've embedded stormbreak have seen:

- **Improved SIAMS and safeguarding feedback**
- Reduced stigma around mental health
- Improved children's wellbeing
- Relationships between adult-child and child-child have improved
- Facilitation of effective child-teacher relationships, especially when a child has a challenging day
- Increased daily physical activities
- Learning and development of educational professionals
- Improved readiness for learning
- Impact on behaviour, attendance and attainment of children



Alignment with Ofsted Expectations

The Ofsted Inspection Framework (updated Sept 2024) now gives greater weight to:

- Promoting active lifestyles and healthy eating
- Supporting personal development and wellbeing
- Offering a **broad and ambitious curriculum** that builds character and resilience

Stormbreak directly supports these aims—embedding wellbeing across school life and curriculum.

A Smarter, Sustainable Investment

Stormbreak is more than just a movement programme. It's a way to:

Build internal capacity

Improve mental health

Support physical activity target

Create a legacy that lasts beyond funding

For a detailed look at stormbreak's impact, [download our 2020-2025 Surge Insight Report >](#)

For more information or to register for our next Surge programme, contact darryl@stormbreak.org.uk

