



## **Sport and PE at White Hall 2022-2023**

### **(Including Sports Premium Report 2021/2022)**

White Hall Academy recognises the value and impact of high quality PE and sport for all. Our school motto; Excellence, Determination, Friendship is derived from Olympic and Paralympic values and the Olympic message to inspire a generation. It is our aim that:

- Learners show commitment to PE and school sport.
- Learners have the confidence to get involved.
- Learners willingly participate in a range of activities.
- Learners show desire to improve and achieve their personal best
- Learners enjoy PE and school sport.
- Learners know and understand what they are trying to achieve.
- Learners understand that PE and school sport are part of a healthy, active lifestyle.
- Learners are empowered to develop skills and control they need to achieve.
- Learners think about what they are doing and make appropriate decisions.
- Learners have stamina, suppleness and strength
- Learners use equipment and spaces safely.

The academy deploys a qualified PE Team, we have a Co-ordinator and Coaches from Colchester United Football Club and SCS who are dedicated to raising standards in PE and in engaging children and families in sports activities. The team work closely with the Head teacher who has a Degree in Physical Education. PE coaching is also provided as CPD for teachers who attend and participate in all sessions so that the impact is sustainable.

Through competitions and tournaments our sports teams have developed consistent partnerships within the local area, district and in the county of Essex. These partnerships have been enhanced through the subscription to our local sports association (CDPSSA). We aim to eliminate barriers and provide sport for all. White Hall Academy have worked in partnership with SGO of Tendring and St Clare's Primary School and have become one of the host schools for the development of Paralympic events for our local, district and county competitions. We are also acting as a host school for providing CPD courses to our staff and local schools in the area which is provided by outside providers/agencies.

The PE Team have established partnerships with families within our local community through numerous sporting events. There is clear skill progression so that all children can make progress. Curriculum planner documents have been created across all year groups which set out the expected objectives to be taught. This provides a progressive and consistent teaching approach across the school so all children are given an opportunity to achieve, accelerate and challenge themselves in a wide range of sports.

Alongside our children learning about the fundamental skills of agility, balance and co-ordination and improving their fitness in PE lessons, the PSHE curriculum planner documents set out the objectives to teach children about the human body as well as healthy eating and a balanced diet and why exercise is important for them.

Real PE is now embedded in the curriculum, so every opportunity is taken to maximise activity and outdoor and adventurous learning. Our PE Leader and coaches are trained in Real PE, which is a cross curriculum PE digital resource, and this links with our school's growth mind set and provides high quality provision and a personal best approach to PE. This resource provides tools for all teachers to access in PE lessons through Jasmine, this is the digital resource we use for planning, implementing and assessing children's progress in their physical, cognitive, creative and overall well-being and development to become positive independent learners.

This resource encourages our children to develop three key fundamental skills and attributes required for any sport participation (focusing on their agility, balance and co-ordination skills) and have the opportunity to understand five elements of physical literacy (enjoyment, confidence, competence, understanding and knowledge).

Our children participate in daily high-intensity and co-ordination activities as part of the healthy lifestyle initiative. Every pupil and staff member in each class has access to skipping ropes, and they have a set time to engage in Skip2Bfit every day as well as at break and lunch times. Skip2Bfit is an award winning skipping workshop and has been successful in promoting increases in physical exercise and the subsequent benefits for physical and mental wellbeing. The skipping ropes used by the children have an incorporated counter to promote numeracy as well as promoting fitness and healthy living.

White Hall Academy have used Skip2Bfit for the past 5 years, we have observed our pupil's showing enthusiasm, purpose and satisfaction in achieving their personal best skip challenge. Each class records their individual skip development, and we celebrate personal best awards for the most progress not for the most skips on our SKIP2BFIT display where all classes nominate their 'top banana', 'most improved' and 'best effort' whilst putting up the children's scores so they can look back at it and try to compete with their PB, this way all participants gain a sense of achievement. Some of our families have really enjoyed skipping with their children at home and share their PB success with their peers.

At the end of summer term in 2022, as a school we signed up to Street Tag! Street Tag is a healthy lifestyle app that is a community-based way of bringing families, children and staff together to be physically active. Street Tag turn their streets into a virtual playground to increase their fitness and outdoor experience in walking, running and cycling more to earn rewards. Street Tag ran until the 12<sup>th</sup> October 2022. At the end of this period, White Hall Academy finished in 1<sup>st</sup> place with 2,956,645 points. The children are immensely proud this achievement and are looking forward to taking part in the next Street Tag competition.

Premier Education use White Hall Academy as a host school for a school holiday sports club. This was well attended by children who attend White Hall children. They took part in a range of sport activities ensuring they stayed physically active throughout.

As well as our PE lessons, we offer a variety of extra-curriculum activities for both KS1 and KS2. Some of these include: football for both girls and boys, healthy schools, choir, volleyball, multi-skills, art, board games, dodgeball and netball.

Children have the opportunity to participate in competitive and non-competitive games played at White Hall and other schools across the sport partnership. Both the Boys and Girls football teams have competed in the large local schools' football league, and have each taken part in a tournament hosted at Lyons Hall against schools around the Colchester / Clacton areas. Girls and boys from the school netball team have competed in the local school's netball tournament. Children from KS2 have attend the Colchester Garrison Athletics event participating in throwing, jumping and running events against other schools from the local area. Children in Years 5 and 6 have taken part in cross-country running events and have also participated in a rounders tournament with other local schools. White Hall Academy's Access for All 10-Pin Bowling team have enjoyed success at a local tournament as have our school boccia team.

In 2021-22 swimming lessons started again after the enforced break due to the Covid-19 restrictions. Children in KS2 undertook swimming lessons at the local swimming pool during the summer term. However, in order to meet our target for the majority of children to be able to swim 25m by the end of Year 6, we have extended our swimming provision to ensure all children have quality lessons with opportunity for progression and achieving water confidence by having a temporary pool installed on the school site. This allows all children in KS2 to have intensive swimming lessons in groups containing no more than 12 children over a four-week period. Children with SEN or additional needs will further benefit from being in a group of no more than 6 pupils.

Children from Year 6 had the opportunity to attend the outdoors and adventurous residential trip to Birch Hall in summer term 2022 enabling them to take part in adventurous activities not usually available in school. This was well attended ensuring that children were able to develop independent life skills and took part in adventurous activities such as: climbing, archery, low-ropes, team-building activities, fire-lighting and bush-craft skills.

The playground promotes physical activity with an extensive range of small and large apparatus available. This includes climbing frames, rope walks, stepping stones, slides, skipping ropes, basketball hoops and balls, goal posts and footballs and hopping balls. Playground markings encourage active play and learning. Even on wet days the children are encouraged to be active with activities such as Joe Wicks workouts, Cosmic Yoga, Just dance or working towards their REAL PE targets. Midday Assistants are trained to lead games and encourage activity.

The school offers a supervised KS1 and KS2 sports club at lunch time to support children with their social skills and to encourage positive engagements with peers on the playground. The children are set targets and the expectations reinforce the Academy philosophy and rules.

Healthy lifestyles are encouraged and promoted through the school curriculum with a focus on physical and emotional wellbeing. Exercise is promoted as a means to a sense of well-being. We aim for PE not to just be part of a lesson time alone but to link through our whole school approach to mindfulness and creative play. These activities are an integral part of our daily timetable to encourage children to be active and enhance physical health and mental well-being. The school will be working towards renewing our 'Enhanced' Healthy school status in 2022/ 2023.

The Academy recognises the value of outdoor learning and this is encouraged across the curriculum. There are extensive grounds with playing fields, wild areas and large playgrounds in the immediate environment, but the school also makes use of the local area for walks and outdoor learning including the beaches in Clacton and Jaywick. Academy classes are able to use the facilities of local secondary schools including their track facilities, and leisure centres.

## Use of the Sports Premium

**The government provides funding to support the improvement of PE and sports provision in school. Last year the funding for White Hall Academy for 2022-23 was £21,660.**

£11,585 has been allocated to the employment of sports coaches who are coaching staff as well as pupils in order to ensure a sustainable rise in standards, including additional swimming sessions.

£2,875 has been allocated to EPC Coaching who provided valuable CPD and clubs within Key Stage 1.

£1,500 has been allocated to the funding of a lunchtime supervised sports club for children experiencing social, emotional or behavioural difficulties, this was extended this year to meet the needs within all key stages.

£570 has been allocated to lunchtime active play equipment.

£512 has been allocated to new sports equipment and kits for the Academy teams.

£4,618 has been allocated to 'Skip to be Fit'

## Impact

- Increased participation access across the school in skipping due to a skip2bfit workshop day
- Children had opportunities to take part in competitive leagues building their teamwork, leadership and sportsmanship
- a variety of after-school sports clubs allowed children to engage in new sports and find new interests
- REAL PE lessons allows children to work on personal challenges across all fundamental skills becoming more physically literate
- Lunch sports clubs allowed children to participate in controlled environment where they could be active, challenge themselves and work with peers in a positive manner
- Participated in football matches where the children were able to gain experience and develop their 'love for the game'
- Both boys and girls football teams won matches in their league (no final league table was announced)
- KS2 swimming allowed children to take first steps in swimming, develop their confidence and overcome fears of water with a plan in place to address impact of covid-19 on swimming across KS2