



## **Sport and PE at White Hall 2025-2026**

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 all learners:

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

The academy deploys a qualified PE Team; we have a Co-ordinator and two PE coaches who provide a consistent approach across all year groups. The team also provide CPD for teachers and LSAs 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 works in partnership with Schools Games Organiser (SGO) and St Clare's Primary School as host schools for the development of Paralympic events for our local schools. We are also a host school for providing CPD courses to our staff and local schools in the area which is provided by outside providers/agencies. Our PE Co-ordinator and Head of school have recently become school rugby managers (SRM) through England Rugby Football Union (RFU) to promote engagement across Tendring primary and secondary schools. Our aim is to increase participation in T1 Rugby in our local primary and secondary school through district and national events.

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.

During the Summer in 2025 we re-established our whole school teams' approach. Our children and families voted for the following team captains:

Red Team – Max Whitlock, Green Team – Ellie Challis, Yellow Team – Adam Peaty, Blue Team – Ellie Kildunne.

Every child is allocated a team and are awarded points for most progress in skip2bfit, personal best achievements including cross curricular activities, school ethos and sports day activities. Each week we celebrate the winning team in celebration assembly.

Getset4PE is embedded in the curriculum, so every opportunity is taken to maximise activity, and outdoor and adventurous learning. This platform is a cross-curriculum PE digital resource, and this links with our school's growth mindset providing high quality provision and a personal best approach to PE. This resource provides tools for all teachers to access in PE lessons, and 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.

At White Hall Academy we have developed a routine of the Daily Skip, and have observed our pupils 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 most skips. These points are accumulated in our school teams and weekly celebration in whole school assembly.

Essex Professional Coaching deliver their school holiday sports club. This was well attended by children who attend White Hall Academy. They took part in a range of sport activities ensuring they stayed physically active throughout.

Alongside 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, T1 Rugby, Multisport, Dodgeball, Netball, Boccia and Healthy School projects. Children have the opportunity to participate in competitive and non-competitive games played at White Hall and other schools across the sport partnership. Girls and boys from the school netball team have competed in the local school's netball league. 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 a rounders and Tag Rugby tournaments, as well as inter school rounders and netball events at other linked Trust schools.

For our swimming lessons at White Hall, 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 a temporary pool installed on the school site. We have extended our swimming provision to ensure all children have quality lessons (with opportunity for progression and achieving water confidence). 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 further benefit from being in a group of no more than 6 pupils.

Once again children from Year 6 had the opportunity to attend the outdoors and adventurous residential trip to Birch Hall in Summer term of 2025 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 take 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 for KS1 and lower KS2, these include climbing frames, rope walks and stepping stones. We have physical equipment such as skipping ropes, basketball hoops and balls, goal posts and footballs and target games. Even on wet days the children are encouraged to be active with activities such as Cosmic Yoga, Danny Go and chair Yoga. Getset4PE have class session plans to follow. Midday Assistants are trained to lead games and encourage activity. Lunchtimes are supported by the learning mentor team and PE coaches every day.

The school offers a supervised sports club at lunch time and weekly PE interventions 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, which include Be Safe. Be Kind, Be Responsible.

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. This year we are following a whole school approach of 'my Happy mind' which is commissioned by the NHS. The five key modules within the 'my Happy Mind' programmes are: Meet the brain, Celebrate, Gratitude, Relate and Engage.

The school was awarded 'Enhanced' Healthy school status, we take pride in our supporting our local community projects. These include participating and achieving winning status for displays sharing our annual projects at the Tendring agricultural Show. In 2024 we proudly became a beacon school for the tree council project in Essex.

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 2024-25 was £21,660.**

£7,809 has been allocated towards the employment of sports coaches who are coaching staff as well as pupils in order to ensure a sustainable rise in standards.

£14,314 allocated for Colchester United and SCS.

£8,000 towards the provision of a portable on-site covered pool and coaching swimming sessions (8 children per session on rota).

£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.

£818 has been allocated to new sports equipment and kits for the Academy teams.

£2,268 has been allocated to 'Skip to be Fit'

£695 PE subscription for 'Getset4PE'

### **Impact**

- Increased participation access across the school in skipping due to a timetabled daily skip2bfit session.
- Children had opportunities to take part in competitive leagues building their teamwork, leadership and being part of a team.
- A variety of after-school sports club allowed children to engage in new sports and find new interests.
- Getset4PE lessons allows children to work on personal challenges across all fundamental skills becoming more physically literate.
- Lunchtime 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'.
- At our local tag rugby event at Clacton Rugby club our team proudly came 2<sup>nd</sup> and won silver.
- KS2 swimming allowed children to take first steps in swimming, develop their confidence and overcome fears of water with a long-term plan in place to address impact of covid-19 on swimming across KS2.