



Sport and PE at White Hall

(Including Sports Premium Report 2020/2021)

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 Coordinator and Coach 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 school for the development of Paralympic events for our local, district and county competitions. 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.

The PE Team have established partnerships with families within our local community through numerous sporting events including a sports camp during Easter and summer holidays. 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. Real PE is now embedded in the curriculum so every opportunity is taken to maximise activity and outdoor and adventurous learning. Our PE Team 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).

As part of the healthy lifestyle initiative our children participate daily in the daily cardio, high intensity and co-ordination activity. Each class have skipping ropes for every pupil and staff and they are given the opportunity to participate in skip2bfit every day during class, break and lunch times.

Skip2bfit is a resource used in the UK and many other countries across the world, most recently including China. We aim to provide opportunities for all children to participate in the recommend 60 minutes of physical activity every day. Alongside PE and playtimes skipping twice a day for 3 minutes is equivalent to a 20 minute jog. *John Mc Cormack BSc (Hons)* founder of Skip2bfit is dedicated to working in partnership with the Department of Education to ensure his resource is time effective and accessible. White Hall Academy have used Skip2bfit for the past 2 years, we have observed our pupils showing motivation, willingness and enjoyment in achieving their personal best skip challenge. Each class records their individual skip progression and we celebrate personal best awards for the most progress not for the most skips, so 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.

Alongside our PE Team, some of our teachers who have experience or passion for a sport, help our school provide a range of extra-curricular sports activities and after school clubs for both ks1 and ks2. These include football, netball, athletics, tag rugby, cricket, fundamental skills, boccia, seated volley ball, goal ball and hockey. Children participate in competitive and non-competitive games and these are played at White Hall and at other schools across the sport partnership. Swimming is funded for year 5 and 6 during our spring and summer term - we are hoping that this will be possible. We have extended our swimming times to ensure all children have a quality lesson with opportunity for progression and achieving water confidence. Our target is for the majority of year 6 children to be able to swim at least 25m by the end of year 6. If possible, this summer we will be recommending some of our children to take part in acquiring the Swim England Safety Award (Swim Safe). This is a government funded initiative to develop water safety and confidence on the beach. The basic skill of how to save your own life is paramount especially as we live by the coast. We are very proud of our children who have achieved this award and skills both at school and with their families across our year groups in previous years. We do not have any swimming data to report this year due to COVID-19. We plan to have a catch up programme for the children who missed swimming sessions in Year 5.

If restrictions are lifted and the safety of our children is guaranteed, the outdoors adventurous residential trip will be offered to year 6 and subsidised by the school to ensure access for all. This trip enables our children to develop independent life skills and take part in adventurous activities not usually available at school.

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 each class having a Wii to use for dance games and sport games or children can take part in activities such as Joe Wicks home workouts, Cosmic Yoga, Just dance or working towards their REAL PE targets. Midday Assistants are trained to lead games and encourage activity. Last year we have developed a creative play approach to the playground which has been led by nominated play leaders from Key Stages One and Two. As things return to normal, the aim is to get this up and running again.

The school has recently renewed the Healthy School award we are recognised as 'Outstanding' Healthy School and will be working towards renewing our 'Enhanced' Healthy school status in 2020/ 2021, as this was delayed during 2019/2020, through our Mindfulness journey. 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.

Supervised play is provided for children experiencing difficulties in playing without supervision. This provision offers a range of sports and active pastimes to engage children in positive interaction with one another. The children are set targets and the expectations reinforce the Academy philosophy and rules.

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

Impact of funding 2019-2020 (Before COVID)

- Increased participation access across the school in extra-curriculum sports to a wide variety of afterschool's clubs such as football, fundamentals skills, athletics, netball, Paralympic team.
- This also allowed children to broaden their sporting interests and explore new sports.
- We were able to take part in an indoor athletics tournament at Colne placing 4th
- Play leaders were chosen from each year group. As a result, children were always able to have help to create games or to find people to play with
- 1st place in the Essex Ten Pin Event at Ten Pin in Colchester with our Paralympics team
- Hosted a Paralympic teams Boccia event, where we placed 4th
- Participated in football matches where the children were able to gain experience and develop their 'love for the game'.
- Placed top 3 in the Clacton semi-final in Tag rugby, got invited to the district final where we placed 5th
- Behaviour at lunch time has improved due to lego club and sports club

Allocation of the Sports Premium 2020 - 2021

The government provides funding to support the improvement of PE and sports provision in school. This year the funding for White Hall Academy for 2020- 2021 is £21,890.

£12585 has been allocated to the employment of a sports coach, who supports staff as well as pupils in order to ensure a sustainable rise in standards, including additional swimming sessions.

£1500 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.

£2575 has been allocated to lunchtime active play equipment. This is an increase of £1875 to ensure we have enough equipment to enable the children to undertake exercise at lunchtimes and supporting the government's tackling obesity approach.

£400 has been allocated to new sports equipment and kits for the Academy teams.

£780 for Real PE Curriculum CPD

£4050 has been allocated for after school clubs delivered by external providers to increase the health and well-being of pupil.