

Old Palace Sports Premium

2015/16

Building on from last year's successes, we will be continuing to ensure the fitness and wellbeing of the school community.

Our aims are:

- ❖ To continue to increase levels of activity outside curriculum time in KS2 pupils
- ❖ To continue to increase levels of fitness in all pupils
- ❖ To continue to ensure the levels of activity in parents
- ❖ To develop PE in line with the changes to the curriculum
- ❖ To increase numbers of children participating in sport and physical activities

With these aims and following the guidelines for spending the money, we spent the Sports Premium funding on:

| Gilwell Park Residential (3 day residential trip) | To develop co-operation and collaborative learning. To increase participation in Outdoor Adventurous Activities | Year 4 children | £2,290.00 |
|---|---|--------------------------------|-----------|
| Phassel's Wood Residential (3 day residential trip) | To develop co-operation and collaborative learning. To increase participation in Outdoor Adventurous Activities To learn bush craft and survival skills | Year 5 children | £3,327.50 |
| Yoga (Summer 2 2015) (specialist Yoga teacher, delivering 6 sessions to each class) | To develop mindfulness techniques To develop children's mental well being | Year 5 and Year 2 | £825.00 |
| Yoga (Summer 2 2016) (specialist Yoga teacher, delivering 6 sessions to each class) | To develop mindfulness techniques To develop children's mental well being | Year 4 and Year 2 | £800.00 |
| Zumba (Specialist Zumba teacher, delivering 12 sessions) Parent contribution | To increase participation in the wider school community | Mums | £180.00 |
| Rugby World Cup Week | To raise awareness of the rugby World Cup To increase participation in rugby | Years 2-6 | £280.00 |
| 5-A-Day fitness (Program to support teachers in morning fitness) | To raise fitness levels in all children | Foundation-Year6 | £204.00 |
| Sports Leader and Prefect Hi-Vis Jackets | To raise the profile of the sports leader and prefects To ensure sports leaders and prefects are easily identified in the playground. | Sports Leaders & Prefects (Y6) | £289 |
| Resources | Replenish existing resources (tennis balls, rugby tags, footballs, storage) | All | £305 |
| Resources (Agility ladder, tug-of-war) | To increase the fitness of children during fitness sessions | All | £97 |
| Carpoeira (Brazilian Sport- Year 5) | To raise awareness of the Brazilian sport (Linked to Year 5 topic) | Year 5 | £700 |
| | | Total | £9,297.5 |

- ❖ To continue to increase levels of activity outside curriculum time in KS2 pupils

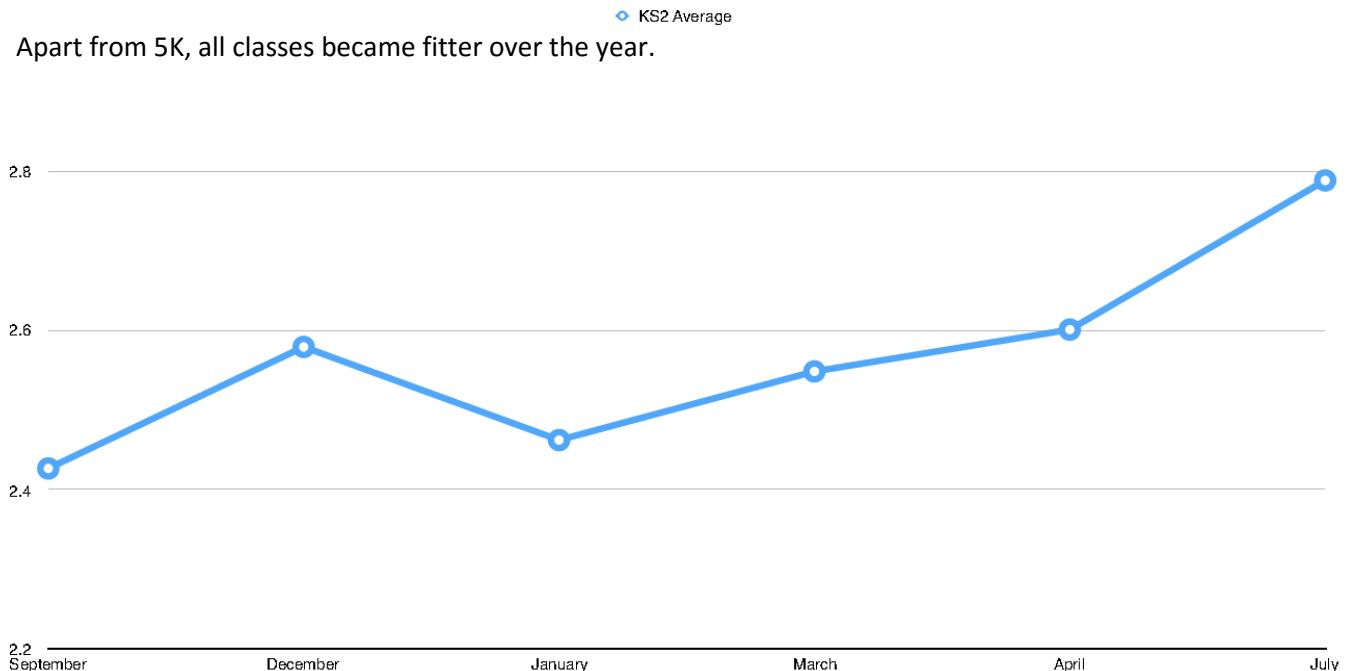
87% play sport or exercise with friends or family outside of school at least once or twice a week.
(Pupil Survey June 2016)

This is a decrease of 1% from last year so will need to remain a target next year.

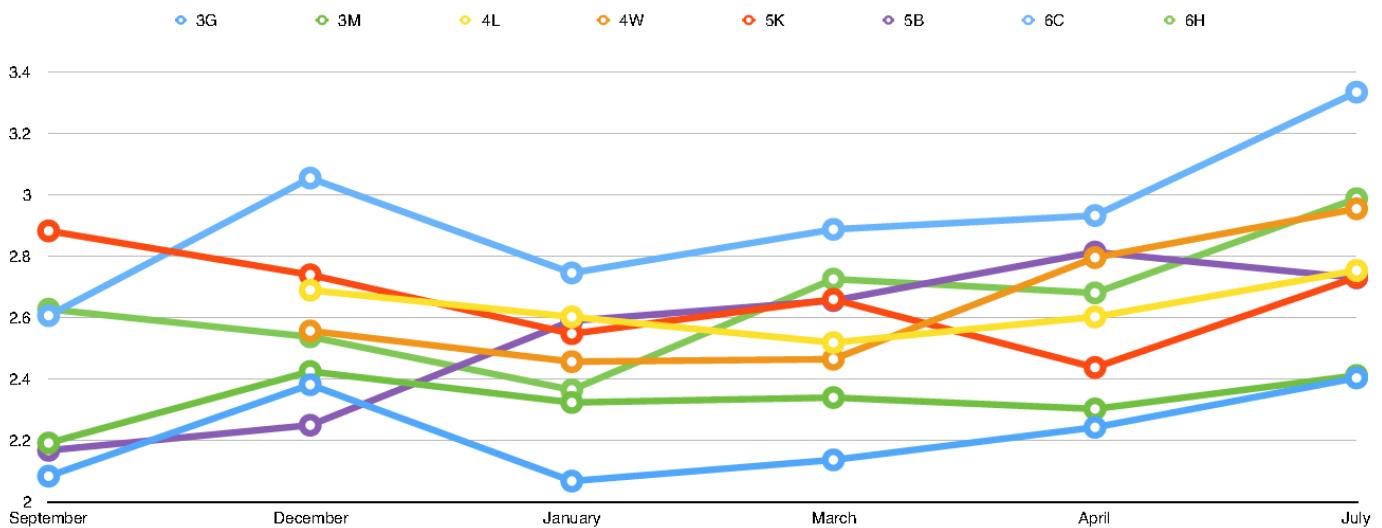
54% visit a sports centre or swimming pool outside of school at least once a week
(Pupil Survey June 2016)

This is a decrease of 1% from last year so will need to remain a target next year.

❖ To continue to increase levels of fitness in all pupils



There was a drop in fitness levels over the Christmas holidays. Therefore the children were spoken to about the importance of continuing to be active during the holidays.



| Class | Average level |
|-------|---------------|
| 6C | 3.35 |
| 6H | 2.988 |
| 4W | 2.955 |
| 4L | 2.754 |
| 5K | 2.732 |
| 5B | 2.730 |
| 3M | 2.412 |
| 3G | 2.404 |

❖ To continue to ensure the levels of activity in parents

The school's Healthy Lives Ambassadors were successful in applying for funding from "Can Do" to enable mums to take part in Body Conditioning sessions and Zumba classes.

Dad's football training has continued and there is also a Dad's badminton club which takes place in the school hall on Thursday mornings.

"Zumba gave me an opportunity to exercise. It gave me the confidence to go out and exercise with my children. I have really enjoyed Zumba, great fun/workout. Loved it and would recommend it to everyone."
Shabana Begum

"I think it is a brilliant idea to engage parents in order to promote health in general, this activity was amazing and I hope it continues to benefit the parents and children too. Thank you"
Amina Yusuf

"I would like to thank the organisation who helped us to change our life for being healthy through Zumba and Yoga. Thank you so much"
Rehma Nangendo

❖ To develop PE in line with the changes to the curriculum

Monitoring of lessons and moderation of teacher assessments indicate that the teaching of PE is at least good and often outstanding. The requirements of the National curriculum are being met.

❖ To increase numbers of children participating in sport and physical activities

Year 5 and 6 children have taken part in an after school football league every Monday at Bow School. The first team now has 2 girls playing in this team, finishing 3rd overall. However, the girls team finished 1st in their league, running away with the title!

The Year 6 cricket team were runners up to the eventual overall winners in London. They also enjoyed a trip to Lords Cricket ground.

Children in Years 2-6 participated in rugby sessions run by coaches. They also took part in a competition based on the Rugby World Cup which was entered by nearly all the children in the school. This built great excitement and raised the profile of rugby in the school.

Below is further evidence to show the impact of Sports Fund spending in 2015-16:

Phassel's Wood



"As we started trying new activities we soon got used to the mud. At first I wasn't keen on working with different people. We soon realised that we had to rely on each other. We had to work together and become a team, which was difficult in the past. For example when we built our shelter. While one person was holding the rope at the top of the tree to make sure it was sturdy another person would tie the knot and the others held it all in place. My favourite activity was abseiling because it was new and exciting and going on the zip-wire which was really high." **(Alisha – 5B)**

"While I was abseiling, I felt anxious and afraid because I thought that I was going to fall. However, Jacob reassured me to safety by helping me not fall. He also told me I could do it- and I did! It was a great achievement for me and I was proud of myself when I finished abseiling. I enjoyed the Zip line because it was fun. The best part was getting flipped back, safely out of the way of the trees." **(Al-Wajed 5B)**

Working with people we had never worked with before helped us to get to know everybody properly. Even though we knew each other since the age of four, it was the first time we really got to know each other. Everyone had something to do and no- one was being lazy. We all took part. **(Safiya – 5B)**

During the three days, everyone relied on their teammates. No one got angry at anyone or stormed out of any activity. We did team building exercises such as trying to order ourselves from youngest to oldest without talking. We also tried to make a den with only sticks logs and a big camouflage cloth. After we made it, we decorated it with leaves and branches to make it look nice and homely. It soon became clear that to make our shelter, we had to work together, listen and help each other.

The trip to Phasels Wood was amazing and I want to go there again next year. There were some things that I wasn't so keen on but towards the end, I enjoyed all of it. I regret not going pot-holing but I'm glad I did everything else. I will save this for next time. **(Zahra M – 5K)**

Gilwell Park

“Gilwell was the best. I didn’t think I would ever do the Leap of Faith but I closed my eyes and jumped! It was brilliant” **Bashir**

“My favourite part was being with my friends in the rooms without any adults. I felt very grown up” **Angelica**

“The climbing wall was so scary. I cheered on all my friends because I didn’t think I could. Then everyone shouted my name and told me that it wasn’t that bad. I tried my best and I nearly reached the top” **Maryam**

Yoga

Behaviour incidents in Year 2 have decreased in Year 2.

In the Autumn term there were 5 red cards given to children in the classroom and 4 red cards given in the playground.

However, there were no red cards given to Year 2 in the classroom or playground.

“It made me imagine that I was in the ocean playing with Octopi when I get stressed. It also makes me sit up in class because I learnt that sitting up is better for me. I loved yoga because it made me so calm and made me feel quite sleepy and calm but then I know I have been doing exercise” **Gbolahan**

“It made me imagine that I could stretch my legs really high and help me to be calm when I am nervous. I love yoga because it takes your nerves away. When I am devastated it helps me to breathe and be calm because sometimes I’m not calm” **Iyana**

Capoeira

“it was fun because it included music and dance” **Aya**

“I liked it because it taught us how to defend ourselves” **Zahra M**

“It helped with the control of my body and breathing – I hope we can do it again” **Sumaya**

“I enjoyed Capoeira because it was fun to learn dance and self-defense from another culture” **Fariha**

“I liked Capoeira because it helped me understand how to defend myself. It was great to learn a new sport with music” **Zahra R**

“I enjoyed Capoeira because it was fun and it helped me to understand that fighting is not about hurting people. This is a game.” **Habiba**