



## Exceptional high quality PE and sport at Churchfields Junior School

### Evidencing the impact of the PE and Sport Premium

At Churchfields Junior School we believe that sport and PE are extremely important to the physical health, academic attainment and emotional wellbeing of our pupils. Sports coached at our school are **wide and varied, giving the pupils options to enjoy and excel** during lesson time as well as a packed co-curricular programme, including: hockey; netball; tennis; football; basketball; tag rugby; badminton; table tennis; kwik cricket; rounders; athletics; dodgeball;



Adventurous education has a positive life-long impact

cross country; circuit training; bench ball; country dancing ; contemporary dancing and gymnastics. This vast range of sport is delivered across the academic sporting calendar. In addition to sport as part of the weekly PE lessons and co-curriculum clubs, pupils have the opportunity to sample sports such as lacrosse and BMX biking as well as Year 6 pupils spending seven days at Rhos-y-Gwaliau, an Outdoor Educational Centre in Wales. PE teaching and learning is exceptionally high quality, the curriculum is constantly being reviewed and our sporting achievements are legion.

As part of our curriculum, pupils in Year 5 attend the local swimming pool for one term per class. Pupils who cannot confidently swim 25m by the end of Year 5 undertake a further programme of intensive lessons. As a result **98% of current Year 6 pupils can swim competently, confidently and proficiently over a distance of at least 25 metres**. Inter-class competitions take place in netball, football and rounders. At our four concerts, pupils have the opportunity to perform dance routines to each other and to parents. Our annual summer sports days are organised on the understanding that every child matters and is encouraged to take part competitively and enjoy the many disciplines on offer to them. **Sports Leaders** play a vital part in the smooth running of sporting events.

In relation to weekly PE lessons, the success of the Cooper Run as a warm up resulted in the school raising money for charity as well as running a mile each week improving speed and built up physical stamina and endurance. For Sport Relief, pupils participate in a fantastic Mile Challenge. All pupils run a mile around the local area, cheered on by staff, parents and families along the route. The success in cross country and athletics competitions, both in Redbridge and at the



London Youth Games, is evidence of the strength and stamina of Churchfields pupils. Future new warm ups include the Beep and YoYo test. Lessons are planned to ensure that all pupils enjoy maximum participation and inclusion. Pupils are encouraged to **co-coach with the specialist sport teacher as well as lead art of the session** whilst under supervision. Elements of maths and literacy are incorporated in to sports lessons.

### Specialist teaching

Physical education is carefully prepared, planned and delivered by a specialist ball sports teacher and a highly qualified dance and gymnastic teacher. In unison, the specialist staff ensure 480 pupils receive on average two and a half hours of high quality PE each week. Our staff lead PE training for trainee teachers across Redbridge.



Specialist teaching for every child produces outstanding sporting achievements

### Facilities

The playground is marked out with an array of multi-coloured courts, seven netball hoops, a challenging climbing apparatus and four outdoor table tennis tables. The school benefits from a recently refurbished, large field which includes a challenging obstacle course, a six tower fort complex and a multi combination climbing frame. These facilities keep pupils active at break times. Pupils develop fundamental movement skills as they are challenged to traverse the equipment and the equipment encourages physical, social and imaginative play. We also have a strong community link with our main feeder high school; Woodbridge High, who allow us to use their astro-turf facility.

### Sports teams and competitive success

Our school relishes the challenge to compete against others in the borough, region and nationally. In 2014, our hockey team won the London Youth Games and silver medallists in gymnastics in 2016, 2017 and 2018. For the last three academic years we have won sportshall athletics, cross country, basketball, tag rugby, football, kwik cricket and netball tournaments or competitions. We track which sporting teams are pupils participate in and aim for every pupil to be actively involved. We currently participate in the Redbridge schools Primary Football Leagues which are run at seven and nine a side level. Our football team have enjoyed much success and have achieved treble honours; the Redbridge League, the Essex FA Parish cup and represented West Ham at **Premier League National Final**, where they had the honour of playing at Leicester City's King Power



Stadium. Our netball team were runners up at the East London Finals where they were presented with their medals by Amanda Newton, ex England Captain. Many of our athletes who started playing at school have gone on to successfully compete at National, County and Academy level.

Churchfields is the first school in history to win the Redbridge Mini Games competition three times in a row. As the winning school in each individual sport, we have gone on to represent the borough as a school at the **prestigious London Youth Games** in hockey, tennis, football, kwik cricket, para sports and individually as swimmers. The girls' kwik cricket team reached the London Schools Games Finals which were in Regents Park. The boys' kwik cricket team achieved the highest accolade possible; they were crowned National Champions four years ago and went on an incredible journey to get there! The boys were lucky enough to be coached and inspired by England international to help them on the road to success. For the past two seasons we have reached the cricket finals at county level.



School teams are trained before school in preparation for matches after school. These take place at our local Sports Centre, neighbouring schools or at Woodbridge High, our local feeder secondary school. Churchfields encourage and invites BTEC students to deliver under supervision, indoor and outdoor multi-skills sessions for our pupils, this also demonstrates the benefit to both high school and junior

school pupils, as the schools support and help each other. Churchfields also has good relations with local private schools as well as important club links offering outside, evening or weekend opportunities for all our pupils. **Qualified coaches from local sports clubs** are invited in to our school to help the pupils develop their skills. One local hockey club has delivered community coaching days over many years.



Before and after school sports have included karate, tag rugby, dance, ballet, basketball, netball, hockey, athletics, gymnastics and boys as well as girls' football clubs.

The Sainsbury's School Games Mark is a Government led awards scheme launched in 2012 to reward schools for their commitment to the development of competition across their school and into the community. We are proud to have achieved the gold mark for the last four years.

Churchfields Junior Schools' constant expectation to perform at a high level in sport and PE is always supported by the Senior Leadership team and all members of staff as well as parents and governors.

We like to **celebrate our sporting achievements** within the school, with parents and in the community; therefore all sporting news is promoted in the school newsletter, Twitter feed, website and a notice board inside and outside of school. A sporting calendar of events are available to view on our school website, as are the evidence of match reports, fund raisers, dress up days, press coverage and sporting news on the PE board.

## Sport funding creating a lasting legacy



The Government has made available to all schools a sum of money to allow them to continue to develop sports provision within schools and to help schools **increase pupil participation** in sporting activity. For our school this means approximately £20,000 per year, about £40 per child. Churchfields has exciting ideas and plans for the future to invest wisely to **secure sustainable PE** for the current pupils of Churchfields as well as the next generation. We used the funding to provide opportunities for any child without any extra-curricular provision and to introduce pupils to new sports. We maintain a **database to track and analyse the huge range of physical activities offered and identify any gaps in provision**. Any pupil

that does not participate in a weekly sporting activity outside of school is invited to a lunch time or after school session, where a variety of **confidence building activities** are on offer. Our school tracker shows that every child has been involved in an extra-curricular sporting activity at some point each year and pupils say their confidence and self-esteem has grown. **Competition is an important part of life**. Pupils are introduced to competition within different areas of the curriculum and also the social responsibilities that arise through competition. All pupils have the opportunity to compete in intra-competitions throughout the year. **Pupils gain a good knowledge and understanding of sport** even if they may not be a naturally gifted sports person. In addition to this, our sporting teams play other schools, with funding for staff to be released to attend day-time competitions and transport when needed for various matches throughout the year. To build staff capacity to achieve sustainability, funding is used for **staff CPD** to develop their skills to use with our pupils and to train other teachers in this and other schools. Using the sport funding to buy equipment to film pupils' work and then evaluate it, led to extraordinary improvements in achievement.



**With this clear vision, we will continue to enjoy, excel, achieve and succeed.**

### **Spending of the Sports Premium Funding**

Intent	Implementation	Impact
<p>Combination climbing frame to provide additional opportunities for the engagement of all pupils in regular physical exercise every break time</p>	<p>Chief Medical Officer guidelines recommend primary school children undertake at least 30minutes of physical activity a day in School.</p> <p>Pupils increasingly active at break times which will result in greater fitness levels and improved focus in class.</p> <p>Install a new piece of climbing equipment as pupils need to climb. It is so good for their physical fitness and development.</p>	<p>Stretching, reaching, swinging, pulling and pushing with their limbs, teaches them awareness of their bodies and the space that they are in. It improves spatial awareness, and works children’s muscles so that they grow, strengthen and develop as they should. It’s cardio-vascular fitness too, climbing across or up to the top of a structure takes fortitude and requires energy. The thing about these big muscular movements is that it’s not just about the obvious physical exercise benefits that they produce. Making these big movements, stretching and circling their arms and legs and standing on tiptoes to reach, jumping and landing, these movements, when enjoyed regularly, trigger muscle memory and teach children body control.</p>
<p>Playground markings with a netball court, mirror me, cricket target wall,</p>	<p>Netball court markings.</p> <p>Thermoplastic playground markings: mirror me – all dancers start on the footprints, then the first person steps onto one of the six coloured discs while</p>	<p>Motivated large numbers of pupils to participate in netball club.</p> <p>Developed fundamental movement skills, fitness and coordination, which are the essential building blocks for all sports.</p>

	<p>others copies the move. A fun and exciting game.</p> <p>IQ line exercise activity trail installed along fence on underused side of the playground. Pupils hop along a track and have to do a series of left or right hand and feet actions based on the symbol.</p> <p>Cricket target wall installed on fence.</p>	<p>Cognitive and coordination skills develop as pupils mentally map out and physically navigate the IQ activity trail. Static balance, the ability to hold a stationary position with control is also developed.</p> <p>Practice their kicking and throwing skills to improve their aim and accuracy.</p>
Double lane obstacle course	<p>Two matching obstacle courses running parallel to each other was designed specifically for Churchfields pupils to provide physical challenge and to build on the challenging outdoor equipment pupils use in KS1.</p> <p>Scramble net, stilts, hurdles, tri sprung balance beam, stepping logs.</p> <p>Overhead ladder, parallel bars.</p> <p>Crawling net, swinging tyre crossing,</p>	<p>Promotes physical play and developing gross motor skills as well as testing children's balance, coordination and agility. Developing core muscle strength whilst pupils have great competitive fun as they compete against each other.</p> <p>Develops balance and co-ordination whilst undergoing risky play.</p> <p>Develops upper body strength and coordination skills as pupils successfully traverse from one end to the other.</p> <p>Improves strength and tests climbing skills.</p>
Fort Churchfields	<p>Installed a six tower outdoor play equipment which includes a firefighter's pole, a twist slide, climbing wall and crawling tube, Encouraging physical, social, and imaginative play over</p>	<p>Additional opportunities for physical and social activity during the school day. Balance and coordination is improved as children manoeuvre themselves across different surfaces and</p>

	multiple levels.	step or jump between levels. It promotes the development of fundamental movement skills as pupils are challenged to traverse around the equipment in new and exciting ways.
Swimming intervention	Additional, small group intensive daily swimming intervention at a local independent school for pupils still unable to swim after completing swimming lessons as part of the PE curriculum.	98% pupils could swim competently, confidently and proficiently over a distance of at least 25 metres by the end of Year 6.
Outdoor table tennis tables and class sets of table tennis equipment for active play	Resources bought to encourage pupil's participation through active break-time activities.	Pupils will be able to participate in physical activity throughout their break-times.
Co-curricular sports clubs	Pupils who have not previously chosen to participate in any sport in or outside of school have been hand selected for before or after school sports clubs.	All year groups have been offered an extra opportunity that they may not have received outside of the school environment. These pupils have now increased their participation within sport and shown increased confidence and enthusiasm in PE lessons.
Rhos-y-Gwaliau residential subsidised	A residential outdoor education course which has a positive life-long impact on all participants. Physical activities include: sailing; canoeing; sail boarding, gorge walking, orienteering, mountain walking; climbing and abseiling.	By involving pupils in outdoor and adventurous activities, challenging learning situations can be used to develop qualities such as physical endurance, strength, self-knowledge and self-esteem whilst creating an awareness of the environment and the needs of others.

PE and Sport trainee teacher professional development workshops	Staff across Redbridge as part of Schools Direct Teacher Training programme will enhance their subject knowledge through training led by ball sports, gym and dance specialist instructors.	Through the training teaching staff will be able to use their subject knowledge gained to plan and deliver effective lessons to pupils across Redbridge.
7 netball hoops for active play	Resources bought to encourage pupil's participation through active break time activities.	Pupils will be able to participate in physical activity throughout their break times.
Transport for extra-curricular fixtures and events	Pupils transport to extra-curricular fixtures and events are provided when participation otherwise would not be possible.	Pupils will be provided with opportunities to participate in extra-curricular competitive situations.
Girls' Football Club	To engage new players as well as more advanced players.	Allows pupils who are more able to train to play against quality opposition whilst developing all pupils' skills to a higher level.
Intra-school Football Tournament	Organised football tournament to coincide with the World Cup, allowing all pupils to participate in competitive situations.	All pupils will be provided with opportunities to participate in extra-curricular competitive situations.
Providing increased opportunities for pupils to compete	Funding for staff release to attend day time local, regional and national sports competitions.	Pupils who are more able in sport are given the chance to participate against others of a similar ability and potential.