



## Emmbrook Infant School Sports Funding 2018-2019

*'By the age of 7 years old most children are said to have already decided whether they enjoy being active'*

At Emmbrook Infant School we want our children to understand the benefits of a healthy lifestyle and to enjoy being active. We aim to offer a range of different activities that will cater for every individual preference.

## 2017/18 Emmbrook Infant School won the 'Most Active School' Award!

(as part of all the schools in the Actives Challenge)

### 2017-18 Funding £17,800

Last year we continued to employ our qualified Sports' coach (Jack Fisher) to deliver high quality lessons. He delivers lessons on football, hockey, tag rugby, netball, golf, cricket and athletics. The lessons are a mixture of skill development, game variation and culminate in small team games. We continued to encourage participation in after-school clubs and survey the children so that we can continue to improve our provision.

The staff also benefitted from some high-quality professional development as they observed and supported Mr Fisher's lessons ensuring sustainability of effective PE teaching across the team.

#### **Enrichment Workshops:**

The children continued to experience and enjoy a variety of workshops. The sports grant supported the funding of Healthy Week in October 2016. During this week the children experienced a Gamalan workshop, a multi-sports workshop delivered by Fab Academy, visits from Buttercup the cow and Clover the goat, a Louis Taylor Road Safety show and an A-Life Workshop.

#### **Actives Card and Maths of the Day:**

Last year we also used the funding to purchase membership of The Actives Card and Active Maths. These are 2 schemes that are aimed at getting children to be more active in a fun and sustainable.

#### **Lunchtime Sport with 'U Sports'**

We employed U Sports to run lunchtime sporting activities at lunchtimes to organise and lead small, fun team games which are accessible to all pupils throughout the entire lunchtime. This proved very successful and we have decided to maintain these sporting activities for all this year too.



## 2018-2019 Funding £17,800

This year we will continue to employ our qualified sports' coach, Mr Fisher, to enhance and add to our PE offer at school. He is very popular with all the children and the annual PE survey (see below) clarifies this. Indeed, many children have joined outside sporting clubs as a result of his lessons, for example many have joined Wokingham Cricket Club and Wokingham football club.

We will also be using some of the Sports' Premium to fund sport or healthy lifestyle themed workshops for the whole school using a variety of external providers. These will include A-Life Workshop, Bollywood Dancing, Tennis workshops, multi-skills, Circus skills, Gymnastics, Zumba, scooter training, bike-ability, martial arts, basketball and many more. We will aim to provide at least one or two every month.

The Sport Premium will also be used to fund Healthy Week when the children experience a variety of different workshops with a healthy or fitness-lifestyle theme. We are hoping to use some of the Premium to support the children in taking part in local sporting competitions.

The premium will also be used to further develop the skills of the PE Subject Leader and staff, through relevant CPD to ensure our children receive the best possible PE curriculum and opportunities throughout their time at Emmbrook Infant School.

### **The Actives Card**

This year we will continue our membership to the Actives card for all our families. The Actives Card offers and promotes a wide range of delivery partners to help our children find and try out a physical activity they can become passionate about. It also enables the whole family to try out the activity together, at time to suit them. It can be used all year round and activities range from boxing, to dancing, cheer leading to swimming. Activity centers are also included. The card can also be used at selected retailers to support the purchasing of sport's equipment

Once a child is passionate about a physical activity, they will become naturally more physically active and will benefit from having:

- More energy
- Better night sleeps
- Stronger muscles and bones
- A leaner body
- Lower blood pressure and blood cholesterol/ levels
- Reduced stress levels
- A more positive outlook on life
- Increased circle of friends
- Less of a risk to developing type 2 diabetes
- Improved confidence levels
- A greater self-belief



**The Actives Card is endorsed by Get Berkshire Active**

## Maths of the Day: Active Maths



We have also purchased **Active Maths**, a scheme incorporating physical activity through maths challenges. Children work in teams solving mathematical problems but have to work through obstacle courses, run around and collect clues in order to do so.

**Maths of the Day is endorsed by the Youth Sport Trust.**

## Extra-Curricular Clubs

We have noticed a much larger interest in our after-school clubs. Applications for these are now all over-subscribed with waiting lists. Interest comes from all year groups. We endeavour to change our providers and meet the request of our pupils. This year we will be providing Martial Arts after school as the children have requested this.

## Lunchtime Sport with 'U Sports'

We will continue to employ U Sports to run sporting activities at lunchtimes it was so successful last year. The children like being able to choose when take part in these activities and to be able to choose to take part with their friends.



as  
to

Year 1 and 2 PE Survey 2018	YES 😊	NO ☹️
1. Do you enjoy your PE lessons at Emmbrook?	98%	2%
2. Have you enjoyed your lessons with Mr Fisher?	98%	2% I don't like going outside.

## Why?

- He explains what we have to do very well
- Because I'm out of breath all the time
- Our lessons are very active
- Because he does nice things to be fit & healthy
- Because he makes the PE lessons hard
- Because I like cricket
- Because it is fun
- Because my favourite sport is tennis
- Because you get fit
- He does fun stuff and the races are fun
- He does lots of sports and I like sports
- He helps me be better
- He is awesome
- He is good at sports

- He is good at teaching sports
- He plays fun game
- He teaches new sports to me
- He teaches us new things
- He's sporty and I like lots of sports
- He's the best
- Hockey matches
- I like cricket
- I like doing different things outside
- I like doing races
- I like doing sports
- I like hockey
- I like jumping
- I like learning football
- I like Mrs Cox PE
- I like running and hockey
- I like the relay races
- I like throwing javelins and lots of different things
- I love sports
- I really like running and keeping fit
- It gives you air
- It keeps you fit and fun
- It's fun at football
- It's outside PE
- It's really exciting
- Mr Fisher does basketball and games
- We do basketball
- We do cricket
- We get to do running races
- We get warmed up

### **3. What is your favourite thing to do in PE?**

- The Train Run (several children named this)
- Athletics
- Football
- Everything
- Hockey
- Dodge Ball
- Basketball
- Cricket
- Climbing Frame
- Tennis
- Play games
- Red rover
- Tigresses Tail
- Circuits with Mrs Cox

**4. What else would you like to do in PE?**

- Nothing
- Athletics
- Football
- Dodgeball
- Table Tennis
- Singing & Dancing
- Golf
- Hockey
- Cricket
- Climbing Frame
- Swimming
- Martial Arts
- Karate
- Land & water game
- 40/40 in
- Baseball

**5. What other clubs would you like us to have at Emmbrook?**

- Cooking club
- A sleepover club!
- There's everything I already want
- Ballet
- After school football club
- Dodgeball
- Cricket
- Running club
- Basketball
- A piano lesson club
- Tennis club
- Golf
- Sewing
- Hockey