

## Sports Funding

### Financial year 2015-2016

This financial year we have been allocated £8500 by the Department for Education to develop and enhance the quality of PE for all learners. Funding is used to develop the following areas which will have a positive impact on pupil's physical development.

<b>Activity</b>	<b>Objective</b>	<b>Impact</b>
Street Dance	To promote health and fitness and encourage self-confidence and individuality	Pupils participating in the Street Dance sessions have not only developed their confidence, but also increased their level of physical activity. Pupils have also developed their ability to follow instructions
Hydrotherapy sessions	To provide exercise therapy for identified pupils	Pupils receiving hydrotherapy are maintaining or strengthening their weak muscle groups. They are improving their co-ordination, posture and balance.
Motor group sessions	To deliver physiotherapy programmes	Pupils have developed skills including being able to keep still, being able to use a pincer movement to pick up objects and keeping their balance during physical activity. The development of these skills enables them to participate more successfully in class activities.
Campus Olympics week	To try new sports and activities such as hurdles, discus and long jump To work as part of a team To follow the rules of games	Pupils experienced a whole range of new sporting activities. They experienced competitive games and worked as part of a team. Pupils learnt about, and developed an interest in, the forthcoming Olympic games.
Football coaching	To develop football skills	Pupils are developing their team work skills and learning about winning and losing
Swimming at Leesland pool	To develop swimming proficiency and confidence To develop the use of a ranges of strokes effectively.	85% of pupils could swim by the end of the year. They all improved their stamina. Our 2 non swimmers developed great water confidence having started the year unable to leave the side.

## Street Dance

Within the Theatre Arts Performing Arts sessions we work across all three performing arts genres. Not all children are comfortable with performance; indeed many are initially nervous or shy. It is amazing how quickly that changes as we help them grow in confidence to move forward. This year we focused on Street Dance. Within these sessions we promote health and fitness and encourage self-confidence and individuality.



Through our exercises we work on the children's balance, co-ordination and flexibility. Within the routines that we do we work on trusting each other and working as a team. We encourage children to create their own small routines to perform to the rest of the class. Through these exercises they learn to respect and encourage each other's performances.

These sessions are built to inspire and encourage the students to express themselves as well as exercise.

## Hydrotherapy

Sports funding enables us to provide hydrotherapy for a small group of children who require this form of exercise. The buoyancy of the water reduces joint loading and decreases the negative influences of poor balance and poor postural control. It enables them to strengthen their muscles against the resistance of the water and maintain their range of movements.

## Swimming at Leesland pool

Pupils in year 6 have visited Leesland swimming pool every week in order to develop their swimming skills and confidence in deeper water. The Leesland pool is much larger than the Heathfield pool, therefore providing our pupils with the opportunity to swim both out of their depth and for longer distances. Pupils develop their stamina and self-confidence during these sessions.



## Football coaching



We are lucky enough to have 2 footballers from Portsmouth football club come in during our lunchtime breaks to run football sessions for the pupils. In addition to developing their football skills, these sessions have enabled our pupils to develop their team work and learn how to win and lose graciously!

## Gross motor group sessions

Gross motor development provides the 'building blocks' or foundation for more specialised and complex skills that children needs to participate in play, outside games, sports and recreational activities. Gross motor development is also important for maintaining stable posture such as standing and sitting throughout the day.

Pupils identified as requiring additional support with their gross motor development attend biweekly motor group sessions to work on skills such as maintaining their balance and developing their coordination.

## Campus Olympics week



To celebrate the start of the upcoming Olympics Heathfield School, Ranvilles Infant School and St Francis School took part in a Campus Olympics Week.

The week started off with an Opening Ceremony led by the Campus Council who paraded the torch they made around all three schools joining in the celebrations with music!

We visited Ranvilles Infant School for some activities that got us using our bodies in Brain Gym and Boogie Mites. Heathfield School hosted the games where children from

Ranvilles Infant School and St Francis joined us for some athletics skills and the children made their own mini Olympic Torch. At St Francis the children decorated the Olympic Rings.

Throughout the week the children took part in a wide range of activities learning about the history of the Olympics and the Olympic Values. All the children worked with Helen to make an Olympic tile which has been put together and is now on display outside the art room.

To end the week we had a Closing Ceremony procession between the 3 schools waving our torches and flags rounding off the week with a picnic lunch on the field.