

## School Sports Successes 2019 - 2020



***Whitehall Junior School has been awarded School Games Gold Award for 2019-2020.***

### **School Sports Funding 2019 - 2020**

At Whitehall Junior School, we view leading healthy and active lifestyles as a priority for our children and their families. The sports funding we receive each year enables us to successfully provide a diverse range of opportunities for our children to be healthy and active. Each year, we review our spending and evaluate the effectiveness of our sports provision. This analysis is then used to widen and enhance the opportunities we provide to ensure our children continue to live healthily and actively as well as learning new strategies to be healthy. The school will spend the funding on: promoting healthy, active lifestyles; increasing numbers of children who participate in out of hours sports clubs; using external providers to deliver adventure activities; use of coaches to team teach PE lessons with school staff and providing children with leadership opportunities within sport. The money will be allocated accordingly in order to support the school to make sustainable improvements to the provision of PE and sport for the benefit of all our children.

### **PE Lessons**

At Whitehall Junior School, we view Physical Education as an extremely important part of the national curriculum. All children are timetabled with two hours of PE every week. These sessions include both indoor and outdoor PE lessons. Throughout the academic year, children complete three dance and three gymnastics units through indoor sessions. Outdoor PE lessons provide children with the opportunity to take part in a range of invasive team games and individual sports. Our PE lessons teach the children the skills needed be successful in a range of sports. Every PE unit provides the children with the opportunity to practise the skills learnt in competitive scenarios. Our inclusive PE curriculum allows all children to develop communication, teamwork and leadership skills in a healthy competitive environment.

## Daily Mile

This year Whitehall Junior School has introduced the Daily Mile into its timetable. Every day all children take part in the Daily Mile to further promote leading a healthy lifestyle.

## Sports Coaches

Sports coaches are a vital part of Physical Education and sport at Whitehall Junior School. They are deployed in a range of capacities to ensure children receive high quality teaching in both PE lessons and extra-curricular sports clubs. The sports clubs at Whitehall Junior School are delivered by fully qualified coaches. On a weekly basis, the coaches provide regular training sessions for a wide range of sports and physical activities. We have had great feedback from the children who are currently attending these clubs and it has been great to see them benefit from these wider opportunities. Our sports coaches are also utilised during lunchtimes. Every child has the opportunity to be physically active by taking part in games led by our coaches at lunchtime (as well as our trained sports ambassadors). Following on from the successes last year, ClubSport coaches have continued to work alongside our teachers to develop their PE teaching skills. The courses involve a range of team-teaching and observation sessions to ensure our teachers continue to deliver high quality PE lessons.

## Squad Training

As well as the clubs ran by external sports coaches, a number of Whitehall staff also give up their free time to deliver squad training sessions. From these squad training sessions, children have the opportunity to represent Whitehall a range of inter-school competitions. These competitions consist of leagues where matches take place on a weekly basis and knock-out tournaments. During this year, the following squad training sessions have taken place: football, netball, cross county, sports hall athletics and gymnastics.

## Extra-Curricular Clubs

Between the squad training run by Whitehall staff and the clubs delivered by our external coaches, we successfully provided our children with a huge range of opportunities to be active, enjoy sport and learn new skills. See below for the number of children who attended out of hours sports opportunities this year.

<b>Sports Club</b>	<b>Autumn Term 2019</b>	<b>Spring Term 2020</b>
Netball squad	30	35
Football Squad	25	25
Gymnastics squad	8	8
Gymnastics club	17	17
Football club	30	30
Dodgeball club	7	8
Archery/Fencing club	13	13
American Sports club	8	8
Spy Club (Multi-skills)	7	8

Table tennis club	n/a	n/a
Cross Country club	30	n/a
Tennis club	12	12
Dance club	14	18
Hockey club	14	16
Indoor Athletics club	18	n/a
Cricket club	n/a	n/a
Athletics Squad	n/a	n/a
Tag Rugby Squad	n/a	n/a
Rounders Squad	n/a	n/a
<b>Total</b>	<b>233</b>	<b>198</b>

*Please note that due to the Coronavirus Pandemic, there were no clubs running during the summer term due to school closures.*

### Swimming

At Whitehall, we see swimming not only as a great way to stay healthy and active, but as a fundamental life skill. To help prepare children for life outside the classroom, we have continued to provide Year 4 and 5 children with regular swimming lessons throughout the year. By introducing swimming lessons at an earlier age, compared to previous years, we hope to see an increase in the amount of children who can swim 25m by the time they leave in Year 6.

2019-2020 End of KS2 swimming statistics:

<b>Meeting national curriculum requirements for swimming and water safety</b>	
What percentage of your current Year 6 cohort swim competently, confidently and proficiently over a distance of at least 25 metres? N.B. Even though your children may swim in another year please report on their attainment on leaving primary school.	62%
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	84%
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	84%

### District Cross Country Competition

Congratulations to our cross country athletes, all of whom completed the tough course of 2000m at Vyners' playing fields on Thursday 3rd October. Great sporting values were shown by all and an excellent group of parent supporters helped all to reach the finish line! A special mention goes to Christie who came in an amazing third place and is through to the Borough finals on Monday.

### Borough Cross Country Final

Congratulations to Christie who represented our school in the cross country finals on Monday 7th October. Despite the rain, she gave an outstanding

performance over the 2000m course at Belmore Primary Academy, finishing in an amazing sixth place out of 75 runners. The majority of athletes appeared to be much older than Christie so she shows great promise for a sporting future!

### **Netball Training and League**

Miss Costa and Miss Tucker were delighted with the number of pupils who were committed to attend our weekly netball training sessions on a Wednesday evening after school. This year we saw an improvement in pupils' basic skills as well as their knowledge of the game. It was wonderful to see the improvements everyone made as well the enthusiasm you all showed for this sport. Each week we set you new challenges and it was wonderful to see the determination you all showed to improve even further.

This season's netball league match results:

Thursday 10th October 2019: away match vs St Catherine's

This was the first match of the season for our new team and we were very pleased with how well you all played against a very good St. Catherine's team. Throughout the match the teamwork was exceptional and you all improved your game as each quarter progressed.

Whitehall = 0

St Catherine's = 9

Thursday 20th November 2019: home match vs West Drayton

The team have played their second match of the season and already they are making great improvements: much better movement around the court and greater accuracy in their passing. I am very proud of their sportsmanship throughout this tough match!

Whitehall = 0

West Drayton = 4

Thursday 16th January 2020: home match vs Hillingdon

This was the first match of 2020 and even with the long break since our last training session, I can see that as a team we are making improvements. You all showed great sportsmanship throughout the match and did well in the cold and wet conditions.

Whitehall = 1

Hillingdon = 5

Friday 24th January 2020: home match vs Oak Farm

Throughout this game I was very impressed with the way you all incorporated the drills we had practised at weekly training into the match. You all worked hard throughout and showed great teamwork as well as showing great sportsmanship throughout!

Whitehall = 0

Oak Farm = 13

Thursday 13th February 2020: away match vs Cherry Lane

Once again, throughout this game I was very impressed with the way you all incorporated the drills we had practised at weekly training into the match - we just need to refine our shooting skills. You all worked hard throughout the match and did me proud with the wonderful sportsmanship and teamwork throughout!

Whitehall = 0

Cherry Lane = 13

Thursday 27th February 2020: away match vs Colham Manor

What a very well-played match by both teams! Some lovely work down court and much better movement in the shooting semi-circle. I am pleased with the improved accuracy in shooting skills with two wonderful goals scored. Well done team.

Whitehall = 2

Colham Manor = 5

### **Football Training, League and Cup**

Whitehall played Hillingdon on Wednesday 6<sup>th</sup> November in their fourth game of the league. The team were victorious and came away with a 4-0 win. This continued to add to our wealthy goal difference within the table where Whitehall remained at the top of the league with a game in hand!

Results which were played this season:

Whitehall 3-0 Hermitage

Whitehall 0-0 Oak Farm

Whitehall 1-3 St Bernadettes

Whitehall 6-1 Rabbsfarm

Whitehall 4-0 Hillingdon

Whitehall 1-1 Colham Manor

Whitehall 2-0 Ryefield

Whitehall 4-1 West Drayton

Whitehall vs Cherry Lane - to be rescheduled

Whitehall 4 - 3 Rabbsfarm (penalties)

### **Packham Cup Memorial Tournament**

On Saturday 9<sup>th</sup> November 2019, we took a football team of Year 6 boys to take part in the Packham Cup Memorial Tournament which was held at Oakwood Secondary School. This is a District tournament that has been running since 1963! The team played very well throughout the group matches, fortunately making it through to the knock-out stages without losing a game. Their quarter final match was against St Helens and our team won the match 2-0. Their semi-final match was against Hillingdon who we beat 2-0 and we went on to beat St Bernadette's in the final 5-0. Due to our team's phenomenal performance, we won the trophy which we have not won since

2005. As well as coming away with the trophy and gold medals, we have received an invitation to the Borough Football Competition which will consist of only the best teams from the Borough! All 8 boys who played on Saturday did very well and we are very proud of all of their performances and great sportsmanship in their matches!

### **Key Steps Gymnastics Competition**

We are very proud of all of our children who have spent the last few months training hard for this competition which took place at Botwell Leisure Centre on Wednesday 22nd January. The eight children who took part (four from lower school and four from upper school) displayed great focus, dedication and sportsmanship throughout the event. We are very pleased with the overall result with the lower school team achieving 4th place and upper school team achieving 6th place - an improvement on last year's competition results. Well done!

### **Sportshall Athletics**

Eighteen children (nine boys and nine girls) took part in the Sportshall Athletics competition during the afternoon of Thursday 21st November (the venue was Swakeleys School). The event was action packed with a variety of races, throwing and jumping events. The hall was full of excited athletes determined to do the best they could in their events to win valuable points for their school. All of our pupils performed brilliantly in their events and showed amazing sportsmanship throughout the afternoon. We came sixth place overall from the twenty schools who competed. A great achievement amongst very strong competition!

### **Hillingdon Best Football Finals**

Due to Whitehall winning the Packham Cup back in November, nine of our boys qualified to take part in 'Hillingdon Best Football Finals' where they would compete against schools who had won their Packham cup to see which school was the best in the borough. Throughout the competition the boys played phenomenally - drawing once but winning all of their other games. They played so well that they qualified for the final and were up against a formidable Newnham team. It was a nail biting final with some spectacular play and even more impressive saves from both goalkeepers. However, Whitehall proved to be the better side and won the game in extra time. Congratulations to the football team who are now known as the best in the borough!

### **Mixed Netball Rally**

On Saturday 7th March, sixteen Year 5 and 6 pupils represented Whitehall in the district mixed netball rally which was held at Ryefield School. Both teams played very well throughout the competition and I was very impressed with the sportsmanship, as well as thoughtful play, in each of their group matches. Unfortunately our 'B' team did not progress beyond the group stages but our 'A' team did. We were against a very strong Oak Farm

team in the quarter finals; despite playing well, we lost this match. Well done to all those who played in this rally!

### **District Swimming Gala**

On Thursday 12th March, six children represented our school in the District Swimming Gala competition which took place at the Hillingdon Sports and Leisure Complex. The event consisted of individual races for breaststroke, backstroke and freestyle as well as two relays (medley and freestyle). All six children performed brilliantly in their individual races as well as the relay races, resulting in us achieving third place overall out of the twelve schools who participated. We won medals in the following categories: silver medal in the boys' breaststroke, silver medal in the boys' freestyle, bronze medal in the boys' backstroke, bronze medal in the medley relay and bronze medal in the freestyle relay. A fantastic performance by all - well done!

### **Girls' Netball Rally**

On Saturday 14th March, fifteen Year 5 and 6 pupils represented Whitehall in the district girls' netball rally which was held at Ryefield School. I was very impressed with the sportsmanship, as well as thoughtful play, in each of their group matches and both teams played well throughout the competition. Unfortunately neither of our teams progressed past the group stages of this competition but everyone thoroughly enjoyed the morning - despite the rain! Well done to all those who played in this rally!

*Unfortunately, due to school closure as a result of the Coronavirus, Whitehall Junior School did not compete in the following Inter-School competitions this academic year:*

- Boys' Netball Rally
- Years 4 and 5 Rugby Tournament
- Quad Kids Athletics
- Rounders Competition
- Large Schools District Sports
- Whitehall Junior School's Annual Sports Celebration Assembly