

School Sports Successes 2023 - 2024



Whitehall Junior School has achieved Gold School Games Award for 2023-2024

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward and recognise school's engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping young people active, and we are delighted to have been recognised for our success.

We are extremely proud of our pupils for their dedication to all aspects of physical activity and school sport, including those young volunteers, leaders and officials who made our events possible. We are committed to using the School Games to try to engage those young people who have not previously been active or represented our school and to try to ensure that all our students have a positive experience and want to try out new activities beyond school too in our community. We believe in the power of physical activity and school sport as a school and give opportunities to those young people that need it most as either a participant, leader, official or volunteer.

As part of our application, we were asked to fulfil criteria in the areas linked to the five School Games outcomes and we are pleased that the hard work of everyone at our school has been rewarded this year.

School Sports Funding 2023 - 2024

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 year 2023-2024 saw our school spend the funding on: promoting

healthy, active lifestyles; increasing numbers of children who participate in out of hours sports clubs when in school; using external providers to deliver adventure activities and the use of sport coaches to provide children with leadership opportunities within sport and active lunchtimes. Please see the 2023-2024 school sports funding report for a full breakdown of our expenditures for this academic year. We feel the money has been used 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.

Physical Literacy

Physical literacy is the ability to move with competence and confidence in a wide variety of physical activities and environments. It involves the development of fundamental movement and sport skills that allow individuals to participate in physical activity and sport throughout their life. Physical literacy also includes the skills and attributes that individuals demonstrate through physical, emotional, social and cognitive learning.

At Whitehall Junior school, all school staff (and our external providers of extra-curricular clubs) are fully aware of the importance of physical literacy and we actively embed this into our daily practice.

Our 'Competition Intent' at Whitehall

Intra-school and inter-school competitions are exploited at Whitehall Junior School as we believe in providing all of our pupils with positive participation experiences. Below we have outlined how each of our planned competitions across an academic year has one, or more, clearly defined intent:

- Develop confidence and competence within physical activity/sport skills.
- Increased regular participation and motivation.
- Improved knowledge and understanding of sport and physical activity.
- Build social skills and connections.
- Championing physical literacy.
- Improving health and well-being.
- Engaging new/target groups of young people.
- Provide inclusive opportunities.
- Create positive experiences.
- Promote success and achievement.
- Support transition.
- Develop leadership, character, life skills.
- Championing youth engagement.
- To engage/influence wider stakeholders.

Commonwealth Games 2022

At Whitehall Junior School, we have continued to use the power and inspiration of the 2022 Commonwealth Games to inspire our pupils in the importance of leading a healthy lifestyle and developing a life-long love of sport. We are achieving this through assemblies, PE lessons, intra-school competitions and

through extra-curricular activities, referencing the following ethos these games provided:

- Motto: Games for everyone.
- Humanity, equality and destiny in everything we do.
- Kind hearts and never quitters.
- Friendly games.

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 as well as athletics. Our PE lessons teach the children the skills needed to 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.

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 extra-curricular sports clubs and through active play lunchtime sessions. Fully qualified coaches deliver the sports clubs at Whitehall Junior School. On a daily 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 and are trained as leaders in sport (as well as our trained sports ambassadors). This year we are continuing to work with Super Star Sports coaches. Our dedicated PE coordinator, who has worked alongside trained sports coaches for a number of years, will work alongside our teachers throughout the year to develop their PE teaching skills; this will involve 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 in a range of inter-school competitions. These competitions consist of leagues, where matches take place on a weekly basis, and knockout tournaments.

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.

Sports Club	Autumn Term 2023	Spring Term 2024	Summer 2024
Netball squad	25	25	NA
Football Squad	25	25	NA
Year 3 & 4 Football club	20	20	20
All year groups Archery & Table Tennis club	16	NA	NA
Year 5 & 6 Dodgeball club	18	NA	NA
Years 5 & 6 Football club	NA	20	20
Year 5 & 6 Basketball club	NA	NA	18
Cross Country Squad	NA	20	20
Indoor Athletics Squad	18	NA	NA
Year 3 & 4 Basketball Club	17	NA	NA
Year 3 and 4 Circus Skills and Trick Shot	20	NA	NA
All year groups Chess Club	19	20	20
Years 4, 5 & 6 Cricket Club	NA	NA	17
Years 3, 4 and 5 Ninja Warrior Club	20	20	20
All year groups Construction Club	20	NA	NA
All year groups Brain Training Club	NA	18	17
Years 3 & 4 rounders club	NA	NA	15
Years 3 and 4 Gymnastics Club	NA	21	20
Years 5 and 6 Gymnastics Club	NA	16	NA
Year 3 & 4 Athletics Squad	NA	NA	35
Year 5 & 6 Athletics Squad	NA	NA	35
Tag Rugby Squad	NA	NA	30
Rounders Squad	NA	NA	30
Total	218	205	317

Swimming

At Whitehall, we see swimming not only as a great way to stay healthy and active, but also as a fundamental life skill. To help prepare children for life outside the classroom, we have continued to provide Year 5 children with regular intensive swimming lessons throughout the year. By enabling these pupils to complete three lots of intensive swimming lessons throughout an academic year, we hope to see an increase in the number of children who can swim 25m by the time they leave in Year 6.

2023-2024 End of KS2 swimming statistics:

Meeting national curriculum requirements for swimming and water safety	
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.	59%
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	76%
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	90%

Intra-school (level 1) competitions 2023-24

At Whitehall Junior School, we exploit intra-school competitions through:

- PE lessons
- Play leaders at lunchtime
- Trained pupil sports leaders leading play leader tasks at play and lunchtimes
- Skip2bfit Challenges
- Whole school intra-sports competitions
- Sports day
- Activities during Health and Fitness Week and throughout the year

Skip2bfit Workshops

Every class across the school had a Skip2bfit workshop in September 2023, led by an instructor from this company. Skip2bfit uses counting skipping ropes and music to motivate everybody to exercise by challenging them to take the two-minute skipping challenge. This challenge is not only fun, it incorporates numeracy as well as teaching the importance of fitness and healthy living. The school purchased a counting skipping rope for every pupil across the school so that we could continue with the skipping challenges in school and record progress over time. These workshops were thoroughly enjoyed by all and we tracked the progress pupils made on their skipping challenges throughout this academic year. Here is their website for further information: [Skip2bfit - Skipping Workshops in Schools](#)

Great Ormond Street 5K Fun Walk/Run for Charity

During the week beginning 05/10/23, Whitehall Junior School took part in Great Ormond Street (GOSH) Charity's 5k family fun walk/run, RBC Race for the Kids, to raise funds to help build a new Children's Cancer Centre at Great Ormond Street Hospital. It was an event that was thoroughly enjoyed by all and we were pleased to see so many family members come and join in this event, thank you for your support. We are pleased to announce that we raised £451.00 for the GOSH Charity plus £104.45 Gift Aid. Thank you to all those that sponsored Whitehall Junior School!

Barclays Girls' Football Schools Partnership: England Football (International Women's Day)

On Friday 8th March, sixty-five girls, and six girl sports ambassadors, celebrated International Women's Day through taking part in an afternoon of football drills and football matches. It was an afternoon that was thoroughly enjoyed by all who participated and Whitehall Junior School is proud to have so many girls engaging in football at our school.

Health and Fitness Week and Sports Day

This year's Health and Fitness Week took place throughout the week beginning Monday 24th June.

Please see below an outline of the activities that were planned for Health and Fitness Week.

Birmingham 2022 Commonwealth Games and Paris 2024 Olympic Games

Whitehall continued to use the inspiration of the 2022 Commonwealth Games to unite Whitehall through sport during Health and Fitness Week.

Our motto for the week was:
Games for Everyone

Our Values were:
Humanity, equality and destiny in everything we do
Kind hearts and never quitters
Friendly Games

We also taught seven Olympic specific lessons throughout that week to link with the Paris Olympic Games.

Sports Day

This year's Sports Day took place on Monday 24th June. The schedule for the day was as follows:

9.15-10.30am: Years 3 and 4 Round Robin activities involving running, jumping and throwing tasks and Years 5 and 6 Year Group Relay Races

10.45-11.00am: Whole school long distance races

11.00-12.15pm: Whole school sprint races.

1.30pm – 2.50pm: Years 5 and 6 Round Robin activities involving running, jumping and throwing tasks and Years 3 and 4 Year Group Relay Races

Fitness Workshop with Lesley Owusu, Great Britain Athlete

Lesley Owusu, a sprinter who represented Great Britain, visited Whitehall Junior School on Tuesday 25th June. On this day, Lesley Owusu shared her incredible sporting journey, a story of resilience and determination in a fun and interactive assembly. There was also an opportunity for pupils to ask any burning questions in a Q&A session with her at the end of the assembly! In addition to this, all pupils took part in a sponsored fitness circuit run by Lesley Owusu, it was a

terrific way to get all the children excited about sport and realise that getting moving is really fun! Thank you to all those who have been very generous and sponsored pupils for this event: the donations will be well used to support the promotion of sport at Whitehall.

Intra-House competition

Each class was timetabled a session time to complete an intra-house competition. This involved the class completing three different games (corner football, corner handball and dodgeball, 20 minutes for each game). During each of these games, the children worked together to earn valuable points for their house. These points were collected to see which house (Colne, Chiltern, Frays, Mill) were the winners.

Climbing wall

Each class was timetabled to use the climbing wall provided by Beeline adventures to see if they could reach the top and beat personal goals.

A-Life Workshops

Health and Fitness Week is not just about physical activity, at Whitehall we know that we need to educate our children on all the additional things that they can do to lead a healthy lifestyle. We booked A-Life for two days during this week to work with each class on the following:

Years 3 and 4 = Healthy Workshop

Year 5 = Mental Health Workshop

Year 6 = Alcohol and Drugs Workshop

Health and Fitness Week: Day 1, Sports Day

Whitehall Junior School had their Sports Day on Monday 24th June and it was amazing to have so many families involved in this event again this year! Our Sports Day combined a number of athletics events, with some healthy competition, to decide which house team would win the Sports Day trophy this year. Despite the extremely hot conditions throughout the day, all of our children persevered and worked hard to earn valuable points for their house team. Not only did the children work hard to achieve their best, so did the wealth of parents / carers who volunteered to run in several parent races - thank you for your great sportsmanship and for helping to make the day extra special for all of the children. Also, thank you to all of the families who remained with us at lunch time for a picnic on the school field; it was lovely to see so many of you join us for lunch and I know that the children enjoyed having families stay for lunch time too. The final result was tight but Colne were the overall winners of Sports Day 2024 - congratulations, Colne House! We are very much looking forward to the rest of Health and Fitness Week and we are certainly living up to our motto of 'Games For All'.

Health and Fitness Week: Day 2

Whitehall Junior School was full of energy completing their second day of Health and Fitness week. All classes experienced an inspirational assembly led

by Lesley Owusu, a sprinter who represented Great Britain. Following this, all pupils took part in a sponsored fitness circuit run by Lesley Owusu, it was a terrific way to get all children excited about sport and realise that getting moving is really fun! In addition to this, twenty-two sports ambassadors supported the Infants School in leading their Sports Day. It was an action packed day enjoyed by all.

Health and Fitness Week: Day 3

Whitehall Junior School was full of energy yet again completing their third day of Health and Fitness Week. 5S, 5P, 3C, 3L and 6D all participated in our climbing wall challenge and 6D, 5P, 5E and 3B all completed our intra-house competition. It was an action packed day enjoyed by all!

Health and Fitness Week: Day 4

On Thursday 27th June, Whitehall Junior School continued with our commitment to leading a healthy lifestyle with our fourth day of planned activities for our Health and Fitness Week. 4E, 4T, 4B, 3B and 5E participated in our climbing wall challenge; 5E, 3C, 3L, 5P, 3B, 4T, 4B, 4L and 4E all took part in their designated A-Life workshops and 5S, 6S and 6W all completed our intra-house competition. It was an action packed day enjoyed by all!

Health and Fitness Week: Day 5

Today was the last day of this year's Health and Fitness Week. 6S, 6W, 4L and staff participated in our climbing wall challenge; 6D, 6S and 6W all took part in their designated A-Life workshops; 4B, 4E, 4L and 4T completed their intra-house competition and Year 3 all enjoyed a trip out to Ruislip Lido. A day, and week, that has been thoroughly enjoyed by all!

Inter-school (level 2) competitions 2023-24

Netball Training and League

Miss Costa and Miss Groves were delighted with the number of pupils who were committed to attend our weekly netball training sessions on a Wednesday lunchtime. This year 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 as the enthusiasm you all showed for this sport. Each week you were set new challenges and it was wonderful to see the determination you all showed to improve further. Those who represented the school in netball league matches this academic year played extremely well and represented the school brilliantly.

Football Training and League

Mr Jones was overwhelmed by the number of pupils who were committed to attend our weekly football training sessions on a Tuesday lunchtime. He was delighted with the enthusiasm and determination by all, including several girls, who attended to further develop in their spatial awareness and specific skill development. Those who represented the school in football league matches

this year showed fantastic sportsmanship throughout and improved their performances as the league progressed.

Girls' Football Festival

On Wednesday 11th October, Whitehall took eight girls to participate in the district girls' football festival, which was led by members from Hillingdon Abbots Football Club. The purpose of this event was to inspire more girls to become involved with sport, especially off the back of the Lioness's success at this summer's Women's World Cup. The event was enjoyed by all who participated and two of the girls who attended now play regularly in our school's football league team.

Sportshall Athletics

Eighteen children (nine boys and nine girls) took part in the Sportshall Athletics competition during the afternoon of Thursday 23rd 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 tenth place overall from the eighteen teams that competed. A great achievement amongst very strong competition!

Girls' Netball Rally

On Saturday 24th February, we took a team to take part in the District Girls' Netball Rally, which was held at Ryefield School. The team played exceptionally well during the group phase of the competition: beating Hillingdon 'C' 7-0, losing to Hermitage 'A' 2-1 and drawing with Oak Farm 'A'. The team performed so well that they qualified for the quarterfinals. The standard of play that our team showed in the quarterfinal was very impressive but unfortunately, they did not progress to the semi-final, losing 4-0 against Rabbsfarm. The team showed wonderful sportsmanship throughout the tournament and there was some phenomenal shooting, and interceptions, too. Thank you to all of the family members who came along to support the team.

Boys' Netball Rally

On Thursday 14th March, we took eight boys to participate in this year's district boys' netball rally, which was held at Ryefield School. Despite the wet weather and cold conditions, our team was full of enthusiasm and energy and they applied themselves fully in all of their group phase matches of this competition. Their amazing teamwork and skill in each of their games showed as they progressed to the semi-final stage of the competition. We played against a very strong Oak Farm team but unfortunately, we did not progress to the final (however, we did lose to the eventual winners of the competition). The boys thoroughly enjoyed the competition and they were proud to take away

bronze medals from today's event. Well done boys! Thank you to all of the family members who came along to support our team!

Mixed Netball Rally

On Monday 25th March, we took two teams to take part in the District Mixed Netball Rally Competition, which was held at Ryefield School. Both teams played very well throughout the group phase of the competition: with Team B winning one of their three games and Team A winning two of their three games. Unfortunately, only our A team progressed to the quarter-finals. Their quarter-final match was against St. Catherine's and our team won this match 7-1. This meant that we progressed to the semi-finals, where we faced a very good Hermitage A team. Despite playing excellently in this match, we lost 6-2 and did not progress to the final. However, we did lose to the eventual winners of the competition. All sixteen pupils thoroughly enjoyed the competition and Team A were proud to take away bronze medals from today's event. Well done! Thank you to all of the family members who came along to support our teams!

Packham Tournament

On Monday 29th April, we took a football team, which included two girls from Year 5, to take part in the Packham Cup Memorial Tournament, which was held at Ryefield School. This is a District tournament that has been running since 1963! The team played two games in their group stage against very good sides who were top of the league table this year. Despite playing well throughout these matches, we did not qualify past the group phase of this competition. We are very proud of all of our pupils for their determination and resilience in these matches and for demonstrating good sportsmanship.

Swimming Gala

Congratulations to the seven children who competed in the District Swimming Gala last night (02/05/24). The children swam exceptionally well in the following events: Freestyle, Breaststroke and Backstroke Individual Events, Girls' Freestyle Relay, Boys' Freestyle Relay and Medley Relay. Miss Costa and Mrs Garnie were extremely proud of everyone who competed. We came away with one gold, three silver and two bronze medals and we came second in the 'Overall' swimming trophy. Thank you to all the parents for coming to support your children and the school.

Cross Country Competition

Congratulations to our cross country athletes, all of whom completed the tough course of 2000m at Vyners' playing fields on Monday 20th May. Great sporting values were shown by all and an excellent group of parent supporters helped all to reach the finish line!

Quadkids Competition

Ten pupils represented the school this afternoon at the Uxbridge District Quadkids Athletics Competition, which was held at Hillingdon Athletics Track.

The children were competing against fourteen other schools in four disciplines: 75 metre sprint, 600 metre run, standing long jump and Vortex Howler throw. We are proud to announce that we achieved ninth place overall. They modelled great sporting behaviour throughout the competition and performed exceptionally well in all disciplines. Well done!

District Tag Rugby Competition

Whitehall Junior School hosted this year's District Tag Rugby Competition on Thursday 13th June. Twenty-nine pupils from our school participated and all three teams played extremely well in all of their group matches, with Team 'A' finishing first in group 'A' and Team 'C' finishing third place. Team 'B' finished fourth place in Group 'B'. This meant that only Team 'A' progressed to the semi-finals, winning this match against Hermitage. In the final, our team played extremely well against Oak Farm 'A' in what was a very close match. We are pleased to announce that we came away with silver medals for this tournament.

Rounder Competition

This year's district rounders tournament took place on Wednesday 3rd July at Ryefield School. Whitehall took twenty children (two teams) to compete against fourteen other teams. Our Team B drew one of their matches in the group phase of the competition and Team A won all of their matches in the group phase. Therefore, only Team A progressed to the quarter-finals. In the quarter-finals, we played St. Bernadette's but unfortunately, lost in what was a tough and tight game. All the children performed brilliantly in all of their matches and showed wonderful sportsmanship. Thank you to all the family members who came along to support us.

District Sports

On Wednesday 10th July, Whitehall Junior School took 31 pupils from Years 3-6 to represent our school in this year's District Sports competition, competing against six other schools at Hillingdon Athletics Track. Our pupils took part in either a track event, a field event or a relay race; all pupils performed amazingly throughout this competition and they modelled fantastic sportsmanship throughout. Whitehall Junior School were awarded with nine medals in total in the following disciplines:

Year 3 girls' 50M sprint, gold medal

Year 3 boys' 50M sprint, bronze medal

Year 4 boys' 60M sprint, silver medal

Year 5 girls' 70M sprint, gold medal

Year 6 girls' 600M run, bronze medal

Year 3 boys' tennis ball throw, bronze medal

Year 4 boys' standing long jump, bronze medal

Year 5 girls' triple jump, bronze medal

Year 6 4 x 50M relay, silver medal

Well done to all those who participated in this year's District Sports and thank you to all the families who came and supported us!

Annual Sports' Celebration Assembly

Congratulations to the vast numbers of pupils who were awarded with a medal during our sports assembly for representing the school in one or more inter-school competitions this academic year. We were overwhelmed with the sheer numbers of medals given out during this assembly! As always, we selected two pupils to be awarded with 'sports people of the year' trophy. Abdirahman and Kyra were this year's worthy winners showing how they met all of the Olympic and Commonwealth values.