

School Sports Successes 2024 - 2025



Whitehall Junior School achieved the Gold School Games Award for 2024-2025.

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 and engage those young people who haven't previously been active or represented our school and to try and 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, either as 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.

School Sports Funding 2024 - 2025

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 2024-2025 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 2024-2025 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 sports 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 will continue 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 will achieve this through assemblies, PE lessons, intra-school competitions and through extra-curricular activities, through 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 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). 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 run 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 knock-out 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 2024	Spring Term 2025	Summer 2025
SSS Yrs 3-6 Football Club	20	21	NA
SSS Yrs 3-6 Archery and Table Tennis Club	9	NA	NA
SSS Yrs 3-6 Dodgeball Club	19	17	NA
SSS Yrs 3-6 Tag Rugby Club	11		NA
SSS Yrs 3-6 Tennis Club	20	16	NA
SSS Yrs 3-6 Multi Sports Club	13	NA	NA
SSS Yrs 3-6 Hockey Club	15	NA	NA
SSS Yrs 3-6 Chess Club	15	NA	11
SSS Yrs 3-6 Ninja Warriors Club	18	17	16
SSS Yrs 3-6 Basketball Club	10	16	17
Lunchtime Yrs 4-6 Sports Hall Athletics Club	24	NA	NA
Lunchtime Yrs 5-6 Football Club	30	30	NA
Lunchtime Yrs 5-6 Netball Club	25	25	NA
Lunchtime Yrs 5-6 Cross Country Club	NA	34	NA
Lunchtime Yrs 5-6 Tag Rugby Club	NA	35	35
SSS Yrs 3-6 Cricket Club	NA	NA	17
SSS Yrs 3-4 Football Club	NA	NA	14
SSS Yrs 5-6 Football Club	NA	NA	16
Lunchtime Yrs 3-4 Athletics Club	NA	NA	35
Lunchtime Yrs 5-6 Athletics Club	NA	NA	35
Lunchtime Yrs 5-6 Rounders Club	NA	NA	37
Total	229	211	233

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 5 with regular swimming

lessons throughout the year. By introducing swimming lessons at an earlier age, we hope to see an increase in the number of children who can swim 25m by the time they leave in Year 6.

2024-2025 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.	55%
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	72%
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	88%

Intra-school (level 1) competitions 2024-25

At Whitehall, we exploit intra-school competitions through:

- PE lessons
- Play leaders at lunchtime
- Trained pupil sport leaders leading play leader tasks at play time and lunchtime
- Skip2bfit Challenges
- Whole school intra-sports competitions
- Sports day
- Health and Fitness Month

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

On Friday 7th March, seventy girls, and six girl sports ambassadors, celebrated International Women's Day by 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 Month and Sports Day

This year's Health and Fitness Month took place throughout the month of June.

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

Birmingham 2022 Commonwealth Games

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

Our motto for the Month was:

Games for Everyone

Our Values were:

Humanity, equality and destiny in everything we do

Kind hearts and never quitters

Friendly Games

Sports Day

This year's Sports Day took place on Monday 23rd 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

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.

Fitness competition

This was a class and year group intra-school competition. Each class was timetabled a session time to complete three circuits of six activities (shuttle runs (5 metres apart), sit ups, lunges, step ups, skipping and star jumps). They were active for 30 seconds on a station then they had a 30 seconds rest before moving onto the next activity of the circuit; they had a 3 minute rest before starting the next round of their circuit. The children had their own recording sheet to write their totals for each station during each circuit. Once they completed their three circuits, these totals were collected to identify the two winners from each class and the class winner per year group.

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. This took place on Wednesday 25th June to Friday 27th June.

Water Safety Awareness Assembly

On Tuesday 24th June, all of our pupils participated in an interactive assembly, led by our local swimming coaches, to teach pupils about water safety.

Inter-school (level 2) competitions 2024-25

Netball Training and League

Miss Costa and Miss Groves were delighted with the number of pupils who were committed to attending our weekly netball training sessions on a Wednesday lunchtime. The netball league season is now over, and we are pleased to announce that we achieved fourth place in the league table. Throughout this season, the team has grown from strength-to-strength, and we look forward to seeing what happens in the upcoming netball rallies.

Football Training and League

Mr Jones was overwhelmed by the number of pupils who were committed to attending our weekly football training sessions on a Tuesday lunchtime. The football league is now over and, despite finishing near the bottom of the league table, Mr Jones was pleased with how the team developed over the course of the season and the improvement in the team's skill and match play.

Packham Tournament

On Saturday 9th November, we took a football team 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 three games in their group stage against very good sides. 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.

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 in eighth place

overall from the nineteen teams that competed. A great achievement amongst very strong competition!

Panathlon ten-pin bowling

Providing inclusive opportunities is one of Whitehall's 'competition intent' aims in sport. On Monday 2nd December, we took six pupils to participate in the Hillingdon Panathlon ten-pin bowling competition. Our pupils performed brilliantly on the day and worked hard to gain points for our school team. At the end of the competition, all of our pupils received a medal and a certificate for their achievements.

Mixed Netball Rally

On Saturday 1st March, we took two teams (16 pupils) to take part in the District Mixed Netball Rally Competition. Both teams played exceptionally well in each of their group phase matches, with each team playing five matches against good competition. Unfortunately, neither team qualified for the semifinals. However, Team A finished third in their group after winning three of their matches and drawing another match. Both teams showed great teamwork and sportsmanship throughout the competition.

Girls' Netball Rally

On Saturday 8th March, 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 'A' 6-0, beating West Drayton 6-0 and beating Heathrow 'B' 6-1. The team performed so well that they qualified for the quarter-finals. The standard of play that our team showed in the quarter-final was very impressive, but unfortunately, they did not progress to the semi-final, losing 3-2 to John Locke (who went on to share the trophy with St Catherine's). The team showed wonderful sportsmanship throughout the tournament and there was some phenomenal shooting and interceptions, too. Thank you to all the family members who came along to support the team.

Boys' Netball Rally

On Monday 17th March, we took eight boys to participate in this year's district boys' netball rally, which was held at Ryefield School. Despite the 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 was wonderful to watch, but unfortunately, they did not progress beyond the group phase of the competition. Thank you to all the family members who came along to support our team!

Borough Tag Rugby Finals

On Wednesday 2nd April, we took a team to represent Whitehall Junior School in the Borough Tag Rugby Competition, at Hillingdon Abbots Rugby Club. Our pupils performed amazingly in all of their matches and scored some phenomenal tries. Our team played so well that they won the competition, and they will now go on to represent Hillingdon in the London Youth Games in June.

Cross Country Competition

Congratulations to our Year 5 and 6 pupils who represented us brilliantly on Thursday 3rd April at the Borough cross country competition at Vyners' playing fields. All members of our team put in an excellent performance and did themselves and our school proud. Whilst we did not make the top three in the teams' event, there were about 12 schools competing and we feel confident that our team's total scores were definitely better than in recent years. All cross country club children have shown commitment and dedication to their training sessions and have demonstrated our ready, respectful, safe behaviour code at all times. It has been wonderful to see our school values modelled through sport. Well done to all!

Swimming Gala

Congratulations to the ten pupils who competed in the District Swimming Gala last night (01/05/25). 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 six silver and two bronze medals and we were the winners of the 'Individual Events' trophy. As well as this, we achieved second place in the 'Overall' swimming trophy. Thank you to all the parents and family members for coming to support your children and the school.

Quadkids Competition

Nine pupils represented the school on Wednesday 21st May at the Uxbridge District Quadkids Athletics Competition, which was held at Hillingdon Athletics Track. The children competed 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 sixth place overall. They modelled great sporting behaviour throughout the competition and performed exceptionally well in all disciplines. Well done!

London Youth Games: Tag Rugby Competition

On Wednesday 11th June, we took ten pupils to represent Hillingdon in the London Youth Games for the tag rugby competition. This competition involved the top twenty teams in London and our team was victorious in the group stage of the competition, meaning that we were put in the top pool for the finals. After a day of excellent rugby

playing, our team came fifth overall. An amazing achievement to be the fifth best tag rugby team in London!

London Youth Games: Years 3 and 4 Tennis Festival

On Wednesday 11th June, we took six Year 3-4 pupils to the London Youth Games to take part in the tennis festival (this experience was enjoyed by all pupils).

District Year 5 and 6 Tag Rugby Competition

On Thursday 12th June, Whitehall Junior School hosted this year's District Tag Rugby competition and we had three teams entered: Whitehall Aspire, Whitehall Braves and Whitehall Penguins. All three teams played amazingly in the group phase of this competition, with Whitehall Aspire winning all of their matches and Whitehall Braves winning two of their matches, meaning both teams progressed to the semi-finals. Whitehall Aspire won their semi-final match against Heathrow 'A' but unfortunately, Whitehall Braves lost their semi-final match against Colham Manor, but they did come away with bronze medals. Whitehall Aspire won their final against Colham Manor, 2-0, and came away with gold medals and the District Tag Rugby trophy!

Rounders Competition

Unfortunately, the rounders competition scheduled for Thursday 19th June did not take place due to the extreme heat on this day.

District Sports

On Thursday 4th July, Whitehall Junior School took 27 pupils from Years 3-6 to represent our school in this year's District Sports competition, competing against seven 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 twelve medals in total in the following disciplines:

Year 3 boy speed bounce - Bronze
Year 4 girl 60m sprint -Gold
Year 4 boy standing long jump - Silver
Year 4 4x50m relay - Bronze
Year 5 boy triple jump - Silver
Year 5 girl triple jump - Bronze
Year 6 boy running long jump - Silver
Year 5 boy vortex howler - Bronze
Year 6 girl 80m spring - Gold
Year 6 girl 600m race - Silver
Year 6 4x50m relay - Silver
Year 6 girl vortex howler - Bronze

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. Hamza and Chrissy were this year's worthy winners showing how they met all of the Olympic and Commonwealth values.