

School Sports Successes 2025 - 2026



Whitehall Junior School achieved the Gold School Games Award for 2025-2026.

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 2025 - 2026

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 2025-2026 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 2025-2026 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 sport coach is also utilised during lunchtimes. Every child has the opportunity to be physically active by taking part in games led by our coach at lunchtime (as well as our trained sports ambassadors). This year we are continuing to work with Super Star Sports coaches. Our dedicated PE coordinators, who have 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 2025	Spring Term 2026	Summer 2026
SSS Yrs 3-6 Football Club	40	42	33
SSS Yrs 3-6 Dodgeball Club	40	35	33
SSS Yrs 3-6 Multi-sports Club	40	23	7
SSS Yrs 3-6 Basketball Club	40	36	31
SSS Yrs 3-6 Ninja Warrior Club	40	17	0
SSS Yrs 3-6 Chess Club	NA	NA	11
Lunchtime Yrs 4-6 Sports Hall Athletics Club	31	NA	NA
Lunchtime Yrs 5-6 Football Club	30	30	NA
Lunchtime Yrs 5-6 Netball Club	30	30	NA
SSS Yrs3-6 Tennis Club	0	19	0
SSS Yrs3-6 Athletics Club	0	0	11
SSS Archery and Table Tennis	0	0	37
Lunchtime Yrs 5-6 Cross Country Club	NA	34	34
Lunchtime Yrs 5-6 Tag Rugby Club	NA	36	36
Lunchtime Yrs 3-4 Athletics Club	NA	NA	43
Lunchtime Yrs 5-6 Athletics Club	NA	NA	36
Quadkids Athletics	NA	NA	10
Lunchtime Yrs 5-6 Rounders Club	NA	NA	18
Total	291	302	340

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.

2025-2026 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.	42%
What percentage of your current Year 6 cohort use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]?	61%
What percentage of your current Year 6 cohort perform safe self-rescue in different water-based situations?	71%

Intra-school (level 1) competitions 2025-26

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 (cancelled due to extreme heat)
- Health and Fitness Month
- Sports Day - cancelled due to hot weather conditions

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

On Friday 6th 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 was cancelled due to the Extreme heat during the week beginning 22nd June 2026.

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 24th June to Friday 26th June.

Ealing Rugby Club Taster Sessions

Due to the hot weather conditions, the taster rugby sessions for Year 6 scheduled for Tuesday 23rd June was postponed with the hope of rescheduling.

Inter-school (level 2) competitions 2025-26

Netball Training and League

Miss Costa, Miss Groves and Mrs McCarthy were delighted with the number of pupils who were committed to attending our weekly netball training sessions

during Wednesday lunchtimes. The netball league season is now complete, and we were pleased with the team as they went from strength-to-strength with every match played.

Football Training, league and cup

Mr Jones was very impressed by the number of pupils who were committed to attending our weekly football training sessions on a Tuesday lunchtime. The football league is now complete and we have performed exceptionally well in the cup competition, reaching the semi-final stage. Mr Jones was pleased with how the team developed their skills and match play with each game played.

Packham Tournament

On Saturday 8th 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 two games in their group stage against very good sides and qualified for the quarter-final, which was against St. Matthew's. Despite playing well throughout this match, we did not qualify for the semi-final as they lost 1-0. We are very proud of all of our pupils for their determination and resilience in these matches and for demonstrating good sportsmanship.

Sportshall Athletics Competition

Nineteen children (ten boys and nine girls) took part in the Sportshall Athletics competition during the afternoon of Thursday 20th 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 eighteen teams that competed. A great achievement amongst very strong competition!

Panathlon Ten-Pin Bowling Competition

Providing inclusive opportunities is one of Whitehall's 'competition intent' aims in sport. On Monday 1st December, we took six pupils to participate in the Hillingdon Panathlon ten-pin bowling competition. Our pupils performed brilliantly and worked hard to gain points for our school team. Our pupils performed so well that they won the competition and qualified for the final in May 2026. The children were extremely proud of their achievement, and they all came away with a gold medal, certificate and the winner's trophy.

Mixed Netball Rally

On Saturday 28th February, we took two teams to take part in the District Mixed Netball Rally which was held at Ryefield School. Both teams played very well throughout the group matches of the competition but unfortunately, only our A team progressed to the quarter-finals. Their quarter-final match was against St. Bernadette's A, who were a very good team. Unfortunately, our team lost their quarter-final match, 2-0, and did not progress to the semi-final stage of the competition. All sixteen players performed very well and we are very proud of all of their achievements during the competition and great sportsmanship!

Girls' Netball Rally

On Saturday 7th March, we took one team to take part in the District Girls' Netball Rally, which was held at Ryefield School. The team played extremely well throughout the group-stage matches of the competition (winning two games). Unfortunately, our team did not progress to the quarter-finals because they finished third in the group phase of the competition. All the girls who played did very well and we are very proud of all of their performances and great sportsmanship in their matches! Thank you to all the parents and family members who came and supported us during this competition.

Boys' Netball Rally

On Monday 16th March, we took sixteen boys, two teams, to participate in this year's district boys' netball rally, which was held at Ryefield School. Despite the cold conditions, our teams were 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. Unfortunately, only Team A progressed to the semi-final stage of the competition. They were drawn against St Bernadette's and this was a tough match that went to extra time. We won this match 2-1 and progressed to the final, where we played Heathrow A. This was a very challenging match, but the team played exceptionally well. We lost this final but the team came away with silver medals. Thank you to all the family members who came along to support our team!

Borough Tag Rugby

On Monday 23rd March, we took a team to represent Whitehall Junior School in the Borough Tag Rugby Competition, at Uxbridge Rugby Club. Our pupils performed amazingly in all of their matches and scored some phenomenal tries. Our team played so well that they will now go on to represent Hillingdon in the London Youth Games in June.

Cross Country Competition

On Thursday 16th April, we took a boy and girl team to the Cross Country competition. Both teams performed extremely well, with the boys' team

achieving third place and all receiving a bronze medal and our best performing girl finished 21st out of approximately 60 girls running. It was a wonderful atmosphere and all pupils showed great resilience and teamwork! Thank you to all those family members who came along to offer support.

Swimming Gala

Congratulations to the nine pupils who competed in the District Swimming Gala last night (30/04/26). 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 three gold medals, one silver medal and two bronze medals. We were the winners of the 'Individual Events' trophy, and we achieved second place for the 'Relay Events'. Moreover, we shared the 'Overall' swimming trophy this year with Hermitage. Thank you to all the parents and family members for coming to support your children and the school.

Panathlon Ten-Pin Bowling National Final

Providing inclusive opportunities is one of Whitehall's 'competition intent' aims in sport. On Tuesday 19th May, we took six pupils to participate in the Panathlon ten-pin bowling national final competition as our team won the Hillingdon competition back in December 2025. Our pupils performed brilliantly and worked hard to gain points for our school team. Our pupils performed so well that they came in third place and all received bronze medals. The children were extremely proud of their achievement, and it was an event enjoyed by all.

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 competed against seventeen 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 eleventh place overall. They modelled great sporting behaviour throughout the competition and performed exceptionally well in all disciplines. Well done!

District Year 5 and 6 Tag Rugby Competition

Unfortunately, the tag rugby competition scheduled for Thursday 11th June was postponed due to heavy rainfall. Then the rescheduled date for this competition, Thursday 25th June, was cancelled due to extremely hot weather conditions.

Rounders Competition

This year's district rounders tournament took place on Thursday 2nd July at Ryefield School. Whitehall took ten pupils (one team) to compete against ten other teams. Our team won one of their matches in the group phase of the competition but unfortunately lost the other games, meaning that they did not progress past the group phase of this competition. It was wonderful to watch the teamwork of the team throughout the competition and how they improved their fielding skills with each game that they played. 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 Monday 13th July, Whitehall Junior School took 30 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 was awarded with fourteen medals in total in the following disciplines:

Year 3 boys' 50M sprint, silver medal
Year 3 girls' speed bounce, bronze medal
Year 3 boys' speed bounce, bronze medal
Year 3 boys' tennis ball throw, bronze medal
Year 4 girls' tennis ball throw, silver medal
Year 4 boys' standing long jump, bronze medal
Year 5 girls' 70M sprint, bronze medal
Year 5 girls' standing triple jump, bronze medal
Year 5 boys' vortex throw, bronze medal
Year 5 4 x 50M relay, silver medal
Year 6 boys' 600M race, silver medal
Year 6 boys' running long jump, gold medal
Year 6 boys' vortex throw, bronze medal
Year 6 4 x 50M relay, bronze medal

Whitehall Junior School also achieved third place in the overall field trophy and third place in the overall relay trophy this year. 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. Peter and Maya were this year's worthy winners showing how they met all of the Olympic and Commonwealth values.