

Sports Funding

Financial year 2016-2017

This financial year we have been allocated £8536 by the Department for Education to develop and enhance the quality of PE for all learners. Funding will be used to develop the following areas which will have a positive impact on pupil's physical development.

| Activity | Objective | Impact |
|------------------------------|--|--|
| Theatre Arts / Dance | Develop health, fitness and develop confidence. | Through experiencing a variety of dance styles we aim for pupils to develop their confidence and increase their level of physical activity. |
| Katakanuing | To develop confidence and team work. | We are aiming to increase pupil's motivation and engagement in physical activity whilst developing their ability to work as part of a team. |
| Hydrotherapy sessions | To provide exercise therapy for identified pupils | Through Hydrotherapy sessions we aim to: Reduce pain and muscle spasm Strengthen of weak muscle groups Improved co-ordination, posture and balance |
| Gross motor skill activities | To deliver physiotherapy programmes | Through gross motor activities we aim to: Improve coordination Improve handwriting, Increase concentration, Increase ability to follow Develop sport skills |
| Golf | To experience a sport not usually found in To consider 'skill' as well as 'fitness' or 'strength' as contributing factors to sport. To develop hand-eye co-ordination. | By offering pupils the opportunity to participate in golf we aim to improve pupil's core strength, balance and focus. |
| Rock climbing – Rock up | To develop gross motor skills and aerobic fitness through adventurous activities. To develop a 'can do' attitude and to support and be supported by their peers | We are aiming to increase upper body strength (providing a basis to support writing), develop the pupils sense of self-worth and pride, as well as enabling them to take calculated risks in a safe but challenging environment. |

Theatre Arts / 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 are looking at many different styles of dance including, Street Dance, Salsa and Musical Theatre 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. We have recently launched Heathfields new vision and values. Through our work with Theatre Arts we will be focussing on each of these in turn to further develop the pupils understanding of these values.

Katakanuing



Year 5/6 have been Katakaniung. The nature of this activity requires pupils to work together as a team. With 6 people in each boat synchronised paddling is essential. Pupils worked hard to paddle upstream against the current. Their confidence developed as the weeks progressed and they all had great fun experiencing something new.

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.

Gross motor activities

Gross motor development provides the 'building blocks' or foundation for more specialised and complex skills that children need 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 participate in additional activities developed to work on skills such as maintaining their balance and developing their coordination.

Rock climbing

Several classes have already been for visits to Rock Up, and we have plans for more to go. After their safety briefing and some initial nerves, they were all raring to go. Everyone managed to climb at least part way up a wall, with some getting all the way to the top!

