

October Half Term 2020 Inactive to Active Sports Camp

Working in partnership with Progressive Sports

Impact Report

Overview

Progressive Sports and Springhill will be running and hosting an inactive to active fun week, in school, that will promote sport and physical activity during the school holidays.

The week will run from 9.30 am – 3.30 pm, Monday to Friday, with the main aim of the week to encourage, support and motivate all children to lead an active and healthy lifestyle - even when they are not at school!

We believe hosting a course at school provides children with a fun and safe environment, which they are used to and feel more comfortable. During the course they will experience a wide range of sports including; *Football, Kwik Cricket, Basketball, Dodgeball, Archery, Nerf wars and much more!*

How does this Support the Key Indicators?

Key Indicator 2 +4

The profile of PE and sport within school is being raised and can be used as a tool for whole school improvement. Alongside this, children will experience a broader range of sports and activities.

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Register of Attendance

Child's Name	Monday	Tuesday	Wednesday	Thursday	Friday
Mason Haycock-Penaluna	Y				
Kobi Bond	Y				
Logan Fitzpatrick	Y				
Jenson Maw	Y				
Amelia-Marie Hayden	Y				
Oliver Parkes		Y			
Riley MacDonald		N			
Ulys Faga		Y			
Lexi-Mae Jeavons		Y			
Oliver Corbett		Y			
Oliver Wynn		Y			
Lexi Ramage			Y		
Max Davies			Y		
Mia Grierson			Y		
Keyla Cheshire				Y	
L'Naya Loveridge				Y	
Scarlet Brindley				N	
Imogen Hayden				N	
Luke Pardoe				Y	

Evie Davies					Y
Tupa Davies					Y
Billy Aldridge					Y
Thomas Williams					Y
Total	5	5	3	3	4

Timetable of Events

Day 1 - Monday 26th October

Time	Activity
9.30-9.45	Drop off/Registration
9.45-11	Sport 1 - Football and Cricket
11-11.15	Break
11.15-12.15	Sport 2 - Football Skills
12.15-1	Lunch
1-2.15	Sport 3 - Handball and Dodgeball
2.15-2.30	Break
2.30-3.20	Sport 4 - Orienteering and Circle Games
3.20-3.30	Debrief and home time

Day 2 - Tuesday 27th October

Time	Activity
9.30-9.45	Drop off/Registration
9.45-11	Sport 1 - Hockey
11-11.15	Break
11.15-12.15	Sport 2 - Foot-Golf and Boccia
12.15-1	Lunch
1-2.15	Sport 3 - Dodgeball and Football
2.15-2.30	Break
2.30-3.20	Sport 4 - Orienteering and Circle Games
3.20-3.30	Debrief and home time

Day 3 - Wednesday 28th October

Time	Activity
9.30-9.45	Drop off/Registration
9.45-11	Sport 1 - Archery
11-11.15	Break
11.15-12.15	Sport 2 - Dodgeball and Football
12.15-1	Lunch
1-2.15	Sport 3 - Orienteering
2.15-2.30	Break
2.30-3.20	Sport 4 - Circle Games
3.20-3.30	Debrief and home time

Day 4 - Thursday 29th October

Time	Activity
9.30-9.45	Drop off/Registration
9.45-11	Sport 1 - Dodgeball and Hockey
11-11.15	Break
11.15-12.15	Sport 2 - Tennis
12.15-1	Lunch
1-2.15	Sport 3 - Orienteering
2.15-2.30	Break
2.30-3.20	Sport 4 - Boccia and Circle Games
3.20-3.30	Debrief and home time

Day 5 - Friday 30th October

Time	Activity
9.30-9.45	Drop off/Registration
9.45-11	Sport 1 - Football
11-11.15	Break
11.15-12.15	Sport 2 - Hockey and Tennis
12.15-1	Lunch
1-2.15	Sport 3 - Orienteering
2.15-2.30	Break
2.30-3.20	Sport 4 - Boccia and Archery
3.20-3.30	Debrief and home time

Monday



On Monday morning once the children were registered we explained to them the rules for the week.

The first activity the children got to participate in was football cricket. This was a fun and competitive match which was enjoyed by everyone. The group

was split into two teams, year 1's and year 2's and the winning team was whoever had the most runs at the end of the match.

Everyone (including the coaches!) enjoyed the first activity.

Once football cricket was finished the children took a quick break to chill out, get a drink and have a snack.

After the break was over children practiced their football skills, doing lots of mini games such as king of the ring and ball tag. During this activity the children loved being able to keep control of the ball and taking tiny touches and keeping it away from their friends during the games.

Once lunch was done we were forced to stay inside, due to the weather, so the children competed in games of dodgeball. This brought a huge smile to all of the children's faces and brought out their competitive spirit, in a fair way.

As the rain stopped the coaches hid different coloured cones for the children to take part in orienteering with. The children particularly enjoyed being outside and doing something different, as most of them had never done this before.

The day ended with some circle games, such as:

- Splat
- Monkey ball
- Head/catch

The children were desperate to be the winner of the final games of the day!

We finished the day with some handball, using the goal nets outside to practice our throwing skills.

Once this activity was done we picked a star of the day and gave out certificates.

Children's Voices

Jenson- 'I really enjoyed trying new sports with my friends from school.'

Kobi- 'I loved playing football cricket in the morning as I got the most runs and never got out.'

Tuesday



Tuesday arrived and the children came to school with huge smiles on their faces, knowing they were going to be sports all day.

We started by showing the children the rules of hockey, how to hold the hockey stick correctly, how to dribble and how to shoot.

After the first break the children got chance to take part in footgolf, children were allowed to make their own golf

courses using hoops and then used these as targets to kick the balls into.

Lunchtime gave the children a chance to relax and build their energy back up for the afternoon of sports.

Children were kept in the teams they were in for hockey and played football, which they really enjoyed as they scored lots of goals. They even had a penalty shootout against us coaches, and scored goals past coach Callum!

We then had a final break and finished off with a session of boccia, where the children had to roll the heavy ball and get as close as possible to the white ball. This relaxed the children before we finished off with some circle games.



Before we left we awarded stars of the day and certificates to the children.

Children voices:

Lexi- 'I really enjoyed playing new sports such as boccia and hockey.'

Oliver W- 'I loved playing football matches with my friends.'

Wednesday



The year 4's arrived on Wednesday and were looking forward to the day ahead of doing fun activities.

The first sport of the day was archery, as the weather was poor,

which the children were very excited about. The children were shown how to use the archery bows safely and then we started playing fun games, once they had the basics down.

After a small snack break, including some down time for the children, we played a game of dodgeball. The children loved that they were able to include the coaches in the game and

throw the balls at them too! They played a number of different variations of dodgeball such as doctor and monkey dodgeball.

The children were thoroughly enjoying their Wednesday, despite the weather, and after lunch it dried up so the coaches set up an

orienteering session outside. Children had to find lots of different coloured cones and total them up, they loved it.

Finally, we played some circle games, similar to those with the other year groups, to calm the children down and relax them before they went home.

Again, we picked a star of the day and gave out some certificates to the children.

Children's Voices-

Max- 'I had never done Archery before and I'm asking mom if I can do it more often.'

Mia- 'I enjoyed playing loads of sports as the start of the week was boring at home.'

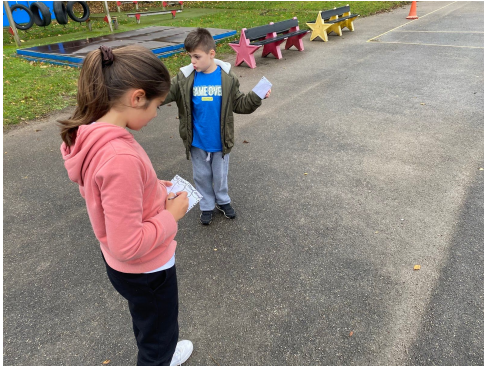
Thursday

The second from last day came around really quickly and started with the kids ready to try lots of new sports.



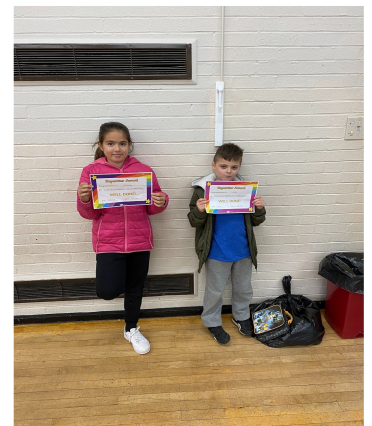
We started the day by playing hockey, and the children loved scoring goals for their team.

After a small break the children participated in tennis, and as they had been taught the rules of tennis before they were able to get into games quickly. We broke the games up with lots of challenges and skills/techniques.



After lunch, children took part in some orienteering challenges, which they found very easy! We made it harder by using numbers on the cones, to get children to find cones 1-20.

The final activity of the day was circle games and boccia. The children enjoyed playing against their friends to try and knock the other balls out the way from the white small ball in boccia and the circle games helped to relax them before they left for the day.



Children's Views-

Keyla- 'I really enjoyed playing with my friends in a fun sporty environment.'

Luke- 'I loved the orienteering as it was fun and I was the winner.'

Friday



Friday arrived and the year 6 children were really excited to get started once they saw the equipment laid out for the day.

We started off with football and did lots of fun games to teach the children how to dribble, pass and keep possession of the ball before we got into some games.

The children took their break and had some time to relax before we started tennis skills and matches with their partners. They took part in 1-10 challenges, number 1 being balancing the ball on the racket without dropping it and 10 being to flip their racket side to side while keeping the ball from hitting the floor.



Once they had completed tennis and taken their lunch break



we went straight back outside, where we gave the children some structured play time where they could choose the activities they wanted to do.

The second to last activity was dodgeball and they loved it!

Children finished the day off with archery, as

the weather was poor, and the children enjoyed doing these games.

We picked our star of the day and distributed some certificates before saying goodbye to our last group for the week.



Children's views:

Billy- ' I loved today's activities, my favourite was football and dodgeball'

Thomas- ' I enjoyed everything today, but I loved trying Tennis as I have never done Tennis before.'

Pupil Voice Data

On the last day of the course, all children were handed a piece of paper which children independently completed. they had to answer a number of questions based on their own experiences of the week.

- **Did you enjoy the week?**
- **Would you do it again?**
- **Did you try something new during the week?**

Results

- 100% of the children said they enjoyed the week.
- 100% of the children said they want to do it again.
- 98% of the children said they had tried something NEW during the week.

Results were collated from 20 responses

Data Fact Sheet

Activity.	No. children who have not experienced the activity before.	Percentage increase in a NEW experience.
Archery	15 / 20	75%
Tennis	10 / 20	50%
Boccia	20 / 20	100%
Hockey	10 / 20	50%
Dodgeball	2 / 20	10%
Circle games	12 / 20	60%
Football	3 / 20	15%
Tag rugby	15 / 20	75%
Foot Golf	20 / 20	100%
Orienteering	20 / 20	100%

Pupil Voice:

As the coaches wanted to know what the children would have been doing had they not attend the course they asked the children this question. Some of the comments and answers they received were:

Pupil Voice comments from the week:

Billy: 'If I wasn't here this week I would be at home bored and playing on my computer games or watching TV. I really liked making new friends and playing with different children over the holidays.'

Tupa: 'I have really enjoyed this week and got to make some new friends from different schools. My favourite sport was dodgeball.'

Oliver: 'I loved seeing some friends I made the first week again. I enjoyed the first week that much I wanted to do it for another week. My favourite sport this week was the nerf wars.'

Evaluation

Overview

This week saw a total of 17 children come to the camp.

On a whole, the camp ran smoothly and had no issues and the children all enjoyed themselves, regardless of the day they attended. The parents were happy as the children were going home tired after the activities they had participated in!

The coaches who delivered the course enjoyed it just as much as the children, and were happy to see them all making new friends with the other children that attended.



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