

## **SPORTS FUNDING AT BOROUGH GREEN PRIMARY SCHOOL ACADEMIC YEAR 2016/2017**

1. Artificial grass \_ £5500
2. Parachute Military Fitness for Year 5 - £1500
3. Maths of the day £500

Total Expenditure - £7500

### **ARTIFICIAL GRASS**

In previous years some of the budget had been used for outdoor training equipment. This provided somewhere for children to improve their fitness, challenge their personal bests, work collaboratively and is designed to make exercise fun at the children's own pace. The products offered children of all physical abilities and ages, the opportunity to exercise and build up strength, stamina and coordination. The equipment had a positive impact on the children with a reduced rate of behavioural issues reported by Lunch Time Supervisors at play time, with children instead being motivated to focus their attention on the fitness equipment. This impact was reduced in the winter when the children were unable to use the equipment due to a muddy and slippery surface of worn grass where the equipment was so heavily used. The matting has ensured all year use and helps promote sustainability of the equipment as well as ensure that the enthusiasm for the equipment remains. Lunch duty staff have reported a reduced rate of playground behavioural issues in the winter since the instalment of the artificial grass. As well as reduced rate of reported behavioural problems the school is also below average in both keys stages for obesity in the children due to more opportunities to use the equipment.

### **PARACHUTE MILITARY FITNESS**

Another major investment has been the implementation of the Military personnel as used in previous years for the Year 5 children to improve their interpersonal skills, fitness, attitude and behaviour.

Members of the Parachute Regiment took 45 children from Year 5 each morning over a full week in a team building and leadership programme. This week, which we called Parachute Military Fitness, began with a baseline assessment of their fitness using a bleep test, a self-assessment profile and a fitness questionnaire. After high impact fitness, healthy eating and positive mental attitude lessons, the children each completed a further two bleep tests and final self-assessment profile.

The results of this show that 93% of the children improved their measurable fitness in the bleep test, with an average increase of 1.34 levels. 95.6% of children made progress in all areas of press-ups, squat thrusts and sit-ups. The Parachute Regiment trainers suggested this was in the main due to an increased positive mental attitude and improved growth mindset more so than fitness.

The following statement was sent in by the team leader, Patrick Granger:

*We, as a team, see first-hand the impact the Parachute Military Fitness programme has on the children over their five, two and a half hour sessions. Because the children have to adapt to the challenges, often outside their comfort zone, there is an eagerness to engage in what we are teaching them. Their mindset has to totally change from the normality of the classroom, to pushing themselves to the limit physically on the playing field. We notice very early on that the children who lack a certain something in the classroom, tend to excel within this programme. This alone gives them enormous confidence; in their mindset they are as good as their brightest counterpart.*

*The balance, therefore, is one of getting the children to take that confidence from our program back into the classroom. Because the program is designed to push the children both physically and mentally, we find the mixture of the two, combined with their new found confidence, is the winning formula and weeks after, the teachers see a positive difference in their learning capabilities.*

*Push them hard and command their respect and respect is then given back to their teachers, their work rate in the classroom increases and they become a better, stronger and more resilient person.*

### **Patrick Granger**

Ex-Parachute Regiment Trainer

Not only is it evident that the children's' fitness has improved but so has their mind-set, increasing their courage and confidence to take risks in many other areas of their learning. This has been evidenced through quotes from the children on their final evaluation form.

*'We have been pushed to our limits and achieved things that we did not think were easy.'*

*'We were pushed past what we thought were our limits and saw our scores improve.'*

*'I have learnt how to work in a team.'*

*'I have learnt that I can do things, I didn't think I could before.'*

*'If it wasn't for the BMF I would still be the same old Charlie, but you've changed me a way you will never know.'*

*'It has made me more confident and louder in the class as well as outside.'*

## **MATHS OF THE DAY**

This is a planning resource that encompasses the numeracy curriculum for all primary age phases along with physical education. It encourages the children to be active within their maths lessons and outdoors where possible. This has increased the children's engagement with maths and for some children has allowed their confidence in their physical skills to trickle through to their academic skills. Many of the children have said that Maths of Day lessons are their more most enjoyed lessons.

KS2 maths results increased by 22% at Expected+ and 1.6% at High Score.