

School Sport Premium Funding - Surrey Case Study



Introducing Whole School Skipping

Farncombe C of E Infant School

Background

The school were eager to increase levels of physical activity among those children who did not participate in competitive games. In particular, the school was looking to focus on children who had strengths in academic and creative areas of school, but showed little interest in physical exercise.

Quote – Headteacher

The staff were blown away by the progress the children made and how they all enjoyed skipping. I thought this would be a one-off event, but want to make it part of our annual program. I am amazed by the confidence and co-ordination the children have developed.

Quote – Pupils

I loved the skipping workshop. It was amazing when the two children skipped together with one rope. Millie, Y2

I can skip backwards now. Cameron, Y2

Look – I didn't used to be able to do this, but now I can skip properly. I practise every lunchtime. Daisy, Y1

How partners are supporting the school to embed and sustain the activity

Using the skills and knowledge of a professional PE organisation was crucial for us in enabling this change to be successful. The teachers now know how to teach the fundamentals of skipping and benefited from working closely with the workshops leader, not only to develop their skills in this area, but also with general encouragement in PE.

Actions

Sports Premium money was used to arrange a skipping workshop for all year groups. This took place in February 2016, with each class in turn learning skipping skills at different levels. The day ended with a skipping show which impressed all staff and pupils with the progress made in such a short time period.

Skipping ropes were available for parents to purchase at the end of the day or online. Staff then discussed how best to capitalise on the enthusiasm and enjoyment shown by pupils. An area in the playground was designated for skipping and children were given permission to bring their own ropes into school every day. A long rope was purchased and use at lunchtimes for children to skip to traditional rhymes.

Impact

There have been two main areas of impact. One has been the increase in activity among the targeted pupils. Now the playground is full of children running, skipping and jumping.

The second impact was less expected; an improvement in behaviour. Verbal conflict has virtually disappeared, as those children who were previously arguing are now busy with ropes. There have been no rope related incidents, as the children were all shown how to use their ropes correctly in their workshop.

A sense of pride is evident in the playground as the children all increase their skills, calling out to supervising adults to watch! There has also been an increase in appropriate competition. Skipping is a very visible activity and many children are aware of the 'best skippers' in school and eager to emulate their skills.

