



## **Sports Premium/School Games/PE**

### **Autumn 2016**

In this newsletter I would like to update you on some of the progress our young people have made through the term and what has been on offer as part of the school sports premium package.

#### **After School Sports Clubs**

Youngsters at school have had the opportunity this term to try new skills with soft archery and zone hockey. After school sessions are delivered by Vivacity Sports Disability coaches on Tuesday and Thursday evenings. Some of the youngsters who have been practicing archery were selected to represent the school at the Peterborough soft archery competition hosted here at the Phoenix School.

#### **Peterborough United Football Club Lunchtime clubs**

Peterborough United offered Peterborough special schools the opportunity to use some free coaching sessions (6 hours) over the autumn period. It was decided that the school would take this opportunity to allow our pupils to access some football during lunchtime club sessions. Sessions were delivered by a trained coach who has very good knowledge of the school and the pupils. The sessions were delivered in the second part of the term for two half hour sessions a week. One in upper and one in lower. The pupils have had lots of fun and we will be hoping to see Peterborough United coaches come back in the summer term.

#### **Gym Fit a Sky Sports Living For Sport Project**

A selection of young people has been selected in upper school to take part in a six week training program with a local fitness instructor. Each Thursday afternoon the youngsters have been to A121 Fitness Gym in town and have had specially designed sessions from personal trainer Tony Bourdet. The youngsters have been involved in cardio vascular and conditioning activities. The youngsters have developed confidence at using the machines and have showed some decrease in weight as a result. The students had a surprise visit from former Olympian Anthony Clark (GB Badminton). Anthony joined for one of the sessions, giving advice on how to increase muscle mass and how to train effectively. Anthony also gave a talk and used some resources to emphasise the importance of healthy eating.

#### **Inclusive Indoor Athletics Cambourne College October 2016**

Six gifted and talented pupils were selected to represent the school at the inclusive athletics tournament. Events included throwing, standing and running/sprinting. The older Phoenix students supported the youngsters. The day was a success with some of our youngsters winning awards for Equality and Friendship.

#### **Soft Archery Competition December 2016**

The upper school site hosted the very first Peterborough soft archery competition. Four teams competed including Phoenix, two teams from Heltwaite and St Georges PRU. Heltwaite scored the most overall with a score of 238 with Phoenix valiant effort of 78.

#### **Lord Taverners Cambridgeshire Boccia Festival December 2016**

A team of students represented the Phoenix at the above competition at Cambridge Regional College. Phoenix played their first match against Gretton School finishing on level points 4-4. In the second match Phoenix beat Samuel Pepys School 6-4. In the third match the Phoenix lost to Granta School 11 – 1. The final game of the group was against Hinchinbrook with Phoenix winning 4-1. The team looked to be on course for a semi-final place however final standing put Phoenix on level points with three other teams. Decision came down to points scored and lost in games. Phoenix missed out on a semi-final place by one ball!

### **Duo Velo Strider Bikes**

As part of the sports premium offer the school was able to select a group of youngsters to practice cycling skills with balance bikes. Kindly Darren and Theresa Finley from Duo Velo/Strider uk and Steve Currey from BMX Peterborough have volunteered their time to deliver a six week pilot course at the school. This has been a huge success with pupils learning fundamental cycling skills and proficiency as well as integrating with youngsters from other special schools.

### **Rebound Therapy Training Course**

In May of this year Ben Plumridge, Matt Taylor and myself began a Level 1 Tutor Course. We passed our final assessment in November and we are now qualified to train staff in the school. This will allow Rebound to be taught across the school and we can train new colleagues when they join the school.

### **Upcoming events**

In January Phoenix will be taking part in the Peterborough Table Cricket League. Anthony Clark will be returning to help host a lower school racket day activity. Hunts Cricket will be returning to train our youngsters for the Peterborough Quick Cricket League.



Anthony Clark teaches youngsters about healthy eating.