School Name: Coppice Primary School, Chigwell

1. Title
Increasing the opportunity for children to participate in competitive sport.
2. What did you want to do? (What problem did you want to address?)
As a school, we were aware that some of the children may not have the opportunity to compete in competitive sport. We wanted to provide all children in the school with the opportunity to compete in some form of a competitive game situation. This has been achieved through inter-form, where they compete against other houses in their year group. The inter-forms help the children to develop an understanding of how to deal with competitive situations for future life, also develop their understanding of the value of exercise and a healthy lifestyle. Participating in a competitive situation can also help to develop a child's self-esteem, helping them understand of how to deal with winning and losing situations.
3. What did you do? (How did you do it? What strategies have you used?)
Each term, each year in Key Stage one and two competes in a different competitive inter-form. This has included dodgeball, rounders, volleyball, cross country, indoor athletics and multi skills. To make sure all of the children are engaged in this initiative a range of different sports were chosen, ranging from performing individually and as part of a team. All the sports were chosen carefully so that all children could have a fun and positive experience.
4. What difference has this made? (What differences are you seeing in young people e.g. attitude, behaviour, achievement and attainment? What evidence do you have?)
The children really look forward to the inter-forms, continually asking when the next event is. Many children before the inter-forms struggled with engaging in a positive way in a competitive situation. Many children now understand how competing in a competition can result in winning but also losing, and how to deal with both of these situations. Experiencing winning and losing, has resulted in a noticeable difference in the children's attitude, fair play and sportsmanship. The children have also shown an improvement in their fitness levels from the inter-forms, with a teacher from another school at a netball fixture commenting on the noticeable fitness level of Coppice children compared to the children in her school. This also was apparent during the cross country inter-form, with many children improving their performance. All of this has contributed to the children now having a positive attitude towards a healthy lifestyle. Quote from a child includes: "I love participating in the inter-from competition, as it is an opportunity to compete against the other houses and learn new skills" Many children have also now chosen to partake in sport outside of school.
5. Why did it work? (What were the critical factors which made this work for you?)
The sports chosen for the inter-forms are carefully chosen as they are fun; giving the children an opportunity to compete individually and in a team situation to ensure maximum engagement. The sports are age appropriate ensuring the children have a positive experience. The inter-forms have opened up the opportunities for the children to suggest to their parents that they wish to engage in more competitive sport outside of school and will encourage healthy lifestyles.