

Frances Bardsley Academy for Girls

Volunteering in physical education is a highly valued area at Frances Bardsley Academy. We offer volunteering opportunities throughout the school and courses in Sports Leader and Duke of Edinburgh. Both awards give opportunities to volunteer in school and the local community. We work closely with the primary schools in our area. The girls have helped to deliver Level 1 Sports Days at Hylands Primary, Squirrels Heath Primary, Benhurst Primary and RJ Mitchell Primary. The Sports Leaders play a major role in the organisation of the Frances Bardsley Sports Day, Inter House Rowing and Inter House Cross Country. They lead P.E. sessions in our feeder primary school for all year groups giving them the opportunity to work with younger pupils.

The Year 9 Sports Leaders group organised a games skills festival for three local primary schools. The pupils were from Year 2 and they covered Basketball, Football, Netball, Tennis and Tag rugby. The girls planned and delivered the activities with the emphasis on learning new skills and having fun.

Here are a few quotes from the teaching staff:

Benhurst: "A day of enthusiastic, fun filled activities."

Elm Park: "Very well organised, lots of great and engaging activities. The children were challenged in areas that they needed."

"Really good event, lovely to see the children enjoying themselves and having a go at activities they would not normally do. Well thought out and well organised."

Dame Tipping: "It was very well organised and you all did a great job, thank you"

"The Frances Bardsley Leaders were excellent role models."

We have selected pupils to take part in the Havering Collective Leadership Academy. This is an ongoing process and we now have a group of skilled volunteers in Years 8, 9 and 10 who have benefitted from the Academy. The pupils were given training in Sports Hall Athletics, Quadkids and Cricket. They have used their new skills to deliver Level 2 competitions for the Havering Collective. They are regularly praised by the providers for their efficient and committed approach.

Year 8, 9, 10, 11, 12, 13 pupils are involved in coaching school teams in Netball, Football, Badminton, Indoor Rowing, Gymnastics and Trampoline. We offer opportunities for all pupils to share their skills with other pupils in a safe and controlled environment. Emily Green Year 11 coached the Year 7 Netball team and is now taking BTEC sports at a local college. Megan Witton (Year 13) coached the school Gymnastics team and they won the Havering Championships. She is now studying Sports Science at Chichester University.

I have seen many pupils develop their confidence through volunteering and I find this one of the most satisfying parts of my job as extra-curricular and community coordinator. I am proud to take the groups of Sports Leaders to events as I know they will always set high standards and are a credit to Frances Bardsley Academy.