



Greenhouse  
Sports

# The Norwood School Annual Review 2015-16



# Welcome



2015-16 proved to be a fantastic year for Greenhouse Sports. Overall, we ran 46 school-based programmes – 36 in mainstream schools and 10 in schools for pupils with special educational needs – and four community clubs. We worked with over 7,500 young people and delivered over 50,000 hours of coaching in basketball, table tennis, tennis, volleyball, judo, football, swimming and multi-sports for students with special educational needs. Participants engaged with us for a total of 444,000 hours before, during and after school, and in the holidays.

At The Norwood School, Greenhouse Sports head coach Lucio delivered 1,253 hours of basketball coaching, engaging participants for an impressive 10,685 hours. Lucio ran sessions during and after curriculum time, as well as throughout the school holidays.



Many participants enjoyed sporting success, including Tyreece Blake who became a national champion alongside his London Greenhouse Pioneers teammates, winning the Under 14 Premier Division title. Tyreece also represented London, and helped them to win the Basketball England regional championships.

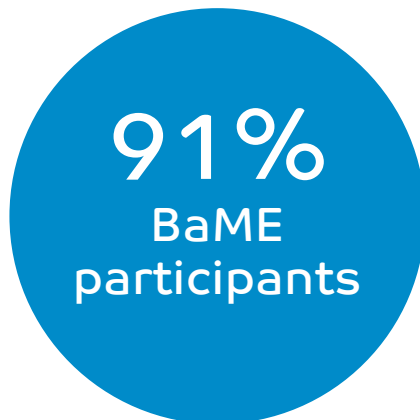
Congratulations also go to Katherine Garcia, Nyala Whyms, Makhi Fadayomi-Cuffie and Juelz Robinson who will all experience national competition after joining the Under 14 boys and girls Pioneers teams.

Other major highlights of the year included the international trip to Bosnia, a workshop with Olympic athlete Lesley Owusu and a one day discovery programme at the University of Worcester.

1,253  
Hours of  
coaching

10,685  
Engagement  
Hours

# The Norwood School in numbers



## Programme Delivery

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Our coaches deliver sessions to young people at the most 'risky' times of the day. Research by the Youth Justice Board shows that, from Monday to Friday, young people are at most risk of acting anti-socially before school, after school, and at lunchtime. By delivering sessions at these times, Greenhouse Sports reduces the likelihood of participants engaging in negative behaviour.

During curriculum time our coaches run intensive individual and small group sessions which we call 'peripatetics'. Young people are withdrawn from class to attend these sessions on the advice of school staff - our aim in these sessions is to address behavioural issues affecting the participants themselves and the wider school community.



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Intensive sessions

**224** hrs

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Breakfast sessions

**253** hrs

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After school sessions

**200** hrs

The Department of Health recommends that young people should exceed 60 minutes of physical activity on all seven days per week. On average, school sport provision accounts for only 100 minutes of physical activity per week. Engaging with Greenhouse Sports helps participants overcome the shortfall.



23%  
Young people  
in London exceed  
60 minutes daily  
exercise

75%  
Norwood  
participants  
exceed 60 mins  
daily exercise



# Greenhouse Sports participants discover University of Worcester

Thirteen Greenhouse Sports basketball participants from The Norwood School took a step forward in planning for life after secondary school when they attended a one day discovery programme at the University of Worcester.

Along with participants from our programmes at Pimlico Academy, Platanos College, St. Gabriel's College and Quintin Kynaston Academy in London, the students had the opportunity to listen to inspirational talks by Worcester Wolves player Orlan Jackman and Head Coach Paul James. Participants also took part in strength and conditioning workshops, and inclusive coaching and problem solving activities. Students curious about life at the university also toured the campus and spoke to the co-ordinator of university programmes before watching Worcester Wolves battle Leicester Riders on the court. This was a great opportunity for our young people to visit a university outside of London and learn more about its basketball programmes and degree courses on offer.

Greenhouse Sports participant Nyala said the following about the trip:

**“Overall my favourite experience was watching the game after a**

**player from North London gave us an insight of the expectation at the university. To add to that, I enjoyed meeting the players after the game as we found out a bit of their backgrounds and their experience as a student. I would consider going to that university when I'm older because of the variety of opportunities that are available.**

Greenhouse Sports participant Katherine also told us about the experience:

**“The trip to Worcester University was great fun and it gave us an idea of what we could achieve in the future. My highlight of the day was most definitely watching the match however my favourite activity was wheelchair basketball. It involved lots of team play which I enjoyed and it was also a challenge as I had never done it before. I am grateful to have been selected to go as we met a lot of people who play basketball at a higher level and I also met participants from other Greenhouse Sports programmes.”**



# Our impact

Greenhouse Sports develops the social, thinking, emotional and physical (STEP) skills of young Londoners through high-quality, intensive sports programmes delivered by inspirational coaches.

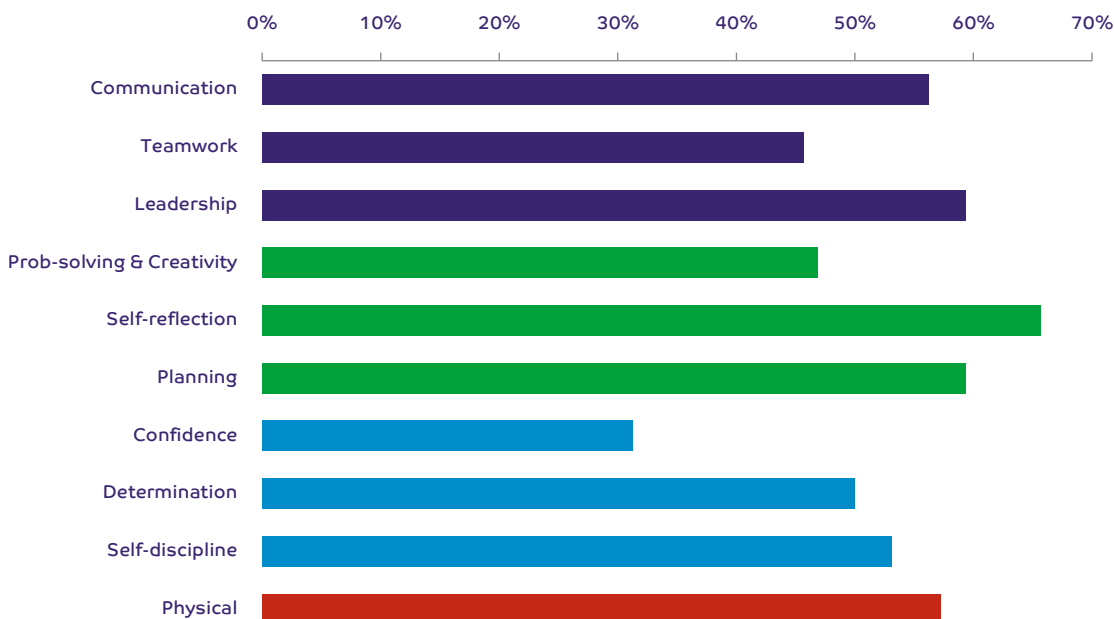
The graphs below shows the percentage of The Norwood School basketball participants who indicated that their STEP skills improved in the year between October 2015 and May 2016. Note that increases in self-reflection tend to have a negative impact - in the short term - on participants' perceptions of their capabilities in other areas. Such short term regression in some STEP skills may lead to medium to long term gains in confidence and motivation.

**1 in 2**  
Norwood participants improved fitness during 2015-16

## STEP capabilities for mainstream school and club participants

Social	Thinking	Emotional	Physical
Communication	Problem-solving & Creativity	Confidence	Agility, Balance & Coordination
Teamwork	Self-reflection	Determination	Fitness
Leadership	Planning	Self-discipline	Sporting Skill

% of The Norwood School basketball participants who indicated that their STEP skills improved in the year between October 2015 and May 2016. Progress measured by the STEP Questionnaire.



## Our impact

Participation in sport reduces the risk of many chronic physical conditions, combats mental health problems and improves brain function and self-esteem. It also increases young people's commitment and attention in the classroom. Sport is thus a cost-effective way to address both absenteeism and underachievement. Indeed, the link between the two is clear: only 3% of pupils who attend school for half the year gain five or more GCSEs at grade C or above; for those with high attendance (95% or more) this figure is 73%.

Large cross-sectional studies have shown a positive relationship between participation in sports programmes and school attendance and between physical fitness and school attendance.

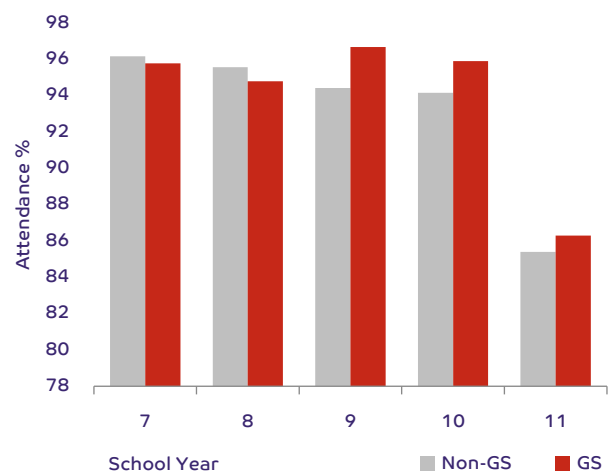
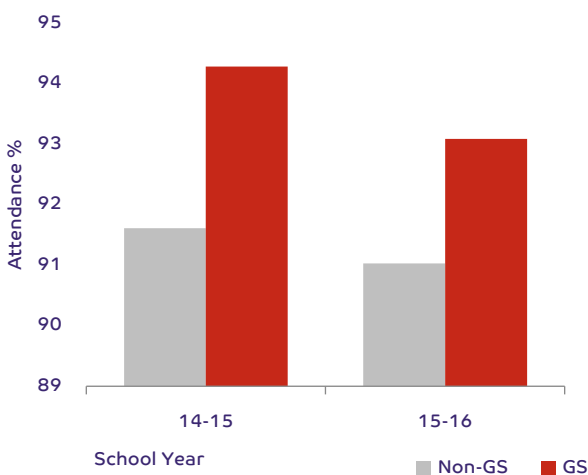
Research also suggests that health-related fitness is positively associated with school attendance. This increased attendance is significant - it provides pupils more opportunities to focus, think and behave appropriately, and work productively whilst they are at school.

Comparing the attendance of our young people with that of other pupils in schools with Greenhouse Sports programmes shows our impact in this area.



## School attendance

From the charts below we can see that Greenhouse Sports (GS) participants at The Norwood School are attending approximately four more days at school than their non-Greenhouse (Non-GS) peers in 2015-16. Also, GS participants at the school attend more between school years 9-11 when compared to their non-GS peers.



# Satisfaction

We asked The Norwood School's basketball participants, on a scale of 1 to 10, how much they agreed with the following statements:

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**“The Greenhouse Sports programme is excellent”**

**8.94**

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**“My coach is an inspirational person”**

**9.02**

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**“My coach is an excellent coach”**

**9.26**

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Sports

## Why Sport?

“Sport has a unique power to attract, mobilize and inspire. By its very nature, sport is about participation. It is about inclusion and citizenship. It stands for human values such as respect for the opponent, acceptance of binding rules, teamwork and fairness ...”  
– the Charter of the United Nations

Research demonstrates that sport plays a vital role in:

- Promoting social integration.
- Strengthening social ties and networks, and promoting tolerance.
- Increasing concentration and attentiveness in class.
- Improving a young person’s school attendance and behaviour.

The positive effect of sport does not develop automatically. It requires a professional and socially responsible intervention, tailored to the social and cultural context.

Greenhouse Sports recognises the right of all young people to participate in, and have a positive experience of sport. Our programmes give priority to healthy development and are carefully designed and delivered by our inspirational coaches to be truly inclusive.



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