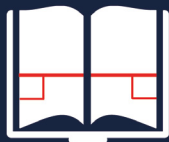
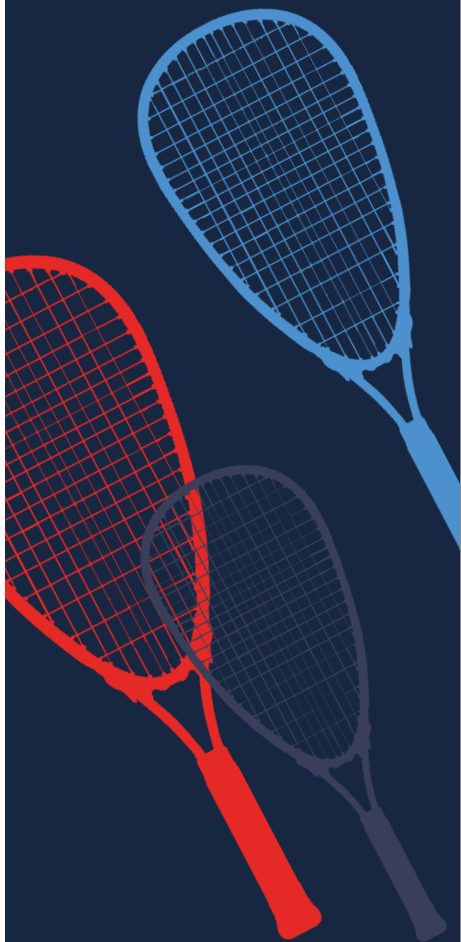


SCHOOL SQUASH PROGRAMME

Broadening the school sporting curriculum
and raising classroom attainment

PLAY • LEARN • ASPIRE



PLAY • LEARN • ASPIRE

SQUASH
SQUARED

FOUNDED 2015

SCHOOL PARTNERSHIP PROGRAMME

Squash Squared is an after school Squash and education programme for disadvantaged primary and secondary school pupils across London and Surrey.

Our programme introduces Squash as a new school sport combined with academic tutoring in small groups.

The initiative raises academic attainment, broadens the choice of school sport and funds club memberships for pupils who wish to play more in a club environment.



“

Billy and Thomas were lucky enough to be picked to join the Squash Squared programme whilst at Sacred Heart School Battersea. They enjoyed all aspects of the sessions, particularly playing squash of course! I felt that really helped them academically. Billy, for example, felt he was “not good” at maths and the extra time at Squash Squared definitely helped him overcome this mental block. I do hope Squash Squared continues and helps many more children.”

MR R WICKHAM, FATHER OF TWO CHILDREN ENROLLED SINCE THE FIRST YEAR AND CO-CHAIRMAN OF GOVERNORS AT SACRED HEART SCHOOL IN BATTERSEA

HOW THE SCHOOL PROGRAMME WORKS

We have already identified a local squash club with an experienced coach ready to host your school!

Squash Squared manages all aspects of the on-going partnership between school and club, including payments to school staff, ensuring a safe and successful programme is delivered.

TIME	ACTIVITY
3:00 – 3:15	Children are escorted on foot or by transport from school to local squash club by their teacher and teaching assistant
3:15 – 4:15	Half of group play squash and receive coaching, while other half of children receive tutoring in Maths and English from their school teachers - those who know them best
4:15 – 5:15	Children swap groups
5:15 – 5:30*	Children receive a nutritious meal and are returned to school by school staff, where they are collected by their parents

*[*food provision is dependent on catering facilities of host club]*



A POPULAR SCHOOL SPORT

Our schools' programme resolves the drawbacks that typically discount squash as a school sport and instead demonstrates Squash to be a workable and popular choice.

WHY SQUASH WORKS

- Squash is **not weather dependent**
- **No age or gender bias**, size or physical strength limitations
- Rallies begin quickly, allowing the children to **experience immediate success and become instantly engaged**
- **All pupils play for the entire duration**, a contrast to traditional PE sports, dominated by the more talented individuals
- **School staff do not need to be familiar with Squash**
- professional coaches deliver every session
- **On site courts are not required.** Local clubs in close proximity to school are ready to accept cohort
- A lack of prior experience for all pupils means that **every child starts at the same level**
- **Coordination, agility and fitness** are the basics of squash, which **complement mainstream sports**
- Played in close quarters, **squash encourages fair play and respect for the opponent**



PUPIL BENEFITS

SMALL CLASS SIZES

Small class sizes and the targeting of specific areas of any given subject allow children to gain academic ground quickly.

A SPORT FOR BOTH SEXES

Squash appeals equally to both boys and girls. 21% of girls aged 5-10 years old do not take part in any sport outside of school compared to only 12% of boys the same age.

INCREASED LEARNING ADVANTAGE

An extra hour of maths tuition each week equates to 25% more time spent on a specific subject (based on 4 math classes per week).

A MORE ORGANISED CHILD

Study skills improve and consistent work habits develop through establishing routine and encouragement to complete homework on time.

HIGHER CLASSROOM CONFIDENCE

Children feel more comfortable to ask questions in new surroundings away from school in smaller groups.

IMPROVED SOCIAL SKILLS

Pupils learn important social skills in a club environment where they are encouraged to be polite, and respectful to their peers, coaches and members of the club.

A HEALTHY, ACTIVE LIFESTYLE

A squash session provides a strong cardiovascular workout. Vigorous activity, counts for double the recommended level of moderate activity.

SPORTING PATHWAY

There are no barriers to further participation beyond the weekly school session. Membership and future development costs are funded by Squash Square.



“

Squash definitely helps me to improve my football, you need to be fast! The Wimbledon club is fantastic – lots of open space, different to where I live and doing maths here is better than at school!”

KHEYLA. E, SQUASH SQUARED PUPIL

PROGRAMME INFORMATION

The programme provides all year round playing opportunities. Squash camps in the school holidays ensure that fitness gained during term time is not lost in the holiday periods due to sedentary school breaks.

PROGRAMME INFORMATION	OUTPUTS	DETAIL
Date to join programme	September to May	New programmes begin on the first week of any 5-week module
Number of weeks per school year	25 weeks	Term dates are aligned with the school calendar in 5 x 5 week modules
Number of weeks outside of school	up to 13 weeks	Pupils may attend Squash camps that run in every school break**
Target age	Key stage 2 and 3	Primary school pupils can join from age 8 Secondary school pupils can enrol in year 7
Number of pupils per school	12-30 pupils	Group size is dependent on the number of available courts at host club
Class size	6-15 pupils	Group is divided between squash courts and study area
Total number of curriculum squash coaching hours	50 hours	Coaching is for a maximum total of 2 hours per week (1hr for each group)
Total number of lesson hours	50 hours	Tutoring is for a maximum total of 2 hours per week (1hr for each group).
Showcase events	1	Selected players represent the school at a annual friendly, inter-school tournament
School staff per group	2	One teacher and one teaching assistant
Selection criteria		50% girls; *70% of cohort must comprise of children from disadvantaged backgrounds

**Criteria may be varied due to impact of Covid-19 on year groups*

***Places are allocated on first come first served basis*



FOUR WAYS TO FUND SQUASH SQUARED

Squash Squared programme costs can met through four government funding streams.

Programme costs can be spread across:

- **CATCH-UP PREMIUM**
- **PUPIL PREMIUM**
- **PE AND SPORT PREMIUM**
- **RECOVERY PREMIUM**

Squash Squared works with school leaders as a supportive partner to assist in showing transparently how the different government funding streams are being effectively spent and suitably appropriated.



“

Since the introduction of Squash Squared to our school, I have noticed a definite improvement in the way our children approach maths from fluency right through to reasoning. This new environment away from school has proved to be the perfect location. Opposite the All England Lawn Tennis Club, steeped in tradition and set amidst the beauty of Wimbledon, the constraints of the classroom space no longer exist.”

OLAWALE THOMAS, YEAR 4 TEACHER FROM SACRED HEART BATTERSEA, INVOLVED WITH SQUASH SQUARED SINCE 2015

CATCH UP PREMIUM

Extensive evidence supports the impact of high quality, one to one and small group tuition as a catch-up strategy. This is an integral part of the Squash Squared Programme.

Squash Squared helps schools to:

- Demonstrate a purposeful catch up strategy and clarifies a school's methodology to parents
- Proffer an effectual use of Catch-up funding following a partial or full school closure
- Show its efforts to further support children from disadvantaged backgrounds who are likely to have been affected particularly severely by school closures and ensures appropriate transparency for parents
- Reveal a coherent school plan for returning to the normal curriculum by the summer term 2021



PUPIL PREMIUM - DELIVERING THE TIERED APPROACH

Government advocates that optimal use of the premium funding is via a tiered approach with spending targeted across:

- Teaching
- Academic support
- Wider approaches
- Teaching quality

Squash Squared works in partnership with schools to assist with delivery in each of these key areas.

HOW SQUASH SQUARED DELIVERS IN EACH TARGETED SPENDING AREA

TARGETED SPENDING AREAS FOR PUPIL PREMIUM

SQUASH SQUARED SUPPORT

Teaching

Arrange training and professional development for all staff to improve the impact of teaching and learning for pupils



Upskill school staff

Coaches teach school staff rules and basic technique. Squash Squared funds 50% of a level 1 England Squash coaching course for school staff



Academic Support

Identify main issues stopping pupils from succeeding and buy extra help



Consolidating key topics

More time is spent on specific areas of the curriculum that need attention and worked on in small groups



Wider Approaches

May include non-academic help such as school clubs



Beyond the school club

Squash Squared is a new school club for most children; there are no barriers to further participation beyond school



Teaching quality

Investing in learning and development for teachers



Professional delivery

Professional coaches are experienced in school delivery and minimum Level 2 England Squash qualified



PE AND SPORT PREMIUM

Offering a positive experience of different sports can build a lifetime habit of participation and is central to meeting the government's ambitions for a world-class education system.

Squash Squared facilitates the best use of the PE Premium by:

- Collaborating with schools to make additional and sustainable improvements to the quality of their physical education, physical activity and sport provision
- **Developing and adding to the sport that the school provides**
- Building capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years
- **Providing qualified sports coaches to work alongside teachers to enhance and extend opportunities offered to pupils**
- Broadening the experience of a range of sports offered to all pupils to encourage more pupils to take up sport and physical activities
- Providing targeted activities to involve and encourage the least active children
- **Increasing confidence, knowledge and skills of all staff in teaching sport by providing staff with professional development, mentoring, appropriate training and resources to help them teach sport more effectively to all pupils**
- Providing more and broadening the variety of extra-curricular activities after school in the 3 to 6pm window, delivered by local sports organisations
- **Increasing participation in competitive sport by entering more competitions or tournaments within the school or across the local area, including those run by sporting organisations**

[Above bullets sourced from "How to use the PE and sport premium"
<https://www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools>]



RECOVERY PREMIUM

The Recovery Premium is a new education recovery package from the Government for children and young people to help them catch up on missed learning and development due to the pandemic.

The new financial package is designed to support children on their return to the classroom by facilitating the expansion of one-to-one and small group tutoring programmes.

The one-off Recovery Premium for state primary and secondary schools builds on the Pupil Premium and is provided to schools to use as they see best to support disadvantaged students.



“

Maluhky finds maths quite tricky and Squash Squared has helped him improve his understanding of the subject. He gets to play a new sport that he had never tried before which has helped with his other sports too. He loves the programme and I am keen for him to continue into secondary school”

MRS J FREDERICKS, PARENT OF YEAR 5 CHILD

PROGRAMME VALUE

Squash Squared is committed to providing a high quality and safe programme of optimal value.

- Schools may trial Squash Squared without charge in order to be able to fully assess the benefits of the programme and the positive impact on the participants
- **Squash Squared has reduced the cost of its programme to the breakpoint whereby the charity can remain sustainable**
- Squash Squared funds between 84%-87% of the annual running costs at any school. The school is asked to meet the remainder costs
- **The hourly cost per child to attend the Squash Squared programme is typically £1.25 per hour***
- The cost for a pupil to participate in the Squash Squared programme for one year accounts for just 4% of one child's annual pupil premium allocation**
- **Squash Squared can be flexible with regard to payment schedules**

*Figure is based on an average class size of 24 children with one child attending for 25 weeks of the year

**Figure is based on the annual pupil premium allocation of £1,345 for one primary school child.
For a secondary school child, the programme would account for 6.5% of their annual PP allocation based on £955 per child for one year



STET'S STORY

NAME: Stets Frederik Noel **YEAR:** 8

SCHOOL: Sacred Heart School, Battersea

SQUASH STATUS: Current member of The Wimbledon Club

“

I'd never heard of squash before I got introduced to it through the Squash Squared program at my school.

We would have two lessons a week at the Wimbledon. We were split into two groups. Some would do some maths or extra homework the other group would play squash, then we would swap.

I got the hang of it quickly and could soon play matches which was everyone's favourite part of the lesson.

We continued coming to the club for two years and got to the stage where we could play with a professional squash ball. I also I got much more confident in my maths.

Squash quickly became my favourite after-school club and I felt that I had found a sport I was good at and could look forward to playing every week.

My mum is happy that I was attending squash as it meant she could stay at work late and she knew I was being help with my homework and getting some exercise.

When I left primary school I really missed the club. My mum decided to contact Stacey to speak to him about membership and becoming a junior squash member.

I've now signed up and I am attending training every week.”



OUR PARTNERS

EDUCATIONAL PARTNERS



Kings College
Wimbledon



Emanuel School

Emanuel School



Sacred Heart
Battersea



Albemarle School
Southfields



Southmead School
Southfields



St Mary's
Battersea



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School

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Mohn Westlake Youth
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WIMBLEDON
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London Community
Foundation



Strawberry Star
LETTINGS & SALES

Strawberry Star

SQUASH PARTNERS



The Wimbledon Club



South Bank
Squash Club



The Hurlingham Club



Professional Squash
Association



Professional
Squash Association
Foundation



England Squash



England Squash
Foundation



Surrey Squash





PLAY • LEARN • ASPIRE

SQUASH SQUARED

FOUNDED 2015

WE LOOK FORWARD TO WORKING WITH YOU

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