



Greenhouse  
Sports

# Raine's Foundation School Annual Review 2015-16



# Welcome



2015-16 proved to be a fantastic year for Greenhouse Sports. Overall, we ran 46 school-based programmes in mainstream and special schools, 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 Raine's Foundation School, Greenhouse Sports head coaches Laurent and Maria delivered 2,201 hours of coaching, engaging participants for an impressive 15,773 hours. Many participants enjoyed sporting success, including the Under 16 basketball team who came third in the London Youth Games, representing Tower Hamlets. This is a huge achievement, as the final fours have comprised the same schools for a number of years, and this was the first time the borough had been represented at this stage of the competition. The table tennis squad secured a clean sweep, winning the Under 13 and Under 15 borough competitions for both boys and girls. Raine's were also represented in the gold medal winning boys team at the London Youth Games and were

crowned champions of East London in the Under 13 boys category of the English Schools Championships.

Other highlights of the year included the Greenhouse Sports basketball awards evening, a trip to watch and meet senior internationals at the National Table Tennis Championships and the international basketball trip to the Dejan Bodiroga Summer Camp in Bosnia and Herzegovina.

2,201  
Hours of  
coaching

15,773  
Engagement  
Hours



# Raine's Foundation School in numbers



## Programme Delivery

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 Young people are withdrawn from class to attend these sessions on the advice of school staff - our aim in these sessions is to address behavioural issues affecting the participants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.



Intensive sessions

**635** hrs

Lunch sessions

**213** hrs

After school sessions

**502** 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

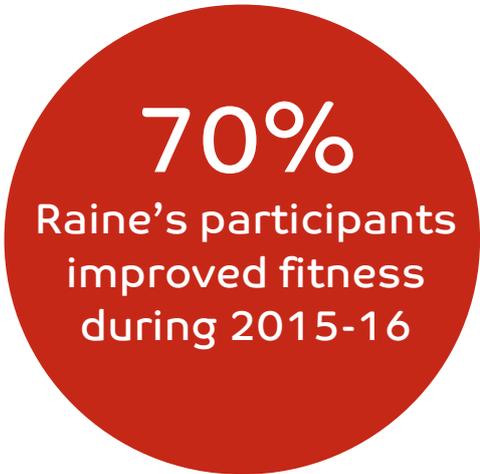
**59%**  
Raine's participants  
exceed 60 mins  
daily exercise



# 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.

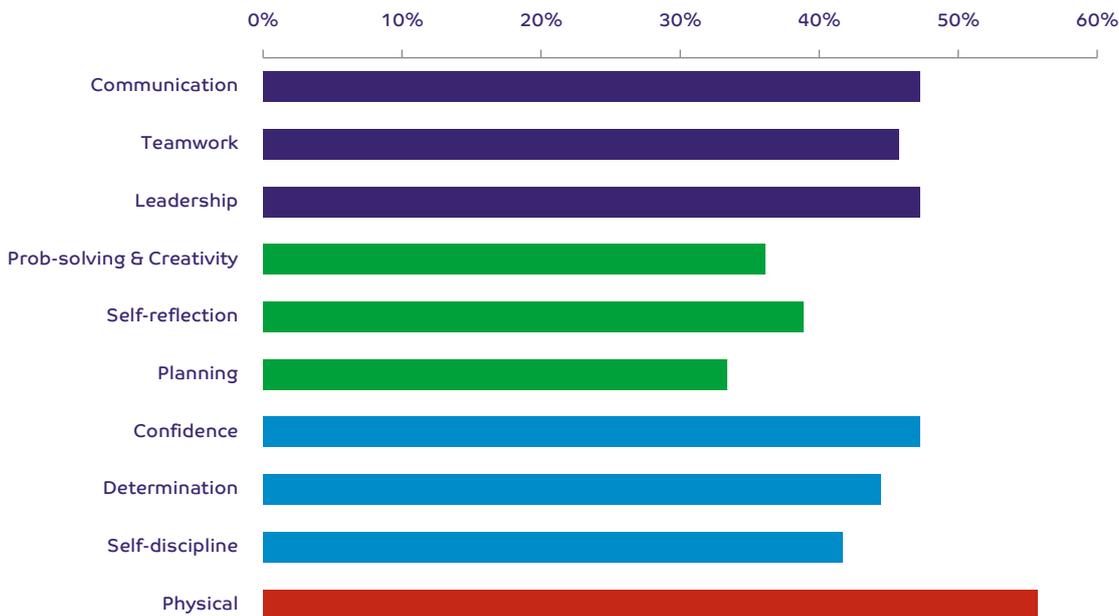
The chart below shows the percentage of Raine’s Foundation School participants who indicated that their STEP skills improved in the year between October 2015 and May 2016. Note that increases in self-reflection tend to have a negative impact—in the short term—on participants’ perceptions of their capabilities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



## 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 Raine’s Foundation School 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.

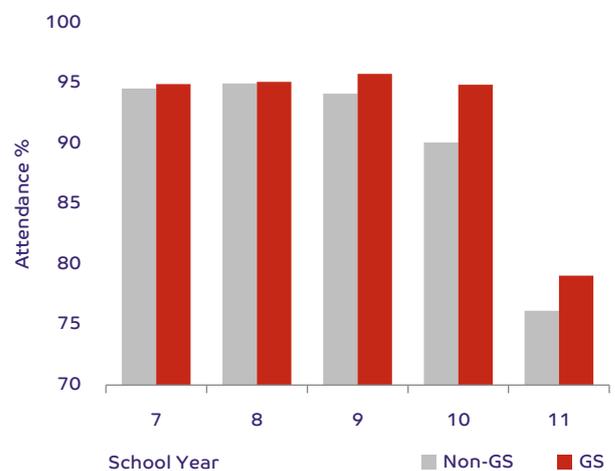
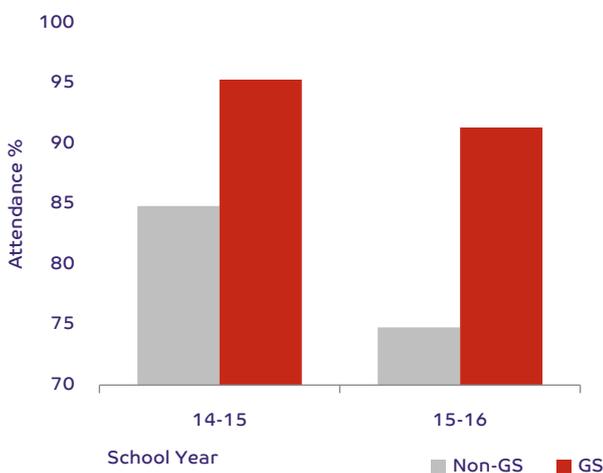
Research also suggests that health-related fitness is positively associated with school attendance. This increased attendance is significant - it provides pupils more opportunities to focus, think and behave appropriately, and work productively whilst they are at school.

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 Raine's are attending considerably more days at school than their non-Greenhouse (Non-GS) peers in 2015-16. Also, GS participants at the school attend more across all school years when compared to their non-GS peers.



# Satisfaction

We asked Raine's Foundation School 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”**

8.92

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

8.80

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**“My coach is an excellent coach”**

9.22

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Greenhouse  
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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