

ISA Awards 2023 Case Study: Award for Outstanding Sport

ALLEYN COURT PREPARATORY SCHOOL

MARCH 2024



History of the School

Founded in 1904, Alley Court has a rich history. Theodore Wilcox, the school's founder, was able to establish Alley Court thanks to the financial support of his father's cousin, Lewis Carroll, the famous author of Alice's Adventures in Wonderland. Originally a small school with just four students, Alley Court has grown over the years. In 1993, the school moved to its current 15-acre site in Thorpe Bay, offering a spacious and semi-rural environment for its students. While ownership transitioned from the Wilcox family to a charitable trust in 2015, the school motto "Not to go forwards is to go backwards" reflects Alley Court's enduring commitment to progress and excellence.

Alley Court prides itself on providing a well-rounded education that fosters both academic achievement and personal growth. Small class sizes, averaging around 18 students, and a dedicated staff with a high staff-to-student ratio ensure that each student receives individualised attention. The school's curriculum emphasises intellectual curiosity and offers a broad range of subjects, from traditional core subjects like English, mathematics, and science to creative subjects like art, music, and drama. Alley Court also recognises the importance of extra-curricular activities and sports in nurturing well-rounded individuals. The school offers over 80 clubs, encompassing academic pursuits, drama, arts, music, and a diverse range of sports.

The school's extensive sports program provides opportunities for students of all abilities to participate and develop their skills. From traditional team sports like football, netball, and rugby to individual activities like gymnastics,



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athletics, and swimming, Alley Court offers a diverse range of options. The school's commitment to inclusivity extends to its participation in programs for students with special needs, and it has also taken the lead in promoting girls' sports in Southend by hosting regional competitions and encouraging participation in traditionally male-dominated sports. Alley Court's dedication to sportsmanship and its focus on the overall well-being of its students, including developing resilience and social skills, has resulted in a positive and successful sports program.

<https://www.alley-court.co.uk>

Aims

- Our sports program aims to be inclusive, providing opportunities for all by offering a diverse range of activities suitable for students of all abilities and interests.
- To create a sports program that goes beyond participation, aiming to nurture and develop each student's skills and techniques in their chosen sport.
- Promoting traditional team sports such as Football, netball, rugby, and other team sports as a cornerstone of the program fosters teamwork and collaboration.
- To offer options for students who prefer individual pursuits, including gymnastics, athletics, and swimming.
- To champion girls' sports by actively promoting girls' participation in sports, hosting competitions and encouraging involvement in traditionally male-dominated activities.
- To extend the program to students with special needs, ensuring everyone has the chance to participate and experience the joys of sports.
- Through the sports offered, to develop resilience and social skills, supporting students to learn valuable life skills such as perseverance, overcoming challenges, and working effectively with others.
- To emphasise good sportsmanship, fostering respect for competitors, officials, and the rules of the game.
- We recognise the positive impact of sports on physical and emotional health, and so aim to contribute to students' overall well-being through their participation in our sports programs.
- To achieve Competitive Success, with students achieving recognition at regional and national levels.



OUTCOMES

- Our diverse sports program offered something for everyone, encouraging students of all abilities to get involved and enjoy the benefits of physical activity.
- The sports program went beyond just playing games. Its focus on developing each student's technique and skill level in their chosen sport has been highly successful.
- The emphasis on traditional team sports like football and netball supported the development of collaboration and teamwork, leading to the growth of strong and cohesive teams.
- By providing options like gymnastics, athletics, and swimming, we made provision for students who preferred individual pursuits. This made way for individual growth, allowing them to excel in their chosen area.
- By actively promoting girls' sports and encouraging participation in traditionally male-dominated activities, we have seen girls embrace activities and challenge stereotypes.
- We developed the sports programme so that it extends its reach to students with special needs, fostering in them a sense of belonging and the chance to experience the joys of sports alongside their peers. This has been a positive experience for all involved at all levels.

- Through participation in sports, students have learnt valuable life skills like perseverance and by overcoming challenges within sport, have built resilience for future endeavours.
- Sportsmanship has been developed at all levels through an emphasis on fostering respect for competitors, officials, and the rules of the game.
- We have seen a marked increase in the overall well-being of students and link this to the encouragement of physical activity and promotion of teamwork, which has led to happier and healthier students.
- While participation and skill development have been key, we have also celebrated competitive success. Students have achieved recognition at regional and national levels, bringing pride to the school community. This has been reflected in the numerous awards the school has received, including the Active Essex KS1 Physical Education and Activity Mark and the School Games Platinum Award for Outstanding Sporting Provision. The positive sports-focused approach has also led to success for individual students, with several pupils from Year 6 achieving medals in regional and national sporting events.



NEXT STEPS

- To continue to inspire students through further contact with role models from both our alumni and the sporting world.
- To engage further with external extracurricular activities to provide valuable opportunities for our students that test their resilience and build future readiness skills.
- To continue to be a trailblazer in promoting girl's sports in the local area and extend this to national competitions.
- To build on our already excellent relationships within the community, extending the availability of our facilities to community groups and schools.
- Explore ways to expand the existing offerings in our sports programme after the successful introduction of golf.

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