

Sports Funding

Stephen Hawking School received £8,308 in order to support the development of sport and physical education during the financial year 2016-2017. This money was spent on supporting the physical development of pupils, focussing on helping the children to gain in confidence and to have a sense of achievement.

Residential journey

This aspect of the school's work allows the children to take part in water sports at Bewl Water Outdoor Adventure Centre. This supports the children in years five and six to access aspects of the National Curriculum such as 'taking part in outdoor activity challenges...in...unfamiliar and changing environments'.

Horse Riding

Some of the children go horse riding at the stables at Mudchute in Tower Hamlets. This has been very successful and supports other areas of work such as sensory integration. Horse riding gives many of the children with physical disabilities freedom of movement which they don't normally experience, and helps them to gain in confidence. In addition, the movement of the horse can help the rider to become more relaxed and can improve their balance and posture.

Yoga

For part of the academic year the school has been supporting children with 'Yoga for the Special Child' which is based on a branch of yoga called Hatha Yoga. This works on the body on a structural level, helping to align the vertebrae, increase flexibility and strengthen muscles and connective tissue. Hatha Yoga, therefore, helps develop increased mental clarity, emotional stability and a greater sense of overall wellbeing.