

The Little Gym

Inspection report for early years provision

Unique Reference Number EY261989
Inspection date 27 July 2007
Inspector Rebecca Hurst

Setting Address Unit 8, Compass House, Smugglers Way, London, SW18 1DB

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Registered person The Little Gym

Type of inspection Childcare

Type of care Out of School care

ABOUT THIS INSPECTION

The purpose of this inspection is to assure government, parents and the public of the quality of childcare and, if applicable, of nursery education. The inspection was carried out under Part XA Children Act 1989 as introduced by the Care Standards Act 2000 and, where nursery education is provided, under Schedule 26 of the School Standards and Framework Act 1998.

This report details the main strengths and any areas for improvement identified during the inspection. The judgements included in the report are made in relation to the outcomes for children set out in the Children Act 2004; the National Standards for under 8s day care and childminding; and, where nursery education is provided, the *Curriculum guidance for the foundation stage*.

The report includes information on any complaints about the childcare provision which Ofsted has received since the last inspection or registration or 1 April 2004 whichever is the later.

The key inspection judgements and what they mean

Outstanding: this aspect of the provision is of exceptionally high quality

Good: this aspect of the provision is strong

Satisfactory: this aspect of the provision is sound

Inadequate: this aspect of the provision is not good enough

For more information about early years inspections, please see the booklet *Are you ready for your inspection?* which is available from Ofsted's website: www.ofsted.gov.uk.

THE QUALITY AND STANDARDS OF THE CARE

On the basis of the evidence collected on this inspection:

The quality and standards of the care are outstanding. The registered person meets the National Standards for under 8s day care and childminding.

WHAT SORT OF SETTING IS IT?

The Little Gym opened in November 2003. It comprises of an out of school holiday club that focuses on sports skills development for up to 30 children aged three to under eight years. The Little Gym also provides parent and child classes, and gymnastic based classes for children aged six to 12 years. It is part of a world wide organisation which has more than 140 groups that provide sports activities for children. The provision currently has 30 children on roll.

The provision is open Monday to Friday and children can attend for sessions that last three hours, during the Summer holidays only. Children are drawn from a wide catchment area. The theme based camps include obstacle courses, use of gymnastic equipment, group activities, movement challenges, arts and crafts and snacks. The provision supports children that have learning difficulties and/or disabilities and children that have English as an additional language.

The premises are located within the Riverside Development in Wandsworth, and open onto a pedestrian boulevard adjacent to the river Thames. They consist of a very large gym, lobby/viewing area, multi-purpose room, office and three toilets. There are six staff and a manager who are available to work in the holiday camps.

THE EFFECTIVENESS OF THE PROVISION

Helping children to be healthy

The provision is outstanding.

Children are cared for in an environment where their care and comfort are paramount. The staff organise stimulating physical activities for the children to participate in. The children are able to use parallel bars, balance beams, spring boards, swing bars as well as other pieces of equipment to gain an awareness of their bodies and what they can do. The children have access to water throughout the session and during snack time which consists of healthy and nutritious foods, such as fresh fruit, raisins and rice cakes, the children are given unlimited fruit juices and water. The staff are able to recognise the children's needs and can act on this with ease due to their close relationships with the children.

Children are cared for in a meticulously hygienic environment that ensures children avoid cross contamination. Staff ensure the children wash their hands after going to the toilet and before they have their snack, to further any risk of cross contamination. Staff make sure they wash their hands and put on gloves to serve the children their snack. Staff also make sure that children with allergies are catered for during snack time and that they feel valued even if they have to have different food from other children. Staff have a rota that they follow so they are aware of what needs to be cleaned and on what day to ensure everything is kept clean and safe.

Protecting children from harm or neglect and helping them stay safe

The provision is outstanding.

Children are cared for in a meticulously maintained environment, which is both welcoming and well organised. The staff have ensured the children are cared for in a safe and secure setting by having relevant safety precautions in place. This is done by the staff having regular fire drills as well as having the fire alarm regularly tested, the staff also check the equipment both before and after each session that has used the gym equipment. Therefore, the staff are able to maintain the equipment to a high standard. Risk assessments are carried out on a daily basis and staff are able to respond to any problems that are highlighted to minimise any risk to the children.

Children who attend the setting have ample space to move around in, and the staff adjust the equipment so it is suitable for the age range that is using it. The children have access to an excellent range of equipment that complies with safety standards and that meets the children's individual needs. Children are aware of moving around the gym equipment safely as they have a routine they follow where they sing songs to change around.

Staff have a thorough knowledge of child protection and the settings policies and procedures allow the staff to follow the steps to protect the children effectively. The setting has clear and concise policies and procedures for the staff to use which also includes allegations made against a staff member. The staff have detailed accident and incident forms and they will also make a follow up call to the parents the following day to ensure the child is alright and if the staff can do anything to help.

Helping children achieve well and enjoy what they do

The provision is outstanding.

Children are highly motivated and animated during the sessions. The children are eager to start their session and are lively throughout. The staff are highly skilled with the work they carry out and this allows the children to be safe and self motivated. The topic of the week was the circus and the staff had made sure all of the activities the children participated in were circus related. The children were so excited during a game of duck, duck, circus clown that they forgot to stop when their turn had come to an end and carried on playing. Children attending the group are happy, settled and they all relate excellently to the staff. Children thrive with confidence as the staff give them time and encouragement to develop and learn through active and creative play.

Children are able to learn a lot of new skills whilst attending the setting, such as walking on a balance beam unaided, using parallel bars, using a spring board to jump onto a soft horse, using bars to swing over and to listen to instructions whilst carrying out activities. Children enjoy team activities, such as passing a hula hoop between people without dropping it and without touching it with their hands, this activity helped the children to work as a team and to remember instructions. The staff used singing purposefully as instructions, for example to get the children to tidy away the staff sang the instructions to the children, this also worked when the children moved from each piece of equipment. This allows the sessions to remain fun but the children are also aware when the staff start to sing they need to listen for what they need to do next.

Helping children make a positive contribution

The provision is outstanding.

All of the children who attend the setting are treated as individuals and they are all given the chance to learn and develop during the gym sessions. Staff provide topics for the children which involves the children learning about the wider world. Children also have the experience of hearing staff talk different languages as they are from a wide diverse group, for example they are from South Africa, New Zealand, Australia and Europe. The setting has a strong inclusion policy and all children are welcome to attend the sessions available. Staff work with the parents and carers of the children to ensure they are able to benefit from the sessions and for the staff to be aware of the limitations of the children.

Children are exceptionally well behaved and staff are highly skilled in dealing with the children's behaviour. The staff use positive language with the children. The children respond well to this, for example, to focus the children back to the activity, the staff do not raise their voices, they calmly remind the children they need to be safe and this ensures the children listen to the staff as they have talked through the rules before they start any session. The children are aware if they do not use the equipment safely they will be asked to sit to one side until they are able to do this. They also sing songs to gather the children back together as a group and for them to sit together before moving to the next activity. The staff consistently praise the children and the work they are doing which boosts the children's self esteem. Children benefit from strong links the staff have with the parents. Parents are able to contribute to the running of the setting as they are asked to fill out questionnaires on how the staff can improve the activities and the sessions they run. Staff provide extensive feedback to the parents at the end of each session to say how well the children have done and to let them know what activities they participated in during the session.

Organisation

The organisation is outstanding.

Children who attend this setting are cared for in an environment that is extremely well organised and all of the resources that are available to the children for each session have been chosen to suit the children to stimulate their needs. The staff make sure that there are excellent procedures in place for the safe arrival and departure of the children and that the deployment of staff exceeds the required amount which ensures the safety of the children at all times.

The settings policies and procedures are displayed for the parents to see in the foyer and they are also given a condensed version of them on an information leaflet. The parents are also given the settings philosophies when they start at the sessions and the staff make sure they receive all the information to aid their child's wellbeing.

The staff are extremely well trained for working with the children whilst they attend the gym session and the staff also gain further education to enhance their skills with the care of children. The staff are versatile and competent with their roles and they attend training that is available to help them to enhance their skills for working with children. Staff work well as a team and they are very clear on their roles and responsibilities within the setting. Staff have weekly meetings to ensure the smooth running of the session. Overall the setting meets the needs of the range of children for whom it provides care.

Improvements since the last inspection

The provider was asked at the last inspection to improve their child protection policy and to notify Ofsted of any changes within the setting. The provider has updated all of their policies and procedures with regard to the care and welfare of the children. All children are signed in and out of each session and the parents are given detailed information forms on administering medication when they are needed. The provider has also made sure that over half of the staff have a child care qualification and the other staff are currently working towards a qualification. The provider has split the ages of the groups attending the sessions so the older children are able to carry out harder activities in the gym, and the younger children are able to use the equipment at a suitable level that allows them to develop. The staff also make sure that all children are included into the sessions and that children with learning difficulties and/or disabilities are also welcomed. The staff promote equal opportunities well and they make sure all children are equal and they are treated the same.

Complaints since the last inspection

Since the last inspection there have been no complaints made to Ofsted that required the provider or Ofsted to take any action in order to meet the National Standards.

The provider is required to keep a record of complaints made by parents, which they can see on request. The complaints record may contain complaints other than those made to Ofsted.

THE QUALITY AND STANDARDS OF THE CARE

On the basis of the evidence collected on this inspection:

The quality and standards of the care are outstanding. The registered person meets the National Standards for under 8s day care and childminding.

WHAT MUST BE DONE TO SECURE FUTURE IMPROVEMENT?

The quality and standards of the care

No recommendations for improvement are made because the quality and standards of care are outstanding.

Any complaints about the inspection or the report should be made following the procedures set out in the leaflet *Complaints about Ofsted Early Years: concerns or complaints about Ofsted's role in regulating and inspecting childcare and early education* (HMI ref no 2599) which is available from Ofsted's website: www.ofsted.gov.uk