

Fit For Sport At Watford Central Leisure Centre



Watford Central Leisure Centre, Hempstead Road, Watford, WD17 3HA

Inspection date	16 February 2016
Previous inspection date	Not applicable

The quality and standards of the early years provision	This inspection:	Good	2
	Previous inspection:	Not applicable	
Effectiveness of the leadership and management		Good	2
Quality of teaching, learning and assessment		Good	2
Personal development, behaviour and welfare		Good	2
Outcomes for children		Not applicable	

Summary of key findings for parents

This provision is good

- Staff plan very interesting and challenging activities for children, who play and participate in games with enthusiasm. Staff are highly qualified in coaching sports. They are very creative, engaging and expertly promote children's personal talents. Children are eager to join in activities led by staff and have great opportunities to learn new skills.
- Staff clearly communicate their expectations to children and praise their efforts, participation, ideas and good behaviour. Boundaries and rules are created with children and discussed on a daily basis as part of staff's and children's 'camp agreement'. Children are confident, have a strong sense of self-esteem and behave well.
- Children are respectful of each other and work cooperatively as a team during sports activities. Staff are good role models and they skilfully give children responsibilities and choices throughout the session. Children develop important social values and skills.
- Staff participate in regular safeguarding and child protection training. They are highly committed to protecting children's welfare and well-being. Staff are very vigilant. They are confident of the steps to take should concerns arise. Children benefit from staff's prompt attention to their needs.

It is not yet outstanding because:

- Staff do not provide children with regular enough activities outside or daily fresh air. There is capacity to increase children's opportunities for outdoor play to enhance their already good learning and health.

What the setting needs to do to improve further

To meet the requirements of the Early Years Foundation Stage the provider must:

	Due Date
■ provide children with more activities outside and regular opportunities for fresh air as part of the ongoing programmes and routines.	25/03/2016

Inspection activities

- The inspector observed children's activities and spoke with staff and children during the inspection.
- The inspector discussed activities with the manager and staff and spoke with the senior coordinator of the club.
- The inspector looked at documentation, including confirmation of the suitability of staff, policies and procedures and evidence of reflective practice.
- The inspector looked at written feedback from parents and took account of their views.

Inspector

Karina Hemerling

Inspection findings

Effectiveness of the leadership and management is good

The management team has high expectations of staff and follow strict procedures to ensure their suitability. All staff participate in supervision meetings and are closely monitored in practice by senior managers. Staff are highly qualified sport coaches and participate in ongoing training to broaden their understanding of their roles. For example, they are supported in developing their knowledge of the Early Years Foundation Stage, to underpin their work with younger children. Staff effectively build new ideas into practice and they engage children and parents in sharing their suggestions for the club. They maintain a culture of reflective practice to continuously enhance the opportunities for children. Staff are very attentive to children's security. They thoroughly risk assess play areas and activities, such as swimming and the climbing wall, to ensure that children are safe. Staff carefully monitor visitors, closely supervise children and follow strict procedures with regards to children being collected from the club. The arrangements for safeguarding are effective.

Quality of teaching, learning and assessment is good

Staff work closely with parents to discuss children's needs and effectively engage children in sharing their interests and ideas. Through the varied programmes of activities, children's skills are challenged across all areas of learning. Staff confidently adapt practice to meet the needs of all children. For example, older and younger children are divided to play a series of 'detective' games so staff can appropriately challenge them at varying levels. Staff always offer alternative activities for children during sport sessions to ensure that those less keen to participate have other play opportunities. Staff effectively promote children's understanding of different cultural backgrounds. They plan themed activities and celebrate a range of festivals to teach children about the world and their community. Children have access to art resources and writing tools. They are encouraged to be creative and imaginative throughout the day. The highly skilled staff clearly understand that children learn best through play. Children have fun and enjoy their time together at the club.

Personal development, behaviour and welfare are good

Staff and parents work together to ensure that children's needs are always met. Children are comfortable and build strong attachments with staff and peers. They speak highly of staff and about their experiences at the club. Children develop their knowledge and skills, especially regarding the importance of keeping fit. They are physically active throughout the day. The many sport-based experiences offer children a wealth of opportunities to develop their coordination, body control and strength. Children also benefit from quiet activities and time to rest. There is strong focus on developing children's interest in sports and their awareness of healthy living. However, children do not have regular enough opportunities to play outside and enjoy fresh air, in order to complement the excellent promotion of their well-being and their understanding of active lifestyles. Staff competently promote children's independence and children manage their own hygiene needs. Children develop an awareness of personal safety during games, activities and through discussions with staff.

Setting details

Unique reference number	EY490630
Local authority	Hertfordshire
Inspection number	1017783
Type of provision	Out of school provision
Day care type	Childcare - Non-Domestic
Registers	Early Years Register, Compulsory Childcare Register, Voluntary Childcare Register
Age range of children	4 - 12
Total number of places	40
Number of children on roll	18
Name of provider	Fit For Sport Limited
Date of previous inspection	Not applicable
Telephone number	02087424991

Fit for Sport At Watford Central Leisure Centre registered in 2015 and is one of 62 settings. The holiday club employs three members of staff, two of whom hold a degree in Sport Science. The holiday club operates Monday to Friday, during every school holiday, from 8.30am until 5.30pm.

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