

## CASE STUDY - INCREASE THE NUMBER OF EXTRA CURRICULAR CLUBS THE CHILDREN ATTEND

<b>NAME OF SCHOOL</b>	<b>PYNES COMMUNITY INFANT SCHOOL &amp; NURSERY</b>
<b>HEALTH THEME</b>	<b>MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY EATING &amp; PHYSICAL ACTIVITY</b>



### SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Performing Arts/Dance Club opened for Years 1 & 2
- A 'Sponsored Boogie' was held in aid of Sports Relief – each class learnt a dance and performed it in school hall
- Child questionnaire showed the children were interested in a singing club. A Singing & Dancing Club was introduced for children in Reception & Year 1
- All children contributed to class discussion books to share with the School Council. Actions were taken in response to the children's ideas to make playtimes more exciting
- Staff meeting time given to discuss alternative clubs to offer the children – Line Dancing Club introduced at lunchtimes
- Held an 'Enjoyaball' taster day for all children and 78 children in nursery – very successful
- Year 1 children attended Multi-skills session at secondary school
- Planning to increase the number of children attending more than 1 club and to purchase more equipment, particularly to promote ball skills

## EVIDENCE OF IMPACT

- Baseline of 50/128 children attending 1 extra curricular club increased to 73/128
- The success of the Performing Arts Club has motivated other staff to run clubs e.g. Gardening, Football etc.
- The clubs are very popular and often over subscribed
- The staff running the clubs commented on how much they are enjoying them and how pleased they are with the motivation and commitment of the children attending

## REFLECTIONS FROM THE SCHOOL

It has been difficult to find clubs within the local community for children of infant school age so I am pleased with the efforts we have made to increase the number of clubs that we provide at school. Initial worries that the Reception children were too young to join the Singing & Dancing Club were proved wrong – they absolutely loved the club!

### Other successful Interventions

- Improving Emotional Health & Wellbeing - by reducing playground behaviour incidents
- Healthy Eating – access to drinking water and making lunch boxes more healthy

**For further information regarding this intervention, please contact -**

### CONTACT NAME

LUCY WEBBER – PSHE CO-ORDINATOR AND HEALTHY SCHOOLS PLUS LEAD

### CONTACT DETAILS

Telephone : 01237 473061

Email :

[admin@bideford-pynes-infants.devon.sch.uk](mailto:admin@bideford-pynes-infants.devon.sch.uk)