

CASE STUDY - INCREASE ACTIVITY LEVELS OF LEAST ACTIVE CHILDREN IN YEARS 5 & 6

NAME OF SCHOOL

MANOR PRIMARY SCHOOL

HEALTH THEME

MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY EATING & PHYSICAL ACTIVITY



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Baseline data collected from 'Active in School' fitness questionnaire and fitness 'beep' test
- Intensive 6 week activity course at Leisure Centre [Active in School]
- Target children given free access to clubs at the Leisure Centre [and expected to turn up]
- Target children encouraged to represent school in athletics, dance, hockey, football etc
- Target children encouraged to join school sports clubs each term
- Wide variety of after schools clubs offered, including Latin American dancing!

- All children participate in morning keep fit session on KS2 playground
- Ensure all target children remain fully active in PE sessions – spare PE kit available to maximise participation
- Year 5/6 teachers planned additional PSHE lessons to deliver information on benefits of exercise – clear links with PE & Science
- Programme of coaches and A Level sport students booked to teach KS2 children. Guest coaches from College also invited to lead sessions at school
- Baseline data collection repeated to monitor improvement in fitness
- Programme repeated with second cohort of target children
- Comenius Project establishes links with schools in Poland and Spain. ‘Sports and Games’ becomes focus for 1st term
- Partnership links with community and College

EVIDENCE OF IMPACT

- All 27 target children doing a minimum of 4 hours sport per week
- Year 5/6 children inspired by training received have set up own lunchtime sports clubs for children in years 1 & 2 – basketball, football
- School success in the Brickfields inter-school athletics championships [winner]
- Parents of the target group children full of praise for scheme – it has also encouraged them to take up sports and use the Leisure Centre more
- School staff have gained excellent teaching ideas and activities from working alongside coaches and college students
- Ofsted very impressed by the sporting opportunities on offer to the children

REFLECTIONS FROM THE SCHOOL

The Active in School Programme has given our target group of exercise-shy children an extremely intensive fitness boost that has been both fun and influential in their everyday life. Children who normally do not join clubs have been active in and out of school, trying sports as diverse as body combat, yoga and water polo and making friends along the way. It is especially pleasing to see the children becoming a greater part of their community and using local facilities, while forming friendships with their role models, the coaches and sports tutors.

Probably the most obvious and pleasing change to the target children is that their self-confidence and body image has improved. As one Year 6 girl said, ‘I wish I’d known I was so good at running, I thought they were all better than me and it was me that was the best!’

Other successful Interventions

- **Healthy Eating – Healthier Lunchboxes – 37% to massive 86%**
- **Healthy Eating – Increased uptake of Fruit & Vegetables as break time snack – Fruit Card Reward Scheme introduced**

For further information regarding this intervention, please contact -

CONTACT NAME

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