



CASE STUDY - INCREASING THE ACTIVITY LEVELS OF KS2 GIRLS

NAME OF SCHOOL

LADYSMITH JUNIOR SCHOOL

HEALTH THEME

MAINTAINING A HEALTHY WEIGHT THROUGH
HEALTHY EATING & PHYSICAL ACTIVITY

SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Young Sports Leaders appointed from Year 6 and trained to lead activities for Years 3 & 4 at lunchtimes
- Set up a wide variety of 'girl friendly' activities e.g. lunchtime aerobics, skipping workshop, High 5 Netball club open to Year 5 as well as Year 6 girls, running club, girls' football, basketball, dance, badminton and athletics club
- Girls regularly consulted on how to further improve the opportunities available
- New equipment purchased e.g. basketball nets
- Partnership links with Sports Volunteer Service, Devon's Sports Development Officer

EVIDENCE OF IMPACT

- The number of girls playing active games almost every break and lunchtime has risen from 18% in 2009 to 44% in February 2011. The data also shows a steady improvement in girls' involvement in extra-curricular active clubs.
- The improved self-esteem, organisational and coaching skills of the older girls running the clubs has been very encouraging.
- Basketball nets left out more often at break and lunchtime are being used enthusiastically by the girls.
- Increased participation of girls in local sporting events e.g. girl 'skippers' chosen to perform at the opening ceremony of the Devon Youth Games, girls from running club taking part in the Great West Run etc.
- Plans to continue to develop intervention e.g. appointing Sports Ambassadors.

REFLECTIONS FROM THE SCHOOL

All staff who have been at the school for a number of years have stated that there has been a dramatic change in girls' activity levels in the playground. We no longer have lots of groups of girls standing around chatting, but instead see the majority being active.

For further information regarding this intervention, please contact -	
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