

CASE STUDY - INCREASE THE NUMBER OF CHILDREN PARTICIPATING IN SPORTS ACTIVITIES

NAME OF SCHOOL

BRANSCOMBE CE PRIMARY SCHOOL

HEALTH THEME

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



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Parent forum supportive of children participating in a wider variety of after school activities and offer to help run clubs.
- Introduce Netball Club run by parent.
- PTFA provided funds to transport children to local swimming pool and equipment for Netball Club
- Wake & Shake session and yoga club introduced
- Weekly lunchtime Cross Country Club and Friday Football Club held [both boys and girls attend]
- Children from both Key Stages attend sports sessions run by the community college. KS1 children have also attended gymnastic sessions.
- 3 teams of children participate in the Exe Valley Challenge
- Wake & Shake sessions arranged daily during morning break
- Staff training – primary tennis coaching course

EVIDENCE OF IMPACT

- All children [30] now participating in at least 2 hours extra curricular physical activity. 18 over 3 hours
- A netball team was entered into the cluster group tournament and were praised for their performance by the School Sports Co-ordinator
- Cross country proved popular with KS2 girls – entered competition and performed very well
- The number of children attending Netball Club and Cross Country Club has increased

REFLECTIONS FROM THE SCHOOL

A wide variety of clubs have been established in a small school. Parents have responded to the need to provide the children with a wider variety of opportunities for physical activity. Parents have also been supportive re: additional funding for these opportunities. Increased confidence in netball and cross country skills have resulted in the children participating in local competitions and doing well. This success has inspired other children to become involved in the clubs.

For further information regarding this intervention, please contact -

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