



## **CASE STUDY - TO INTRODUCE PHYSICAL ACTIVITY STRATEGIES TO REDUCE OBESITY, BUILD STAMINA, INDEPENDENCE & CONFIDENCE OF PUPILS WITH SEVERE LEARNING DIFFICULTIES**

**NAME OF SCHOOL**

MILL WATER SCHOOL

**HEALTH THEME**

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

### **SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS**

- Each Monday morning pupils coached to use rowing machines correctly
- Regular opportunities for senior pupils to walk into town so they can walk reasonable distances within the community – extending and varying the route and pace
- Audit carried out of exercise pupils have at home
- Monthly weighing of obese pupils has demanded a high degree of co-operation between parents and school
- Introduction of Duke of Edinburgh activities for KS4
- Introduction of cycling proficiency tests
- New playtime equipment purchased and team games introduced
- 5 different lunchtime clubs established across the week for KS3 & 4 – basketball, running, multi-skills, gardening and football [30 minute session]
- All pupils have physical activity targets in their Personal Plan
- PFA organised whole school sponsored walk in summer term

### **EVIDENCE OF IMPACT**

- Original target of 24 pupils to achieve 5km NGB rowing certificate was exceeded – all 31 achieved this success
- 45 senior pupils walked the round trip to Honiton [3km] for school carol service
- Walking has brought feet disabilities to school attention – more children are having correct prescription footwear enabling them to walk without discomfort
- School Physiotherapist seen measurable improvement in pupils' stamina
- Pupils feedback via School Council show they enjoy the new play equipment
- Playtimes observed to be much more active with greater collaboration between pupils

### **REFLECTIONS FROM THE SCHOOL**

The rowing coach has observed an increase in strength and stamina as well as a more positive attitude to exercise in all of the pupils involved. Many pupils have physical as well as cognitive disabilities e.g. lack of flexibility in spine, weak muscle

tone in hands etc. All these areas have improved dramatically with this intervention. Well being is evident in the camaraderie of sharing in each others successes and encouraging each other.

Parents of 2 new pupils commented on their weight loss and increased energy since participating in the variety of school activities.

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

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