

Which Key Indicator does this impact against?

1. The engagement of all pupils in regular physical activity (including 30 mins daily activity) ✓
2. The profile of PE and sport is raised across the school as a tool for whole-school improvement
3. Increased confidence, knowledge and skills of all staff in teaching PE and sport
4. Broader experience of a range of sports and activities offered to all pupils ✓
5. Increased participation in competitive sport ✓

Coatham CofE Primary School is a below average sized primary school with 210 children on roll. It is located in the Redcar, North Yorkshire and is a member of the Redcar & Eston School Sport Partnership. Rachel Gowland is the PE Lead for the school and has implemented Active Lunchtimes.

Why?

Rachel Gowland is the PE lead for Coatham CofE School. She wanted to focus on increasing the amount of physical activity the children were doing on a daily basis. She decided that lunchtimes provide the perfect opportunity to provide a more structured physical activity session and introduce new activities.

She first focused on how children were spending their time during the lunch break and how they may or may not have been engaging in physical activity. She then decided to introduce the active lunchtime scheme in an attempt to increase the physical activity levels and positively benefit the children's fitness levels and behaviour.

Coatham of E Primary started by inviting in Skip2Bfit into the school to run PE sessions. The children became familiarised with the equipment and activity during their scheduled PE lessons. The whole school population was targeted through the scheme.

The school purchased all the necessary equipment along with a 'Boom Box' to provide music to help motivate students. The sessions were then run during lunch break and participation was based upon a rotation of classes and year groups.

Skip2Bfit have been working within the school for over 2 years so they knew they could help deliver high quality physical activity sessions. The lead trainer – Dave worked alongside the sport apprentice- Jonny to help implement and deliver the lunchtime sessions.

They both recruited and trained a 'Sports Crew' to help run and monitor the sessions. Children were asked to volunteer to become crew members and they had a good response. The delivery of the daily sessions was then run by Jonny and the sports crew. Initial participation levels were good and the children really enjoyed the sessions and showed a keen interest in being physically active. Unfortunately, after a while the participation levels seemed to lower. To help prevent further dips in participation levels and to try to encourage more children to keep participating the school introduced a competitive edge. The introduction of 'personal challenges' allowed the children to challenge their own scores allowing them to be competitive and help keep them motivated and increase adherence to the scheme. Children were constantly aiming to better their scores and improve their skills; this was then celebrated during school assemblies so the children received recognition for their efforts and achievements.

In a drive to encourage the children to increase, their physical activity levels the school-invited parents to join in sessions with the children during school and after school clubs.

What?

Behaviour Change & Impact

The children have benefited hugely from the active lunchtime sessions and it has created an interest and an increased willingness to be physically active during the sessions and throughout the remainder of the day. The behaviour during break and lunchtimes has improved dramatically. Several members of staff commented that there was a reduction in the number of altercations during these times and the number of children who were reported for poor behaviour.

The children were given the opportunity to improve fundamental movement skills through practice and participating with the 'personal challenges'. The children were very successful with the challenges and improved the children's ability and fitness overall.

As a member of the sports, crew children were able to develop leadership and organizational skills along with increasing their physical activity levels. The children who initially volunteered for the roles soon became bored and dropped out preferring to play other sports/activities. However, children who tend to shy away from such activities and responsibilities then became involved and have thrived in the role. They have been particularly good at encouraging younger children to participate.

Parents were encouraged to be involved to try and help their children's participation. The school held sessions during school hours and an after school club. There was a keen interest from the parents to get involved and approximately 8 parents attended each sessions. Those who did participate have requested the school provided other sessions and activities for them to increase their activity levels.

"I enjoy Skip2Bfit because I really improve my skipping speed."

"Skip2Bfit is where you skip to be the best you can be and my highest score so far is 206 skips. That means I've practised again and again."

Children's voice.

"We had a Skipping day where parents could join in with their children to exercise. We had at least 3 in every class and as many as half the class with parents in some Year Groups. Our Box2bFit classes attracted 8 parents regularly exercising with their children."

Active lunchtimes targeted the whole school population and parents – moving forward the school is keen to gather some formal feedback from the parents around the sessions to help shape the scheme moving forward. The active lunchtimes will continue into the next academic year and they are hoping to increase participation and adherence.

Next Steps