SCHOOL GAMES IMPACT AWARDS

Young Person Impact: New opportunities to hit 60 active minutes

SGO on behalf of St Katherine's Secondary School
Objectives: to prioritise 60 active minutes, and promote confidence in fitness, health and wellbeing in students still feeling the impact of several years of lockdown.

Feedback from pupil voice, where students have asked for opportunities to increase their fitness with a specific request for strength and conditioning (S&C), led to this school developing a morning S&C club across three days of the week. Students contribute to volunteering at the clubs with an open session on a Wednesday where students work together to deliver activities. Pupils from feeder primary schools are also involved, assisting the transition process.

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Who was in the target group and how were they identified?

Following the pandemic and corresponding drop in regular access to sport and activity, three groups were identified who wanted to improve their overall fitness:
- Already sporty young people who want to get fitter and more robust
- Sporty students who do non-traditional sports not offered at school
- Young people who want to be fit, but don't play competitive sport

The limitation with a morning club is that it can only be accessed by those who can get to school early.

What did they do?

Pupil voice identified S&C as an activity they'd like to participate in more, after a loss of physical literacy due to the pandemic. In response, PE staff developed a morning S&C club, commencing at 7.45am, taking place three mornings per week.
Tuesday is for years 9, 10 and 11, and Thursdays is restricted to years 7 and 8. Wednesdays is open to all, including students in year 6 in local primaries.
The sessions were a range of S&C activities, including weightlifting and circuit training.

What was the impact and how did it relate to the School Games key outcomes?

The positive impact and enthusiasm from students has exceeded expectations. 60 students have attended at least one session; between 10-20 attend each session.
One student attended 73 sessions last year and went from having poor movement skills to significantly improving his overall athletic ability, recording impressive performances in school athletics competitions.
The 60 active minutes emphasis has seen a positive shift in the whole school culture as well as smoothing the secondary school transition.

How did they make it sustainable?

Funding obtained from Opening Schools Facilities (OSF) has supported the programme including purchasing equipment.
Students in older year groups have transitioned into going to the gym under their own steam rather than attending the classes.
The next steps are to upskill students or additional staff to help run the sessions, or offer some more targetted sessions for specific groups.
The passion and commitment of the students have been a key part of the success of this project!

For more information

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