SCHOOL GAMES IMPACT AWARDS

Secondary Schools Passport Programme: Targeted Transition Support

Overview:
George Cull, Head of Development at North Yorkshire Sport, and local SGOs Duncan Burgess and Stacey Howard wanted to use the Birmingham 2022 legacy funding from Sport England to accelerate their focus on children and young people (CYP) most in need for support.

From consultations with local schools they noticed that a number of Year 7 girls were struggling with the transition from primary school and needed support.

To help build their confidence, the team ran two team building sessions at Bewerley Park outdoor education centre, with schools tasked with identifying and inviting the girls that would benefit the most.

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Secondary Schools Passport

Objectives

- Increase the target children and young people's (CYP) wellbeing and resilience levels
- Collate insights from the girls to make local School Games provision and local school PE policy more inclusive in the future
- Support the girls in gaining confidence as well as supporting growth of social and teamwork skills

Who was the target audience and how were they engaged?

The target audience were identified early on as Year 7 girls in secondary schools in Selby and Hambleton struggling after transitioning from primary. The team targeted this group after the Growing Up in North Yorkshire survey showed that girls had lower resilience and wellbeing than boys at the same age. They followed up on this through school consultations where it was found that some girls needed more support making social connections.

The schools were then tasked to identify the girls who had most struggled with transition to secondary to be offered the opportunity to take part in the outdoor activity sessions.

Why was the activity unique?

What stands this programme out is its longevity and bringing the activity back into school. The two sessions were separated by three months, however to keep the girls engaged during this period the team designed a 'Commonwealth Games Passport'. This was full of weekly activities based on School Games' values for the girls to complete.

The team also brought in a household name (in this case TV personality Gail Porter) to give a third-party perspective on physical activity and further inspire the girls. Gail explained in detail to the CYP how she used physical activity as a way to deal with everyday stresses, before joining them in the team building activities.

What was the impact felt in schools and by CYP?

After the sessions the girls were surveyed to find out whether the activity had made a positive impact on their confidence levels. 100% said they felt more confident to try new physical activity alone and with friends. Also, all said that they would be ready to take on more challenging activities as a result of the programme. Finally, 97% of girls said they would be interested in being a mentor for a future cohort of girls. These stats alone show the activity's success in helping build confidence amongst the targeted girls.

I enjoyed teamwork most and how everyone was helping work together.
- CYP

The best thing was the confidence I gained after the programme.
- CYP

The best thing about the programme has been the anticipation and excitement of it all
- CYP

Why is this an example of School Games best practice?

This project is strong evidence that a 'less is more approach' can reap increased benefits. By taking a hypertargeted approach the team have been able to make more of a significant positive impact on the girls involved, something that shines through from the CYP feedback.

It also is a great example of youth voice, with the SGOs and Active Partnership listening to the target CYP to help ensure the outdoor activities available would truly engage with them, this is again evidenced by the feedback provided. To hear directly from the CYP and the SGOs please watch this video here.

For more information please contact the entrant on George@northyorkshiresport.co.uk