Linthorpe Leaders: Giving Young People Full Control

Overview:
Due to COVID-19 SGO Marie Ewing had been unable to organise face to face Primary Crew Training at Linthorpe School. She swiftly switched to a Primary Zoom Crew, attended by nine schools, involving 117 pupils across Middlesbrough.

This inspired Linthorpe School to set up a weekly after school Leadership Club, which saw Year 5 students come together to design, deliver and promote activities for themselves and their peers - all steered at encouraging physical activity and involvment in competition.

Linthorpe Leaders

Objectives

- Develop a young leaders group motivated to support whole school health and wellbeing
- Empower children and young people (CYP) to design, deliver and promote extra-curricular activities involving physical activity
- Provide a postitive leadership experience for CYP

Who was the target audience and how were they engaged?

Middlesbrough is ranked in the bottom 20% of deprived areas in England. With this in mind and following the impact of the pandemic on extra-curricular activity, Linthorpe wanted to develop a way to re-engage their CYP with physical activity. The PE team decided that extra support was needed for a high quality whole school offer and so they invited Year 5 children to apply to be Linthorpe Leaders, by demonstrating an interest and enthusiasm for sport, and trained them to develop competition and physical activities that they and their peers would enjoy.

Why was the activity unique?

Rather than imposing the school's ideas, the activity drew on the Year 5 children's interest and enthusiasm to create opportunities for themselves and their fellow pupils. They interacted together to collate their ideas, demonstrating cooperation, teamwork and initiative in coming up with a final activity plan. The leadership groups then got the chance to lead the activity sessions with their peers and make improvements from week to week. The pupils enjoyed being in charge of the activities and improving their delivery. Leaders confidence levels varied but staff supported them in playing their part and challenging their comfort zones.

What was the impact felt in schools and by CYP?

The whole school benefited from introducing the Linthorpe Leaders as a way to develop the extra-curricular clubs. More children have been able to attend after-school clubs (an average 10% increase from Autumn 2021-Summer 2022) giving some 150 children opportunities to learn new skills, be part of a team and enjoy sport, positively impacting their physical and mental wellbeing. The Linthorpe Leaders have developed their leadership skills and seen their confidence levels increase, thanks to having the feeling of responsibility and ownership of all the activity they develop together.

Why is this an example of School Games best practice?

This case study is a perfect example of co-creation with CYP. Giving the Year 5 pupils an active role in not just delivering the physical activity at the school, but also designing and collaborating with each other from the outset means that the competition and challenges were better steered towards their peers. The Linthorpe Leaders have provided a pupil voice for the PE team, assisting and guiding them with ideas for clubs and activities.

Following this success, the PE team will continue the process next year, with the current leaders training the next Year 5 leaders.

For more information please contact the entrant on m.ewing@acklam.outwood.com