SCHOOL GAMES IMPACT AWARDS

The Active Bag Challenge: Teaching responsibilty through physical activity

Overview:
Fran Holmes at Lindow Community Primary School along with the school's local SGO developed a series of challenges to help instil 60 Active Minutes into children and young people's (CYP) daily routines, whilst teaching them about responsibility.

Fran launched the 'Active Bag' challenge to give CYP ownership of a bag full of sporting equipment and to encourage them to create new games with the tools they had.

Following this, the Skipping Challenge was introduced to provide an effective way of keeping the less active CYP engaged through the more accessible activity of skipping.

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Active Bag Challenge

Objectives

- Increase the fitness levels of students, particularly those who were least active, following the noticeable negative impact from the COVID-19 pandemic
- Motivate CYP to build 60 Active Minutes into daily routines, whilst increasing high self-esteem and confidence

Who was the target audience and how were they engaged?

This was a school-wide initiative as Fran noticed a distinct difference in the fitness levels of their pupils after multiple lockdowns, however, this was more prevalent in those that historically did not take part in sport. Many found it difficult to take part in active lessons without getting out of breath, with many visibly more demotivated to take part in activity they used to get excited about.

To engage the whole school, Fran launched an intra competition, titled the 'Active Bag' challenge, which was accessible and inclusive to all interests and abilities.

Why was the activity unique?

The activity brought together two developmental skills for CYP. Not only did the children gain the benefits that come from daily physical activity (as set out by 60 Active Minutes), but also taught them about responsibility.

This was through the inventive competition attached to the challenge. CYP were told that their bag cost £50, and a lost item would cost £1. The winning class was the one that had the most money left at the end of the school year, rewarded with a full day of exclusive sport from a coach of their choice. With only 18 of 350 items lost by the end of the activity it shows that this additional aspect was a success.

What was the impact felt in schools and by CYP?

Through the cycle of challenges and rewards, the activities had a significant impact on the young people, particularly those who were the least active. It helped them instil daily physical activity into their lives thanks to this positive and fun approach - but also taught them to be more organised and understand responsibilities of ownership.

The scheme also had an extremely positive impact on the children's social skills, with the children's behaviour noticeably improved during playtimes and lunchtimes.

I love our active bag, playtimes would be really boring without it!
- Year 2 Child

I love making up games - we made up a game with the rugby ball, it was bit like netballl and rugby put together
- Year 6 Child

Why is this an example of School Games best practice?

This is a good example of how 60 Active Minutes can be implemented into daily school life, as well as how the School Games network can supplement intra-school activity.

Most importantly, local SGO Rosie Harris worked closely with the school to help further develop its Active Bag Challenge. She delivered Sport Ambassador Training with Olympic Gymnast Craig Heap to give the children ideas as how they could implement a skipping competition in their school - this aligned nicely with their Active Bag challenge and ensured the initiative continued across multiple terms and inspired the children.

For more information please contact the entrant on fholmes@lindow.cheshire.sch.uk