Surrey's Commonwealth Games-Inspired Calendar

Active Surrey developed a collaborative approach to planning activity with SGOs, educational establishments, and wider partners including youth workers and Surrey County Council. This resulted in a robust method of identifying both the right demographic and geographical area, allowing the team to understand and identify the young people who would benefit most from becoming more active and reframe the local School Games offer to deliver a range of inspiring opportunities.

The team met regularly to plan the School Games programme to drive consistency, connectivity, and continuity between the local and county provision; this enabled them to identify shared outcomes and expectations for the School Games and the Commonwealth Legacy. Activities were planned to ensure a more targeted, needs-led approach was achieved. The messaging also allowed schools to recognise that the opportunities would make a clear and meaningful improvement to pupil's wellbeing.

Commonwealth Games-Inspired Calendar

SCHOOL GAMES IMPACT AWARDS

Objectives

- Create positive physical activity and school sport experience for less active young people
- Use physical activity and school sport to improve the wider development and life skills of young people
- Influence school physical activity and sport systems to become more sustainable.

Who was the target audience and how were they engaged?

A more focused demographic was identified and included those on free school meals, pupil premium recipients, ethnically diverse communities and EAL. The team also identified characteristics that pupils needed support with, such as low confidence, concentration and resilience, and framed events specifically for those young people.

Events provided were designed to meet specific people and place needs to allow them to overcome barriers faced when engaging in physical activity. Activities held included girls-only climbing to build confidence, boys-only Judo to combat challenging behaviours, and a Commonwealth Games-themed festival for pupils from ethnically diverse communities.

Why was the activity unique?

The opportunity strengthened both existing and new links to enhance and maximise the experience for participants. A less-is-more approach allowed the team to deliver longer, more in-depth events which led to continued participation. Youth workers enabled fun and engaging ways to deliver messaging on physical activity and wellbeing, and introduced alternative activities, such as Pilates, to create an environment for girls with low self-esteem to feel safe.

Young people in alternative learning provision were encouraged to achieve their 60 minutes of activity by using PhysiFUN at Home Fitbags, which included activity game cards and equipment.

What was the impact felt in schools and by CYP?

With 3,273 children and 145 SEND pupils engaging in the programme, Active Surrey noticed the reach of the School Games increased, with continued engagement of pupils across all school year groups. They were able to reach those children who rarely participated in school sports or extracurricular activity, providing a short synopsis on the type of young person the schools should look to identify.

As a result of the events, a pupil feedback survey showed that 95% of participants felt more confident than prior to the event/s, and 89% rated their event as a minimum of 9 out of 10. One school went on to incorporate judo to their after-school offer, and four of their pupils who attended the programme's judo event have since joined a community club.

Why is this an example of School Games best practice?

The programme achieved the outcome of creating positive sporting experiences and ensured physical activity and competition was designed to reflect the motivations, competence, and confidence of young people.

The collaborative approach saw them work with high-quality activity providers who delivered engaging and inspiring events, and shared outcomes and expectations for the School Games and the Commonwealth Legacy.

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