60 Minutes for All

After reviewing the attendance statistics of their after-school clubs, Our Lady Queen of Heaven school noticed a significant difference in the number of young people attending the activities. With the support of the School Games Positive Experiences and Reframing Competition resources, the school re-evaulated their offer to ensure all children had equal access to achieving their 60 minutes of daily activity.

The school implemented a variety of activities which included re-establishing intra-school competitions focusing on School Games values and SEND specific activities. Additionally, they created a girls football club during lunchtimes and after-school and identified play leaders. These activities have enhanced the physical activity engagement of pupils:

“I like having games and competitions to do at playtimes, I can practice what I’ve learnt. It helps me to be active and healthy”.

“I enjoy playing football more than I thought!”

Equal Access for All

Objectives

- To support the development of each student by engaging all students of all abilities in sport
- To increase students' motivation to participate in physical activity to achieve their 60 daily active minutes.

Who was the target audience and how were they engaged?

After reviewing attendance statistics of extra-curricular activities, the staff at Our Lady Queen of Heaven School noticed a decrease in the number of girls participating in physical activity since the pandemic. In addition to this data, the school launched a pupil voice survey which highlighted that 87% of girls would be interested in a football club delivered just for girls.

The staff devised a multi-faceted approach to increasing their pupils' physical activity levels, including reframing their approach to intra and inter school competitions. They also added a girl's football club and day to the timetable, a school football week annually, and created play leaders for break times.

Why was the activity unique?

Prior to each addition to the timetable launching, pupil voice was considered to ensure maximum impact in providing a positive experience for pupils. Each activity was tailored to the pupils at the school through listening to the challenges they faced, for example:

The pupil voice survey asked for a girls' only football club that was easily accessible.	The school responded with both lunchtime and after school sessions.
The pupil voice survey stated the girls become nervous about matches.	A specific match practice club was added to the timetable to prepare pupils for the road to competition.
The school provided opportunities to watch positive role models within competitive sport by offering tickets to the Women's FA cup final and Women's Euros, which aimed to increase the girls' confidence and motivation to participate.	

What was the impact felt in schools and by CYP?

By taking a whole school approach to tackling inactivity, the school promoted social connection between pupils and friendship through sport.

"I don't live near a lot of friends so I look forward to the clubs, because I can't go out and play any time I like" – Pupil A.
"We always have fun and work as a team" – Pupil B
"It means a lot to represent my school because my class is like a family to me" – Pupil C.

All pupils in Key Stage 2 had the opportunity to participate in football competitions which generated 20% more girls taking part in meaningful play at lunchtimes. As a result of this impact in school, nine girls have confirmed they've joined a football club outside of school - all thanks to their newfound love for football.

Why is this an example of School Games best practice?

This whole school approach to tackling inequalities and promoting physical activity is an excellent example of the fundamentals of the School Games.

Through creating multiple opportunities to increase activity levels of pupils, the school provided a choice of activities for pupils to find their own pathway to success in sport and physical activity.

This approach engages with the School Games mission to provide young people with the opportunity to enjoy and learn through competition to achieve their personal best.

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