

## High quality competition environments

Creating High Quality Competition for All

Liz Notman & Sarah Burdett

### WHICH AREA OF THE SGO TASK LIST DOES THIS IMPACT?

|   |   |
|---|---|
| 1 | Increasing engagement in School Games                           |
| 2 | Developing competitive opportunities                            |
| 3 | Increasing and sustaining participation                         |
| 4 | Workforce – Broadening the range of participation opportunities |

### ABOUT LIZ & SARAH

Lincolnshire SGOs Liz Notman and Sarah Burdett worked collaboratively on this project. Liz works three days per week as the Baysgarth SGO and has further capacity to deliver on additional services offered to schools. Sarah works three days per week as the Althorpe and Keadby SGO and has an additional day per week to deliver on additional services offered to schools, and also teaches one day per week. The SGOs cover 38 and 39 schools respectively, in the rural area of Lincolnshire. Deprivation levels across the areas are varied.

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### WHY

- The SGOs were starting to recognise the same children at their events. The events were very traditional and there was a 'winning' mentality within the schools.
- The SGOs decided to do a review on their competition calendar to ensure it met the new vision and mission of the School Games.
- The SGOs had tried to offer some of the School Games pathway events on the same day, which encouraged schools to bring different children for each event, but this didn't work for the smaller schools.
- The SGOs bring in extra funding to their additional services to support the child weight management service and offer activities for children who are either overweight or obese.



### ACTION

- The SGOs had an ambition that all primary aged children across North Lincolnshire will have the opportunity to represent their school.
- The SGOs carried out some consultation within schools and the young people themselves.
- The SGOs ensured there were more clashes with the competition calendar, forcing schools to bring more children to the events – some for each event.
- The schools were invited to enter more developmental competitions and specific inclusion activities too.
- They established their 'Do Yourself Proud' events, (#doyourselfproud).
- The Do Yourself Proud events included events that were more challenges than competitions. These events target the children that have not had a previous opportunity to represent their school in sporting activities.
- The aim of the Do Yourself Proud events was to give an unforgettable introduction to physical activity that builds confidence and motivation to lead onto active lives.
- The SGO approached the County Sports Partnership for funding to support some of the events. This included the cost of glow in the dark sports equipment and paint to set up a colour run.
- The 'Get Glowing', ultra violet, glow in the dark event was a huge success. All of the children came in white t-shirts and therefore glowed in the dark. All the line markings glowed and the sports equipment glowed too. The activities were similar to a normal multi-skills festival with the added twist of the event being hosted in the dark with glowing sports equipment. The faces of the children overwhelmed the SGOs as they walked into the sports hall.
- The colour run had the same effect. The SGOs could not believe that their target audience was so keen to be active and run so far because they wanted to be covered with dry paint. They loved it.
- A lot of the events the SGOs delivered were events that the children will remember forever. The children tried their hardest and there was maximum effort and participation.
- The SGOs now challenge themselves and school staff to come up with more fun competitions.



## IMPACT

- The SGOs received comments back from the parents and pupils:
  - » **“Sadie loved today – thank you so much!”**
  - » **“Ethan was so pleased he was picked to take part and he had a great time! He couldn’t wait to tell us all about it and loved that his clothes glowed. It looked lots of fun!”**
  - » **“It looked amazing. Isaac loved it. Thank you!”**
  - » **“I liked the glow in the dark balloons”** – Olivia
  - » **“I liked it when we rolled the ball under our legs”** – Aoibhe
  - » **“I liked the target – I got it right in the middle”** – Niamh
  - » **“I liked the noughts and crosses game”** – Laila
- The schools never see dads at school, and they came to watch!
- One school’s Ofsted report featured the ‘Do Yourself Proud’, Get Glowing event as the inspector was so impressed by the creative way to engage those children previously disengaged with physical activity and sport.
- The local news team (Look North) came along to do a feature on one of the events and it also featured in the local press.
- The SGOs have since set up a Get Glowing club that is linked to their offer for the weight management service.



**“Good Morning Mrs Groves, I felt I needed to say something about yesterday’s colour run.**

**I was amazed and overwhelmed at the support from the staff, children, parents and the community. What an absolutely brilliant experience for all. We thoroughly enjoyed it and can’t thank you enough for bringing such an exciting event into the school. The pure joy on everyone’s faces was brilliant. This is why I, as you know, always have and always will support the school. You and your team provide excellent care for all pupils, and still manage to tackle such important issues in such a creative and fun way. The ethos behind the event of getting everyone up and moving and all together was brilliant and so much fun. Thank you enormously and I can’t wait for the next event the school holds.**

**We got some very strange looks as we made our way home. Absolutely brilliant.**

**I was more amazed that we managed to get clean afterwards. My children were so pumped and excited when we got home.”**  
Parent email to local Head Teacher



## NEXT

- The SGOs want to review their competition calendar again. They may reduce the number of events on their calendar so they have capacity to offer more Do Yourself Proud events.
- The schools have started to request Do Yourself Proud events for the whole school. The SGOs have agreed to this with small charges to cover the cost. This includes a colour run for the school, where children can invite parents and others to take part too.
- Another event in the pipeline is a Biathlon, but having a Do Yourself Proud event running alongside it, which will include a muddy water event working in conjunction with the Army.



## TIPS

- The SGOs would encourage other SGOs to think as bold and wild as they can!
- Ensure your events have got the wow factor!
- Utilise any funding you can get from partners when you are both hitting the same aims.
- It is key that the schools bring the right children to the events. Be clear on who the target audience is.
- Encourage your schools to complete the High Quality Competition Tool on the School Games website.
- Don’t be afraid to drop things from your competition calendar to add in events such as these that target different children.

