



Developing personal best challenges for all

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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 TERESA

Hastings and Rother SGO Teresa Bennett works three days per week as an SGO, one day per week as a teacher and one day per week as an SSCo. Teresa works across 71 schools in her SGO area, which is a deprived area within Sussex.

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WHY

- The SGO wanted to support the schools with their development of Personal Challenge. It is a new concept to schools and the SGO always likes to roll new ideas out across her schools with as much support as possible. The SGO believes this supports staff in the schools with what they see as 'additional work' and find it easy to implement.
- The SGO also wanted schools to see the value of delivering and offering personal challenges to their pupils.



ACTION

- The SGO developed lots of personal challenge ideas for schools. She displayed these on an A3 'help sheet' for each school. Each challenge gave a brief description and included a photograph to help explain each personal challenge.
- The SGO kept all challenges very simple so that sports leaders in schools could implement them within their class and school.
- The SGO encouraged schools to tweet about their children completing the personal challenges, encouraging them to develop further challenges themselves. The SGO also promoted the hashtag #SGChallenge.
- Personal Challenge took off in the schools. There were lots of tweets and the SGO had spoken to schools about how the children were benefitting from this type of competition. Staff reported that it helped encourage children to 'try harder', be more resilient and determined to improve.
- The SGO decided to introduce her 'School of the Week' for personal challenge. Schools received this award for various reasons, including

- offering the most challenges, tweeting the most, emailing the SGO to say what they had been doing and the impact it was making, etc. The 'School of the Week' award really encouraged the schools to do more.
- One school developed an 'Active Bingo Card' for homework. The children were encouraged to try activities on the bingo card at home, challenging themselves to improve their technique, score, performance, etc. Children that complete a 'full line' or a 'full house' of challenges were rewarded back at school.
- The SGO now includes training on personal challenge within her School Sport Organising Crew training.
- The SGO also offers lunchtime supervisor training on delivering and setting personal challenges with their children. Schools have invested in an over-the-shoulder bag for the lunchtime supervisors that includes ideas for personal challenges, a stop watch, some beanbags, balls, etc. They are encouraged to set children challenges when they are bored.



IMPACT

- Schools report back to the SGO about ideas and challenges they have done.
- Twitter responses linked to personal challenge have increased significantly, which has raised the profile of this type of competition and its benefits.
- Schools have reported a significant increase in positive behaviour from the children at lunch and break times, as they are more engaged and active.
- The children are much more active, which has helped the schools hit their aims to get children to sit less and move more.



NEXT

- The initial A3 'help sheet' has started the ball rolling which is leading to new ideas all the time.
- Schools are the ones now coming up with the new ideas. The SGO is just encouraging this via her 'School of the Week' incentive and frequent sharing of good practice in her newsletters.
- The County School Games final is incorporating personal challenges into the event linked to each sport or activity.



TIPS

- Initially start with a version of the 'help sheet'. Giving the schools the first ideas to help them to understand what personal challenge is, see how easy it is to set up and support your schools to get it off the ground.
- Tweet, share practice and encourage schools. Don't just send them the idea and expect them to get on with it.
- School of the Week – this has been surprisingly effective. Schools want to be 'School of the Week' and are therefore sharing their ideas and practice too.
- Put personal challenge at the forefront of everything you do. Deliver a personal challenge at the beginning of every training event for staff and leaders etc.

