



Healthy Schools Plus
SOUTH WEST
DEVON
2011

CASE STUDY - INCREASING THE ACTIVITY LEVELS OF KS2 THROUGH PARTICIPATION IN LUNCHTIME, AFTER SCHOOL CLUBS & CLUBS IN THE LEARNING COMMUNITY

NAME OF SCHOOL

EAST WORLINGTON PRIMARY SCHOOL

HEALTH THEME

MAINTAINING A HEALTHY WEIGHT THROUGH THE PROMOTION OF HEALTHY EATING & PHYSICAL ACTIVITY



SUMMARY OF HEALTHY SCHOOLS PLUS ACTIONS

- Family Fitness evening organised – very successful.
- PEDPASS links made with other local schools [primary & secondary] to share ideas, events, clubs and facilities
- Promotion of the ‘valuing each player’ attitude
- Publicising community sports clubs e.g. street dance
- School clubs – netball, cricket, football, dance and table tennis
- Dance exhibitions as part of end of term celebrations, assemblies and curriculum e.g. whole school experience of African Dance as part of Arts Week
- Football Day linked to World Cup
- School representation at both football and netball matches e.g. North Devon trials
- Lunchtime gym club introduced for KS1, supported by older children – very popular
- Lunchtime play very active – skipping, ball games, circus skills etc
- School Council involved in discussing new netball kit for team

- “Let’s Get Cooking” club set up as part of our healthy eating intervention
- Future plans to involve KS1 at an early stage to develop good exercise habits, train Year 5/6 children to lead activities for younger children and to continue to develop a varied programme of activities so that children can discover what they like to take part in.

EVIDENCE OF IMPACT

- Baseline of 24 children participating in school sport increased to 45.
- Older children very good at supporting and encouraging others, particularly younger players.
- Other schools have noticed that our players have improved and compliment the teamwork of East Worlington
- The coaches are pleased with the enthusiasm of the players and parents are happy that the teams are taking part in local sporting events

REFLECTIONS FROM THE SCHOOL

This has been a very successful intervention. Not only have we increased the activity levels of our children, their attitude to each other as players has improved and they now work much better as teams. Reluctant girls were part of our Target Group and now they all participate fully in PE and many take part in school clubs.

Other successful Interventions

- **Healthy Eating – Improving the Food Culture of the whole school e.g. by introducing a Food Adventurer Award**
- **Promotion of SEAL**

For further information regarding this intervention, please contact -

CONTACT NAME

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