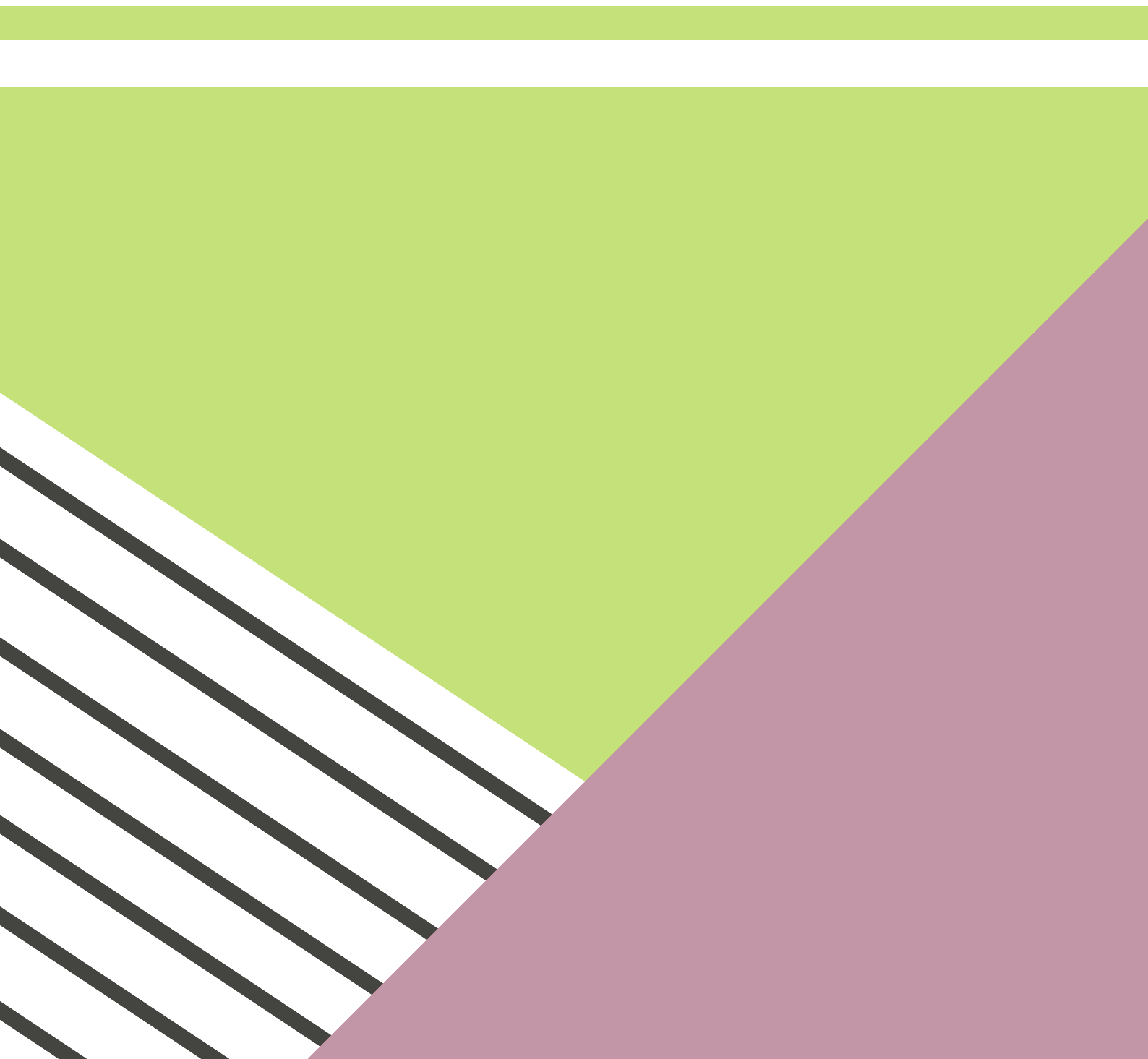




STRIDE
ACTIVE

19
20

IMPACT REPORT



OVERVIEW



1 YEAR AS STRIDE ACTIVE

2019-20 has been an incredibly diverse year for us; in fact we could spend the whole report reeling off descriptive phrases in an attempt to summarise it! But we want to get down to sharing the feedback, outcomes and impact with you.

In September 2019 we launched Stride Active; a rebrand of our former self, which we hoped would reflect the strides we wanted to take in **inspiring active futures**. We also welcomed Emma, our Education and Health Manager to the team, bringing a new and much needed set of expertise.

Within the space of 1 year, we have achieved a great deal as Stride Active. From developing and delivering new projects, to forging fantastic new partnerships and discovering just how innovative and responsive we can be during a pandemic!

We would like to thank all our schools and partners for continuing to work with us, in order to make a positive difference to young people's lives through PE, school sport and physical activity.

HIGHLIGHTS

- Awarding 41 School Games Mark Awards at the start of the year
- Developing a long-term partnership with Riverside Training to grow the PE Apprenticeship programme
- Delivering a virtual Summer School Games which engaged 52 schools
- Supporting teachers and parents with new home schooling physical activity and PE resources
- Facilitating new mental health webinars for over 80 teachers with the CLD Trust
- Becoming a Community Interest Company

FIND OUT MORE...

SUPPORTING PROFESSIONAL DEVELOPMENT



- 61** LUNCHTIME SUPERVISORS TRAINED
- 20** TRAINING COURSES / SUPPORT SESSIONS
- 8** PE SUBJECT LEADERS TRAINED
- 51** SCHOOLS RECEIVED SUPPORT
- 81** TEACHERS ATTENDED MENTAL HEALTH TRAINING

THE IMPACT:

"Activity levels have increased due the the work with lunchtime supervisors. In turn, behaviour has improved and therefore the reaction of lunchtime supervisors who welcomed the training and responded positively to the support provided."

PE Co-ordinator, St Pauls Primary School

"Gym CPD - much higher level of staff engagement in this area. Staff are more confident to teach Gym and are wanting to ensure they teach it to the highest level that they can."

PE Co-ordinator, Leominster Primary School

"Discussions were thought provoking about how to improve/increase activity levels of all children to have a whole school impact."

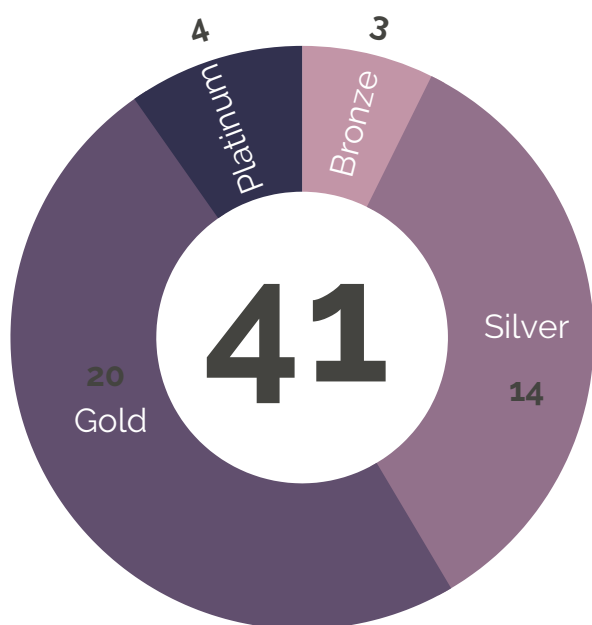
PE Co-ordinator, St Pauls Primary School



RECOGNISING ACHIEVEMENTS



SCHOOL GAMES MARK 18/19



SCHOOL GAMES ACHIEVEMENT AWARD 19/20

As a result of Covid-19, the School Games Mark was suspended. However, to recognise the continual efforts of schools, particularly in such difficult circumstances, we introduced the Herefordshire School Games Achievement Award.

42 SCHOOLS AWARDED THE SCHOOL GAMES ACHIEVEMENT AWARD 19/20

RECOGNITION AWARDS

New for 2019/20! We've really enjoyed recognising the efforts of young people, schools and even parents this year! It's incredibly hard debating a winner each half term, but these are this year's recognition award winners...

LEOMINSTER PRIMARY SCHOOL

Supporting more children to be physically active using different sports and activities such as martial arts.

ST JOSEPH'S PRIMARY SCHOOL

Awarded for participation and enthusiasm throughout the Virtual School Games.

WESTON-UNDER-PENYARD PRIMARY SCHOOL

Awarded for the effort shown by staff, children and parents in the October Fitness Challenge, including fantastic social media coverage!

LEDBURY PRIMARY SCHOOL

Recognised for whole school efforts, participation and enthusiasm in the Virtual School Games challenges.

WALFORD PRIMARY SCHOOL

Integrating physical activity throughout the school, using active learning.

PROVIDING OPPORTUNITIES



SCHOOL GAMES

The School Games took on a 'physical' and 'virtual' format this year, with equal measures of participation!

1639

Participants in L2 'physical' competitions

1357

Participants in L2 'virtual' competitions

76

Schools participated in L2 / L3 competitions

347

Participants in L3 Winter School Games

2998

Entries in the L3 virtual Summer School Games

80

Teachers took part in challenges



92% of young people awarded 4 or 5 stars for their experience of the winter games.



100% of young people felt safe during the winter games.

“Eardisley home and school learning pupils have enjoyed the School Games enormously!

Lovely atmosphere with lots of students participating and enjoying the experience. Well organised on the day!
(Winter School Games)

”

PROVIDING OPPORTUNITIES



MULTI-SKILLS

222 young people from
18 schools took part in February's multi-skills festival

CLIMBING 4 CONFIDENCE

100 young people from
14 schools took part in the first block
92% were proud of something they had done
88% said they felt brave
95% said they would like to climb again



"2 of our students really benefited from the sessions. One who got to the top but had the support of others shouting her on (often feels isolated so was nice to feel support from peers) and another who couldn't get up the wall to start but got to half way so built huge amounts of confidence for her!"

Holmer Primary School

MENTAL HEALTH CLIMBING PROJECT

Phase 2 of our climbing and mental health project took place, in partnership with Public Health Herefordshire, Green Spider Climbing Centre and Whitecross School.

9 young people used climbing to apply Five Ways to Wellbeing. Initial findings showed improvements in young people's attitudes to their self and school, alongside improvements in their overall wellbeing based on results from Warwick-Edinburgh Mental Well-being Scale (WEMWBS).

Full report due in 20/21



SUPPORTING EMPLOYABILITY



7 APPRENTICES TRAINED IN 2019/20

11 SCHOOLS REGISTERED TO BE PART OF THE 2020/21 APPRENTICESHIP PROGRAMME

52 YOUNG LEADERS TRAINED AND SUPPORTED THE WINTER SCHOOL GAMES

I applied for the apprenticeship hoping to go into teaching and needed the school experience before being able to apply. This year has confirmed my desire to be a teacher and has helped me to secure a place on a PGCE course this September.

Katie, 2019/20 apprentice

The apprenticeship as a whole gave me lots of experience, new ideas and a real insight into the world of teaching and coaching.

Harriet, 2019/20 apprentice

It was incredible, definitely allowed me to develop skills needed for future plans for teacher training..

Abbie, 2019/20 apprentice



RESPONDING TO CHANGING NEEDS



This year, schools and parents have faced an unprecedented situation as a result of Covid-19.

At Stride Active, we have worked closely with schools to understand new needs, whilst not losing sight of our commitment to provide high quality physical activity opportunities for all young people.

We developed our website, creating 3 new pages:

**STRIDE AWAY
(PE AT HOME)**

**WELLBEING
RESOURCES**

**SOCIALLY DISTANCED
PE**

"Your website has supported me fantastically."

Cradley Primary School

WEBSITE PAGE VIEWS



SUPPORT SESSIONS VIA ZOOM

including new health and safety advice and mental health advice

THE IMPACT:

"I am just writing to thank you and all the team at STRIDE for the excellent support you have provided during this pandemic. The guidance you have provided for my staff has been relevant, timely and detailed. We now have a comprehensive plan for what physical education will look like in our school going forward from 1st June. In fact, we are more confident in how we are going to meet the changing demands in physical education than in almost every other area of returning to school!"

Garway School

THANK YOU FOR SUPPORTING STRIDE ACTIVE

HERES'S A SAMPLE OF WHAT'S TO COME IN 2020/21:

- New professional training opportunities
- Increased focus on health and wellbeing through Stride Active Community Interest Company
- Maintaining some remote delivery to help more schools and young people access our services
- Mental wellbeing and Covid-19 recovery interventions



STRIDE
ACTIVE