



STRIDE
ACTIVE

IMPACT REPORT

2020/21

STRIDE FORWARD

It's been another unprecedented and challenging year; further lockdowns have reportedly resulted in young people being less active, negatively impacting their wellbeing, resilience and development of fundamental movement skills, alongside many returning to school with excessive weight.

But, it's been a year where we have seen an increased dedication to physical activity to achieve wider outcomes for young people. The profile of PE has not only been raised in schools, but in homes too.

Once again, we have needed to adapt and respond to support schools and young people. We have worked with partners to co-create new programmes and find new ways of engaging young people. Our advocacy is growing, our impact more profound and we are bursting with more ideas to inspire active futures! But for now, here's our highlights and impact for 2020-21...

HIGHLIGHTS

18,945 ENTRIES ACROSS VIRTUAL CHALLENGES!

DEVELOPING THE EMOTIONS IN MOTION PROGRAMME WITH OUR FRIENDS AT IMAGINE FOR SCHOOLS.

DELIVERING OUR FIRST ONLINE HEALTH & WELLBEING CONFERENCE.

LAUNCHING OUR ACTIVE FAMILIES PROGRAMME TO EXTEND OUR SUPPORT BEYOND THE SCHOOL.

ENGAGING SCHOOLS TO PROVIDE 26 PE APPRENTICESHIP OPPORTUNITIES.



DELIVERING TRAINING

School staff engagement in professional development can make a sustainable and long-term impact on increasing young people's activity levels. We support PE leads, classroom teachers and wider support staff to increase their knowledge and confidence in PE, school sport and physical activity.

60 Delegates at our 'Meeting the Challenges' conference

14 Training courses / support sessions provided

35 Herefordshire schools received bespoke 1-1 support

61 Herefordshire schools received support (primary & secondary)

23 SLA schools

7 Lunchtime supervisors trained

IMPACT

"Fantastic session. It has really inspired me to do a club."

Ultimate Frisbee - PE Development Afternoon

"Absolutely fantastic, looking forward to using the resources with my class."

Yoga - PE Development Afternoon

MEETING THE CHALLENGES CONFERENCE

100%

GAINED NEW KNOWLEDGE & UNDERSTANDING

70%

DEVELOPED DEFINITE SOLUTIONS TO CHALLENGES

"So many things to take away from today and to discuss with school staff team and hopefully be implemented too."

PROVIDING OPPORTUNITIES



VIRTUAL COMPETITION

4,681 entries from 33 schools

MULTI-SKILLS FESTIVAL

140 participants in our first face-to-face event

SCHOOL GAMES DELIVERED IN PARTNERSHIP WITH



Spring Virtual Games - 9,932 entries

Summer Roadshow - 4,332 entries

"The main reason [for taking part] was wanting to be part of something bigger alongside other schools. As an independent special school, we are always looking for ways to include our students with their community and celebrate their achievements. The T-shirts, ribbons, medals and stickers were motivating for the students."

Rowden House Special School

12 schools visited

55 resource packs



RESPONDING TO NEEDS

We introduced a number of new interventions this year, particularly in response to Covid-19 and wider concerns around young people's wellbeing.

NAVIGATE WITH PHYSICAL ACTIVITY

378 participants

IMPACT

Following the intervention:

Anxiety: 55% young people showed a decrease in anxiety

Behaviour: 30% showed an improvement in behaviour

Willingness to engage: 36% showed an improvement in willingness to engage

Settled in to school: 38% were more settled at school following the programme

Emotional Intelligence: 47% showed a better awareness of their emotions following the programme.

EMOTIONS IN MOTION

We supported the development of a new emotional wellbeing resource for schools which uses physical activity as the delivery method.

"Children have remembered and used the terminology discussed in lessons. They were able to reflect on their emotions and enjoyed talking as a class about it"

Delivered in partnership with



RESPONDING TO NEEDS

CLIMBING FOR CONFIDENCE

72% said they found it difficult but kept trying

**93% said they had done something that they
were proud of during the session**

84% said they had felt brave

98% said that they wanted to climb again

18 young people received bespoke support
through our physical activity for wellbeing
intervention

34 young people trained as
playground leaders

PARENT WEBINAR

78 parents from 23 schools

All participants felt that their knowledge of
developing positive emotional wellbeing in
their children had increased.

97% said that they would use the things that
they had learnt.

**"Thanks, I found it very helpful and thought
provoking"**



SUPPORTING EMPLOYABILITY

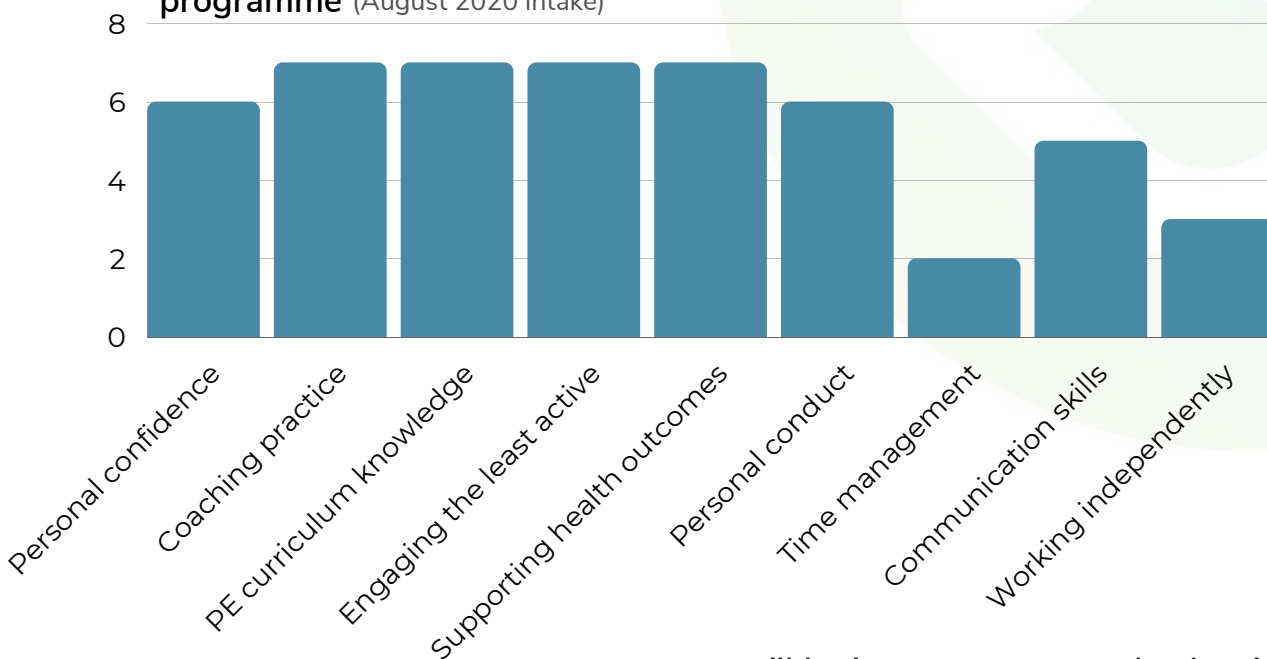


Working in partnership with Riverside Training, we have delivered our PE Apprenticeship programme for a second year, this time with the addition of a second intake in March and schools from Worcestershire.

14 Apprentices on programme

100% of learners would recommend the programme
(August 2020 intake)

Skills / knowledge developed as a result of being on the apprenticeship programme (August 2020 intake)



IMPACT

"Children are more willing to take part in optional physical tasks [and] have clearly progressed their sporting skill after attending regular sessions with [the PE Apprentice]."

Kingsland Primary School

"Having an extra body in the PE classroom has been invaluable in the progression of learning of the whole class. In particular, [our apprentice] has assisted the SEND children in the class so they are able to access lessons and make good progress from their starting points. However, the impact of [the apprentice] has stretched far further than one group of children. He has helped to continue to build on the love of PE and physical activity throughout the school."

Ludlow Primary School

SUPPORTING EMPLOYABILITY

"Opportunities were given at study days to meet external people relevant to coaching and business. This helped massively with career prospects and ideas."

"The 12 week reviews gave me realistic targets that I managed to hit every time and really boosted my confidence in the workplace and at college."

“Overall amazing experience and would do it again in a second”

18 new apprentices recruited for the
21/22 academic year



THANK YOU FOR YOUR CONTINUED SUPPORT

Here's a snapshot of what you can look forward to in 2021/22

- A NEW SCHOOL GAMES OFFER, TARGETING THE LEAST ACTIVE & ACHIEVING 60 ACTIVE MINUTES
- MEMBERSHIP COMPETITION - PROVIDING SCHOOLS WITH LOCAL OPPORTUNITIES FOR MORE YOUNG PEOPLE TO ACCESS MEANINGFUL COMPETITION
- A CLOSER WORKING PARTNERSHIP WITH PUBLIC HEALTH, INCLUDING WIDER SUPPORT FOR ALL SCHOOLS
- A BRAND NEW PROGRAMME SUPPORTING FAMILIES ACROSS THE COUNTY
- PLUS SO MUCH MORE!

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