



STRIDE
ACTIVE

IMPACT REPORT 20 21/22



A YEAR OF HIGHLIGHTS

It's been a whirlwind of a year and arguably, our most exciting yet! We've taken on new challenges, grown our team, crowned a national award winner, but most importantly - continued to **inspire active futures**. We've operated, for the most part, in a post pandemic world, but we continued to see the long term impact of this on young people. Our intent was simple; to provide opportunities, build confidence, inspire activity and once again prove the impact PE, sport and physical activity can have on wider outcomes for young people. This impact report will demonstrate just how we've achieved this, both through our School Partnership work and our Community Interest Company, but first, let us share our highlights with you!

We launched Active Families, employing Sarah Volpe to expertly and passionately lead engagement with children and families.

We introduced a new Stride Active Competition membership to complement the School Games, providing more opportunities for young people to be active.

We've placed an increased emphasis on our environment, by encouraging more families to walk to school.

We celebrated Peter Knight, our PE Specialist Consultant, win a national Youth Sport Trust Award, recognising his dedication to young people's physical activity throughout his career.

We were part of a national research team investigating menstrual cycle education in schools and successfully had this research published.



MAKING A DIFFERENCE

Through our community interest company (CIC), we've been able to diversify our work and the opportunities we offer. Much of our work uses physical activity to support wider health, social and mental wellbeing outcomes for young people and their families.

This year we've secured grants totalling:

£134,235

Our thanks to Active Herefordshire and Worcestershire, Herefordshire Council (Public Health and Active Travel) who have funded the following programmes:

- Walk to School
- Active Families
- CPD for schools
- Re-activate grants for secondary schools



IN NUMBERS



210

CLIMBING FOR
CONFIDENCE
PARTICIPANTS



62

NAVIGATE
PARTICIPANTS



14

SCHOOLS ENGAGED
IN WALK TO SCHOOL



102

FAMILIES SUPPORTED
TO BE ACTIVE



STRIDE ACTIVE CIC

ACTIVE FAMILIES

Active Families is a programme that supports Herefordshire families to become more active. Our Active Families Co-ordinator has been supporting adults, children or the whole family to re-engage or start physical activity following the Covid pandemic, either through signposting and 1-1 support. To date, we have helped:

157 CLIENTS FROM **102** FAMILIES, OF WHICH **23%** LIVE IN THE MOST DEPRIVED AREAS OF THE COUNTY

IMPACT STORY

Mum explained that tech/gaming and screen time had over taken during lockdown and she wanted ideas of things she could do at home to get the children outside and away from screens. They started by doing more walking as a family and received their Active Families bag 3 weeks later. Within 3 months the children had reduced gaming time/screen time! "They just pick up the bag and take it to the park, chuffed they have their own bag and their friends play too. Kids look healthier and have become more interested in doing activities and being outdoors." The children are now looking to starting boxing and possibly kung foo too. All of the family are walking more and cycling too.

"For someone who is thinking about it [engaging with Active Families] ...do it! It re-energizes your family, helps you out of a slump when you are feeling overwhelmed and have lack of ideas."

44 FAMILIES HAVE RECEIVED A FREE

ACTIVITY BAG

We found that the majority of families who are receiving 1-1 support are not choosing to access physical activity opportunities in the community. Instead they want a low/no cost option that can easily be embedded within everyday lives.

At a 12 week review, a parent reported that her daughter loves the bag especially, the ball and bean bags; she takes the bag out to play with friends. She plays a target game with her friends. She still plays with the bag 4x60mins - it has encouraged independent play.

One parent has lost nearly 2 stone now. They now have ideas of how to be active, using equipment from the activity bags. They have made up a game with the skipping rope as a tight rope, using bean bags to balance on their head. They play games outside now and play with the bag and activities 4/5 days per week, for 10-30mins each time.

STRIDE ACTIVE CIC

WALK TO SCHOOL

In November we received funding from Herefordshire Council (Department for Transport Capability Fund) to support more children and their families from the city and market towns to walk to school.

LESSONS
DELIVERED TO

340

PUPILS

ASSEMBLIES
DELIVERED TO

1560

PUPILS



1908

PUPILS TOOK PART IN
WALKING CHALLENGES

15

SCHOOLS TOOK PART
IN WALK TO SCHOOL
WEEK, RECEIVING
FREE CHILDREN'S
ACTIVITY PACKS

PUPILS COLLECTIVELY
WALKED

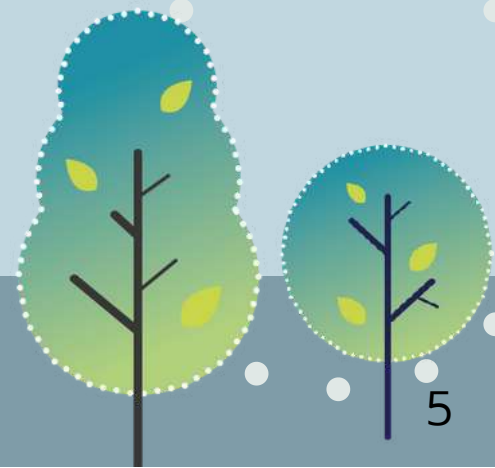
5982

KILOMETRES IN THE
WALKING CHALLENGE

In addition to direct delivery, we also delivered Walk to School campaigns across our social media channels. Research commissioned from Herefordshire Council highlights the success of this:

"Awareness of specific initiatives Bikeability (95%), Beryl Bikes (94%) and Walk to school week (81%) were found to be the most well-known initiatives in 2022. The awareness of Bikeability had more than doubled since 2019; similarly, awareness of Walk to school week had almost doubled."

Through our walk to school campaign, we've encouraged schools to make sustainable changes, such as implementing a walking bus!



STRIDE ACTIVE CIC

RE-ACTIVATE GRANT

This year, we have supported secondary and special schools in their post Covid recovery. Through funding distributed by Herefordshire Council (the Government's Covid-19 Outbreak Management Funds), we have administered the Re-activate Grant, helping schools develop new, sustainable projects and interventions.

10 SCHOOLS RECEIVED A TOTAL OF
£47,009

Projects included:

- Up-skilling a member of staff as a gym instructor, so less confident pupils can receive a full gym induction to increase their confidence.
- Delivering 'Wellbeing Wednesdays' throughout the school, using physical activity to support mental wellbeing.
- Producing activity bags, specific to pupils' disabilities to support 30 active minutes outside of school.
- Introducing dance into the curriculum through working with a local dance company and providing staff with CPD.
- Developing martial arts within school to support young people's resilience and confidence.



IMPACT

"Since the completion of the project, there continues to be a rise in activity levels with PE and extra curricular clubs. There are now students who would not have ever joined rounders club for example, joining now after the confidence they have gained since participating in the dance project. Since Laura Gale School of Dance has been into school 15 students have joined their Dance School, which is amazing - these students weren't 'sporty' children and have really found a love for dance!"

ST MARY'S RC HIGH SCHOOL - PE TEACHER

"I'm not sure if Tom has mentioned he has started an evening class with Laura Gale since doing lessons at school so thank you for introducing him to that as well."

ST MARY'S RC HIGH SCHOOL - PARENT

"From not doing clubs before it is one that I have gone to every week and also dragged some of my friends with me. I love that I don't have to get changed and that it is so new. It is something I want to carry on next year. It has been really nice doing it with other year groups and has made me feel so much more confident. The self defence bit we have covered I think will be useful as I get older too."

AYLESTONE SCHOOL - PUPIL



STRIDE ACTIVE SCHOOL PARTNERSHIP

CREATING CHANGE

Through our School Games Organiser contract and associated partnerships with Kington Primary School and Whitecross School, we're able to focus on supporting high quality PE, school sport and physical activity. Our Stride Active School Partnership work focuses on training opportunities, competitions and projects which relate closely to curriculum and extra-curricular activities.

42

DELEGATES ATTENDED OUR 'INSPIRED TO MOVE' CONFERENCE

19

LUNCHTIME SUPERVISORS TRAINED
TO DELIVER ACTIVE BREAKS

51

SCHOOLS ACCESSED CPD

32

SCHOOLS
HAD A STRIDE
ACTIVE
SUPPORT
MEMBERSHIP

29

GOVERNORS TRAINED ON
EFFECTIVE USE OF THE PE
PREMIUM

1-1 SUPPORT

"I feel that my lesson pace has improved which has positively impacted on both the structure, approach and behaviour management within lessons. I have a clearer understanding of how to involve children in getting out/putting away equipment and working in a safe way."

KIMBOLTON PRIMARY SCHOOL

CONFERENCE

"This morning has been wonderful – every speaker is inspirational and giving so many valuable messages. I cannot say I have ever been so engaged in a conference for the whole morning."

EXECUTIVE HEADTEACHER - GORSLEY
GOFFS & LEA PRIMARY SCHOOLS

POSITIVE EXPERIENCES

The School Games is one of our most important programmes, providing fully funded opportunities to every school and young person across the county.

Through our inter-school competitions and events, we've welcomed:

4001 PARTICIPANTS **75** SCHOOLS

To ensure more young people have the opportunity to experience meaningful competition, we've offered a Stride Active competition membership for the first time.

807 PARTICIPANTS ENGAGED

"The children have all loved every event, especially after two years of no experiences - they have been happy to have a go even if they were unsure of the skills needed and have been encouraged to do so in the right environment."

LUSTON PRIMARY SCHOOL



STRIDE ACTIVE SCHOOL PARTNERSHIP

This year, we also inspired young people ahead of the Birmingham 2022 Commonwealth Games, delivering 3 themed events to target less active pupils.



We continue to deliver the County School Games programme in partnership with



Together, we have targeted less active young people, engaging:

2,585 PARTICIPANTS

FROM **74** SCHOOLS



STRIDE ACTIVE SCHOOL PARTNERSHIP

The Commonwealth Games inspired events enabled us to attract a different target audience, experiencing traditional sports, but in a more relaxed, less-competitive environment.

"The event is going to help the young people to have a lifelong engagement in sport. Some of them are already talking about looking at some of the local rugby clubs to get involved and we are getting a bit of interest in the rugby 7's at the Commonwealth Games so hopefully this is going to be a real game changer for them."

"It's more about the experience for the young people and they're not going to go and get thrashed all of the time like they usually do at other netball events."

PE TEACHER FEEDBACK

IMPACT STORY HERE GIRLS CAN

DELIVERED IN PARTNERSHIP WITH ACTIVE
HEREFORDSHIRE & WORCESTERSHIRE

Attending Here Girls Can has been described by a teacher as "life changing" for her students that took part. They are now fully engaged in PE, enthusiastic and talk to the PE teacher daily: "I took a small number of students to the event last time, my goodness what a difference I have seen of them in lessons ever since. They are enthusiastic, engaged and enjoying their lessons. They still talk about the skating and how good they were. These were students, when I first asked selected them to go: 'you are only taking me because I am fat!' This event has given them such confidence and I hope I can give others from school the same opportunity."

JOHN KYRLE HIGH SCHOOL

FOR *EVERY* YOUNG PERSON

"The whole day ran so smoothly and the ending part where all the kids could have a go and have a dance was just amazing. All of our YP went away feeling like they had taken part in something so positive and worthwhile. They have all asked to wear their t-shirts to school tomorrow so they can walk around and celebrate their participation. I loved the level of challenge for the sporty ones and the support for the groups that were there to have a go at something new."

LUGWARDINE PRIMARY SCHOOL

DELIVERED IN PARTNERSHIP WITH ACTIVE HEREFORDSHIRE & WORCESTERSHIRE

*STRIDE ACTIVE
SCHOOL PARTNERSHIP*

THE NEXT GENERATION

Inspiring the next generation to become leaders, advocates and role models in school sport is a vital part of our work. Our Leadership Academy, Playground Leaders Training and PE Apprenticeship programme are some the ways we achieve this.

We have delivered young leader training to

136 PRIMARY SCHOOL PUPILS

This has enabled older pupils to lead playground activities during break and lunch times to their younger peers.

"The children were very positive after their training and excited to get started on organising games for the younger children to play. The children will create a rota system where there is at least 2/4 leaders organising games during break and lunch times. I will also use the leaders to organise multi skill activities for the younger children to take part in, including the nursery children that are attached to our school."

STRETTON SUGWAS SCHOOL



Our Leadership Academy takes place during the school holidays, so pupils self select to attend.

78 YEAR 9 - 10 PUPILS ATTENDED

Using the power of Birmingham 2022, we also delivered a Commonwealth Games inspired leadership day for 36 young people.



Young leaders assessed themselves against a number of measures, such as confidence, decision making and communication skills at the start and end of their leadership experience.

70% OF PUPILS INCREASED THEIR OVERALL SCORES

"[The pupils] thoroughly enjoyed the training and events, you can see the confidence gained especially when interacting with adults now."

WHITECROSS SCHOOL - PE TEACHER

STRIDE ACTIVE SCHOOL PARTNERSHIP

In partnership with Riverside Training, we have supported PE Apprentices in schools across Herefordshire, Shropshire and Worcestershire.



17 PE APPRENTICES WERE EMPLOYED FOR THE 2/22 ACADEMIC YEAR

17 PE APPRENTICES HAVE BEEN EMPLOYED FOR THE 22/23 ACADEMIC YEAR

ELLIE'S STORY

"I would like to think that I have made a difference to many children in the school but one child in particular I spent a lot of time playing basketball with and this was something he loved. I think my passion and experience with playing sports helped him because I encouraged him and gave him the confidence to try and try again. I would do passing with him and basketball skills and he really enjoyed this and the outcome was that he had something to look forward to and also something to keep him focused on. I also think it positively impacted his behaviour because he didn't want to miss out.

I have had many moments where I have been incredibly proud of the children and also moments where I have been really proud of myself. [...] But also some of my greatest moments have been where I didn't think I could do something or I was too scared and when I finally overcome those challenges it gave me confidence and I felt very proud of myself. I think my whole apprenticeship has been something I'm very proud of and I don't think I would be the person I am now without this apprenticeship and everyone involved."



SCHOOL IMPACT

"She has helped develop the children's attitudes towards being physically active, as well as helping them gain a better understanding of how to set up and play their own games within lessons and at play times, whilst also being a fantastic female role model for all of our children!" [ST BARNABAS PRIMARY SCHOOL](#)

"He has supported children within PE lessons as well as taking them for active brain breaks or physical activity interventions following OT advice, this has quite often been the highlight of the pupil's day. He has formed a great professional relationship with many of these pupils [inactive, low confidence etc] who have trusted him to put themselves out of their comfort zone when working with him and in front of their peers." [LUSTON PRIMARY SCHOOL](#)



THANK YOU

We're grateful for your
continued support.

Find out more about us at:

www.strideactive.org



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