



IMPACT REPORT

2022
-
2023



STRIDE
ACTIVE

A YEAR IN NUMBERS

89%

of Herefordshire schools have engaged with us

310

young leaders directly trained

503*

Young people accessed interventions

17

Apprentices employed by schools

4738*

Young people took part in competitions**

92

New families supported through Active Families

416

Young people took part in Walk to School sessions

104

Events, interventions & training sessions delivered

174*

School staff accessed CPD



*unable to monitor if these are unique participants

**including events delivered in partnership with Active Herefordshire & Worcestershire



INSPIRING ACTIVE FUTURES

It has been another action-packed year for Stride Active. We have continued to grow opportunities for young people and schools to inspire active futures. Roller for Resilience, Here Girls Can Teacher Conference, Girls' Football Festival and a Young Leaders' Conference were all new additions to 2022/23. All were designed to provide participants with new, positive experiences and empower them to continue making changes back in school or as an individual.

Our focus is increasingly on how we use physical activity to bolster wider outcomes for children and young people. Addressing high levels of obesity and mental health needs, alongside continuing to support confidence, resilience, teamwork and communication skills post Covid feature prominently within our work. In partnership with Active Herefordshire and Worcestershire we were recognised exactly for this, being shortlisted for two School Games National Impact Awards for Here Girls Can and Secondary School Climbing for Confidence. We were thrilled our climbing project won the 'Those in Need' category - one of the many highlights of the year!

Stride Active is committed to making a sustained impact. We have continued to advocate and raise the profile of physical activity in schools, amongst families and in the wider community. This year's impact report showcases just that. For the first time it is complemented with stories from schools and young people about the longer-term benefits of our events, interventions and opportunities.

We hope you enjoy this snapshot into our year. For more impact stories, use the QR codes throughout the report!



IMPACT: INTERVENTIONS

MORE IMPACT HERE!



Climbing for Confidence and Roller for Resilience have been two of our most impactful interventions this year. 274 young people took part across 12 sessions which were fully or partially funded by Herefordshire Public Health. The sessions were designed to support young people's confidence, team work, resilience and communication skills.

The sessions not only had a positive impact on how young people felt immediately, but also helped them to feel more confident back in school.

78% said they found it difficult but kept trying!

94% said they were proud of something they had done during the session.

74% said they helped another young person on the day.

82% said they felt brave during the session.

"We brought this child because she is generally low in confidence. During the session itself we had a few tears, but with support and encouragement, she overcame her fears and got to the top. This has had a real knock-on effect in the classroom: she is volunteering answers when she wouldn't before and seems more alive."

Orleton Primary School

"The 5 children that I brought to Roller for Resilience all have very low self-esteem and physical ability. This has mainly been due to the impact of COVID and not being able to develop friendships both in and outside school or at extracurricular clubs. One young man has low self-esteem especially in regard to his appearance and ability to do things. When we initially discussed going, he was unsure and following the short intro he was sure he would not be able to do it. This small group session with caring and compassionate instructors meant he was encouraged to keep trying and ways around barriers were found in order to ensure he could have a go! He would have not normally accessed this type of activity and if he had would have given up straight away. The children were much more confident on the return to school, telling their friends about their adventure! "

Withington Primary School

95%

said they wanted to take part again, demonstrating they received a positive experience of physical activity.

IMPACT: GIRLS' PARTICIPATION

HERE GIRLS CAN

201 Participants
33 Girls' Champions
2 Festivals
22 Schools

FA GIRLS

245 Participants
19 Young Leaders
2 Festivals
22 Schools

GIRLS' RUGBY

178* Participants
24 Young Leaders
3 Festivals
19 Schools

We know that girls are not as physically active as boys. We have therefore delivered a number of partnership** events to provide more opportunities for girls to be active. The events empower and inspire girls to become more active, but they also provide a platform to gather valuable insight so we can continue to co-create opportunities with girls, based on their needs. We encourage open conversations about periods, body image and kit to break down barriers.

"Where do I start? I am so grateful to be chosen to take part in This Girl Can. It was an amazing experience. I cannot describe how comforting it was to be with a group of girls that understand you and how you feel. It is an experience I will never forget! From the yoga, to the rollerblading, and even the girl chit chat. Ever since participating, I have felt more included and confident with different age groups and myself. It made me realise that I am not on my own! "I am hot and not bothered".

Pupil, Kingstone High School



MORE IMPACT HERE!

"Post Covid she attempted to return to football, however, her team had disbanded with coaches leaving and other players not returning. She was left disillusioned and decided to pursue other interests.

Following attendance at the recent Football Festival, she came home buzzing about how the day had gone. She enjoyed all elements of the day, including developing her skills and the matches against other teams. She has also said she would like to start up year 8 girls' football at school.

I'm delighted that she has been able to reconnect with football and is looking forward to participating with school."

Parent, The Bishop of Hereford's Bluecoat School

*unable to monitor if these are unique participants

**Active Herefordshire & Worcestershire, Herefordshire FA, RFU

IMPACT: EVENTS & COMPETITIONS

Delivering positive events and competitions is at the forefront of what we do. The School Games programme and Stride Active competitions provide opportunities for young people to experience this, represent their school and feel inspired to be physically active. This year, we have developed more targeted opportunities to engage young people who are the least active, need to build their confidence or improve team work skills. It is important that our events and competitions always have an intent to encourage longer term impact, not just 'one-off' experiences.

4,934*

Participants took part in local School Games and Stride Active competitions

2,404*

Participants took part in the county School Games programme, delivered with Active Herefordshire & Worcestershire

We have continued to deliver the county School Games programme with Active Herefordshire & Worcestershire, this year introducing Secondary Climbing for Confidence and an Inclusive Football Festival. Highlights include 1501 attending the Summer School Games Festival.

90 Schools have taken part in the School Games this year.

39 Schools have been awarded their School Games Mark.

"There has been a wide and varied level of activity to choose from as well as offering both competitive and non-competitive elements to take part in. We have found this very beneficial to encourage our less active pupils to take part in sport and for some it has been the very first time."

Llangrove Primary School

SCHOOL GAMES

"I chose this particular child because they met all of the criteria for attending the event, e.g. low in confidence, team working and activity levels.

The impact has been amazing! The pupil describing the day as "the best they have ever had in school!!!". They enthusiastically took part in all of the activities, which is not always the case within school. They have recently started attending after school sports clubs and I have noticed a new level of confidence and willingness to get more involved."

Riverside Primary School

*unable to monitor if these are unique participants



IMPACT: LEARNING & LEADERSHIP

YOUNG PEOPLE

Learning and leadership opportunities help young people to develop new knowledge, skills and ideas to support physical activity back in their school. We believe this is the best way to create positive, long-term impact. Throughout the year we have trained young people to become Playground Leaders, Sports Leaders and Girls' Champions.



Of young people who attended the Young Leaders Conference said they improved in at least one leadership behaviour, such as inclusivity, organisation, and communication.

"The children set up a Sports Leader Award soon after the conference and give this out on a weekly basis in celebration assemblies on a Friday. The leaders take turns to award it. They have also taken more ownership of the equipment that they take out onto the yard and have given after school club a designated shed so that they don't mess with their stuff. The reception children have also benefitted from increased timetabling of sports leaders. More children to play with them.

The sports leaders also encouraged the walk to school this term as part of walk to school week."

Stretton Sugwas Primary School

"The Year 6 playground leaders will train the Year 5 play leaders, who will then be able to train the new influx of playground leaders next year. There is an increased level of participation in physical activity across the school for all year groups."

Ashfield Park Primary School

We have worked in partnership with Riverside Training, enabling 17 schools to employ a PE Apprentice. The impact of which has been shared by schools:

"The apprentice has helped to create a more positive and inclusive environment for physical activity, and as a result, more students are choosing to participate in PE lessons and after-school clubs."

Kingsland Primary School

"The apprentice has raised the profile of sport across the school. As well as being a role model for sport, he has organised lunchtime activities and initiatives to promote healthy living and participation in a range of sports."

St Mary's Fownhope Primary School



MORE IMPACT HERE!



IMPACT: LEARNING & LEADERSHIP

PROFESSIONAL DEVELOPMENT

From conferences to tailored one-to-one support, our professional development opportunities are designed to help teachers and school staff make sustainable, positive changes to PE, physical activity and pupil wellbeing.

100%

Of delegates who attended the Here Girls Can Teacher Conference* improved their knowledge, confidence or ability in at least one area (engaging least active girls, applying Here Girls Can principles back in school and having the confidence to discuss the menstrual cycle in relation to physical activity).

"First thing I've done is come back and added sports bras to the kit list."

Kingstone High School

We supported 6 new PE Coordinators and 10 Early Career Teachers (ECT) to increase their levels of confidence and knowledge to deliver and lead PE. 100% of ECTs felt more confident following the training and said they were likely or very likely to use the knowledge and skills that they had gained.

This year we combined CPD with Workplace Challenge! Alongside providing a staff wellbeing event, we also wanted to encourage staff to take a new sport back to their school for children to access too. In partnership with St Martin's Bowls Club, 60 teachers and support staff experienced bowls, many for the first time! They received training from volunteers at the bowls club to build their confidence and knowledge in the sport. We know that pupils have participated in bowls as a direct result of this event.

"In thinking about how I want PE to look in school, this has directly impacted pupils to gain skills through having better opportunities."

Ivington Primary School

"Access to expertise over a short period of time can lead to improvements that can last a long time."

Bridstow Primary School

*Delivered in partnership with Active Herefordshire & Worcestershire

IMPACT: BEYOND THE SCHOOL GATES



Through Active Families* and Walk to School** we are able to support young people and their families to increase physical activity levels beyond the school gates. This contributes to children achieving 30 active minutes outside of school, as well as inside.



Active Families has supported 92 families from 9 schools this year; 75 of which have received activity bags to help encourage physical activity at home.

"[We] play all of the time and have bought more for the bag. Love it all! All three [children] are active throwing ball and playing ring toss game." Mum commented that eldest child is "a lot calmer because it's keeping her busy until bedtime."

"Massively more active now and we have now got a puppy! Mindset has changed now because kids are more active, they are more upbeat and happier. It's something to focus on rather than sitting and watching TV. Kids aren't on tablets as busy doing activities."

Active Families participants

84% of participants had taken part in sport on at least one day in the previous week, an increase from 47% at baseline.

76% of adult participants are walking more at sign-off than they did at baseline.

This year we have promoted the environmental benefits of walking to school, alongside encouraging physical activity. To do this, we delivered:

14 workshops
engaging

416 young people

9 assemblies
engaging

1840 young people

"All children have participated in walks around school and the local community, completed activities and celebrated walking to school! One child from each class has been chosen to be the Walk to School Champion and were presented with their pin badge in assembly."

Ashfield Park Primary School

*Funded by Active Herefordshire & Worcestershire and Herefordshire Council

**Funded by Herefordshire Council

THANK YOU

**for your
continued
support.**

FOR MORE INFORMATION

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