

# CLIMBING FOR CONFIDENCE

These sessions were aimed at pupils in years 5 and 6 and focused on supporting young people that are struggling with transition, low levels of confidence and resilience.

17 Schools  
93 Pupils

49 Male  
44 Female

6 BAME\*  
18 SEND  
1 LAC  
31 PP

88% of the young people that attended had climbed fewer than 5 times and 22 young people had never climbed before

## FEEDBACK



100% said they had fun  
100% said they were glad that they had taken part



80% said they found it difficult but kept trying  
98% said they were proud of something they had done today!



88% said that they felt brave  
79% helped someone on the day



90% climbed as high as they wanted or higher!  
94% felt the same or more confident by the end of the event  
96% said they would like to climb again



We asked the young people what emotions they felt before and after the event:



## IMPACT

We asked the teachers to feedback on the impact the sessions have had on their children:

“The children who attended, thoroughly enjoyed the experience and were challenged physically and emotionally.

Thinking about one of the children in particular: the child was incredibly nervous about coming to the event, to the point of wanting to pull out. Parents encouraged her, as did we and she returned to school feeling very proud of herself. She's a very quiet individual, who experiences challenges at home, due to a very dominant, autistic older brother. It was great to see her smiling and enjoying the challenge of the event and hopefully this will give her more confidence in the future to try new things more readily.”

**Bridstow Primary School**

“The young people I brought lacked confidence and are often not willing to try new sports, as find it overwhelming. They tend not to attend sports related clubs after school. One also has poor attendance

They saw that you can try new things and they are not scary. Also there are lots of different sports out there and it is worth trying new things.”

**Withington Primary School**

**“It was an amazing experience, I didn’t think I could do it, but I did”**

Young person from Withington Primary School

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"[I brought this young person] to engage [him] in physical activity in a sport that was not competitive with others and boost self-esteem. He's extremely vulnerable with complex issues and complex family life.

The climbing will have given him confidence to target his own goals and attain success.

[After the event] he was smiling having been challenged whilst having fun. He had a positive attitude rather than everything being wrong. It will have also given him a new interest.

I very much hope that when he went home, he was able to talk positively about his day and that his family will take him again. All the children said they'd had fun and that it was 'a brilliant morning.'

**St Francis Xavier Primary School**

"The reason I took the children to this event was to develop their confidence and teamwork skills.

After attending this event the children's willingness to try new things and confidence levels rose massively. The smiles and happiness the children had was amazing.

The staff were super friendly and amazing at teaching the children how to climb and conquer their fears."

**Withington Primary School**

