

Case Study

Creating a culture of after school activity...



CSP: PRO-ACTIVE SOUTH LONDON
DELIVERER: WOODCOTE SSP

TARGET: BOYS / GIRLS YRS 9 AND 10
ACTIVITY: MULTI SPORTS



Our objectives:

- Woodcote School Sports partnership decided to build on the partnerships that they already had in place in order to provide after school activity for Year 9 and 10 girls and boys who did not traditionally attend after school clubs
- The aim was to offer a range of activities to choose from (which included; trampolining, kick boxing, boxing, street dancing, fencing, tennis and fitness) so that each week the pupils could try something different if they wanted
- The schools designed programmes offering a selection of diverse opportunities utilising existing equipment and facilities - such as using a climbing wall and spinning bikes

How we achieved it:

- Incentives to attend the sessions were also provided (such as itunes vouchers or mobile phone top up cards)
- Text messaging alerts were used to constantly remind pupils that if they completed the sessions they would receive their incentive voucher
- One school got a group of young people involved in promoting activities themselves
- All schools involved in the project have expressed an interest in continuing with a similar project from September 2008 onwards

Improvements for term 2:

- In terms of improving the programme, a greater emphasis will be placed on signposting pathways, e.g. working with local NGB clubs and providers
- It is also hoped that coordinators within schools can be recruited, links with local scout groups will be formed and more time for initial promotion will be built into the planning of future delivery plans

Success factors:

- 203 pupils entered the programme
- 141 pupils (69.4%) completed 60% of the sessions
- The project created a culture of after school activity where in some schools there hadn't been any before
- Other pupils in and around the school were keen to get involved in the programme
- The project attracted pupils who were new to after school sport

"Variety is the key for after school activity success"