



Your Recipe for Success

Contact Details

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Your Example of Practice title: Box2bfit Schools Programme

Please provide here an example or summary of what you did

At South Bromsgrove High School we implemented Box2bfit into our Core PE Curriculum. The aim was to engage young people in a new fun activity, improve health, fitness and develop many new qualities.

The Challenge

What did you want to do? (What problem did you want to address?) 100 words

At South Bromsgrove High School we wanted to build a new and exciting opportunity into our Core Physical Education Curriculum for our Key Stage 3 and 4 students. The aims we wanted to accomplish which were:

- Improving engagement and participation of all young people within core PE lessons
- Raise achievement and strengthen attainment of young people
- Improve young people's health, fitness and awareness
- Develop cross curricular links and impact on our whole school ethos



Meeting the Challenge

What did you do? (How did you do it? What strategies have you used?) 300 words We chose Box2bfit after seeing their products at conferences and experiencing a highly motivational taster workshop. The Ski2bfit website provided great testimonials and reviews of their work which supported the rationale for using them for this project.

Skip2bfit and Box2bfit sessions were delivered as a Partnership training day to all our local First, Middle and High schools. The High Schools all received the Box2bfit programme in Bags along with a delivery session to staff and students. This initial workshop was delivered by John McCormack, a former ABA British No2 Ranked Heavyweight Boxer and now a Professional Boxing trainer who was an absolute inspiration to everyone. His status as a former Boxing Champion made him an instant role model and this coupled with his infectious enthusiasm really engaged all our students. His manner and personality motivated all our young people and staff to get involved, have fun and succeed in a personal challenge. Feedback from the session was overwhelming and students were left enthused by the 2 minute Skip2Bfit challenges and the activities they took part in. Box2bfit sessions include a variety of fitness challenges which all relate boxing but are transferrable to any sport.

Following on from the taster workshop the 6 week Box2bfit Scheme of Work was implemented within our Core PE Curriculum for Key Stage 3 and 4. The Scheme contained both practical and theory elements such as links to fitness components, fitness testing and target setting and was taught through a variety of learning experiences. Students were able to monitor their heart rate and fitness improvements on a weekly basis. This allowed students to analyse their progress and motivated them to improve and work harder. They could then transfer this information to other subjects, use ICT to collate their results or link with their GSCE /Btec coursework.

The Box2bfit Scheme is a flexible programme that can be adapted to suit any target group. We used it differently with Girls and Boys, SEN groups and across the Key Stages. For example, the Boys sessions included more Boxing activities; was delivered at high intensities and had a competitive nature. Girls sessions used more fitness based stations and was a friendly non-competitive environment. The initial sessions were teacher led, showing specific safety techniques, how to use the equipment and the different activities? Following this students were able to manage their own circuit style sessions, monitor and record their scores and motivate each other to improve performances. This gave students ownership of their learning and enhanced their leadership skills. Many students have subsequently wanted to develop these aspects further across school and in different contexts.

Impact

What difference has this made? (What differences are you seeing in young people e.g. attitude, behaviour, achievement and attainment? What evidence do you have?) 250 words

Box2bit has had such an amazing impact to our Core PE Curriculum as it has engaged so many of our students on a weekly basis, not just for one off lessons. Students of all abilities have been motivated to do the activities time after time as they can monitor their improvements.

The Box2bfit resources were really easy for students to set up and take ownership of and really do promote

Sharing the challenge

independent learning. Key Stage 3 and 4 boys love using the boxing pads and mitts and the physical challenges which allow them to let off steam and be competitive. Key Stage 3 and 4 Girls enjoy the fitness aspects and using the skipping ropes and medicine balls. The resource bag invaluable and the Scheme of Work is an extremely versatile programme which makes it fantastic to target any young person and is a real catalyst for learning.

Box2bfit has made an impression on many levels such as being the platform for the building of new relationships between young people, raising standards of core skills, fitness, co-operation and enjoyment within lessons. For example, groups of girls who have been working together in lessons are now meeting up outside school to take part in fitness activities. It has created new challenges; motivated students to beat improve on their attainment and given them a real sense of achievement. They have shown incredible mental determination to succeed, set themselves targets and grown in self-belief and confidence.

Box2bfit has also promoted new opportunities for an after school club and developed leadership roles making it very sustainable.



'It is really good fun and I want to try and improve my score next time'

'Are we doing fitness again this week Miss? I was aching for 2 days after last week but can't wait to do it again'

Do you have a specific example of a young person who has benefitted from participating in the project? (What differences are you seeing? What element of the young person's 5 hour entitlement has this provided? What have the benefits been?) 75 words



The most remarkable difference has been the impact that Box2bfit has had on students who were disengaged from PE and who lacked in self-confidence. For example, it has allowed many introvert individuals to develop teamwork, build relationships and progress and succeed at something unique and different to team games or other activities. It has been so rewarding to see students come out of their comfort zones and allow themselves to enjoy and succeed at a new concept.

Why did it work? (What were the critical factors which made this work for you?) 75 words

Box2bfit provided an innovative package designed to engage young people, improve health, fitness and develop many qualities through a fun, active learning environment.

Box2bfit worked in our school because of the initial workshop from John which set the scene and really engaged students straight away into participating and enjoying the new activities in a fun, non-threatening environment.

The concept of Box2bfit sounds exciting and due to it being adaptable you can tailor the activities to suit the style of the group, the nature of the lesson and its focus, or the target group you are working with. Box2bfit is a sustainable resource which allows students to work both independently and with peers. It is excellent for complimenting the PE curriculum by providing a unique medium for its effective and high quality delivery. It has really refreshed our Core PE lessons and inspired many young people to get involved in fitness activities both in and outside school.

The Box2bfit equipment bag is easy to set up and use with resource cards, skipping ropes, medicine balls, fitness mitts, wall charts and an excellent CD all timed in the perfect package to press play and go. The nature of the equipment is enjoyable, exciting and simple to use.

Sharing the challenge

Please now return your completed template to Natalie Stone by email: Natalie.stone@youthsporttrust.org

- Workforce Development**
This includes leadership and volunteering, coaching and PE and school sport workforce
- Engagement and Participation**
Increasing participation, targeted intervention / inclusion and further education
- School Improvement**
School improvement, PE curriculum, National education, respect and behaviours and finally using PE to enhance learning
- Reaching potential**
Gifted and talented, competitive school sport, competition
- Club and community**
School club links and families
- International**
International education