


Partnership name	Cavendish (Dacorum) SSP	
Local Authority	Hertfordshire	
Case study title	Using Skip2bfit to increase the number of pupils participating in intra and inter-school competitions	

The challenge

What we wanted to do

We wanted to offer our Key Stage 2 students the opportunity to take part in competitive activity in a non-traditional sport, and as a result raise the number of pupils participating in physical activity.

We identified the need to increase participation through school sport partnership (SSP) PESSYP data, and having paid for all schools in the SSP to have a Skip2bfit workshop for the day, we decided to make a more sustainable, long-term development.

Meeting the challenge

What we did

We made contact with Skip2bfit through John McCormack. Skip2bfit aims to promote, develop and implement quality skipping and fitness programmes and is designed to educate children on fitness and healthy eating, as well as improving other core skills. As an SSP, we arranged for a taster session to be run at our Year 2 sports festival. The pupils loved the activity, and were energised through the engaging delivery.

From September 2008 onwards, the SSP paid for each of the schools in the partnership to have a Skip2bfit workshop, where Skip2bfit delivered a variety of sessions throughout the day to all year groups, including healthy living information, skipping and fitness training. The schools were provided with a set of resources to create a sustainable programme for their pupils. This included a bag of equipment with lesson plans for teachers, information about completing sessions in lessons and IT support for inputting skipping competition results on to the computer.

Once all schools had received Skip2bfit training, we set up a virtual Skip2bfit competition for Years 3 and 4. Schools were notified about the competition and asked to send in an expression of interest. We then developed a competition format and schools were given a weekly slot in which to complete a two minute skip. Results were then sent in and scores were calculated based on the total number of skips completed, divided by the number of pupils participating in each school, to give an average. This score was then compared against the school they were playing that week, with points awarded for a win, draw or loss. Every week the results were sent through to us and registered on the SSP website. At the end of the first round, points were used to determine a semi final round, and eventually a final. The winners were given a trophy to celebrate their success.

Schools were also able to use the skipping competitions as an intra-school event, where pupils competed against each other to be the best skipper that week. Schools recorded this data on their PE notice board.

Impact

The difference this has made

Twenty-one schools signed up to participate in the competition, and sent in their results on a weekly basis. Feedback showed that pupils were excited about participating, and about being the best in their school. Sessions were generally delivered at lunchtime, which enabled pupils that are normally introverted and quite reserved during break to participate in something different.

As a result of the sessions being held at lunchtime, some schools reported that behaviour in afternoon lessons improved, as pupils were able to channel their energy during the break. Other schools reported that behaviour prior to the competition day improved as pupils did not want to miss out on the opportunity to take part.

One of the issues we face in the SSP is transporting pupils to and from schools to compete in inter-school competitions. This competition enabled all schools to participate and as a result the partnership's PESSYP data for intra and inter-school activity have increased this year.

Why it worked

- The ease of reporting results and being able to compare results through the SSP website.
- Delivering a non-traditional activity which a lot of pupils enjoyed participating in.
- The workshop prior to the competition generated huge enthusiasm in the schools.
- The issue of transport was solved through the virtual competition and was a significant factor in increasing participation.

Date	December 2009
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Building a brighter future for young people through sport

