

Your recipe for success

Raising achievement

Increasing pupil's determination to succeed.



Contact Details



School name
All Faiths Children's
Community School

School address
Gun Lane
Strood
Kent
ME2 4UF

Company name
Skip2bfit

Company phone
0845 4630 056

Company email
info@skip2bfit.com

Company website
www.skip2bfit.com

What did you want to do?

Our children come to us with levels of attainment which are well below the national averages. We wanted to provide our pupils with a way to physically prove that determination would lead to success and therefore experience the benefits of intrinsic reward – the “Yes” feeling. This provides the motivation for them to accelerate their progress in academic subjects too. We employed “Skip2Bfit” to deliver a six week programme which would enable the children to experience the “Yes feeling” when they achieved their skipping targets and then apply the skills they learnt (perseverance, concentration, setting themselves aspirational targets etc) to their learning in the classroom.

What did you do?

Having carefully researched the contribution that the Skip2Bfit programme made to pupil progress when I was an LA Adviser, I implemented the programme when I returned to Headship. Skip2bFit ran sessions with each class every week for six weeks and a final celebration assembly at the end of the six weeks. By giving children the opportunity to individually challenge themselves physically every week, they experience what All Faiths' calls the “Yes Feeling”! Experiencing that deep, warm feeling, of knowing that you have improved through your own effort, is highly motivating. Skipping is accessible to all and the sessions are very active - there simply isn't any time to worry about how well, or otherwise, anyone else is doing or if you are being “judged”, therefore there are no self-esteem issues. The children concentrate on learning a skill (with a highly enthusiastic and encouraging role model) which can be practiced in private – the recipe ensures success for every individual.



Once a child has experienced the thrill of succeeding, it is easy to transfer that feeling to learning which they find challenging in the classroom. Adults working with the children refer to the success they had whenever children are feeling hesitant. Circle times and discussions were focused on “how” and “why” they have been successful when skipping – effort, perseverance concentration etc. The end result is the “reward” - the “Yes Feeling”! Therefore, whenever a child doesn’t feel confident about their learning, they know that by applying the same effort, the “Yes Feeling” can result. They are motivated to “have a go”. Intrinsic motivation is the key to success and that’s exactly what the Skip2BFit programme engenders

What difference has this made?

Pupils’ attitude to learning has improved because they have learnt that determination leads to success which provides them with intrinsic reward – a wonderful feeling! They very much enjoy all the aspects of the programme, are keen to participate and transfer their improved social and emotional skills to their academic work. We have seen progress and attainment levels at our school improve year on year. Last year the progress that they made between KS1 and KS2 put them in the top 2% nationally. As an integral part of a whole school improvement drive, Skip2BFit has helped to raise expectations and helped our pupils to be ambitious for success.

Do you have a specific example of a young person who has benefitted from participating in the project?

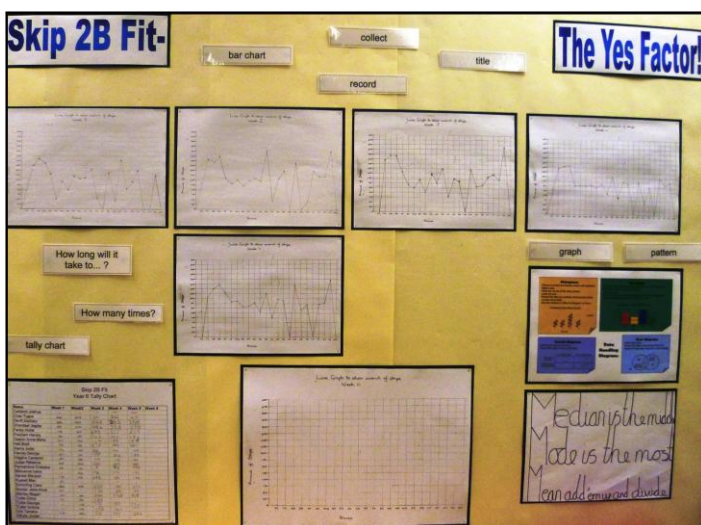
We receive many comments from our pupils about how the programme has benefited them; typical is “Now I know I can do anything if I work really hard”.

Why did it work?

- Excellent delivery
- Ability to build sound relationships with staff and pupils
- Encouragement of personal success, rather than competition between pupils, therefore, successfully enhancing self-esteem.

“The Skip2BFit programme is an excellent programme for engaging pupils of all ages and abilities in an enjoyable and engaging experience. John and the team use skipping to raise attainment, support with engagement and participation as well as offer many more benefits to the whole school from just one day’s session. We are proud to be working with them and would recommend them to any school for any need.”

Natalie Hammond,
Youth Sport Trust



Want to know more? Contact the Commercial Development Team on:
Tel: 01509 226644 - email: business@youthsporttrust.org

Innovation is at the heart of our Business Honours Club. Innovative thinking is part of the application criteria and innovating is what we do best.