



HYPE



**ST. ANNE'S
RC PRIMARY SCHOOL
IMPACT REPORT
AUTUMN/WINTER 2022**



CREATING A LONG LASTING IMPACT



Here at HYPE, we are committed to making a real, positive difference to the lives of young people. We do this in a variety of ways, from our work in youth clubs, our vibrant parks projects and our thriving bike hub. This is without mentioning the opportunities we give young people to travel the world and make impacts in communities across the globe.

Realising the impact of what we do, HYPE has 3 set impact goals:

1. CREATE MORE OPPORTUNITIES FOR YOUNG PEOPLE.
2. TO SUPPORT YOUNG PEOPLE TO REACH THEIR POTENTIAL.
3. TO STRENGTHEN LOCAL COMMUNITIES

However, some of the most impactful work we do is undoubtedly in schools. This is why we were so keen to strike up a partnership with St. Anne's RC Primary School. Being centred in a community where we desire to become a focal point of the community and hold a long-lasting impact being involved with the school is an exciting opportunity for HYPE. This report will detail the work we have undertaken at St Anne's thus far, how this has impacted pupils and teachers, and future plans for working with the Friendship School.

OUR GOALS

At the start of the term we set ourselves three main targets regarding the impact we wanted to have on pupils at St Anne's.

1. Our number one target was to ensure high levels of engagement and enjoyment in the sessions we provide to the pupils. The most important thing to us, after the safety of our participants, is that they all get involved and enjoy themselves doing it. When we achieve this then meeting the rest of our goals should follow.
2. Secondly, we wanted to have an impact on the health and wellbeing of our participants, both mentally and physically.
3. We also wanted to see an increase in confidence to participate in sports that the young people we are impacting haven't played before. The end goal is to see them participating in more sports and staying more active outside of school as well as during our sessions.
4. Finally, we wanted to see an increased knowledge of and pride in our local area amongst the young people participating in our heritage projects.

☺☺ The best! ☺☺

☺☺ It's amazing and makes it fun to learn. ☺☺





THE CHALLENGES WE FACE

What issues do we face?

SPORTS

There is a real issue across the UK in the activity levels of our children and the Wirral is unfortunately no different in this regard.

- » **At age 4/5, one in ten Wirral children are obese.**
- » **By the age of 10/11, one in five are obese**
- » **Less than half of all children in the UK are meeting CMO guidelines for taking part in sport and physical activity, children from poorer backgrounds are the least confident in being active.**

» **Covid-19 has undoubtedly had a significant impact here, 73% of school leaders have reported children returning to school with poor levels of physical fitness following lockdown restrictions.**

The number of hours of PE taught in state secondary schools has fallen by 13% since 2011 and there are 2,500 less PE teachers in England since 2011.

Across the country 54% of children would like to do more exercise or sport than they are currently doing and only 38% of parents know that young people should be active on average for 60 minutes every day - down from 48% last year.



» The children really enjoyed the sessions and they were kept very active throughout. »



THE CHALLENGES WE FACE (CONTINUED)

What issues do we face?

HERITAGE

Following the introduction of the new National Curriculum in 2014, there has been a push in recent years to educate children on the history of their local area.

Despite this, we have noticed a real lack of knowledge of local history in pupils across the Wirral. Many pupils have very little knowledge of key local landmarks and historical events, however when given the opportunity, the majority are very keen to learn.

Why does this need to change

Clearly we are facing a number of challenges in ensuring that our young people stay healthy and active. One of our key focuses is helping schools and their pupils overcome these barriers. The benefits felt when successful in doing so are huge.

A young person who plays sports and is physically active on a regular basis will have better:

- **Physical Health**, including cardiovascular fitness, a healthy weight, strength, coordination and energy
- **Mental Wellbeing**, including happiness, resilience, ability to tackle anxiety and stress, and improved mood through release of 'feel good' endorphins.
- **Emotional and Social Wellbeing**, including feeling less lonely, more trusting, and improved communication and teamwork skills.

It is also vital that young people develop a strong sense of identity. By uncovering the stories that shape where they live we believe we will help young people to achieve this alongside gaining powerful historical skills. This is why we have developed our Heritage Projects that allow pupils to not only access huge amounts of knowledge regarding their local area, but to also visit and explore these places for themselves.

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They hype up the lessons!

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OUR IMPACT

In order to overcome the challenges we identified and in turn meet the goals we set we planned and delivered a variety of sessions throughout the term. We chose projects that could be delivered to a wide range of year groups in order to have an impact across pupils of all ages.

Balance Bikes

Our balance bike sessions have allowed pupils at St Anne's in the EYFS years to also experience and benefit from our impact. Our sessions give participants a sense of control, build confidence and support other areas of their development, such as motor planning, spatial awareness and balance. All F1 and F2 pupils at the school have completed our two, six week 'Balanceability' courses. We have seen tremendous development in the pupils in their ability on the bikes, their confidence in participating in our sessions and their desire to increase their level of participation in cycling and other sports.

Multi Sports After School Clubs

Our multi sports after school clubs have provided the perfect opportunity for the activity centred goals we set to be accomplished. The sessions have provided participants with an hour of fun filled activities each week, free of charge. This has given pupils the opportunity to benefit from the coaching and guidance of qualified sports leaders. This is particularly beneficial to pupils from poorer backgrounds who may not have been able to afford these

opportunities otherwise.

By providing these sessions we have increased the activity levels of all participants and, based on pupil feedback, have had a positive effect on the mental, emotional and social wellbeing of the vast majority of participants.

Heritage Projects

Away from sports our heritage sessions have helped us to meet our goals surrounding improving pupils' knowledge of local history and the pride they feel in their local area. We delivered both our 'Birkenhead Park Project' and our 'Leasowe Lighthouse Project' to pupils at St Anne's during the term.

We created an engaging classroom atmosphere in which pupils could explore the history of their local area and beyond whilst participating in a variety of activities. This aided us in successfully achieving the goals that we set at the start of the term. By the end of each project almost all pupils agreed that they had an improved knowledge of the history of the Wirral and that they felt more connected to their local area. Importantly, every single pupil stated that they had enjoyed participating in our projects.



EE The children in Foundation 2 have absolutely loved being a part of Hype and balance bike training. They were very enthusiastic each Friday when they would know the bikes would be coming out. I think some of my quieter children have opened up much more and become more confident each and every session.

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KEY STATS

After School Clubs
provided for over
24
pupils

New balance bike
riders

35

54

pupils educated on
local heritage

PUPILS

100% of pupils enjoyed heritage project sessions

96% of pupils are more excited to come to school thanks to HYPE sessions

96% had an improved knowledge of local history and heritage thanks to our projects,
78% said their knowledge had massively increased

STAFF

100% of staff gave positive responses about the session delivery from HYPE staff

100% of staff agreed that our balance bike sessions increased pupils confidence.

EE We have observed excellent interaction with our children during HYPE sessions and good child control from the lead delivering the sessions.

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ST ANNE'S X HYPE CHRISTMAS HOLIDAY CAMP

We must also mention the huge success of our Christmas Holiday Camp that we ran for pupils receiving free school meals. We secured funding from HAF - the Holiday Activities and Food Programme, to run the course. This is the second programme of its kind we have run for St Anne's following the success of our camp over the summer holidays.

The pupils took part in a plethora of different sports ensuring they stayed active throughout the days. Arts and crafts stations were also put into place, with lots of Christmas based activities taking place!

All attendees were provided with a hot and healthy meal each day alongside a variety of gifts on the last day of the camp.

“ We absolutely loved hosting St Anne's very first HAF funded Christmas Holiday club last December. Both the children and the HYPE staff had a brilliant time. It was great to be able to provide the pupils with hot food and a variety of activities over the festive period and send them home with some Christmas gifts! ”

We will continue these courses in 2023 with the school each term and are already excited for our Easter camp which we plan to include even more children.

CHRISTMAS HOLIDAY CAMP

Lois and Nancy had also attended HYPE's camp at St Anne's this summer and were really excited to come back over the Christmas Holidays.

Nancy and Lois both said that the 'HYPE crew' were all amazing coaches who got them excited for every day of the camp. Their mum told us that the girls came home each day keen to tell her all the different activities they had gotten up to. The girls loved

getting to play lots of different sports as well as having the chance to get creative at the arts and crafts station.

We asked Lois what her favourite part of the camp was and she said that "I love dodgeball and making sure my little sister has fun"

The girls are both really keen to sign up for the next HYPE camp at St Anne's and can't wait to come back to see the coaches again!

“ Amazing! ”

“ Great! ”



FUTURE PLANS WITH ST ANNE'S

We're really happy with the impact we've had at St Anne's. However, we are always striving to improve and we feel that there is potential to increase our impact even further.

Targets

By the end of the school year, we aim to have doubled the number of St Anne's pupils we have engaged with and the number of hours we have provided pupils with physical activity.

We also want to complete our heritage projects with at least two more groups.

We have big plans for the future with St Anne's. We're already excited for our upcoming Easter Holiday club and have some more great projects in the pipeline.

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It makes school so much more fun! 55

