



St George's Primary School

HYPE

**ST GEORGE'S
PRIMARY SCHOOL
IMPACT REPORT**
AUTUMN/WINTER 2022



CREATING A LONG LASTING IMPACT



Here at HYPER, 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, HYPER 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 George's. Being one of the largest primary schools in the country, the effect that working in St George's has allowed us to have on a large number of children has been fantastic. This report will detail the work we have done at St George's thus far, how this has impacted pupils and teachers, and our future plans for working with St Georges Primary 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. George's Primary School.

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 in our sports session.
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. ☺☺





WHAT CHALLENGES WE FACE

What issues do we face?

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
- » Across the UK 1 in 8 children are unhappy with their school lives, compared to 1 in 11 children ten years ago.
- » 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.

WHY DOES THIS NEED TO CHANGE?

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, co-ordination, and energy.
- » Emotional and Social Wellbeing, Including feeling less lonely, more trusting, and improved communication and teamwork skills.
- » Mental well-being, including happiness, resilience, ability to tackle anxiety and stress, and improved mood through release of 'feel good' endorphins.

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

OUR IMPACT

By looking at these facts and stats anyone can see how important it is that our young people are given adequate opportunities to engage with sports and physical activity.

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.

Wake up Shake up Breakfast Club

Each Thursday we have put on early morning sports sessions at St George's for the year 5 and 6 pupils. This club has been perfect to get the children starting the day feeling energised and ready to learn. The club has also had the added benefit of increasing the amount of physical activity that the pupils who attend participate in without impacting their curriculum time.

PE Sessions

We have provided a variety of PE sessions for the pupils at St George's. We worked with a number of the year 5 and 6 classes at the school, providing much needed 'brain breaks' for some groups and full length PE sessions for others.

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.

Multi Sports After School Clubs

Our multi sports after school clubs have provided the perfect opportunity for the activity centred goals that we set to be accomplished. The clubs catered for pupils of all ages throughout the school with each club specifically catered for the participating pupils.

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 less affluent backgrounds who may not have been able to afford these opportunities otherwise.



EE Exciting! 33

EE Unbeatable! 33

KEY STATS

98%

said the sessions have improved their health and wellbeing

76%

feel more confident taking part in sports thanks to our sessions

96%

described staff delivery as good or excellent

96%

of students enjoyed taking part in HYPE Sessions

50

hours of physical activity provided

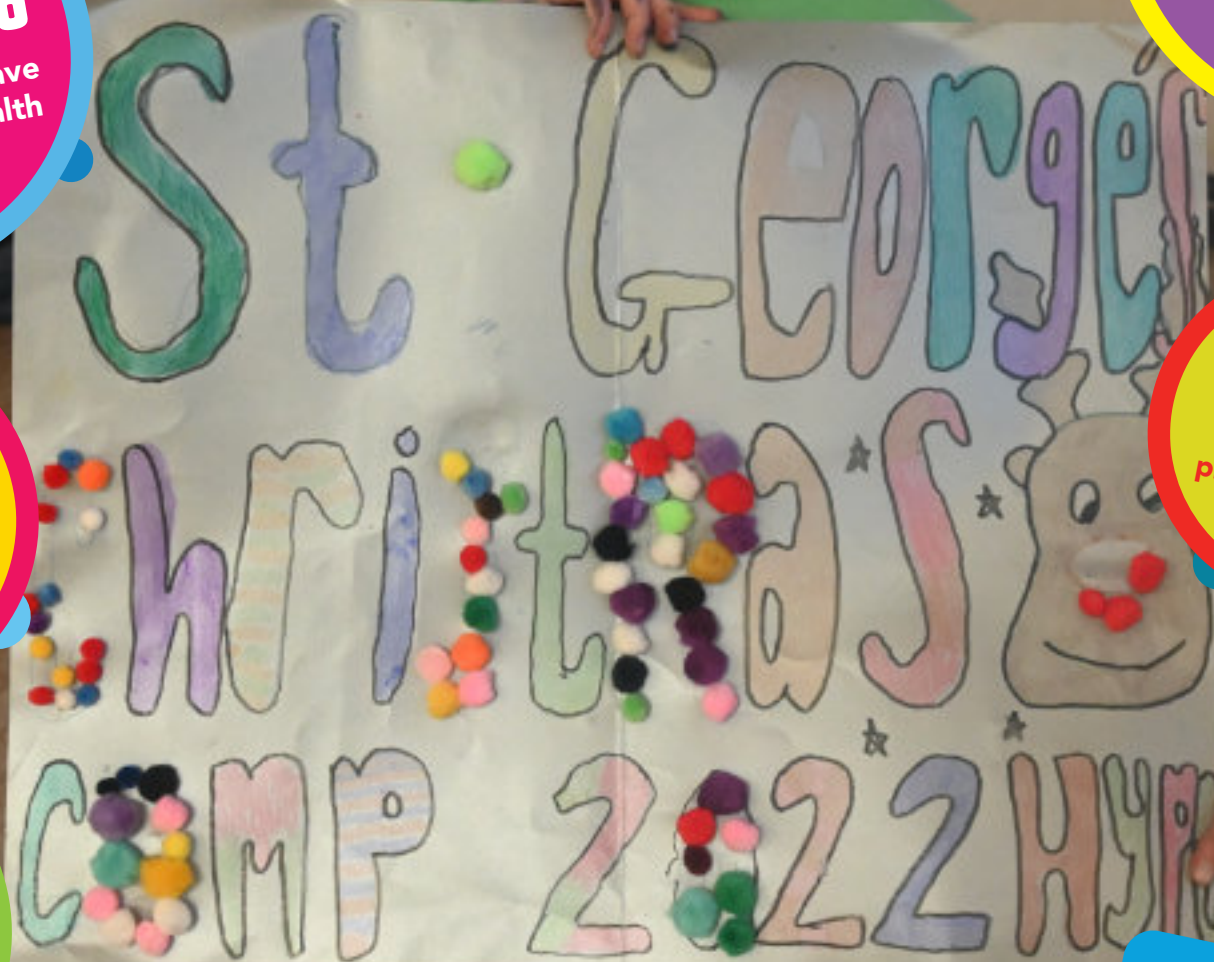
90%

more excited to come to school when they know they will be taking part in HYPE sessions

Over
100
Pupils engaged with

“ Amazing people! ”

“ The best! ”



CHRISTMAS HOLIDAY CAMP

We must also mention the huge success of our Christmas Holiday Camp that we ran at St George's Primary School. We secured funding from HAF - the Holiday Activities and Food Programme for a two-day camp during the Christmas period.

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.

This was the first holiday programme of its kind for St. George's and we are really proud to have been a part of it. 20 Children attended the camp and we are confident these numbers will increase greatly for our next camp at Easter.



CASE STUDY

Mia, Lucy and Rhys

The St George's Christmas Camp was the second HYPE camp Mia, Lucy and Rhys attended. After taking part in our Seacombe camp over the summer they were desperate to attend this camp at their school and got their Mum to sign them up as soon as they heard about it!

The three particularly enjoyed the arts and crafts activities that were put on during the two days and made some

great Christmas cards that they took home to their family.

The camp had a particularly big impact on Rhys. His Mum said that the HYPE camps he's attended have given him a massive confidence boost and have helped him make some great friends.

The food was also popular with all three particularly enjoying the pasta and meatballs on the final day.



“ We absolutely loved hosting St George'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! **”**

FUTURE PLANS WITH ST GEORGE'S

We're really happy with the impact we've had at St George's Primary School. 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 George's pupils we have engaged with and the number of hours we have provided pupils with physical activity.

Next term we'll be working with younger pupils at the school as well as the juniors. We will initially be providing balance bike sessions to the F2 pupils at the school and are excited to see the progression we can help them make. Our staff are all qualified balance ability leaders and have seen the impact that even a few sessions on the balance bikes can have on pupils' confidence, activity levels and motor skills.

This isn't the only bike-based venture we're planning. We will be using our expertise in cycling provided by our staff at HYPE Urban Bikes to help turn St George's into a community cycling centre. An application has been submitted to the National Lottery Community Fund and if successful our programme will begin before the end of this school year.

We also aim to give a real boost to the numbers of attendees at future holiday camps with our goal to be

We're really excited to continue working with St George's and can't wait to see what the future holds!

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EE It makes me happy! JJ



EE Really fun! JJ

