

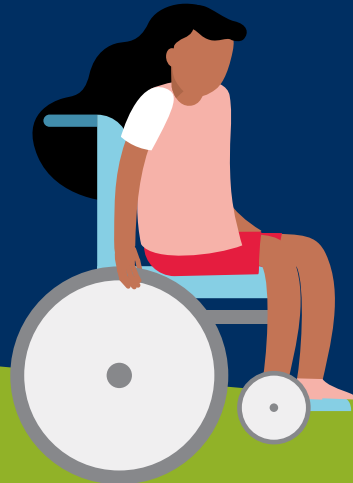


active
notts



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derbyshire

Stories from our local schools - opening schools facilities



MAKING
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Opening School Facilities Case Studies

The Department of Education announced an investment of £10.1million of funding into schools across England, during the last academic year, to help enable existing school sports and swimming facilities to open outside of school hours.

As an Active Partnership we have worked in collaboration with schools across Nottinghamshire and Derbyshire to support this work.

Schools that open their facilities outside of the normal school day can provide an excellent opportunity for children and young people, and the local community, to engage in sport and physical activity. These opportunities can enable more young people to lead active lives, or even encourage a long-lasting passion for activity, whilst improving their mental health and well-being.

The schools approached were predominantly secondary schools, with a higher than national average percentage of students in receipt of free school meals. This measurement was how we ensured the money was spent in the areas experiencing a high level of inequality.

The funding the schools received totalled £343,00 and was used to provide coaching, buy new sports equipment, and improve facilities. Funding has also been awarded to increase access for pupils with SEND, to employ specialist coaches and to help with Covid recovery.

The case studies in this booklet were collated during the autumn term of 2021, following up on the awards and activities that had been given in the summer term.

We would like to thank all the schools involved, who shared their learning and enabled us to capture the benefits of opening school facilities, for their pupils and the wider school community.



We hope that you find this booklet useful and it helps generate the confidence and ideas to take your school's facilities to the next level. If you would like to know more about opening your school's facilities, there are several resources on the Sport England website, that you might find useful.

<https://www.sportengland.org/campaigns-and-our-work/use-our-school>



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Sutton Community Academy

Sutton-in-Ashfield in Nottinghamshire

Age range: 11-18 years
Numbers on roll: 706 pupils

Type of school: Academy Sponsor Led

School size: Average sized secondary school

Area description: Sutton-in-Ashfield is a former mining community

Any other features: 44% Free school meals, 19% Special

educational needs, 10% English as an additional language

Indoor/outdoor space: The school has plenty of indoor space

Ofsted rating: Inadequate

Worked with: Brett Jones Head of PE and Chris Metcalf, Sport & Leisure Development Manager

Project Description

RATIONALE

The school wanted to work with the young people to find out what activities they wanted to get involved in, to help them get back to activity following the pandemic.

Project Aims:

- To provide a safe and appealing space within school where the young people could be physically active.
- To build on what the young people have been doing during lockdown and to encourage others to become more active.
- To provide a space where clinicians could work with their students to improve their physicality.
- To establish a space that the community can access, working alongside the Sutton students.

Activities

Activation centre

The school designed and furnished an activation centre with gym equipment and space for the young people to work out.

This small, safe space is also available for visiting clinicians to work with their students, allowing them to gain in confidence and develop skills to lead more active lives.

The activation centre will also be available to the community and other groups.



The benefits and impact

- The activation centre is well used by the young people.
- Demand is there for it to be open more than it is.
- Staff and students work-out alongside each other.
- SEND pupils are currently working with their support assistants, on how to make it as accessible as possible.



Sustainability

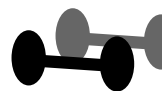
The school will maintain the facility and look at ways at extending the centre. Internal staffing means this is sustainable and will continue to run for the foreseeable future.

Year 8 boy

"I would come here more if I could, it's good because it's free and I've been wanting to go to the gym for a while. I like it with friends here, but we need another treadmill and more weights"

Year 9 girl

"it helps my physical strength, I come once a week but would come more if I could"



Year 8 boy

"since Covid I've stopped doing my clubs, but I've started coming here and wish it could go on later"

TOP TIPS!

Consult with the young people about what they want to do and provide as many different opportunities for them to try as possible. Small spaces can be used creatively, with fixed fitness equipment, more young people can benefit from a limited space.

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William Allitt School

Swadlincote in south Derbyshire

Age range: 11-18 years
Numbers on roll: 620 pupils

Type of school: Community School

School size: Smaller than the average secondary school

Area description: Swadlincote is a former coal mining community

Any other features: 33% Free school meals, 17% Special educational needs, 0.1% English as an additional language

Indoor/outdoor space: Both indoor and outdoor space

Ofsted rating: Requires improvement

Worked with: Steve Frost, School Resource Manager

Project Description

RATIONALE

To provide the young people with the right opportunities to encourage them to be more physically active and gain in confidence.

Project Aims:

- To provide a safe and appealing space within school for the young people to be physically active, to help support their mental health.
- To build on what the young people have been doing at home during lockdown and encourage others to become active, following the restrictions of the pandemic.
- To make the most of the staff's skillset and deliver something that isn't currently on the curriculum.

Activities

Fitness suite

The school has created a fitness suite which is situated off the sports hall, which means young people can use the facility whilst the sports hall is in use with other activities. The fitness suite has treadmills, rowers, exercise bikes and punch bags in it. It can accommodate fifteen students at a time. There are also ten spin bikes that can be used in the sports hall for after school sessions.

Weights room

The weights room has been created in a space that was under used. This houses free weights, bench weights and hand weights, as well as other equipment for strength and conditioning. There is room for six to eight young people to use this space at any one time.

The benefits and impact

- This funding has provided equipment and opportunities that were not available to the young people of William Allitt.
- Demand has been high from the young people, who wish to use the resource, at lunch times, as well as after school.
- Space was limited, but some creative thinking and flexibility has meant that both a weights room and a fitness suite has been provided.

Year 11 boy

"I use this equipment to gain body confidence and to calm me down."

Year 10 boy

"I want to get bigger and fitter, it makes me stronger"

Year 10 girl

"My motivation is to be physically fit and show how strong I actually am"

Sustainability

The activities are sustainable as school staff are supervising and delivering the sessions. By creating a room off the sports hall, with a window means a member of staff can supervise whilst another session is taking place. Training up young leaders to support the younger students, can also help.

TOP TIPS!

Give the young people choices, provide activities that they want to try and encourage them to make the best choices for themselves.

Be creative with space, you probably have areas in school that can be turned into a designated fitness space or weights room.

Speak to the young people to find out what will work for them, in this case, having music was important.

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Da Vinci Academy

Breadsall in Derby

Age range: 11-16 years
Numbers on roll: 570 pupils

Type of school: Academy Sponsor

School size: Smaller than average secondary school

Area description: Breadsall Hilltop sits on the edge of Derby City

Any other features: 52% Free school meals, 12% Special educational needs, 10% English as an additional language

Indoor/outdoor space: Great facilities indoors and outdoors

Ofsted rating: Good

Worked with: Tim Smith, Head of PE and Keir Mather, Mental Health Lead

Project Description

RATIONALE

The school wanted to provide opportunities for those who had become physically active at home during the pandemic and to encourage others to become physically active.

Project Aims:

- To provide a safe and appealing space within school for the young people to be physically active, which in turn would support their mental health.
- To build on what the young people have been doing at home during lockdown and encourage others to become active, following the restrictions of the pandemic.
- To introduce a new activity, making the most of the staff's skillset

Activities

Daily fitness sessions

The school received funding to set up a fitness suite for the young people. First, they refurbished a disused space, before adding all the new equipment. The idea was to establish gym sessions across every night of the week. To make the most of the facility, the gym is also open before school and during lunchtimes. In the evenings there are two slots when young people can attend, to maximise usage and to keep the group sizes manageable.

There are girls only sessions in the week and a night when staff can access the facilities. The gym is well organised and has motivational posters on display.

An induction is offered to each student and a personalised programme developed. The students record their attendance and achievements and are offered incentives along the way.

The benefits and impact

- The gym space is being well used before and after school, with approximately twenty-five young people attending each evening.
- Young people attending are from a range of the school population, with the girls' sessions being the most popular.
- The support of the staff to establish good fitness routines, has been essential in getting this up and running.
- The positive experience comes from working out with friends, having music to motivate them, and feeling safe within the school.



Year 11 Girl "this is wicked and it's high-quality stuff, it helps being with my friends"

TOP TIPS!

Speak to the young people to make sure you are developing the right offer for them and ask them to help shape the environment. It was important in this space to have music, making it seem more like a private gym, rather than a school space.

Senior Leadership involvement is important, at Da Vinci the SLT were involved in initial discussions and fully backed the work and opening the school facilities.



Sustainability

The Head of PE had been involved in inducting all the young people, to help make this more sustainable there is a plan for other staff to be trained to deliver these sessions. Sports Leaders within the school are also going to be used to support some of the sessions that involve some of the young people.

The school has already contributed by refurbishing the room, providing a music system, and getting the sessions up and running. They are committed to continue to develop this facility and to make sure the equipment is maintained to a high standard.

Year 11 Boy "I like the music; it feels safe doing it at school"

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Netherthorpe School

Staveley in Chesterfield

Age range: 11-18 years
Numbers on roll: 1179 pupils

Type of school: Secondary Academy Converter
School size: Larger than average secondary school
Area description: Staveley is a former coal mining community, one of the most deprived communities in Derbyshire, with high levels of obesity and life limiting illnesses.
Any other features: 30% Free school meals, 12% Special educational needs, 1.6% English as an additional language
Indoor/outdoor space: Good indoor and outdoor facilities
Ofsted rating: Good
Worked with: Alice Fairhall, Teacher of Sports Leadership

Project Description

RATIONALE

The school wanted to develop their community offer and make sure it was right for the young people and their families.

Project Aims:

- To provide physical activity opportunities for a range of young people and the wider community.
- To develop links with local clubs and partners.
- To provide opportunities for young people to enter the workforce.

Activities

Cheerleading club The young people wanted to set up a cheerleading club, as this was missing in the area and was something that many of the young people were interested in. This was established in the summer term, with help of an ex-member of staff. Places were funded for some SEND pupils and those in receipt of free school meals, removing barriers to entry. The club is now going from strength to strength, some weeks seeing as many as eighty young people attend across the evening. There is a showcase event planned for the new year and enough interest in the club to sustain it for the foreseeable future.

Basketball club The school has been working with 'Chesterfield Flight' basketball club but wanted to increase the offer and extend to outdoors activity in the autumn term. New basketball posts have helped increase the number of young people that could attend the sessions and involve more sports leaders to help deliver the sessions. The club is averaging thirty-five attending each session. The club is sustainable as the children are asked to donate for the sessions, this then goes towards future running costs.

Youth club The school identified a need for a youth club. Working with 'Blend' they have developed an offer, which focuses on physical activity, but also gives the young people chance to socialise, relax and have a bite to eat. There are fifteen to twenty attending each session, many do not attend any other, after school sessions that the school offer.

The benefits and impact

- The school now has bookings every night of the week and across the weekend.
- Eighty young people attending cheerleading sessions.
- Young people attending youth club who don't attend any other activities but see this one as the right one for them.
- Creating jobs and volunteering opportunities for sports leaders and ex pupils.

Year 5 Boy "I like coming because it's fun and there is good support"

Sustainability

Working with local clubs and groups who have asked for a small donation has meant that the activities are sustainable. The school has now employed four ex-pupils to supervise the evenings, releasing school staff from the role.

Year 8 boy "My mates come here; the coaches are like brothers to me. Basketball is good, it keeps me energised"

Year 7 boy "My Grandad has a basketball net, so my Mum wanted me to try this club. I've met a new friend and have been inspired by Lebron James, I want to play like him"

Year 8 girl "This is the best place to be" Talking about the Tuesday night youth club.

TOP TIPS!

- Find out what the young people want to do, be open to an alternative offer such as a youth club.
- Work with local clubs and groups to ensure activities are available across the week, try and make them sustainable and available for the young people in your community by limiting costs.
- Work with clubs to train up ex pupils and sports leaders, ensuring workforce development and creating opportunities.

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NUAST- Nottingham University Academy of Science and Technology

Lenton in Nottingham

Age range: 11-18 years
Numbers on roll: 547 pupils

Type of school: Academy Sponsor Led
School size: Smaller than the average secondary school
Area description: Nottingham City
Any other features: 33% Free school meals, 11% Special educational needs, 20% English as an additional language
Indoor/outdoor space: Limited facilities indoors and outdoors
Ofsted rating: Good
Worked with: Rob Powell, Head of PE

Project Description

RATIONALE

The school has very limited outdoor space. Outside it has one small, grassed area and a MUGA. It also has very limited storage space for equipment. It identified that some of the SEND pupils were not able to access activities that they wanted to take part in, so following consultation with these young people, a plan was drawn up to deliver some activities they wanted to take part in.

Project Aims:

- To provide new and exciting physical activity opportunities including activities that are not part of the curriculum.
- To help young people to establish healthy routines and make good lifestyle choices.
- To provide a more inclusive offer, working alongside the school's SENDCO to identify what is needed.
- To build confidence of a group of girls who have been identified as having low self-esteem and rarely take part in after school activities.

Activities

Weekly girls only boxing sessions.

Weekly girls only 'learn to ride' and cycling sessions, delivered by 'Ridewise'.

Installation of a new storage facility to provide a permanent space to store equipment, enabling more physical activity to take place on the school site.

The benefits and impact

- The new boxing sessions are well attended with up to twenty girls attending each session. The group was representative of the school's demographic, with a particular focus on those who have been identified as having special needs.
- The 'learn to ride' and cycling sessions started in September 2021, working with Ridewise the Nottingham based cycling charity. The sessions have proved very popular and are getting a group of girls, who previously struggled with confidence, learning to ride up and gaining in confidence.
- The storage container means more activities can be provided, as the equipment needed, is now easily accessible and more can be made of the limited on site facilities.

Year 7 girl "I don't do much outside of school and don't have my own bike, so this is really good, and I want my own!"

Year 7 girl "I run around a lot after my little brother, he is really active. I don't think this (riding a bike) is exercise, but I like it"

Sustainability

The 'learn to ride' sessions with Ridewise were funded from the Opening School Facilities money, so if they were to happen for another group of young people, they would need funding through an alternative way.

The school now has its own set of bikes and had developed a relationship with Ridewise, so will be able to continue to work together and access more programmes in the future.

With regards the boxing sessions, school staff can deliver these and the equipment, if it is maintained and will enable more young people to take part.

TOP TIPS!

Work with local clubs who may be able to help you with volunteer coaches.

Look at what's popular with the young people and try and extend the offer, whether it's by taking the sport indoors, providing a girls only session or including in holiday activities.

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Arboretum Primary School

Age range: 2-11 years
Numbers on roll: 525 in school
and 95 in nursery

Normanton
in Derby

Type of school: Academy Converter
School size: Larger than average sized primary school
Area description: Derby City
Any other features: 38% Free school meals, 12% Special educational needs, 75% English as an additional language
Indoor/outdoor space: Good quality facilities indoors and outdoors
Ofsted rating: Good
Worked with: Zayn Malooq, Extended Schools Co-ordinator, and Head Sports Coach

Project Description

RATIONALE

The school was looking for ways to provide more after school activities and offer more to the children in the holidays. It already has an after-school offer but wanted to be able to extend this and include the local community.

Project Aim:

- To get more children involved in after school sporting activities.
- For after school clubs to be more inclusive.
- To provide opportunities for parents to enjoy physical activity, in a space where they feel safe.
- To develop links with local clubs, creating more opportunities for the young people to be active in the community.
- To introduce new physical activities, as part of the summer holiday offer, that could help children develop healthy lifestyles.

Activities

Karate

Delivered daily as part of the holiday programme and then as an after-school club in the autumn term. This was working alongside Shotokan Karate Club.

Table tennis

To extend the existing table tennis club, allowing for more children to take part and to develop the relationship with the local club, providing a pathway for players.

Cricket

Two cricket clubs, one for the children of the school and another for women of the community. Resources helped both get up and running.

The benefits and impact

- Seventy children attended summer holiday activities each day, taking part in a variety of activities including table tennis and karate. Karate was very popular, and the children were interested to continue as an after-school activity. The new equipment means that the school can offer this to twenty children a week.
- Table tennis was enjoyed by many, they wanted to carry on playing in the autumn term, as an after-school session. The new equipment has helped make this more accessible to more young people. The school are working with Derby Table Tennis club to coach some of the sessions, as well as providing an exit route for some players.

"I enjoy cricket, I like the new spring wicket, it's more like the real thing"

"I go to clubs every day, I like games at school"

When asked if they played cricket at the park or at home, a few said they didn't, as they didn't have the right equipment.

Sustainability

These activities are sustainable as the equipment is durable and the school staff have received training to deliver the sessions. In addition, by working with a table tennis club the school are developing their relationships and benefitting from working with local volunteers.

The cricket net and mat means that this popular summer sport can be played inside in the winter months.

The Women's cricket team now have three members of the team who have gained the coaching qualification, so they can become more independent and even look at increasing their numbers.

TOP TIPS!

Work with local clubs who may be able to help you with volunteer coaches.

Look at what's popular with the young people and try and extend the offer, whether it's by taking the sport indoors, providing a girls only session or including in holiday activities.

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Bluecoat Beechdale Academy

**Bilborough,
Nottingham**

Age range: 11-18 years
Numbers on roll: 547 pupils

Type of school: Academy Sponsor Led

School size: Larger than the average secondary school

Area description: Bilborough, Nottingham City

Any other features: 62% Free school meals, 25% Special educational needs, 24% English as an additional language

Indoor/outdoor space: Good facilities both indoors and outdoors

Ofsted rating: Good

Worked with: Alan Butters, Enrichment Officer

Project Description

RATIONALE

To extend the schools out of hours offer, including activities that are relevant to SEND pupils and those who are less active.

Project Aims:

- To provide a range of inclusive physical activities that are not currently on the timetable and are appealing to the young people.
- To develop links with local clubs to extend the existing provision.
- To provide storage for equipment, to allow for additional activities to take place.

Activities

SEND activities to be delivered as part of the after-school provision including Boccia, athletics and dance, these are to be linked with a nearby by special school. These activities will also be rolled out across the Multi Academy Trust.

Archery club

The archery club has been established and is proving to be popular with the students. Coaching is being delivered internally but the school has contacted the local Archery club who are willing to support future developments. Most participants are girls, from year seven to nine. Some regularly attend other activities but for some this is their first after school activity. Attendees don't need to change into PE kit and there is no cost to attend. By removing these barriers it is easier for the young people to take part.

Equipment storage

The school received funding to purchase some outdoor storage for their equipment, this has made it much easier to run activities in the evenings and extend the range of activities on offer.

Dance sessions

These were successfully included in the school's summer holiday programme and were well attended by the young people. The funding helped improve the sessions with a new music system.

The benefits and impact

- The school has been able to extend its relationship with Oakfields School due to this funding and the opportunities they have had available to them. The school is continuing to support inclusion by purchasing additional special needs equipment.
- The clubs have been well attended with between ten and forty-five young people staying to participate. There have been a mix of students participating, but mainly girls attending the archery sessions. At the session we attended, the girls were so keen they asked for the club to be extended by thirty minutes.
- By removing barriers such as cost and equipment, the young people can experience a range of activities and not have to worry about any of these things.

Sustainability

The activities are all sustainable, as the school has the capacity to deliver a number of after-school activities and the equipment is an investment for the future.

TOP TIPS!

Remove barriers, if the activity doesn't require the young people to be in sports kit, don't stipulate this as it can prevent some from attending.

Provide activities that the young people don't normally access on the curriculum and would struggle to afford locally.

Be flexible, if one activity is proving popular, try and extend the duration or frequency of it.

Year 7 girl

"I've had a good time and would try and get a friend to come next time."

Year 7 girl

"Archery is not a one-time thing; you need to keep coming to get better."

Year 9 girl

"I just wanted to give it a go!"

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