

SCHOOL GAMES

The School Games is a national programme which aims to make a positive and meaningful difference to the lives of children and young people through sport and physical activity.

It provides young people with the opportunity to enjoy and learn through competition to achieve their personal best.

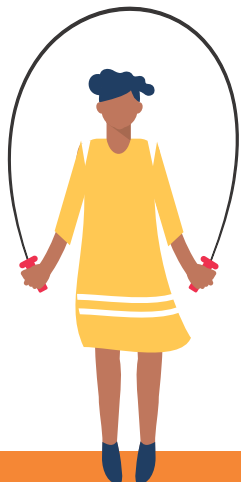
The School Games is committed to:

- Address local inequalities by working with young people in greatest need within schools
- Improve the physical literacy of young people through positive experiences of being active
- Embed youth engagement to enhance the principle of 'by young people, for young people'



In Notts and Derbyshire the School Games aims to deliver on these pledges in a safe, inclusive, accessible and meaningful way. The pledges very much align with [Making our Move](#) our shared vision for [Uniting the Movement in Notts and Derbyshire](#), and the shared aim of enabling children and young people to have positive experiences of being active throughout their childhood.

Through a targeted approach, informed by insight, youth consultation and collaboration, in 2023/24, the county School Games offer in Notts and Derbyshire engaged with more than:



1300
YOUNG PEOPLE

120 SCHOOLS



Programmes and events included:



Notts Forest Games – Aimed at Year 3/4 pupils in the 10% of the least active in their school.

Aimed to:

- Improve the physical literacy of young people through positive experiences of being active
- Provide opportunities to try new activities whilst connecting with nature
- Build confidence, self-belief, and social and communication skills

"Teamwork and confidence building. Challenging. Great to see the children engaging confidently and some don't normally do this in PE."

Edwalton Primary School

86% of attendees said their confidence and self-belief had grown as a result of attending the event

Watch a film about the event [Here](#)



[See More Here](#)

Bassetlaw Young Carers – Aimed at young people with caring responsibilities.

Aimed to:

- Improve the physical literacy of young people through positive experiences of being active
- Increase activity opportunities for young carers in school
- Provide young carers with the opportunity to try activities they have never tried before



Girls Active in the Cities - Aimed at developing Girls Active Leaders in secondary schools, representative of their school demographic to inspire and enable relevant opportunities for all girls, not just the sporty few, and co-design and co-deliver a School Games Event.

Aimed to:

- Improve the physical literacy of young people through positive experiences of being active
- Increase girls' confidence and self-belief
- Develop girls' leadership skills to a level that they feel confident and comfortable delivering activity sessions in school to their peers
- Increase knowledge and awareness of benefits of physical activity and healthy choices on wellbeing

"I loved the dancing because everyone was joining in and I didn't feel judged"

Participant

85% of girls said their self-belief had improved after taking part.
62% said it had improved their ability to speak to new people.

Watch a film about the programme [Here](#)

Programmes and events included:



Rural Derbyshire Year 6 Celebration – Aimed at Year 6 pupils about to make the transition into Year 7 within a new secondary school.

Aimed to:

- Improve the physical literacy of young people through positive experiences of being active
- Help pupils manage anxiety with their upcoming transition to secondary school
- Let the stress of SATs week disappear and have fun being active with friends
- Allow young people to meet those from other schools who may be attending their new school

“Great day. Thanks for organising. Kids and staff really enjoyed it.”
Teacher

Derby City Physical Literacy Event - Aimed at Year 2 pupils who have taken part in previous interventions with the Active Schools Programme.

Aimed to:

- Improve the physical literacy of young people through positive experiences of being active
- Give young people the opportunity to try new activities they have never tried before



“The children have had a wonderful morning and they have engaged well with the different activities. It has also given us some strategies/activities to take back to school. Thank you!” Redwood Primary School

EMPOWER - Aimed at less active girls who are, or are at risk of, disengaging in PE.

Aimed to:

- Improve the physical literacy of young people through positive experiences of being active
- Provide girls with a positive role model from the University of Nottingham to mentor and inspire them
- Increase girls' confidence and self-belief
- Develop girls' leadership skills to a level that they feel comfortable delivering activity sessions in school to their peers



85% reported they were more confident in working with a team of other leaders to create a project in their school as a result of the event

[See More Here](#)

“Thank you for this experience, it has made me think about doing sports in the future” Young Leader

Programmes and events included:



Freddie's
Active Planet

Bolsover ECO Games Movement – An ongoing programme aimed at inactive young people with an interest in the environment/ecologically-friendly initiatives.

Aimed to:

- Improve the physical literacy of young people through positive experiences of being active
- Engage more young people in increased levels of activity whilst increasing the focus on the environment/ecologically-friendly initiatives in school



Notts Y7 Olympics Event – Aimed at young people who haven't represented their school team during the year, and don't play for a club outside school.

Aimed to:

- Improve the physical literacy of young people through positive experiences of being active
- Increase activity opportunities for young people
- Provide a competitive element through personal and school best

"Definite increase in confidence. Great chance to get students active who may not normally have the opportunity." The West Bridgeford School



Working with the Youth Sport Trust Lead Inclusion School, Wings School Notts, to empower young leaders to become advocates and activity leaders to make PE, sport and physical activity (PESSPA) more inclusive in their schools/communities.

Aimed to:

- Develop character traits, holistic skills and leadership/ employability in young people



Watch a film about the event [Here](#)

SEND event aimed at young people within special schools aged between 11-16 living with Autism or some form of learning disability.

Aimed to:

- Improve the physical literacy of young people through positive experiences of being active
- Inspire and encourage them to try new things
- Build self-belief, resilience, social and communications skills

"Positive experience both socially and physically. Created more relationships within the school group and encouraged positive communication." Brackenfield SEND School