SMALL GRANTS
BIG IMPACT
We have received very positive feedback from all of the education settings involved, with funding having been put to good use in many different ways across the county in order to promote healthy lifestyles and the importance of physical activity to our children and young people.

Within this booklet we have chosen several exemplar projects in order to share good practice. These case studies were chosen from Impact and Evaluation documents we received from each project as a condition of funding, and cover a wide spectrum of sports and activities; each organised and delivered in many different ways to achieve various outcomes. The majority of these projects received the full grant of £400, and will be continuing their delivery due to its success via the use of additional school funds, Primary PE and School Sport Premium or with parental financial contributions.

Details of the original criteria and our available new grants can be found at: www.activeessex.org

If you have any further questions in regards to any of these case studies, or would like advice on choosing providers or running a similar project, please do not hesitate to contact me at: dawn.catley@activeessex.org

The Active Essex Education team have had an extremely busy year and have seen our largest number of Education Small Grants being released in 2015-2016, with a total of 83 grants approved focusing on the following target areas:

- Women & Girls: 27
- Early Years: 27
- Health & Physical Activity: 29

We wish you all a Healthy and Active year!
Health & Physical Activity

Yoga Bugs

Our funding provided a course of ‘Yoga Bugs’ sessions within curriculum time for our reception and nursery classes. The children were engaged in high quality and purposeful physical activity through the medium of yoga and storytelling.

The introduction of Yoga with this age group was extremely positive and also resulted in an improvement in our pupils concentration. The sessions were fully inclusive and our children with special needs responded particularly well to the activities. Following the success of these sessions we have commissioned the delivery of a full Yoga Bugs - Impact and Change programme for this academic year.

Areas of promotion: Physical Activity, Mental Wellbeing, Disability, Children & Young People, Community Development
This project was designed to create an after school sports & healthy living club for children with additional needs or within vulnerable groups. The idea was formed after a needs assessment revealed that particular groups of children may find their needs better met as part of a targeted club. In partnership with ‘Disability 4 Sport’, we introduced the club which was shadowed and supported by one of our own SEN SLAs. These sessions provided clearly differentiated activities to engage children with severe or complex needs.

The club has been extremely successful and we hope that in time many of these children will gain the skills and confidence required to move on to other opportunities offered within the school and to support their achievement and performance within PE.

“The sessions will support these children to learn new skills, to improve resilience and enjoyment of PE and school sport.”

Senco

Areas of promotion: Physical Activity, Disability

Children & Young People, Individual Development, NGB
Our School Active Garden
As well as the many tasks involved in creating the Active Gardens such as lifting, walking, carrying and planting and growing their own vegetables, participants also engaged in games and activities such as den-making, water games, balance tasks, jumping, swinging and moving at different levels.

Social Netball
Funding allowed us to have an external netball coach deliver additional sessions after school twice a week, targeting girls who did not regularly participate in physical activity or represent a school team in any sport.

Active Dance
Gymnastics and movement sessions were delivered to children by a qualified coach. These sessions were designed to improve balance and coordination, alongside the development of listening and concentration skills. All children made great progress and thoroughly enjoyed their involvement in the project.

Areas of promotion:
- Physical Activity
- Mental Wellbeing
- Disability
- Children & Young People
- Community Development

Get Fit - Stay Fit
With a variety of Olympic and Paralympic sports on offer, this 6-week extra-curricular activity proved a success for the targeted group of students who participated. The group were identified for various reasons such as low health/fitness levels, low confidence or lack of physical skills.

Areas of promotion:
- Physical Activity
- Mental Wellbeing
- Disability
- Women & Girls
- Individual Development
The aim of the project was to develop and increase the participation of girls at extra-curricular clubs. A taster activity programme was developed in consultation with our girls and introduced to inspire participation in KS3 and also to support transition into KS4. Activities included: Jazzercise, Zumba, Body Pump and Bootcamp sessions.

PE staff also attended the sessions, allowing them to gain new skills and lesson ideas in order to develop capacity in new activities. Staff who work outside of the PE department led by example participating in the sessions and acted as excellent role models.

Our ‘Pink Booklet’ incentive programme was met with enthusiasm and its popularity has seen it being used by traditionally non-sporty pupils.

Areas of promotion: Women & Girls, Physical Activity, Mental Wellbeing.
The instructor was really friendly and taught the exercises with various options so that all levels of fitness and ability were included.

Clare, Age 17

Funding supported the delivery of a female-only, weekly strength & conditioning training group. The project was well-received and successfully created a welcoming environment for female students to be active and socialise with new people.

The one day ski trip provided another opportunity for physical activity, gave the group a target to aim for and offered a completely new experience.

Areas of promotion: Women & Girls Skills Physical Activity Mental Wellbeing
**Female Football**

This project was open to girls across the whole school and follows up from a successful girls’ football day delivered by the FA. The programme included a female coach delivering training sessions once a week, and with the majority of participants having little to no experience of playing football prior to their participation, they have all made fantastic progress.

**Areas of promotion:**
- Women & Girls
- Skills
- Physical Activity
- Children & Young People

**Stebbing Girls Can**

Funding allowed an external coach to be brought in to deliver weekly sessions during curriculum time. The programme was carried out with a particular target group of children in mind and the intervention aimed to improve the self-esteem and body image of those who participated; with a long-term goal of making them comfortable enough to enjoy physical activity.

**Areas of promotion:**
- Women & Girls
- Skills
- Physical Activity
- Children & Young People

**Girls Hula Hoop Class**

This grant-funded activity saw weekly Hula Hoop sessions delivered by a local instructor, the purchase of some specialist equipment and training/resource packs. The fun nature of this project created a buzz around the school, and the children enjoyed trying something new and active.

**Areas of promotion:**
- Women & Girls
- Skills
- Disability
- Physical Activity
- Children & Young People
- Individual Development

**Inspiring Reluctant Female Participation**

Through an external instructor we were able to deliver Zumba and Pilates sessions within curriculum time. The additional activity was introduced with a view to encourage participation in physical activity among a disengaged group of female students, sometimes referred to as ‘PE refusers’.

**Areas of promotion:**
- Women & Girls
- Skills
- Mental Wellbeing
- Physical Activity
- Community Development
Early Years
Flying Start

The Flying Start project was incredibly successful and was delivered simultaneously throughout 4 clusters of schools.

The programme consisted of two initial parts, a parents Healthy Living talk and a KS1 focused, physical activity session. The talk was introduced to inform parents about the importance of proper nutrition and the need for regular physical activity. The activity session was a 1 hour taster session delivered by specialist staff at each school, to each class, incorporating the ABCs of physical literacy and skill development activities.

The second part of the project involved inviting pupils and their parents to a ‘Flying Start Celebration Festival’ held during half term. This gave children the opportunity to sample new and exciting activities such as Dance, Tot’s Tennis etc.

“Thoroughly enjoyable and incredibly successful”
Steve Bish

Areas of promotion:  
Women & Girls  
Children & Young People  
Physical Activity  
Mental Wellbeing  
Skills
Early Years
Young Inclusion

The Rio 2016 Paralympic games were the inspiration for this project, which was funded in order for teachers to enter schools and introduce new Paralympic sports to Reception/Key Stage 1 children with learning & physical difficulties and impairments, as well as the use of specialist equipment to help make this more inclusive. The project aimed to develop confidence, self-esteem, coordination and social skills, and in the process helped to train the carers and staff to lead future sessions.

This project is INSPIRING and will continue in many of the schools that it started in. Since completion, new schools have also requested it for themselves. We hope to continue it into the next academic year.

Feedback from ALL schools was extremely positive

100% Positive feedback

Areas of promotion:
- Disability
- Physical Activity
- Mental Wellbeing
- Legacy
- Skills

100% Pupils engaged
100% Schools engaged
**Dough Disco**

Our funding aided a project for Reception and Nursery children that aimed to develop and enhance their fine motor skills and increase physical activity levels through the use of dough playing to music. This in turn led to an increase in pencil control, balance, co-ordination and writing development.

**Areas of promotion:**
- Physical Activity
- Individual Development
- Skills

**Young Leaders Partnership**

The aim of this project was to encourage outdoor physical activity participation and opportunity through a partnership with our neighbouring secondary school. Funding for this project allowed for delivery of activity, training for staff and the creation of resources to enable maximised time spent on physical play.

**Areas of promotion:**
- Physical Activity
- Individual Development
- Skills

**Write Dance**

The funding for this project was used to train all early years staff at the school in utilising dance related activities and movement skills to increase muscle memory. Teachers went on to use these skills to conduct short 5-minute bursts of physical activity that are non-threatening and engage children easily within lesson times.

**Areas of promotion:**
- Physical Activity
- Individual Development
- Skills

**Developing Literacy - Real PE**

Our Infant School used the funding to enable us to run a 6-week block of PE lessons for reception aged children. A PE Specialist Teacher was employed who used the funding to purchase Real PE resources and the scheme of work to deliver the sessions. They worked alongside the class teachers for one morning a week, which enabled CPD for the staff and allowed for increased subject knowledge of those teachers.

**Areas of promotion:**
- Community Development
- Physical Activity
- Mental Wellbeing
- Skills
Our next education Small Grant Programme goes live on Monday 3rd of October 2016. The focus will be on developing physical activity opportunities for women and girls.

Full details of the criteria and an application form can be found at [www.activeessex.org/schools/small-grants](http://www.activeessex.org/schools/small-grants)

Deadline for application is Thursday 3rd Nov 2016.