



The Baily Thomas
Charitable Fund



Movement Matters

A Co-Designed Programme

Key points for programme delivery

- Schools will receive all the resources required to deliver the programme with your pupils.
- The target age group for the programme is Key Stage 2. Schools can decide if all classes in KS2 participate or just some.
- Any classes selected would require their teacher to be on board with the programme and be willing to implement the classroom based element of the programme.

The Movement Matters Programme

4 programme components in total to be delivered

| | Programme Component |
|---|--|
| 1 | Classroom-based physical activity |
| 2 | Teacher and Sports Coach Training/CPD |
| 3 | Promotion of local opportunities with parent education |
| 4 | Schools Multi-Skill Festival Event with role models |

In addition, two guiding principles of the programme are:

- Increased Prioritisation of Physical Activity/PE in Schools
- Inclusive Practice & Activities

1. The Joy Of Moving *(Classroom-based programme)*

- A training session will be provided with all the information needed to implement “The Joy of Moving” – This will be 1 hour and can be delivered in person or virtually online after school on a date that suits you best.
- It is a psychoeducation programme that promotes the connection between moving, health and wellbeing through the use of storybooks (read twice a week) and movement activities (completed four times a week); total of 10 minutes.



What an emotion might feel like for your brain and body.



Movement can help you feel good.



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Teacher Feedback

“The books really grabbed the interest of my class, they wanted to read all of them straight away! They can read aloud parts of the book verbatim too!!! It was fab to see the class active and positive about getting fitter - it had a lovely positive impact on the children being ready to learn for other lessons and the calm activities were very useful to help regulate / calm class after e.g. a 'bouncy' lunchtime!”

2. Teacher/Sports Coach CPD



- We ask that any staff involved with PE delivery completes an eLearning course produced by the Special Olympics.
- This can be completed in short blocks at a time suitable to the staff member. Total completion time is approximately 4 hours.
- We also hope to offer a follow up virtual training session.

3. Promotion of local opportunities and parental education

- We will create and provide parental newsletters that provide a summary of local and inclusive sporting opportunities.
- Further resources to use at home will be suggested, for example interactive videos.
- The benefits of participating in physical activity will also be highlighted.

4. Multi-Skill Festival Event

- A date at the end of the programme delivery period will be confirmed for your school to attend a sports festival day.
- The festival day will consist of an inspiring role model talk and the chance to participate in a range of different sporting taster sessions.
- The focus of the festival is for children to try activities that they may not have previously participated in before and to also highlight opportunities locally to parents/carers.

Teacher Feedback

“The Movement Matters event was a day I will never forget and the children loved every minute - they were shattered afterwards!!”

The Research

- In order to assess the impact of the programme we collect outcome data from children before and after the delivery period.
- Children require parent/carer consent to take part in our research. If a child does *NOT* have consent from parent/carers they can still take part in the programme as part of their usual school day. We must also receive 'Gatekeeper' consent from the school (usually the head teacher), this can be completed online.
- We will provide all of the paperwork to send out to parents including an information sheet and consent form to sign and return. Parents will also be given the option to complete these online. Schools can add their own letter if they wish to do so. Reminders in newsletters for example are also welcome!

The Outcome Data

- Physical activity measurement for 7 days, using a wrist-worn watch like device.
- Height, weight, waist circumference.
- A short battery of sport skill assessments (testing throwing, catching, balancing, coordination for example).



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