**Building Resilience through Physical Activity**

Physical activity has numerous benefits for children and young people’s physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are physically active are happier, more resilient and more trusting of their peers.

The five School Sports Partnerships which cover Cambridgeshire & Peterborough offer several programmes which can be delivered to help young people build the skills of resilience and improve their mental and physical wellbeing. These programmes are already offered to schools through their local School Sport Partnership subscription package, but they are open to all schools and are outlined below with a clear reference to the resilience outcomes they support. There is a cost for the delivery of these programmes but the allocation of PE and Sport Premium funding towards this would be considered a good use of money.

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| **Programme** | **Key Delivery Elements** | **Resilience Outcomes** |
| **Sporting Athlete Visit** e.g BMX Academy | An inspirational full day visit from a sporting athlete who will deliver a motivational assembly with key messages to help inspire young people to achieve their best, build resilience and improve wellbeing. Through stories the athlete will explain how their sporting journey taught them valuable life skills and bring to life their importance to young people in school and wider life. The day will also include practical workshops for all children or could be designed to work with a targeted group of children. The workshops will build on the messages given in the assembly talk. Suitable for Key Stages 2-4. | Identifying personal strengths and making the most of them  Keeping perspective – avoiding catastrophising  Managing emotions  Keeping an open mind to possibilities and ways of doing things  Problem solving – trial and error  **Additional outcomes:**  Embracing challenge  Self-Motivation  Overcoming fear  Boosting self confidence |
| **Sports Roadshow** | A multi-sport event day where children rotate around a range of different activities with a focus on personal best. The day can be based on a number of different themes including inclusive sports, healthy lifestyles, non-traditional sports or personal challenge and can be tailored to meet the needs of your school. Suitable for KS1 and KS2. | Setting realistic goals  Identifying personal strengths and making the most of them  Thinking from a different perspective  Keeping an open mind to possibilities and ways of doing things  Problem solving – trial and error |
| **Team Building Event** | A half day event for one class/group where children take part in a variety of practical activities which help to develop the skills of problem solving, communication, teamwork and cooperation. Suitable for year 4, 5 or 6 pupils. | Problem solving – trial and error  Identifying personal strengths and making the most of them  Keeping perspective – avoiding catastrophising  Thinking from a different perspective  Managing emotions  Keeping an open mind to possibilities and ways of doing things |
| **Yoga for Kids** | A great activity for children from reception to Year 6; helping to develop core strength, posture, balance and coordination whilst also improving emotional and mental wellbeing. 6 x 30-45min sessions with flexible delivery to meet your school’s needs. | Managing emotions  Being thankful in the here and now |
| **Intervention Clubs** e.g Whizz Kids | An intervention extracurricular Multi Sport Club to provide the least active children, children with SEN or those who do not usually or currently attend an after-school sports club the opportunity to participate in a range of fun activities.  The programme will run across a half-term (approx. 6 weeks) and each session will focus on a different sport or activity.  Suitable for KS1 and KS2. | Setting realistic goals  Identifying personal strengths and making the most of them  Keeping perspective – avoiding catastrophising  Managing emotions  Problem solving – trial and error |
| **Sport Stacking** | A great activity for children from Reception to Year 6 which helps to develop many skills including hand and eye co-ordination, reactions, determination and competition. Sport stacking is also great for cognitive development as it works both left and right side of the brain. It is delivered as a whole day event at your school, working with one class at a time. Structure of day is flexible to accommodate the number of classes accessing the day and the needs of your school. Teacher training is also available. | Setting realistic goals  Identifying personal strengths and making the most of them  Keeping perspective – avoiding catastrophising  Thinking from a different perspective  Managing emotions  Keeping an open mind to possibilities and ways of doing things  Problem solving – trial and error |
| **Circus Skills Workshop** | A fun activity to introduce the children to a range of new physical skills including juggling, spinning plates, learning to diablo and more. Many children will not have tried these physical skills before, so it is a great way of developing determination, self belief and hand and eye co-ordination.  The activity can be delivered as a whole day or half day event with flexible delivery to meet your school’s needs.  Suitable for KS1 and KS2.  Teacher training also available | Identifying personal strengths and making the most of them  Keeping perspective – avoiding catastrophising  Thinking from a different perspective  Managing emotions  Keeping an open mind to possibilities and ways of doing things  Problem solving – trial and error |
| **Skipping Workshop** | This activity is suitable for KS1 and KS2 and teaches a range of skipping skills and tricks. The sessions are flexible and activities are differentiated to be inclusive so children work at their level and aim to progress. Great for developing physical skills, co-ordination, self belief and determination. | Keeping perspective – avoiding catastrophising  Managing emotions  Keeping an open mind to possibilities and ways of doing things  Problem solving – trial and error |
| **KS1 Team Building** | This activity focusses on working together, communication, encouragement and cooperation through taking part in a number of practical and fun activities.  It can be delivered as a whole or half day event with delivery being flexible to accommodate a number of classes. | Keeping perspective – avoiding catastrophising  Thinking from a different perspective  Managing emotions  Problem solving – trial and error |

For further information on any of these programmes please contact your local School Sports Partnership Manager or Joanne Howling, Healthy Schools Coordinator.

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