

Schools Active Movement



HAPPIER



HEALTHIER



MORE
ACTIVE

Case study of effective practise

Please note:

- *This should be for work wider than the SGO role and not School Games related.*
- *Commercial concerns should not be promoted.*
- *This will be shared across SAM.*
- *Please attach a picture that can be shared publicly*

Complete as many boxes as possible – it is not mandatory to complete all

Organisation: Barnet Partnership for School Sport
Main Contact and role: Jo Eames Strategic Manager
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DATE: 25/11/2020

Focus on: Staff Wellbeing
Happier / Healthier / More Active (please select)

Context (background info, what is the project about, what were you trying to achieve?)

We wanted to give staff something to work towards to ensure they were getting physically active and feeling part of a team whilst lockdown was pertinent in the summer term. The focus of our virtual personal challenges was all about young people at home, but we felt staff needed some moral boosting too. Staff wellbeing & physical activity was dwindling.

Many of our internal team had uploaded the app Strava during the first lockdown to measure (& motivate) their own personal fitness. One of our team members, a keen runner, came up with the idea of creating a Team with goals to motivate people to continue to keep active.

We set up a Strava Team – Barnet Sport - and invited any member of staff from both BPSS, our schools and our partners to be part of. This team is private and the person must identify what school/partner they work with.

This project, which started in May, has now been a number of challenges on Strava including competitions against teams of staff in neighbouring boroughs.

What actions were taken? Who was involved? What did you do? What did it look like?

A team member of BPSS set up the Strava Team – Barnet Sport – and invited all staff linked to BPSS within our borough to join.

The challenges were set up and included:

May 2020 – 676 Mile challenge

June/July 2020 – London to Tokyo challenge 5,938 miles – against 3 other London Boroughs

October/November 2020 – 744 Hours in the month of October

For each challenge, the emphasis is on duration spent being physically active or distance travelled. The following activities count towards each challenge:

- Cycling (including virtual & spin classes)
- Running
- Swimming (both pool & open water)
- Walking (when recorded as a run)

This project has evolved with more members of staff joining the team each week. We advertise updates on twitter and our weekly newsletter to all schools.

We continue to run this programme, with a growing audience, and will continue to add a new challenge to drive up activity and mental wellbeing.

Those involved in the programme have responded saying how they enjoy the virtual interaction with others, seeing what routes people take, ideas of activities and motivation to keep active through each lockdown.

Resources - What was used, how they can be obtained? National programme or local/own resources?

Strava is an app which is free to use and does not require membership subscription. Each participating adult had to download this to take part in the Team.

What was the impact on participants? What have been the positive impacts of this work on the young people?

Young person quote:

What was the impact on the school? i.e. have they changed their offer or the way they deliver it? Which priorities has it impacted on?

Headteacher quote:

Top tips: What were the key things that made this work?

Next steps? How are you embedding and sustaining the activity? How are you extending and developing the impact of this work?