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**YST RESEARCH**

Insight driving innovation and impact

## **Cornwall Healthy Movers Final Evaluation Report – Executive Summary**

October 2020

## Executive Summary

Healthy Movers aims to increase children's self-esteem and wellbeing, and develop their physical literacy skills, which all help children gain a better start to their life. The project was delivered in 24 early years settings in Cornwall between April 2019 and March 2020. A variety of research activities were conducted to help understand the impact of the programme from all key stakeholders.

### Key Findings

Over the course of the programme, 23 settings maintained high engagement, working with over 979 children and 52 practitioners. In addition, 305 parents attended 36 Stay and Play sessions.

## Key Findings

### Improved Physical Literacy



The physical literacy tool showed statistically significant increases in all key areas of learning assessed across the course of the programme, the biggest of which were seen for **locomotion** and **object control**.

**100%** of practitioners reported that Healthy Movers had a positive impact on the **amount of time being active** in their setting.

Parents reported that Healthy Movers had increased their child's **physical activity levels** and **enjoyment of being active**.

### Impact on wider development



Children's Early Learning Goals assessments showed that on average children made significant progress in all key areas of learning measured, in particular for **speaking** and **health and self-care**.

Practitioners in particular reported changes in children's relationships, their ability to follow instructions and their listening skills – all of which are key to support their **school readiness**.

### Impact on practitioners

**100%** of practitioners reported that the Healthy Movers training had helped them to feel more **confident, competent** and **motivated** in their role.

**95%** of practitioners felt that Healthy Movers had helped them to further **improve their relationships** between parents and their setting.

### Impact on Parents



Parents reported that Healthy Movers had given them **ideas** to help their child be active.

Healthy Movers helped parents to feel more **confident** in helping their child to be active

**'It has helped to motivate the staff and children and provide more of a focus for physical activities. The children ask every day what time we are doing healthy movers!'** *Practitioner*

**'It was really helpful to attend the session and see what the children had been learning. So much fun to join in and carry on with at home'** *Parent*

#### Overall Views of Healthy Movers

- **100%** of practitioners rated the overall experience of Healthy Movers as 'good' or 'very good'
- The **YST Healthy Movers Staff** were seen as integral to the success of the programme
- In one setting the programme has been identified by **Ofsted** as supporting the setting to contribute positively towards children's health and wellbeing.

#### Conclusions

This research has demonstrated that Healthy Movers has been successfully embedded into many settings in Cornwall and has had a positive impact on the type and level of physical activity that is delivered for children.

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**Schedule a specific time of the day when you will run Healthy Movers**

**Link each session to a theme, story or song**

**Ensure that all staff and children are involved and engaged in Healthy Movers**

**Top Tips for delivering Healthy Movers**

**Be creative with how you engage parents, what works for one setting may not work for another**

**Be aware of how and where the Early Learning Goals link to the activities**

**Keep a resource card going for at least a week and be creative with how you use it**

## YST RESEARCH

The Youth Sport Trust (YST) is a national children's charity passionate about creating a future where every child enjoys the life-changing benefits that come from play and sport. YST Research offers research, analysis, insight and evaluation services to organisations with an interest in the wider children and young people's sector. Our research expertise is focussed on improving the wellbeing of children and young people through sport and physical activity.

Our specialisms include:

- Education, PE and school sport
- Community sport / clubs
- Early years settings
- Life skills and employability
- Activism and volunteering
- Health (physical, social and emotional)



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