


– Case Studies

	<p>To Improve the interest and uptake of extra-curricular sport activities from children that do not currently take part in any that are on offer.</p>
<p>Background</p> <p>To provide new extra-curricular opportunities for pupils in KS2 who do not currently participate in a club.</p> <p>To increase the overall participation in extra-curricular activities.</p>	<p>Actions</p> <p>A member of staff to attend the level 1 cycling coaching award – staff member qualified in November 2014</p> <p>Target less active pupils in KS2 – an audit of extra-curricular registers taken and non-participants targeted to attend the cycling club.</p> <p>Start a new extra-curricular cycling club for KS2 pupils to run throughout the year – coach takes small groups of 8-10 for 6 week blocks.</p> <p>Create a link with local Cycling Club Ashwell – Formed when we became the first British Cycling go-ride school in Royston in February 2014</p>
<p>Quote – Headteacher/staff</p> <p>“By training a member of staff as a Level 1 cycling coach has provided our children, in particular the less active, with so many new opportunities which has also encouraged some of our parents to lead a more active lifestyle.”</p>	<p>Impact</p> <ul style="list-style-type: none"> • An increase in the less active pupils in extra-curricular activities in KS2 – 2014-17% increase, 2015 – 19% increase. • New club continues to run and many less active pupils attend throughout the year – ongoing since 2014 • New competitive opportunities provided for pupils – Inter-schools competition (see photo) • Link created with Cycling Club Ashwell – 7 new members from the school. • Trained coach now involved with local Middle school – providing further opportunities for previous pupils of our school. • New Nursery balance ability sessions provided by same coach on balance bikes. • Women’s British Cycling Breeze rides attended by parents and a new adult roller session to be created at the school – sustainable healthy life style for whole family beyond school.
<p>Quote – Pupil(s)</p> <p>“I find it really fun because when we did the limbo on my bike I won.”</p> <p>“I like going over the ramps and doing all the different obstacles”</p> <p>“I love cycling and I won the Muddy Monsters competition with my friend.”</p>	<p>How partners are supporting the school/cluster of schools to embed and sustain the activity</p> <p>Affiliation to British Cycling- ongoing support for the school’s coach.</p> <p>Link with local Cycling Club Ashwell – providing further coaching and competitive opportunities in several different cycling-related sports, such as cyclo-cross, road racing, time trialling, track racing, and BMX.</p> <p>Link with Greneway Middle school – Inter-schools competitions held in school grounds.</p>