

Wiltshire Healthy Schools



Case study focus: Physical activity

Core theme: Healthy Weight

Urchfont Primary School

School context

Urchfont Church of England Primary School is a small and inviting village school with four classes. The school maintains close links with the Church and the Community. Most pupils attend from the local and other surrounding villages with a few travelling from further afield.

Why choose this project?

Research shows that improved fitness has a positive impact on children's academic learning, their health & well-being and their resilience.

The fitness progression made by children who begin school with a lower level of fitness was a particular and growing concern. Through continued observations in PE lessons and wider school activities, the difference in children's fitness levels, and in their fitness progression, had become apparent.

What did the school want to achieve?

- To increase the average fitness score of each child and class, during the academic year.

What did the school do to achieve these aims?

The school began using the Gymrun Program. This program uses the Gymrun Tracker Challenges lesson and a supporting curriculum to build fitness and physical development in every child. Fitness data and award badges are a key feature of this program.

A whole school fitness intervention began in November with the delivery of the Gymrun Tracker Challenges to every child and class, from Reception to Year 6. This tracking lesson was repeated in the following May. The second tracker lesson enabled the school to monitor the fitness progression of every child and class across the academic year.

Between these two tracking lessons, a greater awareness and focus was placed on the development of children's fitness levels within and beyond the school day. This was done by embedding a fitness focus in the warm-up phase of PE lessons and by encouraging children to exercise more beyond school using the Gymrun YouTube resource.

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In the Gymrun Challenges lesson, five areas of fitness were measured – speed/agility, core strength, arm strength, leg strength and stamina. The children's raw fitness scores were processed using the Gymrun algorithm to produce an average fitness score for every child from 0.0-8.0. This score matched up with a colour graded award badge, from red to pink. Fitness data and award badges were provided to the school PE Lead each time.

Measuring success

Children's fitness levels were measured using the Gymrun number scoring system, from 0.0-8.0. The key metrics for measuring the impact of this increased fitness focus were:

1. Average fitness score for each year group (from 0.0-8.0)
2. Number of Y3-6 children who remain on the red badge (fitness score 0.0-1.9)

The average fitness score in all four classes increased between November and May.

The number of Y3-6 children at the red badge level reduced from 3 to 0.

The percentage of Year 6 children reaching the blue badge (fitness score 5.0+ increased from 36-50% (This is called Blue by Eleven).

Lessons learned

The changes that the school has put in place have made a significant difference to pupils' fitness.

The school has effectively embedded the Gymrun Program and trained key PE staff to deliver the Gymrun Tracker Challenges lesson.