



Kingsbury High School – Girls Active

School context

Kingsbury High School is a large, mixed comprehensive school in Brent, London. Brent serves a diverse, multicultural community, with many students speaking English as an additional language. Our motivation to be part of the Girls Active programme was to use the power of leadership to inspire and empower young girls to engage in physical activity & their local community, whilst also aiding their transition to secondary school.

Activities

- 'Extra-curricular primary nights' held at the Kingsbury High School site for disengaged, low self-confidence girls in Years 5 and 6 from four local feeder schools. There were consistently high numbers each week for the 6-week programme.
- A six week after school programme held at the secondary school site.
- Year 12 female leaders used to plan & deliver the activities.

Benefits

Benefits to young people

- Developed the confidence of both the primary school students and the Year 12 leaders.
- Aided the transition for students from primary to secondary school.
- Gave students the opportunity to engage in different, alternative activities such as silent disco, scooters, go-karting & archery to stimulate interest.
- Attendees opting into leadership opportunities after transition to secondary school.

Benefits to the school

- Advertised the school to prospective students in Years 5 and 6.
- Developed strong links with feeder schools.
- Developed links with School Sport Partnership.



Challenges

Through working with the School Sport Partnership, we gained some funding to buy t-shirts for leaders and participants to help give an identity and sense of belonging to the group. We also gave them a goody bag with skipping rope, chalk & a tennis ball so that they could continue practicing skills & games led by the Year 12's. It was very difficult to monitor the impact of this subsequently.

Future

- Try to gain more funding to develop the club and buy resources.
- Monitor the impact of the club.

Top Tips

- The primary schools agreed to allow the pupils to leave slightly early from school and arranged for a staff member to accompany the students to the secondary school with the arrangement that parents would then collect them at the end. This helped to break the barrier of travelling to the club and helped us to have consistently high numbers of students attend each week.
- Having a t-shirt to give to leaders and participants really helped to create a sense of community and belonging.