

# 14. Co-curricular activities tailored to YOUR students

City Academy Bristol – a secondary school part of the Cabot Learning Federation Multi Academy Trust (SLIDACI 3/ PLIDACI 2)

## What?

For many children and young people, their family affluence, characteristics, geography and lived experiences can negatively impact their ability to access the same quality of health and educational outcomes as their peers, (Youth Sport Trust, 2023a). Schools must focus on the 53% of young people not reaching the physical activity guidelines through targeted co-curricular activities, (Sport England 2022).

## So what?

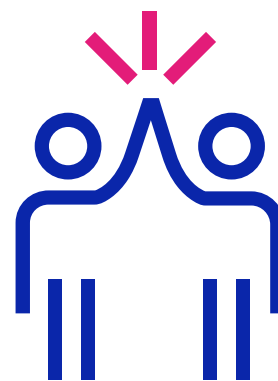
An excellent example of targeted sport and physical activity provision is demonstrated by City Academy who continuously monitor and evaluate the demographic data of the pupils attending their co-curricular activities. If these activities are not attended by children and young people in need, the club is removed from the timetable and reconsidered to an alternative activity. To support their targeted approach, City Academy have adopted Youth Sport Trust programmes tailored to the current student demand to both educate and support their co-curricular sports offer inclusive of Boys Move, Girls Active and Active in Mind.

In addition to this, City Academy understand the value of recreational play for pupils outside of lessons; opening their facilities during breaks and lunch time to encourage pupils to participate in unstructured free play.

## Now what?

From observing the success within City Academy, fellow schools could benefit from this case study by:

1. Identify pupils that require tailored co-curricular activities using the Youth Sport Trust evidence of need tool found [here](#) and reach out to the young people to seek preferences of sport and physical activity options.
2. Create targeted co-curricular activities within the timetable for inactive pupils which are regularly reviewed to assess occupancy and engagement.



[School Games \(2023c\) 'Evidence of Need: SGO CPD'](#). [Accessed 16/08/23]

[Sport England. \(2022\) 'Active Lives \(Children and Young People\) Survey 2021-22'](#). [Accessed 16/08/23]

[Youth Sport Trust \(2023a\) 'PE and School Sport: The Annual Report 2023'](#). [Accessed 16/08/23]

[Youth Sport Trust \(2023c\) 'Active School Planner'](#). [Accessed 16/08/23]

