

Home Country & International Case Studies

Creating Daily Habits!

Setting North West Community Campus

Location Scotland

Aim With the Chief Medical Officer recommending 60 active minutes a day for children and young people, it is critical that our schools can educate the importance of protecting time in the day for activity and encouraging physical activity to be a habit rather than a chore.

Description of Activity North West Community Campus supports pupils to achieve their 60 active minutes through multiple different options including publishing a range of different sport and physical activity options within their co-curricular timetable, timetabling two movement breaks into the school day and providing equipment for the pupils to engage in individual exercise activities during their breaks.

Creating Lifelong Skills through Co-curricular Activities

Setting Ysgol Aberconwy

Location Wales

Aim Every school has a duty of care to pupils to develop their lifelong skills as they progress through education to ensure every pupil is well equipped for a career post-education. However, there is a clear increase in the number of young people categorised as unemployed between the ages of 16 to 24 years old, (UK Parliament, 2023). By offering an inclusive timetable of co-curricular activities, schools can educate pupils around these life skills utilising sport and physical activity as a catalyst for change.

Description of Activity An excellent example of utilising physical activity to develop life skills has been demonstrated by Ysgol Aberconwy who have explored outdoor learning opportunities for pupils through a 'forest school', creating a sport ambassadors' scheme and providing the opportunity to complete a leadership qualification through co-curricular provision.

Co-curricular needs a mandatory slot in the school day

Location

Germany

Aim

With children and young people at risk of falling behind with studies due to the pandemic, schools are not prioritising co-curricular activities within the school day.

Description of Activity

Over 65% of secondary schools in Germany have adopted an 'all day' model where children attend an all-day programme for at least seven hours for a minimum of three days a week. The shift in hours has been chosen to schedule co-curricular activities into the timetable around studies to combat inactivity levels in addition to societal problems inclusive of crime. It has been highlighted that children and young people attending an 'all day' programme schedule have witnessed a significant impact on their grade achievements and positive wellbeing, (Steinmann et al. 2019).



Steinmann, I. Strietholt, R. & Caro, D. (2019) 'Participation in co-curricular activities and student achievement: evidence from German all-day schools' *School effectiveness and school improvement*. 30. (2) pp. 155-176.