

Watford FC CSE Trust

Move & Learn Project Case Study

This case study will focus on *'the continued impact of the Move & Learn Project in Hertfordshire & Harrow'*.

The 2017/18 academic year has seen Watford FC CSE Trust deliver the Move & Learn project across 45 schools in Hertfordshire and Harrow, with 2,700+ children engaged in the programme across primary schools from those two areas.

This academic year Watford FC CSE Trust has also had the privilege of hosting 6 Joy of Moving Festivals across Watford, Hertfordshire and Harrow. These festivals included delivering to every year group within the chosen schools; spreading the Joy of Moving Festival to an extra 1,400+ children.

Historically 90% of our Move & Learn delivery has taken place in Watford / Hertfordshire.

Over the last 2 years we now have a full time Sport & Education Project Education Officer based in Harrow focusing on school sport. This has dramatically improved the amount of schools that we have worked with as we now have more resources to be able to meet schools and discuss the programme with them.

The programme is still having a positive impact in Watford / Hertfordshire but due to the need for the project in Harrow we have had great successes entering a new borough and empowering more children to want to take part in sport.

In 2014 Harrow Council introduced their own strategy to tackle the rising obesity rates in Primary school children. They stated that 32.4% of children in years Reception – Year 6 are overweight compared to the national average in England by 18.9%.

This is one of the main reasons why the Watford FC CSE Trust is working in and around Harrow Schools. A large proportion of Harrow primary schools in Harrow also operate on a 3-form entry basis meaning they have more children who need to access physical education and understand the positive impact of a healthy lifestyle. All this combined shows the need of our Move & Learn project to be delivered across Harrow to help address the above average obesity rates.

During the October – December half term, we delivered the Move & Learn project to one of our local Harrow Schools, Cedars Manor. Their year 5 children had the unique opportunity of having their Move & Learn lessons delivered at one of our local community hubs; Cedars Youth & Community Centre.

This was a great opportunity for both parties as the children got to experience the programme to new limits by having their theory lessons taking place in our 'Social Space' & the practical lessons on our state of the art astro turf facility. This was a fantastic opportunity for the children to learn in a different environment, making the 6 weeks even more special due to their surroundings. It also allowed children to get familiar and understand the role a sport based community centre can have.

'The coaches have been fantastic with the children for the past few weeks. I really like the mix of practical sports being delivered alongside health and nutrition as I feel it is an important subject for the children to have more of an understanding on. The coaches have a fantastic depth of subject knowledge and the children look forward to



Move and Learn
Project



their lessons here at this great facility every week, thank you Watford FC CSE Trust!' – Mr Kirtley, Cedars Manor class teacher & School P.E Lead.

It was clear to see that the project has had an immense impact on all involved, even more so from those associated with Cedars Manor School. It was a great opportunity for us to use our centre to host one of our core school sport projects & we will look to do this again from September.

One class would use our 'Social Space for theory lessons whilst the other class would be outside taking part in the practical on our state of the art astro turf facility as you can see from the attached images.



The Joy of Moving Festivals took place over a period of weeks in June / July. The days combined elements of the practical lessons that are delivered as part of the normal Move and Learn project as well as some classroom activities aimed at engaging the children through sport & healthy living. The day's started by our WFC Sessional coaches conducting a whole school warm up, with all the children taking part in a fun activity assisted by their class teachers.

'The Joy of Moving Festivals has been a great experience for the children here at Grange. The varieties of activities on show are great and cater for all our children who enjoy playing different sports. Thank you for hosting this great event at our school! – Mr Loza, Year 5 Teacher, Grange Primary.

