

# Your recipe for success

## Engagement and Participation



Box2Bfit engages girls from Key Stage 4 to take part in a new form of activity

Contact Details



### What did you want to do?

Increase participation in Physical Education lessons in particularly with disengaged girls in Key Stage 4. We focused on Key Stage 4 girls as there is evidence to show that participation and engagement in Physical Education lessons drops significantly during this Key Stage due to different factors. This can be due to lack of options and facilities that are readily available for the girls during Physical Education lessons. As a school we decided to hold a Box2bfit introduction session during Physical Education lessons to motivate and enthuse these disengaged girls.

### What did you do?

Birchwood High School had John McCormack and the Box 2b Fit programme in to deliver the programme to all students within the school.

A taster session was created in order to offer students in year 7-13 the opportunity to participate in competition in a non-traditional sport and raise the number of pupils participating across the school particularly focusing on disengaged girls in Key Stage 4. These taster sessions were completed as part of PE lessons, with the foresight of running sessions at a later date targeting Key Stage 4 girls.

The students in all years enjoyed the programme and worked extremely hard during the circuit style sessions. The warm up session allowed students to compete in a skipping challenge, raising their heart rate and warming up their muscles ready for the circuit session. Once they had completed a 2 minute skip they then had the challenge of beating their own score for another 2 minutes to keep them focused. The students loved the activities and were energized through John's enthusiasm. Throughout the session John's personality distracts students from the task they are completing which helps especially with the disengaged girls as they forget that they are exercising as they are having fun

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Throughout the session up beat music is played to exercise to with a countdown telling you how long is left at the station. This was very motivating for the students as they knew they could push themselves for 30 seconds before they finished at the station.

*“Box2bfit sessions have allowed me to participate in exercise that is fun and challenging where I can exercise with my mates”*

Throughout the day John delivered sessions to a variety of year groups, including fruit and healthy living information as well as the Box 2b Fit circuits. Box 2b Fit can be seen as a cross curricular activity because once students have completed the physical side of the sessions they can return to class room based work to discuss the benefits of cardiovascular exercise on the body, numeracy can be included when students count and add up the amount of reps completed at each station, literacy when students write up about the day and what they have learnt and what they have enjoyed, ICT where students can put their results into the computer, alongside food technology where discussions and research can be completed in diet and nutrition.

There are so many benefits of Box2bfit a few examples are it enables students to work on their cardiovascular system at the same time has having fun with their peers, exercises can be completed at individuals own ability levels so more able students can push themselves harder. The equipment and resources can be used within curriculum PE lessons with a qualified PE teacher and during extra-curricular activities for example setting up a Box2bfit fitness club.

### **What difference has this made?**

Since John and his team came to Birchwood, PE staff who attended the Continued Professional Development session (CPD) session have been up skilled and been able to use the equipment and run sessions during lunchtimes enabling normally introverted students at lunchtime to participate in something that they could be good at and an activity they enjoy. PE staff has also commented on how the equipment and sessions have impacted on Key Stage 4 and 5 disengaged girls, who now as a result of the Box 2b fit taster session have become involved in sessions during curriculum time.

‘Box2bfit sessions have allowed me to participate in exercise that is fun and challenging where I can exercise with my mates’. Georgina, 15 Year old School Girl.

An excellent way to promote healthy active lifestyles within schools in a sustainable way

### **Do you have a specific example of a young person who has benefitted from participating in the project?**

One of our students who have been disengaged from PE since Year 9 took part in the Box 2b fit workshop with John, since then this particular student has attended fitness sessions at lunchtimes and afterschool ran by PE staff. This has benefitted her as she has begun participating fully in PE lessons and has a positive outlook on exercise and PE.

### **Why did it work?**

Box 2b Fit is sustainable as after the taster session the school gets to keep the Box 2b Fit bag which includes all of the equipment for a PE teacher to deliver the sessions again on a regular basis. This is a great way to get students involved in cardiovascular activities at the same time as making it enjoyable