



Kingsfield Pupil Referral Unit

Chilton Way, Stowmarket, Suffolk, IP14 1SZ

Telephone: (01449) 613931

Fax: (01449) 775421

e-Mail: admin@kingsfield.suffolk.sch.uk

Marion Aust, Headteacher
Sue Smallwood, Deputy

David Greenwood, Positive Futures Project Worker, Catch - 22

Devised and delivered a programme of Fitness activities for the KS3 pupils in our Pupil Referral Unit.

Target Group

Most of the class were either Permanently Excluded from mainstream school or in danger of exclusion. The class present as challenging and complex individuals with associated learning needs compounded in most cases by a mosaic of medical conditions. Many of the group are from complex and chaotic backgrounds and are vulnerable on many different levels and have multi-agency involvement. The group are de motivated by Physical activity and have not been successful in attendance or participation in mainstream PE. For some their "physical activity" is time spent on the X Box, TV or computer gaming. The age range of the group was between 11-14 years of age.

The Programme

After an initial information gathering meeting (background, strengths and weaknesses, behavioural and medical issues etc of the group), it was agreed that a fitness programme with games based activities as a reward should be delivered. Baseline fitness scores were recorded at the start of the programme and these were used to set and monitor targets. Fitness scores were recorded during the last session and comparisons with the two results were made.

Delivery

The programme was delivered over six weeks; each session commenced with a class room introduction to the session during which the expectations of behaviour and effort were reinforced.

Positive Outcomes.

The group can be extremely difficult to motivate and keep on task but David (Positive Futures Coach) did this very successfully throughout all of the sessions. I was very impressed with the way David immediately struck a chord with the group. He had extremely high expectations and delivered the programme in a firm, but tactful and sensitive way. David displayed a great ability to motivate participants on an individual and group basis. In terms of effectiveness, I believe this to be the best course delivered by an outside agency that we have participated in over the years with all participants showed a marked improvement in fitness levels over the duration of the course.

A handwritten signature in black ink that reads "Paul Nolan". The signature is written in a cursive, flowing style.

Paul Nolan, Teacher, Kingsfield PRU