

2024-25

# Sports Leaders Inspiration Day Physical Activity Champions



Final Report – May 2025



#### Wimbledon Foundation Criteria

Our mission is to champion opportunity for all by using the collective strength of Wimbledon to make a positive difference to people's lives. We do this through:

- ✓ Strengthening our local community; Tackling social disadvantage in Merton and Wandsworth
- ✓ Promoting healthy and active lives; Advancing good mental and physical health for all
- ✓ Inspiring the next generation; Creating opportunities for young people to learn valuable skills for life
- ✓ Responding in times of need; Making a difference to those facing adversity

## Purpose

This project sought to train and develop around 300 Year 5 students, from eight schools within Merton's most disadvantaged areas, to become confident and resilient sport and physical activity leaders. The leaders were then tasked with inspiring a younger generation of children to be more active during their school day (and beyond), through the regular delivery of multi skills clubs at lunch times, followed by festivals and other activities throughout the year.

## Delivery Model

The Merton School Sport Partnership (MSSP) staff planned and delivered a Sports Leaders Inspiration Day at each of the eight selected schools from the East of the Borough. MSSP staff worked throughout the day training the entire year 5 cohort (up to 60 young leaders) from each school, to develop their leadership and communication skills. This involved specific sessions for the leader's own personal development in the morning, after which they supported the delivery of team building games, multi skills and inclusive sports such as Boccia to younger children throughout the day. Teachers and Teaching Assistants worked alongside the MSSP staff as part of their own development via our peer mentoring.

Following the Inspiration Day, Sports Leaders were enlisted to set up and run active lunchtime sessions, which they will continue to deliver throughout the year. The focus of these will be to encourage participation from less active children to help them discover the joy in being physically active.



By focusing on new activities that were more inclusive and promoted teamwork, personal/individual progress and social interaction/cooperation, the aim was for all children to learn valuable new skills and be able to enjoy being active, enhancing their physical and mental health and wellbeing.

- MSSP developed a full resource pack which helped guide the day and was then left with schools to ensure the activities are embedded across the school in the long term. ([mertonssp.org.uk/sports-leadership/](http://mertonssp.org.uk/sports-leadership/))
- 8 schools were involved (selected based on need, with a score at the lower end of the Index for Multiple Deprivation scale, from the east of the Borough).
- MSSP delivered Inspiration days between November 2024 - April 2025
- Each school had around 10 hours of time with the MSSP staff Member to plan, survey and review the programme for their school. This was to ensure the lunch time sessions and logistics were arranged in a way that would sustain the model in the longer term.
- Equipment bags were ordered and given to each school, to ensure they could continue to deliver the activities at lunchtime, following the inspiration day.
- Follow up sessions from the Inspiration Day took place from March-May 2025\*. These sessions consisted of MSSP surveying the Y5 leaders again, watching the lunchtime clubs in action, interviewing children for case studies and obtaining feedback from school teaching and support staff.

## Inspiration Day Delivery

School	Date of Inspiration Day delivery	Number of Year 5 children trained as sports leaders	Number of staff receiving peer mentoring on the day	Number of KS1/2 children who took part in PM lessons led by Year 5 sports leaders
Malmesbury	20/11/24	50	3	116
Harris Primary Academy Merton	09/01/25	60	1	120
Liberty	15/01/25	56	2	119
Morden	22/01/25	29	2	58
Links	30/01/25	39	2	88
The Sherwood	05/02/25	43	2	87
Abbotsbury	02/04/25	47	3	95
St. Mark's	03/04/25	30	1	54
<b>Total</b>		<b>354</b>	<b>16</b>	<b>737</b>

## Activity Hours Delivered by MSSP

- 80 hours of interaction with schools to plan, survey children and review with PE lead.
- 128 hours of Inspiration Day delivery.

Total - 208 hours delivery/interaction in schools by MSSP staff (not including general office time spent planning, finance/admin, analysing data and report writing)

## Expenditure

MSSP used all of the £10,000 funding received as planned with additional costs covered by MSSP's own funds and school facilities/staff time in kind.

Description	Projected	Actual
Coaching - one SL Inspiration day per school x 2 MSSP staff (£35 p/hr) x 8 schools (8hrs per school)	£4,480	£4,480
10hr pre and post meetings/visits/support with PE Co/LTS x 8 schools - 1 x MSSP Staff (£35p/hr)	£2,800	£2,800
MSSP resources adapted enhanced approx. 20hours (£35 p/hr)	£700	£700
MSSP planning, reporting and management of programme = 120 hours x £35 p/hr	£4,200	£4,200
Branding design and resource production/printing (plus T-shirts)	£500	£500
Equipment for schools to keep - £220 per new school x 3 schools + £100 top up x 7 schools	£1,360	£1,360
School facilities 8sch x 8 hrs and staff time 4 x 8hrs x 8 sch (£35 p/hr)	£11,200	£11,200
<b>Total</b>	<b>£25,240</b>	<b>£25,240</b>
<b>Grant provided</b>	<b>£10,000</b>	<b>£10,000</b>
MSSP funds/in kind to cover additional costs and to develop/produce resources and plan/manage programme and School facilities/staffing in kind.	<b>£15,240</b>	<b>£15,240</b>
<i>Difference</i>	<i>£0</i>	<i>£0</i>



## Outcomes and Impact

The programme was very well received by the schools with clear benefits for those impacted by the programme. This includes an increase in engagement in physical activity across the targeted participants, and the development of key life skills and confidence from the year 5 children.



## Overall Participation

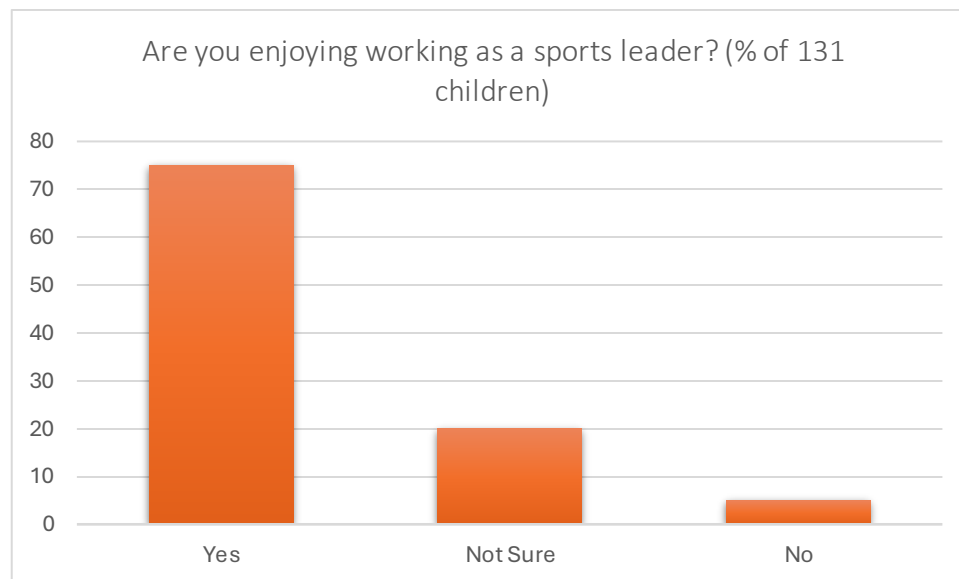
- **354** Year 5 children took part in the Inspiration Days from the 8 selected schools.
- **737** children took part in the afternoon multi skill sessions led by the Year 5 leaders.
- **16** members of teaching staff have been mentored through the Inspiration Days.

*\*Due to a later than anticipated start date and other logistical issues, the 8+ weeks of lunchtime clubs have not yet been completed as planned by all the participating schools. The lunchtime club data provided in this report comes from 5 of the 8 schools. We hope that the other 3 schools (Morden, St. Mark's & Abbotsbury) will have completed at least 8 weeks of clubs by the end of the Summer Term and will continue with these sessions into 25/26 Academic year. We intend to visit these schools in the last few weeks of the summer term to gain more feedback on the overall impact of this project.*

## Year 5 Sports Leaders

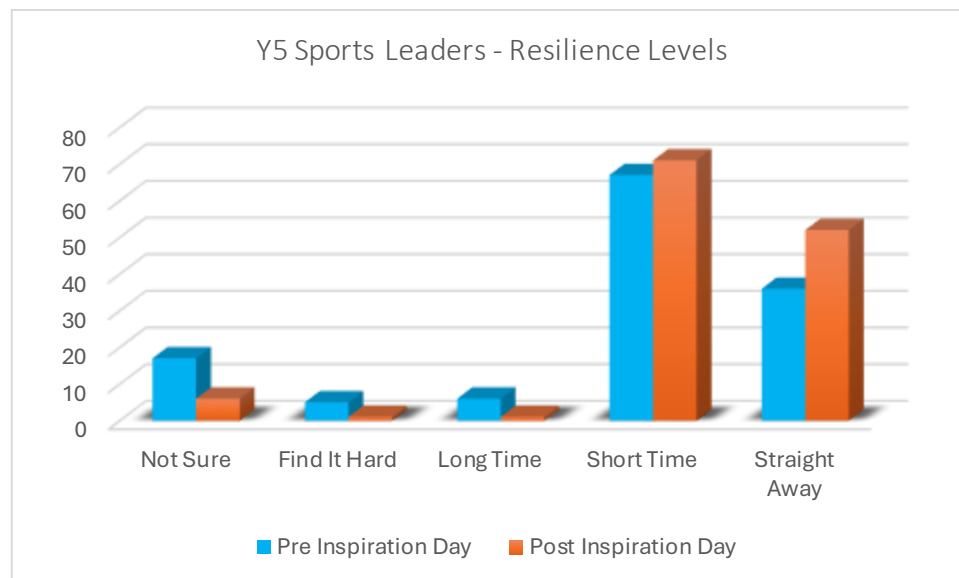
Children in year 5 who received the Inspiration Day training were surveyed before training as a sports leader, and then surveyed again 8-12 weeks later.

The results below show the responses from the 131 children that were surveyed between March and May 2025.



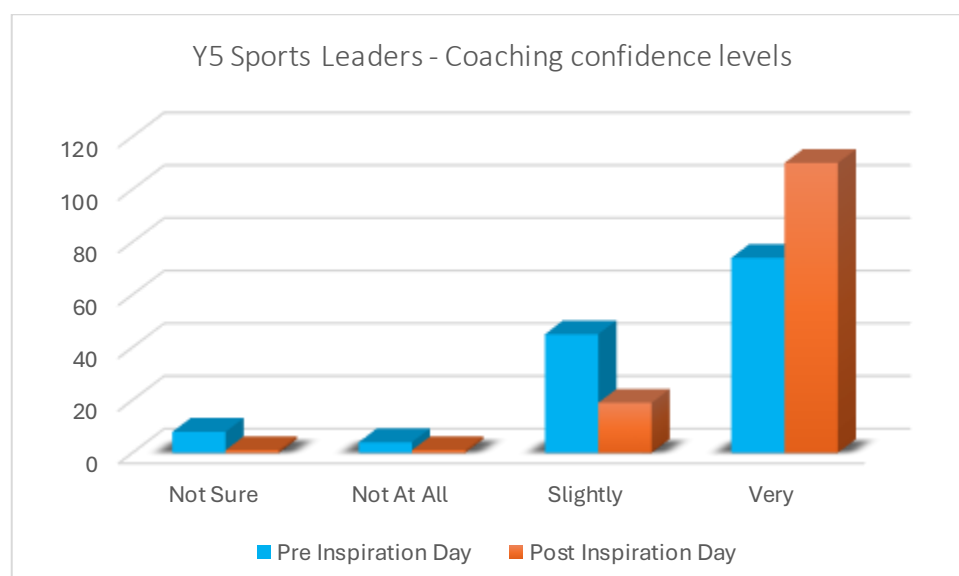
## Resilience

To measure resilience levels, the children were asked the question “ how long does it take you to recover when you make a mistake?”



## Coaching Confidence

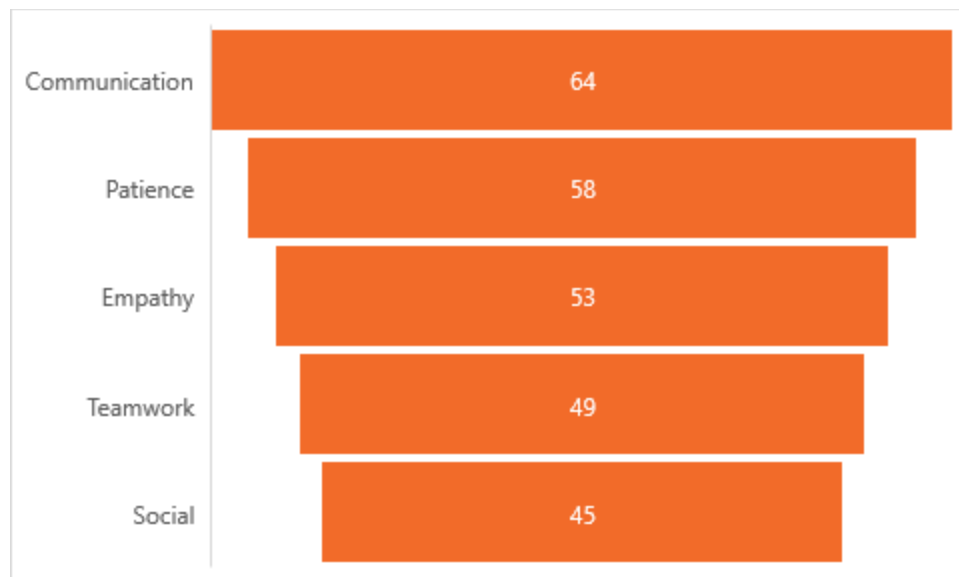
To measure coaching confidence levels, the children were asked the question “ how confident do you feel leading younger children to play different sports and games?”





## Life Skills

The children were asked to select from the 5 options below, which life skills they felt they had developed since working as sports leaders. They were allowed to select as many as they wanted.



- Out of the 131 children surveyed, **only 2 children** believed that they had not developed any life skills since they had started work as a sports leader.

## Teachers and Staff\*

10 members of school staff were surveyed and interviewed to gather their feedback around the programme. We also wanted to hear their views on the impact on the year 5 sports leaders, the KS1&2 participants and the school in general.

- **9 out of the 10 school staff** who supported the Inspiration Day rated the MSSP delivery as outstanding.
- **6 out of 10** reported they felt behaviour at lunchtimes had improved since the sports leaders began running active lunchtime sessions.
- **5 out of 10** said the level of activity amongst children in KS1 at lunchtimes had increased since the sports leaders began running active lunchtime sessions.
- **6 out of 10** said the level of activity amongst children in KS2 at lunchtimes had increased since the sports leaders began running active lunchtime sessions.
- **100% of the school staff** surveyed felt that the Inspiration Day, as well as taking on the role at school as sports leaders, has had a positive effect on their Y5 cohort.

For further feedback, see testimonials in the supporting data section.

## Lower Key Stage 2 School Children – The Sherwood School

Surveys, feedback and observations were used to identify the levels of participation, continued engagement in and enjoyment of physical activity.

Follow up visits were conducted at all 8 schools\*. Feedback was obtained from teachers and lunchtime staff to allow us to see the levels of continued engagement with physical activity, through the leader's active lunchtime sessions.

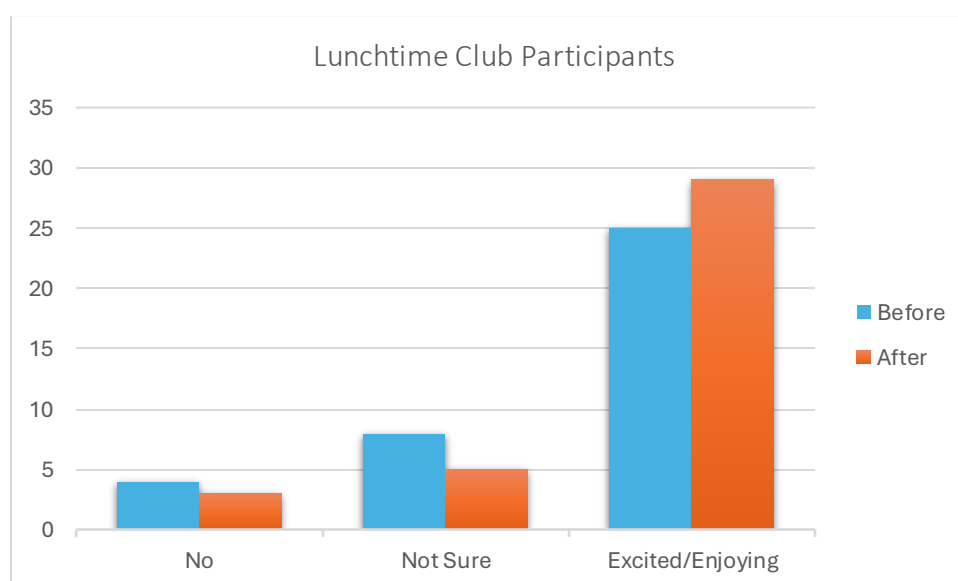
During these follow up visits, a snapshot of participation from children at the lunch clubs was observed along with information provided by lunch time supervisors and PE coordinators.

One of the eight schools was used as a case study, to allow us to accurately measure the effect of the Sports Leaders programme. **The Sherwood School** in Mitcham have been running their sports leader's lunchtime sessions 3 times a week, with the aim of increasing physical activity amongst children in years 3 and 4 (aged 7-8)

In discussion with the year 3 and 4 class teachers, The Sherwood's PE coordinator Tahmina Kabir selected a total of 37 children who for various reasons would benefit from some degree of structure to their lunchtime and extra physical activity during the school day.

Surveys were used to identify resilience levels, how the children were feeling about being selected before starting the lunchtime sessions and their attitude towards participating in sport. We returned 3 months later to survey them again.

Before starting the sessions, all children were asked if they were looking forward to participating in the active lunchtime sessions. Three months later, they were asked if they were enjoying the lunchtime club.

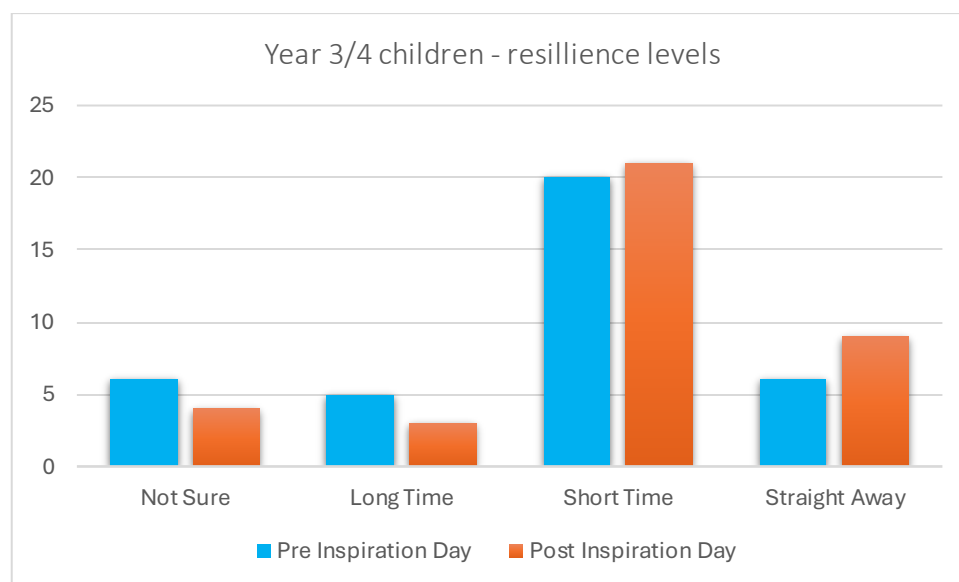


## Feelings Towards Sport

- Originally, the most popular words that the 37 children taking part in the active lunchtime sessions used to describe how physical activity and sport made them feel were, **Happy, nervous and strong.**
- When surveyed again 4 months later, the most popular words used by the same children were **Happy, healthy and confident.**

## Resilience

To measure resilience levels, the children were asked the question “how long does it take you to recover when you make a mistake?”



## Summary of Impact

- The overall feedback, survey responses and registers of participation demonstrate that the programme had a positive impact on **1,107\*** people’s lives and met the goals and criteria set by the Wimbledon Foundation. (\*Increase on last year’s overall impact number of 962)
- Increased weekly activity levels for 168 children
- Development of **364** children’s skill sets, confidence and life skills.
- Training and development of **16 staff members** through peer mentoring.

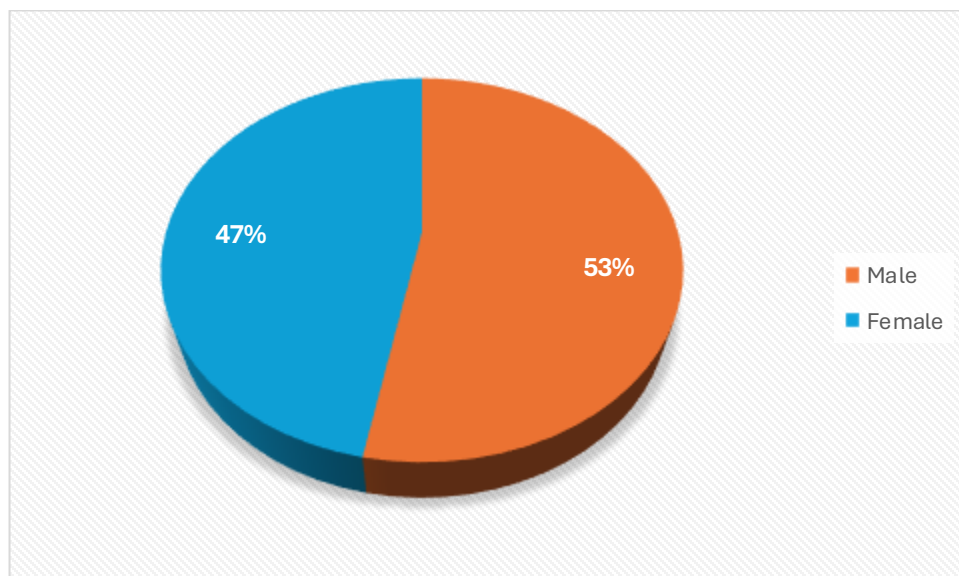
## Supporting Data

### Primary Participant Group

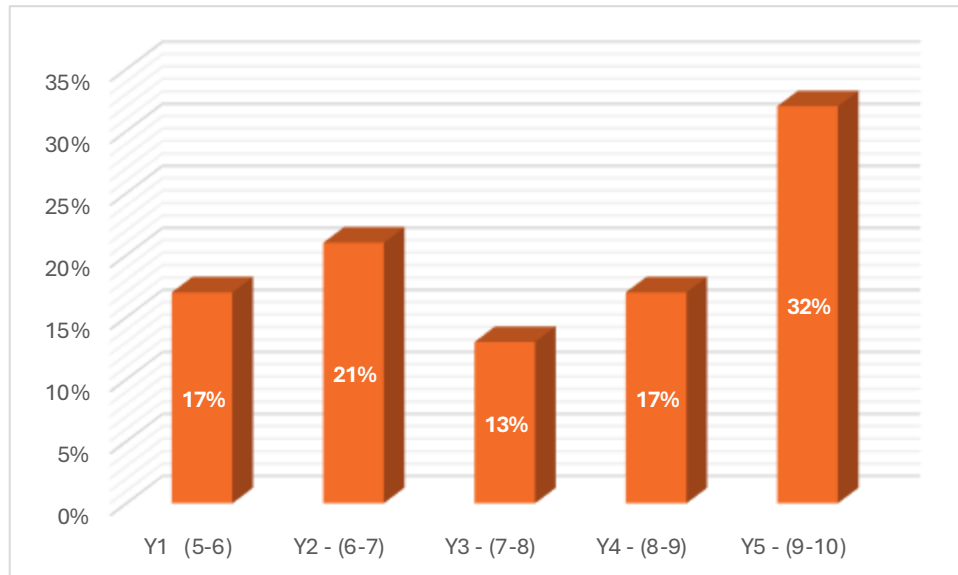
Based on the Index for Multiple Deprivation (IMD), the schools that received this programme are rated at the lower end of this scale (more deprived) and are based in the Mitcham and Morden areas. The percentage of children entitled to Free School Meals (FSM) is also listed below.

School	IMD Number	FSM %- (As of September 2024)
Malmesbury (SM4 6HG)	3	41.2
Harris Primary Academy Merton (CR4 1JW)	6	29.2
Liberty (CR4 3EB)	4	37.8
Morden (SM4 5PX)	3	42.2
Links (SW17 9EH)	7	37.2
The Sherwood (CR4 1JB)	7	30.5
Abbotsbury (SM4 5JS)	3	39.6
St. Mark's (CR4 2LF)	4	38.8

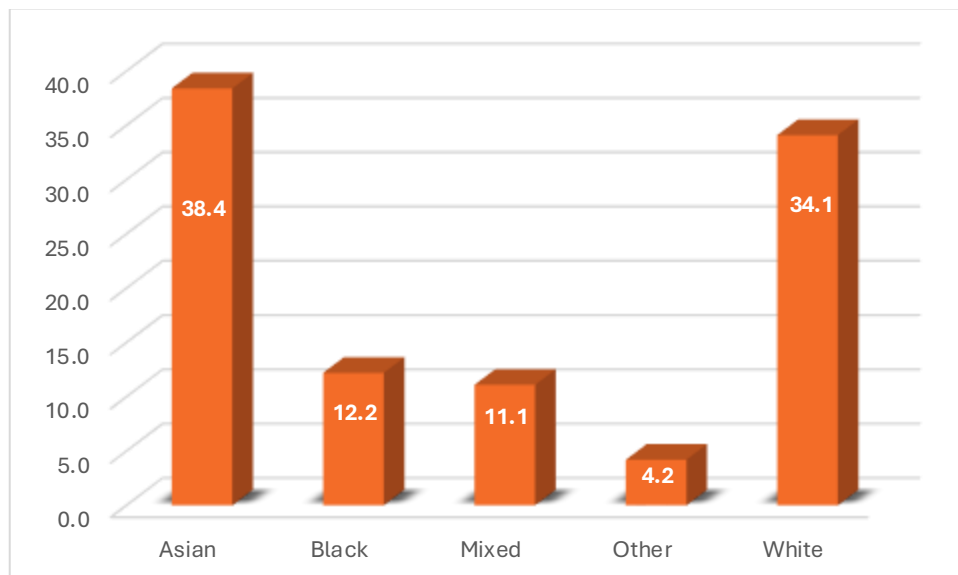
The gender of Y5 sports leaders (From the 347 children who received the sports leader training)



The ages of Inspiration Day participants (includes children who took part in afternoon physical activity sessions, led by Y5 leaders)



Ethnicities (%) of Y5 sports leaders who participated in the Sports Leaders inspiration Day.



The percentage (%) of sports leaders who have a disability, access requirements or learning difficulties.

16.6% of the children who received the Inspiration Day training have a disability, access requirements or learning difficulties.





## Case Study

We have prepared a case study to demonstrate the impact that this project has had on one individual.



**DB (Year 5 sports leader)**

DB stated on her pre-inspiration day survey that she was looking forward to becoming a sports leader. She didn't fully know what the job would entail, but had seen the children who are now in year 6 working as sports leaders in the playground during lunchtimes last year.

She said that she was only slightly confident about her ability to lead young children to play different sports, and showed relatively low levels of resilience by stating that if she made a mistake, it took her a long time to recover. DB was fully aware of the meaning of teamwork and its importance in sport. She explained that teamwork meant *"being nice and supporting them (teammates) a lot, but also not shouting if they make a mistake."* DB felt that teamwork was important in sport *"because it can encourage your teammates to be better"*

The two skills DB said that she wanted to improve on as a result of the Inspiration Day, were her communication and her patience.

We returned to DB's school 5 months after the Inspiration Day. DB had been working regularly as a sports leader for around 4 months at this point. She was extremely positive when we asked her to talk about the Inspiration Day, and her subsequent sports leader work.

First, when asked to reflect on the morning of the Inspiration Day, she felt happy and excited. It was great to hear her tell us that she was now very confident when leading younger children to play different sports and games, which was an improvement from her response back in November.

When asked about the most important thing that she learnt on the Inspiration Day and from her sports leader work, it was that *"when you make a mistake, you don't have to stop. You can just try again"*. This was a fantastic answer to hear from someone who initially had shown low levels of resilience. Unsurprisingly, DB now felt that after making a mistake, it took her a short time to recover.

Communication, empathy and teamwork were the areas that DB felt she had seen the most improvement in herself over the last 5 months. She admitted that she still had work to do to become more patient.

Finally, when asked if being a sports leader has had a positive effect on her self-confidence, the answer was a resounding – "yes". DB said that she enjoyed the role and that she was particularly enjoying helping children play sport. *"I like helping children do more sports. Sport can make children more confident and help them forget if they are not happy or hurt"*.

## Testimonials

*"Amazing! The coaches were patient, gave clear instructions, and were enthusiastic"*

**Mr. Nguyen (Liberty – Y5 class teacher)**

*"I think this is a wonderful programme, delivered in an engaging, fun way, which opens doors to lots of fun in future lunch times!"*

**Ms. Rowland (Harris Primary – HLTA)**

*"The day was exceptional and allowed all children to feel successful and confident to lead other children. Thanks so much!"*

**Ms. Powell (Links – Y5 class teacher)**

*"I thought it was brilliant! I saw children grow, inspire and learn – who wouldn't like that?!"*

**Ms. Ryan (Morden – Y5 teaching assistant)**

*"I think it is amazing. The children absolutely loved it. They were engaged with the activities. The year 5s, the year 3s and the year 1s really enjoyed the practical time"*

**Ms. Marcelo (Links – Y5 class teacher)**

*"I like being a leader because it has boosted my confidence in leading games and socialising with other children. Sometimes they don't listen but I have learnt to deal with it."*

**(K – Year 5 Sports Leader – Malmesbury Primary School)**

*"I have definitely improved my communication and teamwork whilst being a sports leader."*

**(R – Year 5 Sports Leader – Malmesbury Primary School)**

*"It was a great experience, and it was good for my mental well-being. I enjoyed it"*

**(E – Year 5 Sports Leader – Liberty Primary School)**

*"[Since being a sports leader], My social anxiety has been getting better which I am happy about"*

**(N-Year 5 Sports Leader Malmesbury Primary School)**

## Challenges and Solutions

- Despite contacting the schools in September to confirm their place in the programme, some schools did not respond in timely fashion, meaning that some of the Inspiration Days were not delivered until April. The impact of this is that not only does this make it difficult to get data for reporting purposes, but also heavily limits the opportunity for the Y5 leaders to benefit from being in the role of sports leaders. Fortunately, as they are in Year 5 they can continue to take on the role into Year 6 to ensure they get more out of it.
- For various reasons, some schools struggled to implement the active lunchtime clubs after the Inspiration Day. Again, this means that once the leaders have received the training, some are not getting to put it into regular practise. This is demonstrated through the data showing us that 347 leaders were trained with 131 going on to lead active lunchtime sessions. We plan to speak to the Head Teachers from those schools to look at the barriers and find some solutions for them moving forwards.
- Try to deliver the Inspiration Days earlier in the academic year to help embed early on. Can we do pre meeting in July 2025, ready to deliver in September/October 2025?
- Some schools have been happy to receive the equipment and training, but not so willing to give back in terms of reporting, surveys and setting up the lunchtime clubs. The schools targeted may have additional challenges and find it harder to add to the staff work load. Again we need to speak to the Head Teachers to find out how we can support this better to ensure we can feedback the impact to our funders.

MSSP believe that the project once again has been a success with a positive impact for many children around Merton. However we also believe that it can be even better next year. With a carefully selected set of schools, and the right support for the schools to put the lunchtime clubs in place earlier and more efficiently, more children can potentially benefit from increased levels of physical activity throughout the school day and beyond. In addition to this, more children from year 5 can develop their own leadership skills, love of physical activity and life skills.

## Resources



**Initial Year 5 Sport Leaders Training with MSSP**

Students from Year 5 (or 6 if preferred) will learn how to deliver a Multi Skills festival for Key Stage 1 and Lower Key Stage 2 pupils within their school. The 1-hour introductory or full day workshop will be delivered to all Year 5 (or 6) pupils by one of our MSSP team (with support from the class teacher).

Following the training, leaders should be confident to deliver a Key Stage 1 or Key Stage 2 Multi Skills Festival with their teacher's support.

Schools will then take the leaders through our six-lesson leadership unit (with the MSSP Scheme of Work) where the students will learn the principles of how to be a good leader, health and safety, setting up multi-skill activities, managing a group of children, encouraging participation and a range of playground games.

Once the Sports Leaders have completed the training, they may then be appointed by the school PE Coordinator to deliver lunchtime activities to the Key Stage 1 pupils (with support from the school staff).

This pack contains Multi Skill Activity Cards which the leaders can use to engage children in Key Stage 1 or Lower Key Stage 2 to take part in fun physical activities.

**List of Activities**

- Activity Dice
- Agility Run
- Balance Beam
- Balance Beam Bag
- Bean Bag Bocce
- Beat The Clock
- Blindfold Trust
- Bowling
- Break
- Cone Slack
- Dishes & Domes
- Flip The Hoop
- Grandma's Footsteps
- Hats
- Speed Bounce
- Treasure Chest
- Target Throw

**Equipment**

- Agility Ladder (cones can be used instead)
- Bean Bags
- Blindfolds
- Cones
- Dodgeballs
- Hula Hoops
- Line Markers
- Relay Batons
- Stopwatches
- Tennis Balls

- **PowerPoint Presentation**
- **Multi skills Cards**