



Case Study of Good Practice

Priority Area
Healthy Weight

School
Chew Magna Primary

Outcome

To increase numbers of children taking part in Daily Physical Activities before school from 52 (January 2011) to 62 (July 2011)

Why we chose this outcome

Whilst Chew Valley is generally a better off area, statistics show that obesity is an issue in the area. We wanted to complete a physical activity intervention to complement work we were also doing on food consumption.



What we did

We now have 2 members of staff each morning to coordinate Daily Physical Activities. This can range from hoops and ropes, bats and balls to Wake and Shake and Scooter Friday.

All children are expected to participate.

We have

- introduced new 'Wake and Shake' routines that have been led by dance Club
- bought 10 scooters for children who get the bus to borrow if they bring in their helmets
- the new Foundation Stage joined in 'Scooter Friday' for the second week in
- run a special 'Scooter day' led by the Bike It Officer
- used Sainsbury's vouchers to buy some new equipment

Impact

The average number of children in school by 8.50 a.m. over a two-day period.

January 2011	52.5
January 2012 – after the introduction of Daily Physical Activities.	83

All children are expected to participate in Daily Physical Activity. The data shows an increase of 30.5 and we have exceeded our target by 21.

The baseline and final outcome was gathered by measuring the average number of children in school by 8.50am over a two-day period.