

spear

centre for sport, physical education
& activity research

Active Kids Paralympic Challenge: Woodlea Junior School's Road to Rio



January 2017

About *spear*

The Centre for Sport, Physical Education & Activity Research (*spear*) is located within Canterbury Christ Church University. *spear* undertakes a range of theoretically-informed analyses, from critical commentaries and reflections on current policy and practice, to commissioned research, evaluation and consultancy.

spear's research guides and informs public policy to increase physical activity and sport participation. It contributes to the wider evidence base used by policy makers, provides a rationale for government and commercial investment, and steers programme improvements to enhance the experience of practitioners and participants.

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Active Kids Paralympic Challenge evaluation undertaken by *spear* and commissioned by the Youth Sport Trust. Report produced by *spear*.

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About Woodlea Junior School

Woodlea is a community junior school situated in the South Ribble District of Lancashire. The number of pupils supported by the pupil premium is above average. Woodlea has a large accessible playground, playing field and indoor hall.

The school is committed to developing sustainable, high quality PE that supports the holistic development of pupils while also promoting inclusive, healthy and active lifestyles. As a part of this offer the school provides an extensive range of extracurricular activities such as squash, netball, tag rugby, swimming, cricket and crown green bowling. Woodlea has developed an expansive network of school-club community links, enabling children to participate in activities within and beyond the school.



About Woodlea



PE and Sport Provision

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The competition was an opportunity for us to relate our school’s deep rooted core values to those of the Paralympics. The children were keen to take part in additional activity and, linking this to their health, we began to see many benefits.
(Jillian Shorrocks, Headteacher)

“
The Sainsbury’s Active Kids Paralympic Challenge website really stood out. When we realised there was an opportunity to record our sports participation both in and out of school the staff and children fully welcomed the idea.
(Richard Cook, PE Subject Lead)

Woodlea’s Road to Rio



Reasons for taking part

As the new academic year (2015-16) commenced and the count down to Rio 2016 began, the school saw an opportunity to align and integrate the school’s core values with the Paralympic values. Richard, the PE subject Lead, explored a variety of approaches that could raise awareness of the Games and align and embed Paralympic values into the PE curriculum.

Sainsbury’s Active Kids Paralympic Challenge was identified as the most innovative and engaging initiative. The website provided a wealth of user friendly activities, lesson plans and cross curricular learning opportunities that enabled the programme to be embedded across all year groups.

The range of equipment and resources offered through Sainsbury’s Active Kids Paralympic Challenge enhanced the school’s commitment to the programme and having the opportunity to record participation levels on the Get Set Road to Rio app, as part of the Road to Rio competition, provided an additional incentive.

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I was really surprised at the amount of resources on the website and the equipment; they were excellent resources for assemblies and lesson plans which we have used in a number of different ways across the whole school.
(Richard)

“
The children have researched Paralympic events and adaptations and started to discover some of the many athletes and their stories, which in many cases are inspirational.
(Jillian)



Delivering the programme

Woodlea's Road to Rio Reactions

The school, staff, children and families were overwhelmed with the realisation that the children's determination and commitment in participating in Sainsbury's Active Kids Paralympic Challenge Road to Rio competition had resulted in winning the 'star prize', a trip to the Rio 2016 Paralympic Games for two children and two members of staff. Collectively staff nominated two Year 6 pupils to travel to Rio, accompanied by Richard (PE Subject Lead) and Jillian (Headteacher). Emma Currie and Scarlett Hayes were selected based on their continued commitment to uphold and work towards the core values of the school. However, winning the competition inspired the whole school, raised aspirations and provided Woodlea with a positive, enriching and lasting legacy.



Woodlea's reaction to winning the prize



Scarlett and Emma thoughts



Thank you Sainsbury's



Jillian and Richard on the impact of the prize

“
It has taken time to sink in as this is such a big thing for the girls...they are going to get so much confidence in themselves and their abilities through this!
(Mrs Currie, Emma's mum)

“
The competition is a huge boost to our children and school. For our children and indeed for many children this is a true 'once in a lifetime opportunity'. 'Things like this don't happen to schools like ours', is just one of the comments that has been made to me by parents.
(Jillian)

“
I burst into tears when I found out, I just couldn't believe that I had been chosen!
(Scarlett)

Woodlea's Rio 2016 Paralympic Experience

The Road to Rio provided Emma, Scarlett, Richard and Jillian with opportunities to experience 7 Paralympic sports in 5 days, immerse themselves in the Rio Paralympic carnival atmosphere and explore many of the cultural and historic elements Rio and Brazil have to offer.

The Road to Rio began with a celebratory send-off by the whole school. On the flight to Rio, the group had an unexpected opportunity to meet a number of Paralympic Team GB athletes, coaches, physiotherapists, psychologists and other support staff. On arrival the group experienced the hospitality and 'samba' carnival atmosphere of the city.

Day 1 entailed their first visit to the Olympic Park to start their Paralympic spectator experience, with 2 quarter-final matches of the men's wheelchair basketball competition.



“
The whole experience of Rio from beginning to end was amazing...Rio 2016 Paralympic Games was truly special and will be something that lasts a lifetime for us all.
(Richard)

“
All the events were inspirational, but Goalball particularly stood out for us, so much so that we have incorporated goalball into our golden time activity sessions in school.
(Richard)

“
We were in awe watching the Wheelchair Basketball and Wheelchair Rugby. The level of skill the athletes have to manoeuvre a wheelchair, at high speed, and control a ball was just phenomenal.
(Richard)

Woodlea's Rio 2016 Paralympic Experience Cont...



Corcovado Hill



Goalball final

On day 2 a guided tour of the world famous Ipanema and Copacabana beaches was followed by an expedition to the iconic Christ the Redeemer Statue, one of the new Seven Wonders of the World that sits 700m above sea level on Corcovado Hill. In the afternoon the group was transported back to the Olympic Stadium in Maracana for an evening session of athletics, including the T42 100m final.

Day 3 provided opportunities for the group to watch the individual bronze and gold medal boccia matches, followed by a trip to the British Paralympic Association Hospitality Centre. The day finished with the goalball final and medal ceremonies.



Swimming at the aquatics park



Carnival atmosphere at the Olympic park



On day 4 the group entered the aquatics stadium to enjoy a morning of Paralympic swimming. This was followed by an afternoon of sitting volleyball, where the group watched the teams battle for bronze and gold medals. On the final day before the group departed for London they experienced the men's gold medal wheelchair rugby match.



Wheelchair rugby final

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Being able to meet some of the athletes, their parents, and other support staff coupled with experiencing the events has really added to raising our appreciation, awareness and understanding of Paralympic sports and activities, and the sacrifices elite athletes have to make.
(Richard)

“
We can't thank Sainsbury's, YST and the other organisations involved enough; the organisation from beginning to end was superb. We were located just across from the Olympic Park, which was just breathtaking.
(Richard)

“
We got to experience a highly successful Paralympics with amazing facilities. Everything about the country and the games was superb. The whole cultural and historical experience of Brazil was just amazing and enriched the whole experience.
(Richard)

Woodlea's Road to Rio Legacy

Experiencing the Rio 2016 Paralympic Games gave the group a greater awareness and appreciation of Paralympic sport, an understanding of the commitment and sacrifice each elite athlete has to make to reach and compete in the games, and a once in a life time cultural and historical experience. Richard and Jillian are committed to embedding the holistic experience into the wider curriculum. Richard has been inspired to deliver goalball sessions in the school's golden hour in order to develop children's communication, listening and team working skills. Emma and Scarlett have presented and shared their experiences in order to inspire the children at Woodlea to participate in sport and raise their aspirations. Woodlea believe that winning the Road to Rio competition has provided the school with a long lasting and enriched legacy that will be shared with pupils, families and staff for years to come.



A personal message from Ellie Simmonds to Woodlea!

“
We had the opportunity to meet Ellie Simmonds' mum, which was amazing! She kindly allowed us to present the work my class had produced on tracking Ellie's fantastic career and pass it on to Ellie, who posted a personalised video for the class on Twitter! This has really encouraged and inspired the children and really added to our Rio legacy!
(Richard)

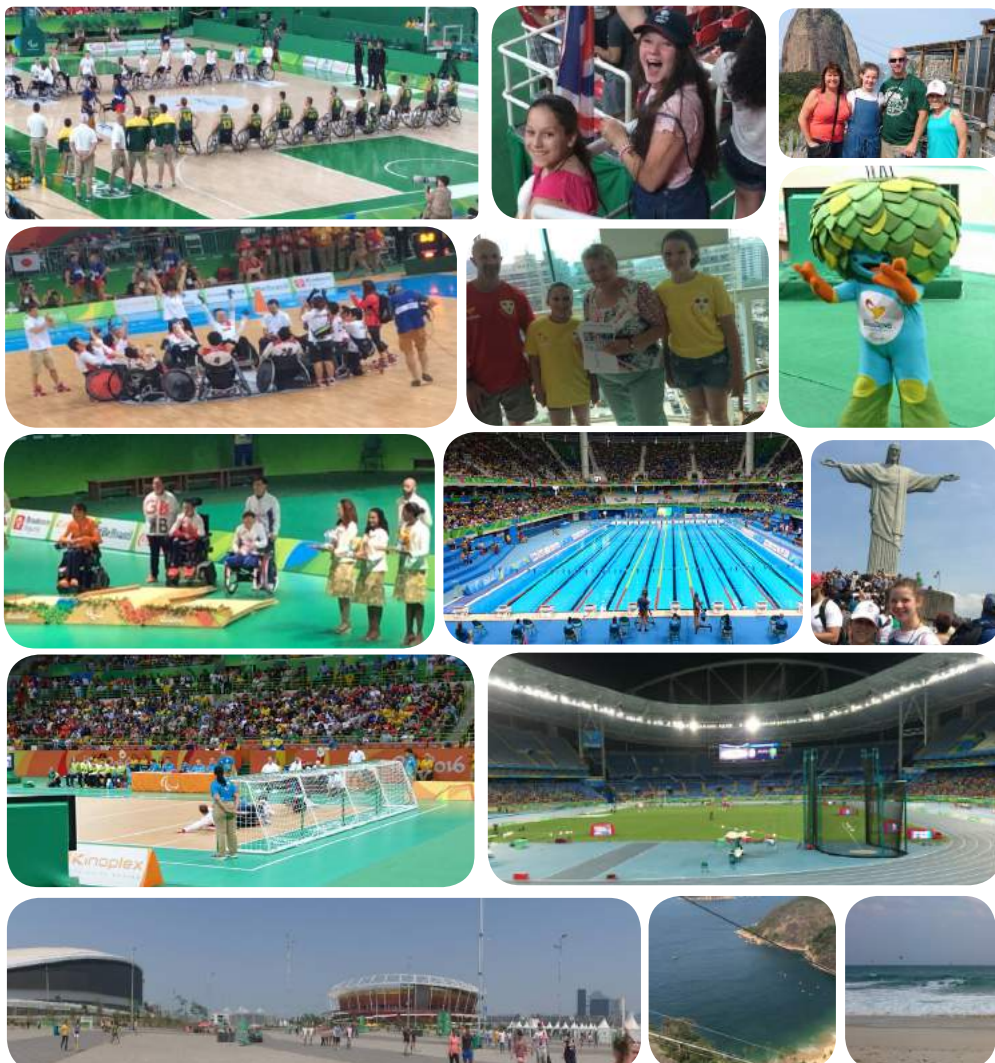
Woodlea's Road to Rio - The Impact

Winning the Road to Rio Competition has given Emma, Scarlett, Jillian and Richard the chance to...

- experience the spirit of the Paralympic Games through an extensive spectator package;
- develop a deeper appreciation of Rio's world renowned cultural and historical heritage;
- connect with Paralympic athletes and teams to broaden their awareness of the commitment, determination and sacrifices required to compete at the Games.

Winning the Road to Rio Competition has supported the school in...

- integrating and embedding Paralympic values in the school;
- developing awareness and understanding of disability, Paralympic sports and inclusive activities;
- expanding delivery of Paralympic sports and inclusive activities across the curriculum;
- raising children's aspirations.



“

As a school we already embraced inclusive activities but this experience will ensure that we can build on and expand our provision for our current and future pupils... of course the resources and equipment from Sainsbury's Active Kids Paralympic Challenge will continue to support us in the delivery of Paralympic activities.
(Richard)

“

Mrs Shorrocks, Mr Cook and two Year 6 girls from last year had an amazing time during their visit to Rio and the Paralympic Games. During their time, they watched boccia, wheelchair basketball, wheelchair rugby, swimming, goalball and athletics. They were lucky to visit many of the sights in Rio: Christ The Redeemer, Sugar Loaf Mountain, the jungle, Copacabana Beach and many more. Thank you to Sainsbury's for the wonderful opportunity.
(Woodlea Junior School [website](#))

“

The children will continue to experience and engage in a variety of disability and Paralympic sports, and the next four years will probably fly by; we will be approaching Tokyo where we'll hopefully be starting the process with Sainsbury's Active Kids Paralympic Challenge all over again.
(Richard)