

## Case Study

Equity focused  
– young people

# Carre's Grammar School

## What were our objectives?

To promote health and physical activity within the school and wider community



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### Project description

Sport England awarded Carre's Grammar School £58,454 of Active England revenue funding to appoint a specialist fitness manager and physical activity co-ordinator. The other half of the total project cost was from partnership funding. The project funding started in February 2005 and finished in February 2008.

These posts aimed to develop fitness programmes for local children and for adults referred by GPs.

The fitness manager delivered exercise referral and cardiac rehabilitation programmes. The project targeted Key Stage 3, 4 and 5 students plus non-active members of the community through a 12-week exercise referral scheme. The physical activity co-ordinator worked with local primary schools to set up out-of-school hours learning. All Year 5 pupils were trained as playground leaders.

### Project origin

The Partnership Development Manager (PDM) working at Carre's Grammar School, with Lincolnshire South West Primary Care Trust, identified the project. This followed the school achieving specialist sports college status in September 2003. Lincolnshire South West PCT had identified community health as an issue, and felt that this was something that it could work with Carre's Grammar School to improve. Also partner primary schools within the Carre's Grammar School cluster identified the need for assistance in the provision of lunchtime and after school clubs.

### Project aims

The project aimed to address key areas of community health such as:

- Raising awareness of health across the whole school;

- Extending ways in which the school meets the needs of the wider community across the health agenda; and
- Setting up, developing and strengthening partnerships between the school and other groups.

These have all been achieved.

### Project performance

- 1,992 people participated in the programme, 559 adults and 1,433 children;
- All Year 5 pupils trained as playground leaders;
- 150 community volunteers now engaged in local sports clubs;
- There have been 261 health referrals through the referral programme; and
- Participants gained a total of 198 sports qualifications.

For health referrals, there were 174 exercise referrals, 69 cardiac rehabilitation patients and 18 attended the mental health recovery group. The programme successfully engaged with the local community as well as the school.

### The Future

Active England funding finished in February 2008 but due to the success of the project both posts are now funded by the local Primary Care Trust. The remit for the physical activity co-ordinator has been extended to cover all of Lincolnshire.