

Zumbatomic Final Report

(An initiative of the NHS Berkley Vale Health Cluster)



Background

World Jungle was commissioned by the NHS Berkeley Vale Commissioning Unit to increase physical activity levels amongst primary school aged children across the Berkley Vale Cluster. This was to be done by:

- 1) Running physical activity taster sessions (in the form of zumba fitness classes)
- 2) Setting up after school clubs focusing on Zumba which all children could access
- 3) Training staff to promote physical activity within their school.

1.Zumba sessions in School

Fourteen out of Seventeen schools in the cluster area took up the free Zumba sessions. The sessions varied from school to school with some focusing on Key Stage 1 or Key Stage 2 while others involved the whole school. In general the KS1 sessions lasted 30minutes while the KS2 sessions would be between 45 minutes to 1 hour. A normal session involved a quick check to see if pupils knew what Zumba was or had tried before,



a warm up (5min), several Zumba songs learning basic choreography (20-30min) then some dance games (10mins) often with the children coming up with their own dance moves and getting everyone else to follow along. The format worked really well and nearly all children enjoyed the sessions. Often it was the boys who at first would be quite apprehensive who got into it the most by the end. Those schools that didn't take up the offer either already had in place Zumba classes delivered by a teacher or just didn't respond.

Comments from Teachers

"I just wanted to thank you for Friday's Zumba in school.

"I have to say I had not seen so many children with such huge smiles in one activity, it was simply fantastic! The children who surprised us most were the ones who are usually so quiet and shy they really shone with confidence and a real sense of fun. Thank you so much and I am looking forward to the after school club and so many of the children are too." (Head Teacher)

"Great fun, good exercise from the word go!"

"Thank you. All of the children thoroughly enjoyed the workshop and I could clearly see from the effort they made how much the content engaged them."

"The class liked the combination of Ben leading some dances and then having the opportunity to create moves of their own."

"A super session. Everyone enjoyed it, even those who don't usually like doing P.E."

Children comments:

"Great music, fun moves"

"too hot!"

"It was awesome, I loved it a lot!"

"The music was a hit"

"I felt good after."

"I liked the music, good exercise for you, also gets you fit. I would like to do it more often."

"It was really coooooooooo!"

"The music was awesome, I danced like mad. I loved it"

2. After School Clubs:

The target for the project was to set up three after school project. Over the course of the project we set up four Zumbatomic after school clubs, these took place in

- 1) St. James Hall, Dursley (average attendance 20)
- 2) Lakefield Primary School (attendance 41)
- 3) Berkeley Primary (30)
- 4) Stone with Woodford Village Hall (13)

These were located around the cluster area to ensure access by all schools. We had hoped to carry out a review of existing after school clubs across the area but responses from schools were not sufficient to carry this out.

Two of these are still going while the other two finished at the end of the summer term. We are currently in discussion with Cam Woodfields Junior about setting up a club for their pupils. Attendance at clubs was equal mix between boys and girls, the majority of children were at Key Stage 2 age except for at Lakefield Primary where we ran one 6 week programme for KS 2 and then followed this with another 6 week programme for KS1 children.



3. Staff Professional Development:

In order to maintain a legacy within the schools post this project an element of staff professional development was included. Following discussions with Head Teachers, the need for improved training of the Mid day supervisor was felt to be a key priority for the cluster.

As a result, World Jungle in partnership with Bristol Scrapstore delivered play training for mid day supervisors. We delivered two events at Bluecoat Primary in Wotton Under Edge and Woodfield Primary in Cam which ran over two days the 24th and 28th May 2012. In total 8 schools sent staff on the training with 25 staff in total attending. The courses delivered were:

An Introduction to Play in Schools

This fun, practical and hands-on course is an essential introduction to the importance and value of play and the benefits it has on children's development. The course aims to enhance the role of lunchtime staff in understanding how to support play and is open to anyone that works with children and young people in schools.

Positive Interventions

This course enables learners to explore strategies and techniques in making interventions on children's play and how this affects relationships between adults and children. The course aims to give learners a better understanding of how play works and techniques to support this.

In both venues the responses from the training were really positive, with some great feedback given on the evaluation forms. Some learners were very excited and talked about how the training was impacting on their roles as lunchtime staff. It would be interesting to follow up with Head teachers to see how the training has been implemented.

4. Communication, Media & Press, Recognition:

The project has been in the Gazette, Cotswold Family Life and Gloucestershire Citizen, the project also contributed to the success of the Berkley Vale Community Health Cluster receiving the top awards in the Arts & Health South West Awards. The project also contributed to World Jungle receiving the Stroud Life Business "Community" Award 2012. Communication with schools requires persistence and often a phone call is more effective than email. The opportunity to meet with Heads early on in the programme was key and helped to shape the project.

Summary:

As a result of the project over 1200 children and young people had an opportunity to experience Zumba by qualified Zumba instructors. Four after school clubs were set up across the cluster area and 25 staff from schools have been trained to promote active play within their school. In addition relationships have been developed between education, health and voluntary sector professionals across the Berkley Vale area.

Overall the feedback from the children and teachers has been extremely positive. The project was extremely successful giving large numbers of children an opportunity of trying a new physical activity that may appeal to those who don't like the more normal sports offer (ie football, rugby etc). Providing follow up opportunities through after school clubs works well with many schools keen to provide a range of activities outside of the school day. Schools can promote these to parents using school newsletters, which are a trusted source of information for parents. Using a local organization with good links with local schools and access to high quality trainers was key to the success of the project. The project has developed a model of working between education and health professionals in the local area and attempts should be made to continue this in the future.

Appendix 1 Feedback from schools & pupils:



Class 1 Reception – Strongly agree all positive. “Both Ben and Jane were fantastic – great vibrancy, enthusiasm and creativity – which permeated through to the whole class. They inspired and challenged pupils with open-ended questioning and the smiles lasted all day long! Thanks!”

Head Teacher:

“I just wanted to thank you for Friday’s Zumba in school.

I have to say I had not seen so many children with such huge smiles in one activity, it was simply fantastic! The children who surprised us most were the ones who are usually so quiet and shy they really shone with confidence and a real sense of fun. Thank you so much and I am looking forward to the after school club and so many of the children are too.”

All strongly agree on positive.

Suggest perhaps the children could perform to other children?

“It was great to see all the children take an active part throughout the whole session. They were hugely motivated and enjoyed themselves. Thank you for doing this session for us!”

“Great fun, good exercise from the word go!”

“Thank you. All of the children thoroughly enjoyed the workshop and I could clearly see from the effort they made how much the content engaged them.”

“The class liked the combination of Ben leading some dances and then having the opportunity to create moves of their own.”

Comments from class teachers:

“A super session. Everyone enjoyed it, even those who don’t usually like doing P.E.”

“Great! The children loved it, were engaged the whole time and were really creative with their dance moves.”

“Very impressive – would book again!”

“A really great fun session, the children listened well, and had a full hour of exercise as well as learning some dance moves!”

“Pupils loved it!”

Children comments:

“Great music, fun moves”

“too hot!”

“It was awesome, I loved it a lot!”

“The music was a hit”

“I felt good after.”

“I liked the music, good exercise for you, also gets you fit. I would like to do it more often.”

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