

MOVING MORE. FEELING BETTER.

Children and Young People Physical Activity Programme 2025-26



237

DELIVERED

5

**PRIMARY
schools**

3

**SECONDARY
schools**

49%

**Active one hour
a day**

WHY THIS WORK MATTERS

Physical activity supports physical fitness, mental health, emotional wellbeing, confidence, resilience, social connection and overall quality of life. The programme focused on children who may have limited opportunities to be active, including children from areas of deprivation and those identified for Pupil Premium support.

THE APPROACH

Non-competitive, fun and engaging activity, with emphasis on enjoyment, achievement and personal progress rather than sporting performance.

WHERE WE WORKED

Delivery predominantly took place beyond leisure centres, in schools, youth clubs and community settings across East Devon.

WHO MADE IT POSSIBLE

School PE leads, pastoral teams, Active Devon, Heads Up, youth clubs, charities and specialist partners supported delivery.

ACTIVITIES INCLUDED

Parachute games | Team challenges | Dodgeball | Boccia | New Age Curling | Racket skills | Swim to Sea



IMPACT BEYOND THE SESSION

MOVE

More active

CONNECT

Stronger
relationships

GROW

More confidence

THRIVE

Better wellbeing

WHAT CHANGED

- Increased participation and engagement
- Improved confidence and resilience Stronger
- peer relationships
- Greater willingness to try new activities Better
- social interaction and communication Positive
- relationships with instructors

SKILLS FOR LIFE

BALANCE

AGILITY

COORDINATION

STRENGTH

MOVEMENT SKILLS

SPATIAL AWARENESS

COMMUNICATION

TEAMWORK

“IT HELPS ME CALM DOWN AND TALK ABOUT MY FEELINGS.

Feedback from a participating child at Littletown Primary School

Other feedback included: “Gives me energy to run around” and “It’s fun and relieved stress”.

WHAT WORKED BEST

- Schools embraced partnership working Pastoral
 - teams identified children most in need School staff
 - actively supported delivery
 - Fun, inclusion and enjoyment shaped sessions
- Activity linked directly to wellbeing outcomes

LOOKING AHEAD

- Continue existing and new partnerships Increase
 - access to suitable spaces Prioritise deprived
 - communities
 - Maintain focus on Pupil Premium children
- Connect activity and mental health support

EVERY CHILD DESERVES THE CHANCE TO BE ACTIVE

Building confidence, connection and healthier lives through movement



PART OF THE **led** COMMUNITY