

Family Funs

Project Background

Falconer's Hill School in Daventry is an infant school with 180 children on roll. The proportion of pupils with moderate learning difficulties and speech, language and communication difficulties is well above average. The percentage eligible for free school meals is also above average. An increasing number of pupils are newly arrived from overseas and at the early stage of learning English. The school has received a number of national awards, including Healthy School, Active Mark and Green Flag Eco-School. The last Ofsted report awarded Falconer's as 'Outstanding'.

Falconer's Hill recognised that the school could improve family-school relationships and engage more with families. Working in partnership with Northamptonshire Sport the 'Family Funs' club was set up. This after school-club provided fun activities that supported families to develop their health, physical, personal and social skills together in a safe and friendly school environment.



10 families were chosen with the view of improving behaviours, attainment and physical activity levels.

"All our families taking part in Family Funs agreed that they were highly enjoyable and well worth doing!" - *Coleen Wilkins, Headteacher*

Delivering the Project



The families were invited to the Family Funs club on a Monday after school for an hour over 6 weeks. Create Development schemes of work and resources were used that focused on fundamental movement challenges and personal and social skills to enable physical activities.

The activities incorporated challenges and fun, inclusive games, with stories and songs that made it exciting for all. Each week covered a different Multi-ability activity, for example social skills. The parents and carers were given personal targets such as '*positively supporting your child through challenges*' whilst children received their own goals to support curriculum work, for example '*I can share equipment with others*'. Families were also given ideas on games and challenges to go away with where they could enjoy physical activities as a family.

"We would highly recommend any school taking part!" - Coleen Wilkins, Headteacher

Project Impact

10 families participated in the Family Funs club. The make-up of the families was mixed, some with just one parent and child and others with their two year old and 14 year old. This wasn't a problem because this is exactly what Family Funs is designed for.

Using Create Development resources the trained coaches were able to deliver sessions that were safe, fun and inclusive as well as challenging, for both adults and children. For example, in the first week the families were introduced to a game called *River Crossing* where they had to cross the 'river' using their 'stepping stones' (hoops and spots). Families had to use balance, coordination and social skills in order to make it across successfully. Parents had the challenge of asking their children open questions on how to cross instead of telling them and children were in an exciting pirate story, crossing the river to get the gold and were therefore fully engaged. Without realising it all participants were improving their fundamentals of movement and social skills.



Each week included similar activities that in turn helped the school to engage and communicate with the families in a positive environment. Over the 6 weeks attendance was high and it helped those children, who normally struggled to access sport and PE, to develop and close the attainment gap. Teachers also saw improvement in classroom behaviour, with the Family Funs club an added incentive for the children.

Q&A with Parents

Mr Harry Magowan, father to Kiera and Chelsea, year 1 and year 2 children (pictured) and Mrs Emma Lewcock, mother to Zaki, a year 1 child.

What was your first thought when you were invited to 'Family Funs'?

Mr Magowan: *For Christ's sake why me!*
Mrs Lewcock: *I didn't know what to expect but welcomed the opportunity.*



Who attended the club in your family?

Mr Magowan: *Me (Dad) and Daughters (Kiera 6 & Chelsea 5)*
Mrs Lewcock: *Zaki and Mummy.*

Prior to the club did you do much physical activity and sports together as a family?

Mr Magowan: *Not a great deal.*
Mrs Lewcock: *No not really, walk to school but no sports.*

Did you like the fact that you were able to take part in an activity with your child on the school grounds?

Mr Magowan: *Not at first, but then thought how brilliant it was.*
Mrs Lewcock: *Yes it was very convenient because it was straight after school.*

How did you find the activities as a parent?

Mr Magowan: *As a parent I could have done more, however it was perfect for the kids.*

Mrs Lewcock: *I enjoyed them and it was lovely to see my child having fun with lots of smiles and laughter. I didn't have any issues with joining in as it was benefiting myself and my son.*

Did you see the benefits of the activities to your child?

Mr Magowan: *Yes it was amazing!*

Mrs Lewcock: *Zak had to listen to instructions and join in with other people and come up with his own ideas. I definitely think this has helped him.*

How was it learning new skills, improving health and fitness and having fun as a family?

Mr Magowan: *Made us realise how lazy modern life can be.*

Mrs Lewcock: *I thought it was brilliant, a great idea and was nice being involved in my son's learning.*

Have you noticed any differences in your child since attending the club?

Mr Magowan: *My girls' confidence has definitely improved and I have definitely seen an improvement in their skills for sport.*

Mrs Lewcock: *Zak has had to learn to listen more and understand that it doesn't matter if you don't come first every time.*

Has it changed your attitudes towards physical activity as a family?

Mr Magowan: *Most definitely, I realised how little I was doing.*

Mrs Lewcock: *Yes it has showed me that it doesn't have to cost money to get fit, you can do simple activities anywhere.*

Now you have completed the 6 weeks of the club what are your feelings towards it now?

Mr Magowan: *As a family we are close knit, but due to mum's death we found it difficult mixing with people but due to the school providing this club it gave us a little gentle push and made us social as a family again.*

Mrs Lewcock: *I think it's a fantastic idea and anyone can join in, I did even with back issues.*



Would you like the school to continue a 'Family Funs club'?

Mr Magowan: *Most definitely*

Mrs Lewcock: *Yes I would and I would love to take part again.*

Any other comments?

Mr Magowan: *I am so grateful for this experience, it has done us all the world of good! It made us participate in things we did not want to do before and the coach would get us involved in a nice encouraging way.*

Mrs Lewcock: *It's a shame that more parents didn't join in as it would have benefited them. 9/10 activity*

Project Future

Falconer's Infants School have now asked Northamptonshire Sport to continue Family Funs. They will be using Pupil Premium funding to target specific families each term, using feedback from those taking part to record the impact it has on the families.

Northamptonshire Sport are now aiming to build this partnership with the school and its families in order to improve and progress their PE and Sport provision and in turn creating a school with children from families who are active, healthy, social and who are ready to learn.



"They loved being involved with other families and learning new games and ideas. It was also a great way to keep fit and be healthy."

Coleen Wilkins, Headteacher

Contact Details

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