

Project Background - As part of a Northamptonshire wide project, 5 schools across the county including Rockingham Primary School successfully accessed health funding to launch a Family FUNS activity club. This involved sports coaches running sessions for children and parents/carers using the FUNS programme and providing training for the parents/carers so that the club could continue and to empower the parents/carers to play with the children away from the club setting.



The programme was designed to deliver the following objectives:

- **Increased activity for all children**
- **Improved fundamental movement for all children**
- **Aid social and personal skills improvement with both parents and children**
- **Provide evidence to support objectives**

Delivering the Project – The project was co delivered by through Coaching Northants and a member of staff from Rockingham Primary School. The member of staff from the school attending two days of training alongside the Coaching Northants staff to ensure a high quality level of delivery was delivered by both activators.

Project Impact – Throughout the running of the club numbers gradually increased until we had 9 families regularly attending with 20 participants enjoying Family FUNS time. The targeted group of participants were KS1 pupils but the club was open to all the members of the families. The club attracted siblings, parents and grandparents along to spend some quality family time together. To improve the club going forward it is felt that better publicity of the benefits to the club and Family FUNS would attract a greater audience and uptake.

The Future – The school is looking to continue with a family inclusive program of work this academic year. They have used some funding to employ a member of staff half a day a week to support Change 4 Life and other Physical Activity within the school. The school has successfully in an Awards4All bid to develop health and wellbeing across the community of Rockingham Primary School.

Feedback – Miss Curtis, 'I have thoroughly enjoyed co-delivering Family FUNS, the training offered provided me with the skills to deliver this project and other Physical Activity work within Rockingham Primary'

Child A – 'Family FUNS was great as I got to play with my mum at school and at home. Mum is cool'

Who to contact for more info about this project – Matthew Peleszok, School Sports Manager, mpeleszok@pwschool.northants.sch.uk or David Dent, Coaching Northants Ddent@northamptonshire.gov.uk