

# PERSONAL BEST

PROMOTING MENTAL HEALTH THROUGH PHYSICAL ACTIVITY

Promoting positive mental health in children through supporting them in both identifying and achieving their personal best goals.

Increasing numbers of young people are being diagnosed with a Mental Health Illness before the age of 14

Overwhelming research into the benefits physical activity can have on the positive mental health of young people

Regular feedback from schools highlighting the lack of resilience and self esteem amongst pupils

Societies changing attitudes towards being physically active, particularly amongst groups of young people

## 3 OBJECTIVES

- Developing resilience
- Improving self image, esteem and confidence
- Changing attitudes towards regular physical activity

## WHO

Schools have selected pupils for some of the reasons below: Physical Health issues including obesity, fine and gross motor difficulties, lack of engagement in physical activity, poor behaviour or attitudes towards physical activity, bad winners and bad losers, lack of resilience in difficult situations, lacking confidence (generally and in physical activities)

## HOW

- 6 x 40 minute bespoke sessions, designed specifically to meet the needs of the small groups who had been identified by the school.
- We spent time talking to the children about how they were feeling, gaining their trust and encouraging them to share personal views about physical activity.
- Together we designed a physical activity programme identifying areas where they wanted to achieve some measurable improvement and gain a sense of achievement and success.
- The goals were personal and non competitive

## PUPIL QUOTES

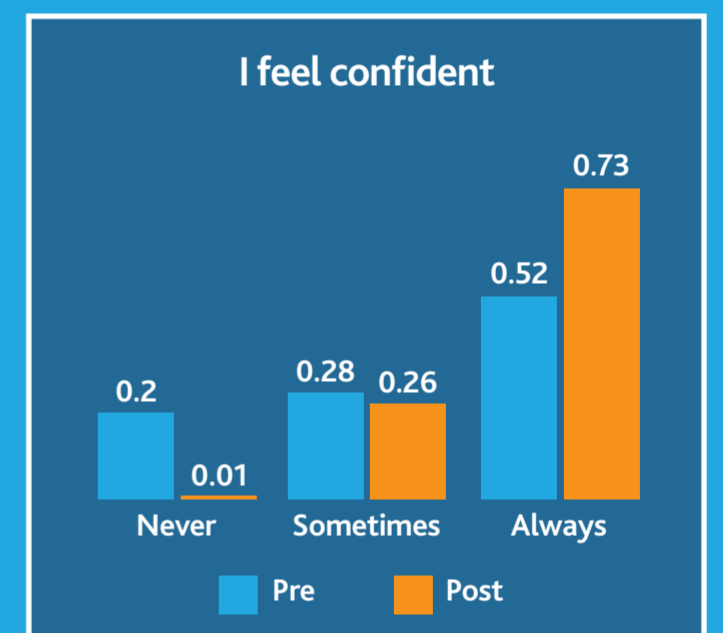
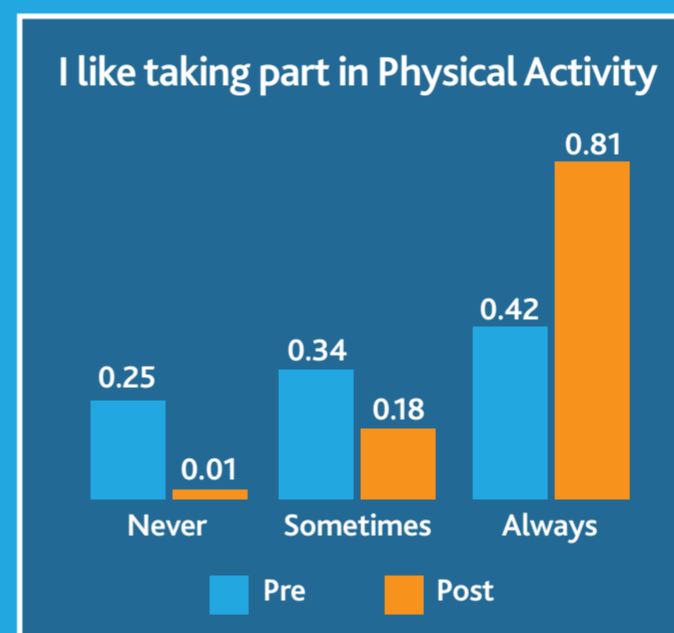
"I liked playing the games, it taught me that taking part is the main thing and it doesn't matter if you lose. If you got 3rd place it doesn't matter if you did better than last time"

"I used to be really nervous about joining in and was really worried in case I lost. When I used to lose I used to stamp my feet and get my upset, but now I say "well done" to my friends"

## STAFF QUOTES

"I just wanted to thank-you for the fantastic personal best programme you ran this half term. The feedback from the children and the staff has been really positive. I had chance to speak with a group of children who took part in the programme today and their enthusiasm was clear to see. Something that was really pleasing was that they had all taken part in the virtual skipping competition that has been running at lunch times this week and over half of the children who were not engaging in an after school club are hoping to join a club next half term. Great news!"

**"Almost 1 in 4 children display evidence of Mental ill health"**



## HEADLINE IMPACT

Following the programme more than 80% of pupils 'always' feel like taking part in Physical Activity. A 100% increase from the start.

At the start of the programme 20% of pupils 'never' felt confident. This dropped to just 1% following the programme

Following the programme, ALL pupils feel like they can keep trying at least sometimes and almost 75% feel like they can do this all of the time.

**Numbers of Pupils = 850+**

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