

To see how
Personal Best
could work in
your school visit
our website.



Edsential
Community Interest Company

HEALTH & WELLBEING

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.

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+

3 OBJECTIVES

- Develop resilience
- Improve self-image, esteem and confidence
- Change 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

HOW?

- 6 x 40 minute bespoke sessions, designed specifically to meet the needs of the small groups who had been identified by the school.
- Designed a physical activity programme identifying areas where they wanted to achieve some measurable improvement and gain a sense of achievement and success.
- Personal and non-competitive goals

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."

"When I used to lose I used to stamp my feet and get 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. Now, 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!"

BENEFITS OF THIS PROGRAMME TO THE CURRENT PICTURE

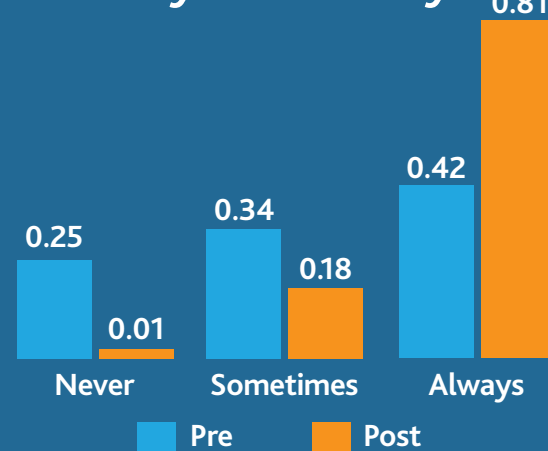
Increasing numbers of young people are being diagnosed with a Mental Health Illness before the age of 14

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

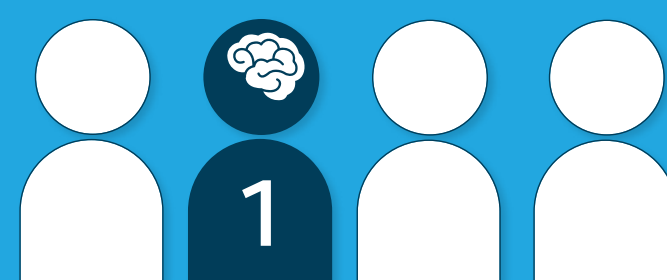
Regular feedback from schools highlighting the lack of resilience and self esteem amongst pupils

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

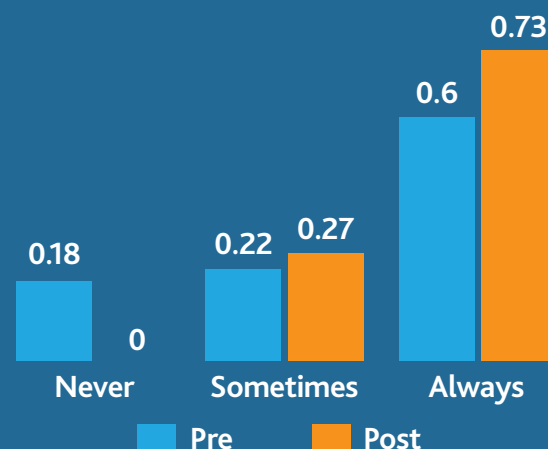
I like taking part in Physical Activity



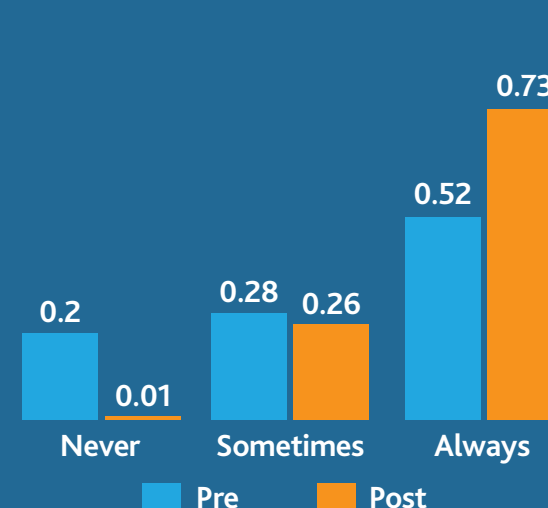
One in four
children display evidence of
Mental ill health



I can keep trying when things become difficult



I feel confident



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