

Active Start Annual Report 2020 - 2021



Welcome

Welcome to the first Active Start Annual Report highlighting the initial progress that has been made during Year 1 of the programme.

This first report concentrates upon the journey so far and the achievements in relation to the programme milestones and initial training rollout. The core vision of the Active Start programme is to support children to be healthy, to learn, and be active for life!

The intention is to:

- Increase physical activity levels and reduce sedentary behaviour in the Under 5's.
- Narrow the gap in achievement and health inequalities for children from disadvantaged areas.
- Support parents and carers to connect with their children through physical activity and active play.
- Inspire practitioners and teachers to feel confident to deliver the wider curriculum through physical activity.

Activities delivered to date have focused upon the rollout of training to Early Years Practitioners with the Autumn playing host to further opportunities. Future plans include Key Stage 1 delivery and the launch of the Family Learning Active Start sessions.

Challenges and Opportunities

There have been many challenges over the past year, influencing both the launch and rollout of the Active Start programme. However, this in turn has provided several opportunities to refine and reflect upon delivery and shape the content of the programme.

The decision taken at the start of the pandemic to develop our own resources will provide many more opportunities to engage and support settings. The bespoke resources have enabled the project team to ensure that the programme fully aligns to the new Early Years Foundation Stage framework which was introduced this September. In addition, the creation of a resource to support children under 2 really helps to emphasise and reinforce the importance of ensuring children have an 'active start' from a very early age.

The support and challenge from the multi-agency steering group has ensured that the programme has retained momentum throughout this challenging period.

Now, more than ever there is need to ensure that our children are given the best possible chance to thrive and we hope that Active Start will create those opportunities as we move forward.



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Highlights

During 2020/21 the Active Start programme has:

**We are an
active start
Setting**

Delivered an interactive webinar
for 14 settings to promote
Active Start



Delivered 3 practical face to face
training sessions for Early Years
Practitioners, Reception Teachers, and
Child and Family Workers

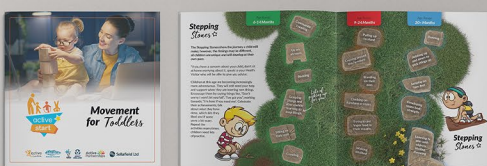


Distributed 240 take home packs for
settings to support family-based activity

Provided training for 24
practitioners across 13 settings

Created information booklets aimed
at parents of children aged under 2

Movement for Toddlers



Movement for Babies

Developed a bespoke programme for
parents and carers in partnership
with the County Council's Family
Learning team



Developed new resources
specifically for Cumbria aligned
to the Active Start programme



Established a multi-agency steering group to
oversee and support the rollout of the programme



Leveraged an additional
£44,000 of investment
to support delivery of the
programme across
Cumbria

The Active Start Journey

2020
Spring/
Summer

Established an internal programme team to oversee the development of Active Start.
Curtailment of the programme launch prompted by the arrival of the Covid-19 pandemic.
Development commenced upon a bespoke suite of resources for the programme which would be unique to Cumbria.

2020
Autumn

Held the inaugural meeting of the multi-agency steering group providing opportunities to check and challenge development of the programme to date.
Delivered a virtual training session for the Family Learning Tutors covering the theoretical aspects of the Active Start course.
Finalised the content and production of the family activity packs.



2020
Winter

Creation of a dedicated Active Start section on the Active Cumbria website to complement the programme providing information for both practitioners and parents/families.
Formal launch of Active Start in January 2021 commencing engagement with settings, schools, and partners to raise the profile of the programme.



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The Active Start Journey

2021

Spring

Finalised the content and production of the EYFS and KS1 resource packs for practitioners and teachers.

Delivered a virtual webinar in March 2021 for practitioners to maintain momentum and enable targeted settings to find out more about the programme.



2021

Summer

Delivery of the 1st of 3 Active Start face to face training courses in Workington and Whitehaven.

Completion of information booklets for parents specifically aimed at those with children aged under 2.



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Outcomes and Learning

This first year has concentrated upon the development of the programme and commencing engagement with the settings. At this stage it is too early to report upon the agreed outcomes as the training was only able to commence this Summer. We can however share perspectives from our participants regarding the training and the resources.

Training Experience

As a result of attending the Active Start training:

- 86%**  Reported their confidence to support physical activity had increased a lot
- 90%**  Reported their skills and knowledge had increased a lot
- 90%**  Reported their inspiration and motivation to improve children's physical activity and play had increased a lot
- 81%**  Reported their understanding of how to incorporate physical activity within the EYFS curriculum had increased a lot



Tell us about the Training

- "I found the whole course beneficial. I feel I have gained knowledge regarding physical development from birth to 5. Feel I can present the information gained to have a positive outcome for the nursery."
- "It has made me think about how much more as an organisation we could do to promote physical development."
- "I have learnt the importance of making physical development a priority for the children on a day-to-day basis and how to implement this effectively."
- "Learnt how important physical activity is to every child. It gives them the best start in life."

Tell us what you like about the resources

- The way the cards fit in with all our sessions and can be adapted for different ages easily.
- It fits in so much of the early years curriculum with physical activity which means that the child can access even more.
- The programme of activities has good cross curricular links which will free up a lot of time.
- The resources take the workload away from us and link into the new curriculum.



Financial Update and Future Priorities

Listed below is a summary of the expenditure to date in relation to the period covering the 1st April, 2020 – 31st August, 2021.

Expenditure

Staffing	£34,024
Marketing & Communications	£1,996.98
Programme Design	£12,800
Course Delivery	£1,952
Resources	£26,240.30

Total Expenditure
£ 77,013.28

Priorities 2021-22

Programme Objectives:

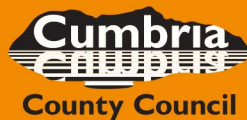
- To increase the confidence and competence of practitioners in early years and teachers at KSI to deliver and embed the Early Years Foundation Stage framework and the Primary National Curriculum respectively through physical activity.
- To increase physical literacy and participation in physical activity amongst early years children and positively impact on their school readiness.
- Connect Parents and Carers with their children and with each other through increased physical activity.

Actions:

- Aim to deliver 5 further early years training courses across Allerdale and Copeland.
- Launch the Key Stage 1 training offer initially promoting to settings and schools that have undertaken the Early Years training.
- Revisit the Summer 2021 Active Start workforce to review progress and implementation to date.
- Develop an additional resource for practitioners to support children under 2.
- Launch the Family Learning offer promoting directly to settings already engaged or featured on the Year 1 target list.
- Work with health partners and colleagues to promote and disseminate the 'Movement for Babies' and 'Movement for Toddlers' information.
- Develop a series of user-friendly videos to showcase activities and increase accessibility.



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