

Active Start Annual Report 2022 - 2023



Welcome

Welcome to the Active Start Annual Report for 2022-2023. This is our third Annual Report highlighting the progress made since the initial inception of the programme back in early 2020. This report concentrates upon the rollout of the programme over the past 2 years and the impact to date within our early years' settings across Cumbria.

The core vision of the Active Start programme is to support children to be healthy, to learn, and be active for life!

To do this we intend to:

- Increase physical activity levels and reduce sedentary behaviour in the Under 5's
- Narrow the gap in achievement and health inequalities for children within our priority communities
- 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

Over the past year there have been several achievements but the one that underpins the whole programme and is integral to the sustainability is the settings themselves. We have experienced an upward trajectory of participants attending the courses which is testament to the quality of the training provided, and the feedback that has been shared amongst early years professionals.

The development of additional resources aimed at those with Under 2 provision, a termly e-newsletter for the Active Start workforce, and delivery of a webinar focused on Outdoor Learning formed part of the extended offer. These elements have enabled us to continue the conversations around the importance of movement.

In previous years the family element of the programme has struggled to progress however through the adoption of new approaches, and collaboration with partners, plans are starting to come to fruition. The decision to adopt alternative methods alongside Family Learning has allowed the offer to be tailored to reach those who would benefit the most. In addition, we have sought to consider how we can support others working across the early years system to advocate for us and spread those all-important messages.

This element of the programme remains one of the most challenging aspects yet by recognising that there is not one single solution but rather a suite of options we are optimistic that this will produce the positive outcomes we strive for.

External to Cumbria we continue our Active Start collaboration with Active Partnership colleagues RISE as they extend their reach into other areas across the North East. In addition, we have successfully trialled delivery with the Ellesmere Sports Partnership and are due to embark upon a new partnership with North Yorkshire Sport Limited.

Finally, we would like to take this opportunity to thank our lead trainer Lesley Minervini, partners, and colleagues that continue to support our vision. Most importantly all those early years settings that have taken part in our training to date and embraced the programme within their settings. Let us hope they continue to embed Active Start and support our early years children to be healthy, to learn, and be active for life!

Highlights

To date the Active Start programme in West Cumbria has:

Delivered **10** practical training sessions for Early Years Practitioners, Reception Teachers, and Child and Family Workers.

Provided training for **116** Early Years Practitioners across **66** settings.

Delivered **3** practical training sessions for Key Stage 1 Teachers and PE Leads.

Provided training for **33** teachers across **25** schools.



Distributed **1,130** take home packs for settings to support family-based activity.

Across other areas of Cumbria we have:

Delivered **9** practical training sessions for Early Years Practitioners, Reception Teachers, and Child and Family Workers.

Distributed **944** take home packs for settings to support family-based activity.

Delivered **3** practical training sessions for **26** Key Stage 1 Teachers and PE Leads.

Provided training for **116** Early Years Practitioners across **79** settings.



In addition to this we have:

Provided 60 balance bikes to settings across West Cumbria courtesy of funding secured via the Active Travel team.

Produced a series of activity cards aimed at promoting movement with children aged 2 and under.

Supported the expansion of Active Start, working in collaboration with other Active Partnerships to bring the programme to their geographical areas.

Developed a new resource promoting Outdoor Learning scheduled to be launched during the new academic year.



Be part of it!

Initial Outcomes and Learning

As we embark upon our third and final year of delivering the Active Start programme, we take the time to reflect upon our participants training experience to date and consider how we can shape our delivery moving forward.

Participants were asked to consider the importance of physical activity and active play within their setting:

78%

felt that physical activity and active play was very important (the remaining 22% rated it as quite important).

88%

felt that children's physical activity and play was viewed as very important when compared to developing speech and language or social skills

Training Experience

As a result of attending the Active Start training:

74%

reported that their knowledge and awareness of the CMO guidelines relating to physical activity had increased a lot

80%

reported their understanding of how to incorporate physical activity within the EYFS curriculum had increased a lot

75%

reported their confidence to support physical activity had increased a lot

80%

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



It provided me with lots of different ways to push and promote healthier lifestyles to children and parents.



Great engaging delivery. Lots of adaptations available. Children at the centre of all activities.



Love the cross-curricular approach. Lots of ideas that can be used and adapted across the key stages.



I have more ideas of how to incorporate movement into areas of learning which I wouldn't usually, such as story time/reading books.



Finding new fun ways to engage children to do physical activity and growing a bigger understanding of why physical activities are so important in this day and age.



Be part of it!



Active Start in Action

During the Summer term Silloth Primary School opted to host the Family Learning Active Start course which was delivered onsite and promoted to all families with children in the nursery class.

The course was delivered over 5 weeks with each session covering a different theme around movement and active play. Alongside promoting the children's physical development, the sessions sought to introduce activities that focused upon their emotional and social development as well. All those attending and completing the 5-week programme received a take home pack with equipment and activity cards linked to the Active Start programme.

The feedback from parents was overwhelmingly positive.



I've learnt to engage in activities with my daughter and make them fun as well as educational.



Just being able to come and see how she listens and found ways to express how she's feeling. I think she has taken a lot from Active Start. The packs we received have been used both here and at home.



I have learned to accept newer methods to teach my daughter to be more active.



Furthermore, an improvement in the children's physical skills was observed alongside a desire to continue taking part in the activities post the sessions.

The Family Learning course aims to complement the Active Start programme and activities that are delivered in school, focusing upon developing healthy and happy bodies and minds. Sessions are delivered by the Council's Family Learning tutors and promoted to all those schools and settings that have previously attended the training courses.



Active Start in Action

Dedicated Active Start Sessions

Teaming up with Little Explorers Preschool in Cleator Moor, a series of specific Active Start sessions took place at The Funhouse in Whitehaven. Over the course of 6 weeks, dedicated physical activity sessions took place with the emphasis upon supporting children with their Fundamental Movement Skills.

Alongside practicing their throwing, catching, and kicking skills we encouraged the children to focus on their listening, creativity, and cooperation skills. At the end of the 6 weeks family members were invited into the Fun House so that the children could share what they had learnt. Following the success of the sessions during the Spring, Little Explorers continue to run sessions themselves at the Fun House.



Partnership Working

Collaborating with colleagues around the County has been a vital piece of the puzzle as we sought to reach those families that would benefit the most. Teaming up with our children's centre colleagues and weaving active start into existing sessions has helped us to promote the importance of movement in an environment where families feel secure. This approach enabled us to reach families who may not usually opt to join sessions focused on physical activity.



Active Cumbria have shown us how to make physical activity easy, fun, and enjoyable. The resources that they gave us to bring home have been used by the whole family (bean bags, balls, scarves, etc) which has been lovely spending time together. Both my child and I gain so much by attending these sessions. We thoroughly enjoy participating and learning at these sessions.



Regardless of the approaches we have taken to engage with our families, the one common element was the focus upon low cost, minimal equipment ideas that families can take part in together both indoors and outdoors. This ensures that we provide a consistent message to both families and professionals around the importance of developing the core fundamental movement skills of Locomotion, Stability, and Object Control.

The Impact of Active Start

Many of our course attendees are now implementing Active Start into their early years' settings using a variety of approaches.

Active Start Delivery

- 86%**  are delivering Active Start activities within existing lessons/sessions
- 21%**  are delivering dedicated Active Start sessions
- 14%**  are delivering lunchtime or afterschool clubs

★★★★★

Working with parents

48% of settings that have responded have started to use the 'take home packs' to work with parents.

How are they using Active Start?

- “ Parents receive a bag to take home and the resources are used weekly followed by weekly updates from them. ”
- “ Set as home learning challenges. ”
- “ Made available in the library for parents to borrow. ”
- “ Used to target specific children. ”
- “ Children take the bags home and use the equipment either following activities within the book or making up their own. They then post on tapestry so we can see. ”



Be part of it!

The Impact of Active Start

91%

felt the importance of children's physical activity and active play in their setting had increased

74%

felt the importance of children's physical activity compared to speech and language and social skills had also increased

When asked specifically about the impact on the children:

91%

felt participation in physical activity and active play had increased

95%

felt their enjoyment and attitudes towards physical activity had increased

100%

felt their confidence towards taking part in physical activity had increased

91%

felt their physical development and skills in relation to physical activity had increased



After sharing active start information with the rest of my staff it has been lovely to see how they have all taken the importance of physical activity on board and built it into their daily sessions with the children. Staff have become much more creative in their delivery of physical activities and children's enjoyment when participating is clearly evident.



We use the active start as a wake up shake up when children seem to be less focused on the task in question.



I have always seen fresh air and physical movement as important in my setting from babies upwards and knew they needed to be moving for at least 3 hours a day. Attending the course was brilliant to reinforce this, excellent free resources and nice to pull together in a professional bag for each child with fantastic ideas.



Be part of it!

Financial Update and Future Priorities

Listed below is a summary of the expenditure to date in relation to the period covering the 1st September, 2022 – 31st August, 2023.

Expenditure

Staffing	£30,092
Design & Development	£2,295
Marketing & Communications	£3,691
Course Delivery	£12,100
Resources	£21,569

Total Expenditure
£ 69,747

Priorities 2023-2024

Programme Objectives:

- To increase the confidence and competence of practitioners in early years and teachers at KS1 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 3 further early years training courses across Allerdale and Copeland.
- Deliver 3 Key Stage 1 training courses.
- Revisit the Active Start workforce to review progress and implementation to date.
- Launch Active Start in the Outdoors through the provision of training and a dedicated resource.
- Continue to promote Family Learning to settings already engaged in the Active Start programme.
- Work with health partners and colleagues to promote and disseminate the 'Movement for Babies' and 'Movement for Toddlers' information.
- Work alongside the emerging Family hubs to promote active play opportunities.
- Develop a series of user-friendly videos linked to the outdoors.
- Support the development of the Healthy Families Pledge into community settings.



Cumberland Council

Published by
Cumberland Council
October 2023

Active Cumbria
Cumberland Council
Cumbria House
107-117 Botchergate
Carlisle CA1 1RD
01228 226885

feedback@activecumbria.org
www.activecumbria.org

If you would like to request a copy of
this document in different formats such as large print,
braille, audio or in a different language please call
01228 226885 or email **feedback@activecumbria.org**

Be part of it!

www.activecumbria.org