

Barnet and Southgate College- Tackling Inactivity Project

The main theme of the project at BSC is to improve students all round wellbeing and college experience. The students involved in the project will be exposed to open access sports sessions, Health and Wellbeing as part of their timetable and access to specialised coaches in an activity of their choice. We are hoping to change views on all aspects of keeping healthy (specifically mental health) by creating a dialogue with department heads, community coaches and students.

- The target audience is non-sports students who are inactive and are based at the Colindale and Woodstreet campuses. These two sites have no facilities for extracurricular activity outside of the courses held there so it is a chance to develop student experience and make links in the community. The project will aim to help the classic barrier groups (BAEM, female, low income background etc.). They have been targeted by approaching department managers about getting the project delivered straight to their students.
- There are currently seven departments, an independent dance studio, local university and council involved in the project. This is to ensure a change of culture from all these groups so they are all on the same page about the promotion of being active. Coaches are then holding tutorials to inform students about their mental and physical wellbeing and then coaching them in activities they can do in the same classrooms.
- Within these sessions coaches will collect opinions from the groups and even get the students to debate how they feel the project can be made most useful to them. These sessions are on their timetable but not compulsory. This again is about changing the culture of what they think being active is about. It shows that it is an important part of their college experience but they are not being forced in to doing sport.
- The Barnet and Southgate College social media has thousands of followers across the various platforms. This will mainly be used to promote pictures of activities that happen as a result of the project. There is also a direct link between curriculum managers and the project lead. Special events such as Freshers' Fair and Mental Health Awareness week will also be used.



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How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing- The project aims to develop students confidence through the activities in the sessions. They will be shown the importance staying active has on mental health and how they can use this in their industries.
2. Individual development- The coaches on the project will be playing games with the students that they will then be taught to deliver which is useful for those in the Childcare and Health and Social Care industry. They will also be given practical knowledge on subjects like nutrition which they can use in their industries such as Hair and Beauty.
3. Social and community development- The coaches involved in the project have been sourced from the council or own their own local facilities.



The Bedford College Group Fit to Achieve

Part of the Bedford College Group LIVE Sports & Wellbeing programme the Fit to Achieve project will look at engaging students with low level mental health. Giving the students low to medium intensity sports and lifestyles sessions with clear monitoring of attendance and achievement in college and personal set goals.

- The Fit to Achieve project will target students from across the seven Bedford College Group colleges who are identified as having poor mental health. These students can self refer or have teachers and tutors refer them. There are clear studies that show the benefit that activity has on creating good mental health.
- Our delivery method will give students individual adviser who will support and monitor their journey through the programme. The sessions and workshops will be tailor made to meet needs and will fit into the students free timetable sots reducing some of the traditional barriers and increasing motivation to attend.
- Each programme will be designed by the cohort of students on the project, they will look at sessions and workshops they feel will have the biggest impact to their inactivity and long term success at college.
- We will use social media, websites and posters along side our network of personal tutors to promote the project. Working closely with the College wellbeing and counselling service will as well as embed the provision will also advertise its benefits.



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How will your project contribute to any of the following Government outcomes?

Mental wellbeing

- Students with poor mental health will be benefiting from becoming more active
Individual development – students will help develop individual plans, learning transferable life skills as well as increasing the achievements in college.

Social and community development



Bexhill College – Improving Health, Improving Life Choices

Bexhill College's project aims to get more students active in an innovative way. The project has a number of elements including wellbeing classes & combat style classes which will promote fitness and mental wellbeing. We will also engage students through timetabled wellbeing sessions which link to employability skills whilst simultaneously developing positive sustained wellbeing habits.

- We are targeting students in vocational subjects that have been shown via surveys to hold the largest groups of students in phases 1-3 of the behaviour change model. We will be using health checks to help identify and signpost students to wellbeing classes.
- Vocational students will have timetabled lessons that will engage participants in physical activity, these will link to their employability skills, for example - games early years students could carry out with children. The mental health side of our project will use health checks and provide activities to meet students outcomes. We will utilise our personal training students to help will checks and activities.
- For vocational students, the first contact with classes will involve a consultation, they will have chance to express ideas that link to employability and these can be incorporated into the program.
- We will be marketing our activities in a variety of ways. Face to face engagement in common areas and going into talk to tutor groups and section assemblies. We will also utilise the use of slides in tutor periods, digital screens around college and social media outlets

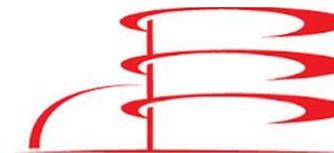


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Bexhill 6th Form College

Mental wellbeing

The project will raise awareness of mental health as a health and wellbeing issue and provide students with the opportunity to develop habits which will support them in dealing with mental challenges through learning how to relax.

Individual development

This project will contribute to students self confidence and in doing so their personal development

Social and community development

As the project is inextricably linked to participating in health and wellbeing activities with others, this will contribute to social and community development





Active @ Blackburn College

Active @ Blackburn College will target inactive student groups identified through the College's Sports Participation Survey. Historically these have included;

- Males studying Business, Computing, Motor Vehicle, Construction and Engineering – typically cautious introverts
- Females studying Childcare, Hair, Beauty, Health and Social Care – thoughtful improvers
- Mixed groups studying Catering and a combination of A Levels – identified as confident intellectuals
- Transitioning students/NEETs

Activities will be delivered to targeted groups, on and off the college campus at times and in environments that suit the target group. Where possible we will have peer advocates involved in session delivery.

Students will play a key role in enabling us to understand the attitudes, environments and barriers that ultimately result in inactivity. Students will develop sessions in collaboration with the project increasing student interest, ownership and engagement in the activities offered.

A mixed method or marketing will be used due to the targeted approach of the project, those used will include, traditional print (flyers, posters), social media, face-face contact and peer advocacy.

Taking part in sport improves educational behaviour and attainment, through greater self-esteem and confidence and direct cognitive benefits.

Engagement in physical activity has a number of proven benefits in terms of Mental Wellbeing, which is evidenced in our most recent Student Leisure Survey where 80% of students said physical activity improved their mental wellbeing.



Business Students developing problem solving, communication and team working skills whilst bouldering.

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LOTTERY FUNDED

Bridge College – Bridge College Sports Hub

Bridge College aims to be a Sports Hub for disability sport within Greater Manchester, by both increasing sports participation for the students at the Specialist College and members of the community with disabilities. We aspire to enrich the local community and we are committed to sustaining sports participation for individuals further than the project.

- **Your target audience and the rationale for targeting them**

Bridge College is a Specialist College and therefore are targeting students with learning difficulties and disabilities. We are aiming to increase the amount of exercise for all the learners at the college and offer sporting opportunities to people in the local community with disabilities.

- **What is different about how you are delivering your activities**

We have a clear focus on inclusive sport. Sessions will be delivered at a range of sports and leisure facilities and at the Bridge College state of the art new build, which includes a hydrotherapy pool, a rebound room and other accessible facilities and equipment.

- **How your students are going to be involved in the design and delivery of your projects**

Bridge College has an extensive multi-disciplinary team and we are currently working closely with our speech and language team to ensure that that learner voice influences the planning and delivery of the project. Furthermore, we will encourage various sports for students and members of the community, with an intention to extend their interests and increase their flexibility of thought.

- **Your methods of marketing and communication**

We will promote the extra-curricular activities and community based sports sessions through the Together Trust website and social media profiles, which include Facebook and Twitter. Promotional material will also be advertised in the local community and the colleges sporting links will be utilised to reach our target audience.



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1. Mental wellbeing

Psychological gains include an improvement of mood-state, with a reduction of anxiety and depression and an increase of self-esteem and feelings of greater self-efficacy. Sociological gains will be met through new experiences, new friendships, and a countering of stigmatization. Perceived health will be improved, and in a more long-term perspective there is a reduced risk of many chronic diseases.

2. Individual development

Students will be able to benefit from developing new skills and continue to maintain existing skills demonstrating increased self-efficiency. There will be opportunities to develop communication skills and social skills in highly functional and meaningful ways.

3. Social and community development

Students will have the benefit of access to friends and other peers outside of usual college hours, which will tackle social isolation that is prevalent amongst people with disabilities. The project will also support and promote inclusion and disability awareness within the local community.



TACKLING INACTIVITY AT BRIDGWATER & TAUNTON COLLEGE (BTC ACTIVE)



BTC Active offers a range of regular activity sessions from boxing to trampolining, to holistic health and wellbeing sessions. The aim is to engage all students in a regular physical activity with sessions delivered by our enthusiastic and driven Student Activator team.

BTC BRIDGWATER
ACTIVE & TAUNTON
COLLEGE

The project will prioritise woman and girls, students from a low socio-economic backgrounds and students with long term health conditions. By doing this we believe we can have the biggest impact within the College.

The BTC Activator team will be involved in the design and delivery of our project. Once recruited, the Activators will take part in a morning induction session. During this session they will decide on a set of values and standards that they will uphold throughout the year to ensure our offer is consistent and led by the students. We also plan to use the College Learner Voice and

curriculum forums to gather feedback on sessions to continually improve our offer.

We plan to recruit and train around 30-40 Student Activators to make the activities a feel that they 'belong' to the students. The Activators will deliver an activity they are passionate about with the hope that their enthusiasm rubs off on other students.

We know students respond best to social media and referrals from friends, therefore the bulk of our marketing and communication will be delivered through Facebook and Instagram.



How will your project contribute to any of the following Government outcomes?

Mental wellbeing

Provide regular 1-2-1 active sessions to support students with poor mental health.

Individual development

Develop valuable employability skills through Student Activator programme as well as during curriculum focused sessions.

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BURNLEY COLLEGE - STRONGER TOGETHER

TACKLING INACTIVE FEMALES



WE AIM TO DECREASE THE PERCENTAGE OF INACTIVE FEMALES WHO ARE CURRENTLY STUDYING AT BURNLEY COLLEGE. WE WILL DELIVER A PHYSICAL ACTIVITY PROJECT WHICH WILL BE DESIGNED AND TAILORED TO THE NEEDS OF THE STUDENTS WHO ARE CURRENTLY INACTIVE. WITH THIS IN MIND WE PLAN TO IMPACT ON THREE OF THE GOVERNMENTS OUTCOMES SET OUT IN THEIR STRATEGY SPORTING FUTURE, THESE WILL BE PHYSICAL AND MENTAL WELLBEING AND INDIVIDUAL DEVELOPMENT.

Our target audience consists of female students aged between 16-18 and 19 plus. The majority of students studying at Burnley College are between these ages and therefore is most beneficial for targeting a large number of students.

National research and past experience at College indicates that students transitioning from High School are more motivated to involve themselves in new initiatives within College in the early days of their academic journey and when encouraged by their group tutor.

A strategic approach led by the Deputy Principal will ensure all students are timetabled to participate in a minimum of 60 minutes of activity per week. The vision is to inspire staff and students to fully engage in physical activities which they will sustain once they leave College.

On enrolment all female students have been introduced to their tutor, who have outlined the project and how they can get involved in an engaging and effective way. The tutor/student relationship will be a key element in the success of the project. The tutor will provide internal and external networking opportunities, coaching activities and focus groups where students can suggest activities that they would like to engage in, either in teams or individually. This will ensure students are continually involved in developing and improving our ideas.

This project was introduced, to ensure buy in, during our main recruitment and enrolment period through a variety of methods which include,

- Active and engaging demonstrations and activities within the main College open plan areas, ensuring that students can get involved and/or spectate depending upon their preference.
- Cross College clearly identifiable promotional materials including posters, banners and screens to promote the activities on offer.
- Celebration events and guest lectures, these sessions will be inspirational and motivational to encourage students to become inspired and involved.

Mental Wellbeing

The College believes that positive mental well-being is fundamental to the quality of life and productivity of our students, staff and local communities. Our experience with young people who have mental health difficulties means we understand the power and value that physical activity can add to a persons life and how it enhances and promotes mood and helps relaxation when stressful situations arise.

Individual Development

We are committed to ensuring students receive a positive experience which works towards changing their behavior. We will ensure the project will meet personal needs and will enable students to engage in physical activity. The project promotes self belief, positive body image, confidence and self esteem.

Female participants will overcome worries surrounding sport, such as not being good enough. Engaging students on their terms and in their space whether physically or emotionally will help remove barriers and trigger activity. The opportunity to socialise, develop skills and spend time with peers is a focus of the promotional material as many female students prioritise this over other activities.

Social and Community Development

The project will support and enhance our existing social and community development agenda, creating more active individuals that live in healthier communities. We aspire to help build local communities that want people to celebrate who they are, inspire them to have more positive prospects for their future and help them experience respect and equal /fair treatment.

The College uses regular opportunities to invite the local communities onto the campus as we strive to be a catalyst for change in Burnley.

We believe that students engaging with the project will shape their perception of their community, strengthen their sense of social responsibility and enable them to become well-educated social individuals from lower socio-economic groups.



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Bury College – Tackling Inactivity

To deliver a wide range of sport and fitness opportunities for the hardest to reach students attending college to help engage currently inactive students become more physically active.



- Targeting of participants will focus on particular cohorts to help engage the recognised most inactive groups, including female students, those from BAME backgrounds, those with SEND, those eligible for free meals and those vulnerable to becoming NEET.
- Closer liaison with local high schools offering taster sessions, to help raise awareness of the project and build an understanding of which activities will support those making the transition to college remain active, thus shaping the project as it evolves. Will explore embedding activity opportunities to eradicate participation barriers/time constraints
- Students will be involved in the design and delivery of the sessions by supporting feedback surveys/evaluation work to help to identify on-going barriers affecting regular attendance and developing approaches to mitigate against / remove these barriers, e.g. via timetabling/ group sessions/ blocks of activities. There will be continuous consultation throughout the life of the project to ensure activities respond to changing demand.
- Continuous promotion to publicise the project (word of mouth, social media, posters and college's VLE) to engage new students and retain existing students, e.g. re-launches which coincide with new terms /case studies /celebrations. Working with external partners, including local sports groups, National Governing Bodies, GM County Sports Partnership, GM-Active Travel, Local Authority to connect to existing sports groups/clubs and create referral routes into sport in the community that enables students to engage in more organised, regular activity. Exploring the potential for development of volunteers to support awareness raising and engagement of inactive students.



The project will contribute to the following outcomes:

1. Mental wellbeing
2. Individual development
3. Social and community development

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Calderdale College – Fit 4 Life

The Fit 4 Life project aims to get more females and disabled students participating regularly in sport and physical activity.



Describe the following aspects of your project (2-3 sentences per section):

- Females – females are the most inactive group of students in Calderdale College, this is a trend which is reflected nationally.
- Students with a disability – these students are also a group which our research revealed are often inactive in Calderdale College.
- This will be a student led project where participants control what they take part in. They will also begin to become leaders and role models in the sessions, encouraging more people to participate.
- Students will be involved in the design of the project via consultations with individual classes and their progress coaches. They will be able to decide what activities they take part in and we will regularly speak to them about the benefits they are or are not receiving so we can maximise the success of the programme.
- We will be marketing through progress coaches, the students union and curriculum leaders as well as the normal social media, poster and solus screen marketing channels which exist throughout college.



How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing (team work, relationship building and confidence included in sessions)
2. Individual development (activities linked to college course outcomes)
3. Social and community development (increased confidence)

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This project will provide opportunities for 700 inactive college students to engage in physical activity. The project will impact on physical wellbeing, mental wellbeing, individual development and social/community development outcomes set out in the Government strategy, Sporting Future.

• **Target audience and the rationale for targeting them:**

Females – This project will utilise the This Girl Can campaign and break down barriers to participation which results in 30% of our female students being inactive. We will engage with 15%,160 students with this project.

School to college transition – For students coming to college, it's the first time they don't have sport built into their timetable. This project will provide an opportunity for those struggling to make friends to meet new people, feel less isolated and become more independent. We will target 25% (450) of those students to participate in one of our sessions.

Vulnerable students- Currently 120 students receive counselling and 108 have mental health concerns. This project will be an advisory part of their programme, emphasising the benefits of physical activity to reducing stress and anxiety.

Lower socio-economic groups – 489 students receive bursary payments and 51 of these claim the cost of sport is the reason why they are inactive. We will introduce a free programme of activity to remove this barrier to participation.

• **What is different about how you are delivering your activities**

Activities will be free, taking place on campus and off campus at external venues. There will be opportunities to take part before and after college. Sessions will take place at set times during the academic timetable each week. We will run female only activities and designate a weekly female-only time slot in our college gym. The key difference is the fact Newman Active will be offering social/recreational activities stepping away from the traditional highly competitive sporting offer previously on offer.

• **How your students are going to be involved in the design and delivery of your projects**

From our 'How Active Are You?' survey we had a total of 571 responses which highlighted student demand for certain activities and helped shape our offer. Student Leaders will also be recruited to help shape the offer, support delivery and promote the opportunities around campus.

• **Your methods of marketing and communication**

We will use CEDAR (student database) to target those female students who do not study sport. During induction week all Achievement Tutors will introduce the programme to year 12 students and we will be promoting opportunities at our fresher's fair. 'Word of mouth' will also be vital to the success of the programme so we will be running weekly promotional, pop up activities at different locations/times around campus to help increase awareness of the offer.



Our project will contribute to the following Government outcomes:

- Mental wellbeing
- Individual development
- Social and community development

This will be achieved through the implementation of a new programme of activity that will engage with vulnerable students, inactive students and the wider community.

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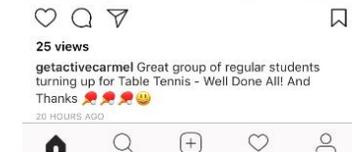
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Carmel College – GetActive@Carmel

The key theme which we focus highly upon is “making the physical activity provision consumer-focused”, so student’s needs and desires are met. This approach ultimately increases uptake among the inactive population at college as it gives them a sense of ownership for their own physical activity choices and that sense of self-worth e.g. he has made an effort to put that on for me - I’m going to turn up! We have also pursued the theme of using provision which has a previous track record of success among inactive cohorts e.g. Archery, Dodgeball and Table Tennis to create that initial stigma surrounding the project among inactive social groups. We will then nurture their attendance into other opportunities the project offers/exit-routes across the academic year.

- **Your target audience and the rationale for targeting them?** In addition to our consumer-focused approach we are using a targeted method towards attracting/engaging even more inactive students. This involves targeting under-represented groups within college, such as, academically-focus students, females, BAME and students with disabilities by regular consultation with tutors/cohorts within the departments where the population is dense with the above groups e.g. health and social, drama - fairly female dense, foundation learning – disability students. Our rationale behind targeting these groups is based on an “in-house physical activity survey” whereby results showed many of the inactive students fit into the target group demographics above.
- **What is different about how you are delivering your activities?** This time around with our target being inactive students, our activities are more focused on the casual and flexible sense of being able to turn up and take part – diminishing all the stigma and negative connotation’s that some student’s may relay back to negative experiences of doing sport e.g. PE – getting changed and the effort. We have made the activities easily accessible and there is a big focus on the social and community side of being part of an activity/group. With the academic focus groups we are also trying to create incentives that could benefit their studies and personal profiles as that is something that appealed among the ‘confident intellectuals’ be it learning a new skill e.g. how to ski or leadership.
- **How your students are going to be involved in the design and delivery of your projects?** We are encouraging a bottom-up approach towards the project whereby decisions regarding provision is based on the needs and wants of the students. I am regularly consulting with students via email and in-person regarding opportunities they would like to see. I am looking at setting up a ‘Physical Activity council (student voice for each department)’ and tapping into the ‘Student Council’ to consult with them what opportunities they would like to see. Lastly, a ‘Physical Activity survey’ will be completed via PAT sessions to gauge what opportunities the inactive seek.
- **Your methods of marketing and communication?** Currently we have tapped into all the social media formats with students – Instagram proving the most popular. I have the usual methods of promotion during PAT sessions, college website, email and via more old-school methods e.g. business cards, posters, a central timetable reference point and banners – all of which are in heavy-footfall areas. I am regularly promoting upcoming activities and success of activities (see image to the right).



How will your project contribute to any of the following Government outcomes?

1. **Mental wellbeing** – the opportunities will help take their mind off the pressures and stress of studying – some activities providing them with a release e.g. Dodgeball and some providing them with a tranquil environment away from studying e.g. Yoga.
2. **Individual development** – especially within Foundation Learning (disability students) - regular activity choice and provision has helped contribute to an increase in student’s confidence and self-esteem.
3. **Social and community development** – the activities have a strong focus on creating a social group/community within an activity to give students that sense of belonging (making retention easier). The targeted work has also helped increase student’s confidence and proved an ice-breaker for friendship development among year 1 students.

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Chesterfield College – Healthy Lifestyle Project

By targeting females, disabled students and vulnerable students/students with emotional and mental health issues we aim to improve students' physical wellbeing, mental wellbeing and individual development. We will encourage engagement in physical activity to ensure they gain a understanding of the benefits of regular physical activity and therefore change behaviours.

**Chesterfield
College**

- As a high percentage of female students and disabled students have identified as inactive we will make both of these groups a priority, focusing on female dominated curriculum groups and our Foundation Studies groups. We will also target students with poor mental health using physical activity as a tool to help deal with stress and anxiety.
- We will focus on activities that are more accessible to our students and can be easily incorporated into their day to day lifestyles.
- Students will be heavily involved in the planning of their programmes of activity. It is important for students to have a greater ownership so that they can really understand the benefits of physical activity and how these projects will be tailored to suit their lifestyles.
- We will use Student Voice throughout the project to ensure students are discussing the Healthy Lifestyle in Student Parliament, Student Union and across the college. The project will also utilise external campaigns, for example This Girl Can, to inspire activity at a local level.



The project will contribute to the following outcomes:

1. Mental wellbeing: particular focus will be given to times in the academic year when stress and anxiety is particularly high (induction, exams, pre-Christmas)
2. Individual development: activities will be centred around meeting Ofsted guidelines around Personal Development, Behaviour and Welfare
3. Social and community development: were possible we will link with community groups and organisations to ensure students are given a clear understanding of opportunities available to them outside college

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Cirencester College – Fit for College, Ready for Work, and Healthy for Life

The ethos of our programme is one of maximum positive experience and aspirational wellbeing for our students. We aim to offer a fully inclusive programme inviting all areas of the student body to enter into an active and healthy lifestyle be they sports enthusiasts or from areas not traditionally associated with physical activity. The programme stimulates an interest in being active, be your motivation pure competition, individual fitness, healthy living, or simply a desire to meet new people and learn new skills. The breadth of the project makes it relevant for all.



Though our audience is broad, we especially target specific areas such as female vocational students, CACHE & H&SC, ICT cohorts, Traineeship and Science groups as we appreciate physical activity can traditionally be low in these student groups.

We deliver our programme mainly through our homogenous tutor groups followed by some secondary promotional streams. This ensures we can provide students with bespoke and targeted activity interventions they will find engaging and useful for their chosen progression routes. This also guarantees widespread participation and indeed builds on a successful model trialled last year.

Students are involved in the design and delivery of their programme by several means. These include surveying students to determine preferred mode of delivery, providing students with a menu of activities and introductory experiences to choose from, and also in review practices following event experiences.

The programme is mainly marketed through the tutor system, the student intranet and widespread advertisement across campus using our electronic information screens. Inspirational case studies are also regularly promoted illustrating positive outcomes experienced by alumni.



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Our project will contribute to the Government outcomes of individual development and mental wellbeing, particularly with events timed to tackle points of stress for young people (such as exam revision) and promote the benefits of healthy lifestyle choices.

Students also work outside of their usual friendship groups promoting a healthy social and community development ethos across the campus.



Derby College – Make Your Move

Make Your Move will look to change inactive learner's behaviour through a variety of activities and input sessions that will expose them to new physical activities along with lifestyle discussions, external visits, and opportunities away from the college day.



Our Target audience for the project are inactive learners from any of the college's courses. The learners will be identified through a survey, which will, for the most part, be completed during tutorials. Specifically targeted groups will include traditionally less-active groups such as Hair & Beauty, Motor Vehicle and Disability.

Our activities will be tailored to the groups and individuals who are the focus of the project. This will mean liaising with the participants to decide on what they would like to do and how they would like their activities to run (i.e. relaxed, 'have-a-go'-type or more structured, planned).

Learners will help design the projects as we will discuss options with them and let them formulate the plan (in addition to providing suggestions). This could include the identification/ suggestion of certain (known) activities or an introduction to something new. Plans will be created, but will be flexible according to the direction that the groups and individuals choose to take them.

The project will be marketed to staff at the college initially to identify the groups to target (and to get support from tutors for the groups). Communication will take the form of emails to the tutors and the groups, along with regular contact from a member of the 'Make Your Move' Team to ensure there is a familiar face to help the learners feel comfortable within the project.



How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing
2. Individual development
3. Social and community development

The project will provide activities that will encourage a healthy mind-set (e.g. yoga sessions).

Learners will set their own goals for own individual development (and will have a sense of ownership through this process).

Activities will involve elements of teamwork and communication to enhance social development.

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Doncaster College – Tackling Inactivity in the Inclusion Department

The Inclusion Department is committed to supporting the most vulnerable students and the Project Lead and Tackling Inactivity Progress and Performance Tutor will develop relationships and utilise online platforms to address barriers to activity via the College Tutorial programme. Students will benefit from 1:1 support and individualised action plans to offer a personalised approach.



Describe the following aspects of your project (2-3 sentences per section):

- Your target audience and the rationale for targeting them

Our target audience includes students in the Life Skills department, ESOL and Positive Choices programmes in addition to female students in curriculum areas such as Childcare. We are also targeting students who access support from the Student Union Team to utilise activity to help them make a positive transition to College. Many of these students are vulnerable and have additional and complex needs. We are committed to listening to, working with and supporting these students and designing delivery around their needs and abilities.

- What is different about how you are delivering your activities

Utilising technology is central to our project. We have online platforms to track and monitor progress which will help us capture success and plan improvements. We have a dedicated Tackling Inactivity Progress and Performance Tutor who has expertise in developing action plans and setting targets. Our project centres around a personalised approach to deliver the long term aim of behaviour change.

- How your students are going to be involved in the design and delivery of your projects

The previous Sport England project enabled us to do extensive student voice work and we have used this to inform our project planning. Each group will be consulted and all activities reviewed.

- Your methods of marketing and communication

We will use the College Facebook account, website and communication methods. In addition we have budgeted for handheld devices to access our online platforms and also to use for communication.



How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing
We ran a pilot group last year and have seen how developing relationships can normalise physical activity and support a positive transition for the most vulnerable students.
1. Individual development
Using online platforms will track progress and also support our College KPI's including attendance and achievement.

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East Durham College – You Can... We Can!

Through the project we are going to embed regular physical activity within the curriculum, working with learners to undertake physical challenges to raise funds for social causes and provide a fun-packed social calendar of activities that are social and physical away from Sport :



Describe the following aspects of your project (2-3 sentences per section):

- We are targeting our inactive 16-18 learner population including females/males, those with disabilities/learning difficulties and those at becoming NEET in the learner population.
- We have been working with our progression coaches and lecturers over the last 2 weeks to implement relevant activities into the curriculum (promoting a Fit for work approach). For e.g Health and social care students are taking part in our stay active classes gaining experience working with elderly clients for when they are in placements. By doing this they are also becoming more active themselves making them fitter for their placement by joining in with the sessions which include Circuit training, Badminton, Boxercise, cardio/weight sessions and Pilates.
- Questionnaires have been completed at fresher's fair with ideas of activities the students would like to take part in either during, after college or on a weekend. Activities included Jump 360, Ice Skating, Glow in the dark activities.
- Marketing and communication will happen mainly through social media, a "You Can.... We can" page is being set up by our marketing team for facebook and Instagram, in addition it will be promoted on the main College sites for facebook and Instagram. Using student volunteers this will help promote to their friends within their own social groups. Information will be uploaded regularly onto the College student VLE site "Moodle".



Project Lead contact details:

Name: John Williams
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5188256

Our project will support mental wellbeing, through the positive impact of physical activities on feelings of wellbeing and through targeted opportunities for vulnerable learners to engage in activities.

Individual development through activities will help improve educational behaviour, through improved self esteem, confidence and self-efficacy.

Engagement in group physical activities can help build stronger communities and friendship groups between diverse groups by becoming active together outside of lessons. By using local businesses there will be an indirect Social and community impact.



Easton & Otley College – Active Health Project

Using the new college timetable as a platform inactive students will create their own Active Health program using innovative strategies supported by a network of staff and student Active Health Ambassadors. The project will transition students from the point of leaving school to further education and into their future lives at work and in the community.



- **Your target audience and the rationale for targeting them:** Our project will predominately target students who study foundation learning, animal care, equine and land based course such as construction and agriculture. From past experience and feedback from our surveys these groups are most inactive.
- **What is different about how you are delivering your activities:** Students will be supported in the design of their own activity plan, session will be innovative and fun and move away from traditional sports for example glow in the dark table tennis or colour runs to engage them in getting active.
- **How your students are going to be involved in the design and delivery of your projects:** Our activities will be built around the students timetables and will be designed in consultation with them. As a rural college this is key to getting them active. Students will design their own activity timetable with their own tutor group and department.
- **Your methods of marketing and communication:** We will recruit Active Health ambassadors across all departments in the college to help us engage and communicate with students. These active Health ambassadors will be the link between staff/students and the inactivity lead at the college.



Project Lead contact details:

Karl Chapman
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01603 731302

How will your project contribute to any of the following Government outcomes?

1. **Mental wellbeing:** The project team will work closely with student services to offer ways of supporting students manage their mental health through physical activity.
2. **Individual development:** The project team will support the work of tutors and employability staff in developing and preparing students for both life at work and in the community



Furness College – Furness College Physical Activity Project

The project will deliver a physical activity programme to 260 students over two years under the theme “Fit for Work”. The project will prepare students who have become inactive, for the physical demands of their chosen area of employment. A key outcome of the project will be the numbers of students who continue to be involved in physical activity.



Describe the following aspects of your project (2-3 sentences per section):

- The target audience is students on study programmes whose progression will be into employment where there are physical requirements to the role. Typically the curriculum areas will be health & social care, engineering, construction, hair & beauty & catering. The project will particularly target female students who have become inactive.
- The activities will be delivered as part of the timetable under the title “Fit for Work”. Activities will be focused on developing the physical requirements for particular job roles.
- The student council across the two college sites has been consulted on how we work with them to make the project a success. Individual subject groups will be involved in the design of activities.
- Marketing and promotion is being carried out through student induction, by using posters and case studies on the college website. Once live, the project will be promoted further using social media.



How will your project contribute to any of the following Government outcomes?

1. Reduced referrals to mental health support services
2. Students take charge of their own physical wellbeing
3. Students will be encouraged to continue physical activity by joining clubs, gyms and other groups

Project Lead contact details:

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825017



Grantham College - Activ8+

Establish a programme of activities that will engage 125 students a year taking them from inactive to active. Specific focus on putting in place programmes of activity for those with mental health issues and students with a disability and or learning difficulty. Improving female participations and opportunities.



Describe the following aspects of your project (2-3 sentences per section):

- Students with mental health issues due to the growing number we are seeing and the benefits that physical activity can provide. Students with a disability and or learning difficulty, increasing numbers within college and high percentage inactive. Hair and Beauty, Childcare and Health and Social Care, high percentage of female inactive students.
- Work with individuals, specifically those with mental health issues. Small groups to help those with confidence issues. Less focus on sport.
- Work with HND/HNC Sport students to deliver activities to fellow students.
- Work directly with lecturing staff to highlight groups of inactive students. Provide information on the VLE, communicate via email and posters. Work with the marketing department to promote the programme on social media and the college website.



The project will contribute to the following government outcomes:

Mental wellbeing

Establish a referral system to access physical activity for students who access the Health and Wellbeing Officer for mental health issues.

Individual development

Activity sessions to build confidence and remove barriers to participation. Improve health and well being

Social and community development

Work with the local community to provide opportunities

Project Lead contact details:

Name: Lynsey Coy

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lcoy@grantham.ac.uk

Phone number: 01476 404336



Halesowen College - 'Vibrance Project'

We aim to engage the specific target groups in social and fun activities which encourage physical exertion and a sense of achievement. The students will be introduced to a range of activities they would otherwise not experience.



- We will be concentrating on providing support and activities for females, black and ethnic minorities and students with mental health concerns. These target groups have been selected based on their level of inactivity.
- We are avoiding the more traditional 'sports' activities in favour of novel or technological based activities which will engage and interest the students helping them to build confidence and interpersonal relationships.
- A committee is being formed with a student presence. Students will be encouraged to feedback to their peers and hold a prominent voice on the committee.
- Students on the committee will liaise with their peers in order to make relevant suggestions for activities. The college will use the Student Union and social media to promote activities to students.



Project Lead contact details:

Name: Rebecca Bond

E-mail address:

Phone number:

01216027629

The project will contribute to the following government outcomes:

1. Mental wellbeing
Targeting those who are inactive thus building their self esteem, confidence & enhancing social skills. Opportunities for de-stressing through activity.
2. Individual development
Students will be encouraged to engage, build social groups & achieving personal targets.
3. Social and community development
Students will engage with others & help to promote an active lifestyle to their peers. Improved awareness of benefits of activity.



Hereford Sixth Form College ~ *allActive* Programme

We are running a set of targeted interventions aimed at priority groups. Appropriate departments within the College will be used to access the various groups of students to employ a flexible series of activity-based opportunities and support, based on the needs of the individuals. The focus is upon long-term behaviour change.



- Our intervention schemes are targeting inactive ‘academic course groups’ and vulnerable individuals (mental health issues, low social-economic back grounds and students at risk of NEET)
- The emphasis of our programme is on a customer focused model, where programmes will adapt to suit the needs of the group or individual, rather than a more general approach. The activities will be under continual review and aim to keep each student engaged by evolving each session based on the feedback.
- We aim to utilise as many student volunteers as possible to be part of our ‘Buddy’ system or to lead various sessions, to make our target groups feel as comfortable as possible during their chosen activity. Our academic course group targeted approach consists of encouraging the group or sub groups to choose activities that they wish to do together, which aims to support the uptake and consistency of attendance.
- Our brand new online student portal is equipped with a whole host of great applications:
 - a live feed of all activities going on at College
 - a place for students to log their session attendance
 - a communication tool for the Physical Well-Being Manager



Project Lead contact details:

Name: Ben Parfitt
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bjp@hereford.ac.uk
Phone number: 01432
346906

The project will contribute to the following government outcomes:

1. **Mental wellbeing-** Our one to one referral scheme is primarily targeting our mentally vulnerable and at risk students. The plan is to utilise our Counsellor within our on-site Well-Being Centre to progress the identified students into various levels of physical activity, as a means of aiding their varying levels of vulnerability.
2. **Individual development-** We are targeting our inactive populations in year 12, where physical activity drop-off is at its greatest. This will result in a 2 year path of development to ensure our students are “Fit for Work & Fit for Life”.
3. **Social and community development** We are not looking to provide a “closed door project”. Within time, we are hoping that the increased activity levels, occurring within our students in college will then branch into the community projects, raising numbers within local sports and activity clubs through our various links and exit routes



Hertford Regional College- Active Destination

Active Destination is a project specifically aimed at students who are inactive or minimally active both in their student and personal lives. The project aims to break down barriers to engagement to physical activity through relating activities to students' career aims and progressions goals. This approach will allow our project the opportunity to work with students on the realisation that activity underpins all aspects of their lives and ultimately will contribute to a long term healthy lifestyle.

- **Your target audience and the rationale for targeting them**

Active Destination will target inactive students from departments that have historically not taken part in previous enrichment programmes.

- **What is different about how you are delivering your activities**

We are taking activities into the departments area of work which will ensure students feel more comfortable due to the familiarity of their surroundings, allowing us to break down initial barriers they may have in place regarding a more active lifestyle.

- **How your students are going to be involved in the design and delivery of your projects**

We will appoint Student Activators from each department who will be the voice for their course. One of their roles will be to speak with their peers and provide feedback in meetings with the Project Lead.

- **Your methods of marketing and communication**

We want to empower our Student Activators to communicate to other students about the activities as well as using our marketing team to help create a 'people like me' campaign for the events.



Project Lead contact details:

Name: Sean Pasque

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uk

Phone

number:01992411361

How will your project contribute to any of the following Government outcomes?

1. **Mental wellbeing**

By working with inactive students or students who have mental health, behavioural issues or who are identified as being at risk, we will be improving their overall mental wellbeing through positive engagement. Introducing activities to our students with none or minimal activity in their lives will have a clear and measurable impact on their physical health, self-esteem whilst also reducing their stress and anxiety levels.

This is a vital step for our students who are at a stage of change and challenge in their lives. By taking part in activity tailored towards their vocational interests, students will have greater confidence in their ability to achieve personal goals, resulting in a greater sense of enjoyment and happiness both at College and at home. Working with curriculum teams will allow us to observe and measure the benefits of the project throughout the student's time at HRC.

1. **Individual development**

Active Destination will help students learn and develop key skills which will assist with their personal development and improve their prospects of greater vocational success. An increased understanding of how being active in all aspects of their lives especially related to their chosen careers will ensure students grasp the long term personal benefits of an active lifestyle.

By taking part in activities related to progression students will learn valuable life skills such as teamwork, leadership and wider communication skills. It will create opportunities for students to experience challenges they have not previously faced and encourage them to overcome them in a guided and supported manner. Therefore, learning lessons for future challenges. By participating together, students will improve their personal soft skills and increase their confidence and self-belief.



**LOTTERY
FUNDED**



**SPORT
ENGLAND**

College name – Joseph Chamberlain Sixth Form College

project title – Tackling Inactivity

The project will target the inactive students, a comprehensive sport and fitness timetable will be offered. With many sessions held during the college day, as some students are not permitted to stay after college hours. There will be recreational sessions where the students will not have to change into sports kit, allowing female students who wear the hijab/ head scarves to participate.

The focus will be on taking part and having fun so that all abilities feel welcome.



- **The College hopes all students become more active but this project will strive to increase female participation amongst the female students from ethnic minority backgrounds.**
- **The atmosphere is fun and friendly, there will be a variety sessions: ladies only, men's only and non gender specific. The College will host ice breaker sessions to engage those who wouldn't come to the sports centre ordinarily.**
- **Students activators will support sessions.**
- **The project will adopt a whole College approach**



The project contributes to the following Government outcomes?

- 1. Mental wellbeing**
- 2. Individual development**
- 3. Social and community development**

Project Lead contact details:

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Kingston College – Tackling Inactivity in Colleges KC Active

The key theme within our project is to provide a variety of physical activity opportunities to all students in all departments across the entire College in order to reduce physical inactivity levels and to promote the health and mental wellbeing benefits associated with taking part in regular physical activity.

- **Your target audience and the rationale for targeting them**

The KC Active Tackling Inactivity in Colleges will target inactive students from across the entire College in order to enhance their health and wellbeing whilst at College. We understand that there is a drop off in College students physical activity levels therefore we are providing varied physical activity sessions with some sessions aimed specifically at females or those with a Learning difficulty.

- **What is different about how you are delivering your activities**

The activity sessions are flexible depending on what the students want from the session. Sessions are aimed to be relaxed and informal in order to allow students to escape from the classroom and enjoy being active with friends as well as meeting other students.

- **How your students are going to be involved in the design and delivery of your projects**

Students from across the College will have volunteer roles as KC Active Ambassadors where they are responsible for helping to set up equipment, welcome students arriving at the session, registering their attendance and giving them the appropriate equipment to get them started in the session.

- **Your methods of marketing and communication**

We will use flyers and poster to advertise activity sessions as well as who to contact. We will talk to the students and make our self known during class Inductions and at our Fresher's Fair.



Project Lead contact details:

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Phone number: 020 8268 2768



How will your project contribute to any of the following Government outcomes?

1. **Mental wellbeing**

The ESCAPE project within our Tackling Inactivity in Colleges funding specifically targets students who identified any mental health history at enrolment. We are able to provide support and free opportunities to take part in activity sessions as well as free gym memberships. We will monitor and motivate those signed up to the Escape project and reward regular activity with treat trips, water bottles and a t-shirts.



Tackling Inactivity at LMC

Tackling Inactivity at LMC will focus on providing physical activity opportunities for students and groups who are physically inactive. Our project will be targeting female students, students with disabilities and students from underprivileged backgrounds by embedding physical activity sessions into students' timetables. We intend to diversify our offering to include accessible options such as yoga, dance and recreational games.

- We are specifically targeting course groups typically high in numbers of females, students with disabilities, students from lower socio-economic backgrounds and groups previously high in numbers of students disclosing mental health concerns.
- We are taking physical activities to our students. We will try to deliver activities in their own environment, where they feel most comfortable. Once our students are feeling more comfortable we will try and introduce them to new activities and new facilities
- We have introduced the project to the students by disclosing that if they meet the required levels of physical activity then we're happy with the activity. We've developed a student management team who will help us design activities and sessions specifically for each group.
- The majority of our sessions are closed and only for the targeted groups. However, within those groups we will be delivering workshops and speaking to all groups regularly. Our student management team will also collate ideas and feedback from the students. We have a designated area in our Students Lounge with posters and other material promoting the importance of an active lifestyle.



Project Lead contact details:

Adam Cowperthwaite
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01524 521546



Our Tackling Inactivity project has a great focus on mental wellbeing and is working closely with individuals and groups to promote physical activity. Boxing sessions are available for those feeling stressed or having difficulties with anger management whilst groups who have historically high numbers of students with mental health concerns have weekly yoga sessions embedded into their timetable.



Middlesbrough College – Live Well Learn Well Project

The project is a physical activity and enrichment programme, offering students the opportunity to partake in participation based sports and activities across college. Delivered by the 'Live Well Learn Well team', the project offers the opportunity to try something new, tackle inactivity and aims to promote health and wellbeing.



We aim to build on the success of the College Sport Maker funding, and how that project worked brilliantly with a number of hard to reach groups. **Female** students, **disability** students and students from **low socio economic backgrounds** form a large part of our college population and we have seen in the past how sport can have so many other benefits to their development, as well as improving inactivity, health and wellbeing. This is our rationale going forward, with the aim of offering an even better experience at Middlesbrough College through Sport & Physical Activity.

Consultation with specific teaching departments and staff will form part of our new approach, as we want to promote the benefits of sport and how students can gain a number of wider skills which can aid their learning. We will look to embed the AoC Sport Strategy 'Fit for College, Fit for Work, Fit for Life' around a lot of what we do, and will encourage staff to speak to their students more around what they would like to engage in, and how the activities can help support them after they leave college.

Student will still form a large part of what is planned, and asking them for ideas will still be a regular occurrence. More 'give it a go' sessions will be created for students through attending student union and rep meetings; allowing them to take ownership of what they want to see around college. We will also look to station ourselves in hot spots around the college to ask students throughout the week what they want to see offered; this will be done through staff and student volunteers.

Marketing and communication will continue to reach all areas of the college. Social Media and TV screen advertisement will promote everything we do, and information will still be advertised through pop up banners, posters, leaflets & tutorial announcements. Details of the project and upcoming activity will also be provided through the student learning portal, allowing them to access timetables, contact details and surveys that will continuously ask for ideas, interests and feedback.



The Live Well Learn Well Project will set to work towards the following Government outcomes for our students:

1. Mental wellbeing
2. Individual development
3. Physical Wellbeing

Project Lead contact details:

James Hartley

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Nelson and Colne College – Fit for your Future Project

Strand 1: - Working with specific college departments to embed physical activity within curriculum. Discuss skills and qualities needed within career pathways and how the project can help develop these. A carousel of activities planned based on this.

Strand 2:- Providing a range of activities in social and department areas.

NELSON AND COLNE
COLLEGE

- **Your target audience and the rationale for targeting them**
Using college MIS systems and previous reports including levels of engagement in College Sport and Enrichment by department area, along with the Learner Voice programme (an annual schedule of consultations and surveys) that provides regular feedback on NCC's extracurricular programme. Target audience includes the Foundation Learning Department (focussing on hair, beauty, childcare, engineering, catering and IT groups) and ESOL tutor groups.
- **What is different about how you are delivering your activities.**
The delivery will be adapted dependant on groups. Heavily focussed on keeping sessions fun/engaging and linking the purpose to the development of transferable skills rather than "sport participation". Working and delivering a lot within curriculum areas/classrooms and external opportunities, removing the sports hall barrier and demonstrating that you can be physically active anywhere, anytime.
- **How your students are going to be involved in the design and delivery of your projects**
Student Demand - Students involved will discuss skills and qualities needed within their chosen career pathway and how physical activity and sport can help them develop those skills. The carousel of activities designed will be a result of these discussions, ensuring that each student has an input and that all the groups' needs are met.
- **Your methods of marketing and communication.**
The project will be communicated to all staff via regular updates in SMT meetings, Tutor leader meetings, Tutorial and senior Leadership reports. A variety of methods including student portal, student dashboard MyDay, Moodle, Posters, TV's around college, Email, Social media and text will also be used to communicate with students and market the project.



Our new project coach/instructor engaging with students during Welcome Week. Delivery of Project begins WC 18th September

Project Lead contact details:

Alexis Turner
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01282 440230

The project will contribute to the following government outcomes:

1. Mental wellbeing

The project will use physical activity and sport to develop skills, self esteem and confidence, as well as building relationships and social interaction.

2. Individual development

The carousel of activities will be designed by the groups with individual considerations, focussing on opportunities to develop transferable skills that the students identify as being important in supporting them reach their career aspirations and future employability prospects.

3. Social and community development

Introducing participants to new activities and instructors, forming productive and working relationships not only within the college but wider community. The project will provide many opportunities for pathways and progressions into further college enrichment activities, or local community activities and clubs.





Our **newUvic** project, focuses upon targeting Thoughtful Improvers, Cautious Introverts, and Confident Intellectuals through using the the slogans: Learn New Skills, Achieve New Goals, Relax, Get Healthy, Enjoy Yourself, Feel Confident, Make Friends, Try something different, Lose weight & Feel Good!!



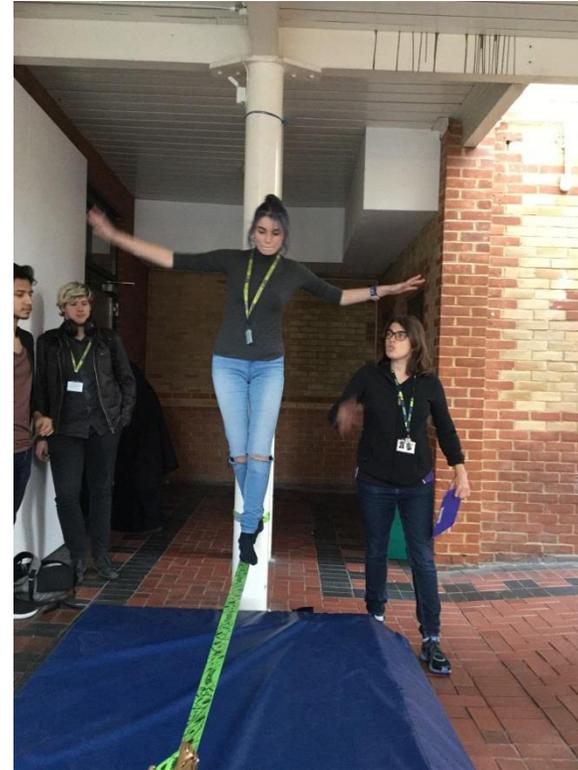
The **newUvic** project involves employment of a Get Active Officer, Disability Sport Activator and Transition Activator focusing on engaging 4 key target audiences:

- Female students
- Disabled students
- Students on specific academic courses who are less likely to engage in physical activity
- Students transitioning to College on the cusp of regular participation, and most likely to drop out of activity upon leaving school.

A number of activities will be delivered outside of the sports hall in social spaces around the college, including: Skate Boarding, Fencing, Self Defence, Slacklining, Swimming Lessons, Archery, Free Running, Health Club, Wellbeing Group, Roller Disco, Walking & Talking Club, Hula Fit & much much more!

The Student Union, student council, & students ambassadors are involved in consulting & recommending activities to take place, along with peer recruitment.

The project will be marketed through Nrich Fair, plasmas around the college, notice boards, leaflet dispensers, social media (facebook, twitter & instagram), emails, texts and face to face tutorial visits!



The Get Active Officer will run Wellbeing Groups, with referrals from the NewVIC Counselling Service.

Students will work towards targets & rewards, with participation in activities contributing towards the SF Baccalaureate Award.

By training student leaders to volunteer within local secondary schools, we will not only start to address drop out on transition, but develop the employability skills of our own students!

Project Lead:
Nataschia Bernardi
Nataschia.bernardi@newvic.ac.uk
Phone no. tbc



Newham College of Further Education – Fit For Life (Tackling inactivity in colleges)

Please describe the key themes of your project in a max of 50 words:

Fit For Life aims to encourage inactive students to improve their lifestyles through physical activity which will benefit both their work and home environment.
Using a holistic approach of focussing on mental well being and the individual development of the learners.



• Your target audience and the rationale for targeting them

- The fit for life project aims to target inactive students from various courses across our campuses such as (ESOL, NUC, Health & Social Care, Additional learning needs). It has been found these students tend to have a negative perception on PA and lack engagement and support in getting involved. The fit for life project is unique because it uses an holistic approach to engagement.

• What is different about how you are delivering your activities

- We will work closely with the classes by incorporating PA into their study/enrichment programme. Mental wellbeing and individual development will be the focus for our learners where we will deliver activities/CPD sessions that give them the skills & confidence to embed in their lifestyle. This will produce a portfolio for them to showcase their journey and development. The approach will cultivate learner behaviours to be part of the delivery of engaging inactive learners.

• How your students are going to be involved in the design and delivery of your projects

- We will utilise our volunteering programme as a method of targeting inactive students. We will provide them with the support & tools to take ownership of their individual development and allow them to lead on student led activity projects, that builds part of their portfolio. The CPD workshops will provide inactive students with the skills to lead and run activities for their peer groups.

• Your methods of marketing and communication

- Class Inductions, Working closely with teachers & Heads of Schools, Developing relationships with community clubs & organisations. Posters/Social Media/promotional videos. Utilising students to engage & encourage their inactive peers.



1. Mental wellbeing

The Fit for life project will enable our learners to be more mindful and aware. It will also develop the ability to self-analyse their lifestyles and identify the areas that need fulfilling.

2. Individual development

Fit for life will give learners the skills, tools and confidence required to use self-initiative and to also act independently in the wider community.

3. Social and community development

The Fit for life project will bring together learners from various courses/campuses. This will facilitate further engagement and interaction amongst our learners. It will also develop their abilities to effectively engage within a diverse community.

Project Lead contact details:

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North Lindsey College – Developing an Active Future

The project at North Lindsey will provide bespoke unique sessions with the use of quality experienced coaches and facilities. At North Lindsey we want to reduce all barriers that can prevent students becoming physically active and the use of our mental health worker will help reduce some of the barriers. Students have ultimate control of what they want to do through taster sessions and requests of specific sessions and are flexible to the students timetable.



• Your target audience and the rationale for targeting them

Our target group are FE students between the ages of 16-18years with a bigger focus on women and girls, disabled participants and participants with mental health issues. These specific groups show a decline in participation in sport and physical activity from the age of 16years old due to numerous barriers. we will help to change behaviour around PA and sport and encourage them to become and continue to be physically active.

What is different about how you are delivering your activities

Sessions are requested from students alongside taster sessions for students to try that they would never have thought to take part in. session will be bespoke and unique such examples as archery tag, orienteering, bounce and burn, Yoga and Pilates. All sessions will be delivered by experienced quality coaches.

• How your students are going to be involved in the design and delivery of your projects

The project lead, mental health worker and apprentice will go into lessons and carry out an activity which involves group discussions around physical activity and motivating students to choose sessions that they would like to take part with follow up sessions to encourage engagement. There is an open to door policy in the office and students come in to make requests on activities they would like to do.

• Your methods of marketing and communication

We have a strong relationship with the student engagement officer and marketing team who will provide all promotional materials designed by the project team and North Lindsey students. This will be done using a website and posters in classes and around campus. We will have a strong presence on social media as they can also be used as a direct contact for students when making the decision to take part in sessions.

College orienteering course.

All students attended and had to complete it as fast as they can., The course was designed for an hour to complete, students completed between 20-35minutes.



How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing - Our mental health worker will support with students needs and helping working towards managing their mental health through the use of physical activity and support of the counselling team. The sessions will aid with individuals physical health but also the mental state of mind helping reduce levels of anxiety, health and wellbeing.
2. Individual development - The sessions will help with individuals communication, confidence, social and thinking skills which all contribute to their current learning in college and preparing them for employment.
3. Social and community development - Sessions will have a strong focus on having fun, good group interaction and team building developing friendships. The use of external coaches and clubs will build provide further opportunities for continued participation outside of college term times.

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Phone number:



Oaklands College – Activ8 Project

The Activ8 Project is focussed around 8 pathways that can be tailored to create an individualised program of advice and activity aimed at improving mental health and encouraging individual development in the student population.



About the Activ8 Project

- **Our target audience and the rationale for targeting them**

The target audience for the Activ8 project is students from Care and Early Years, Art and Design, Animal Care and Beauty as well as students from our entry level departments. The rationale behind targeting these students are that they have had a very low engagement in the previous CSM project and the departments have a high demographic of typically inactive people as shown in the active lives survey.

- **What is different about how we are delivering our activities**

Sessions will be taking a holistic approach encompassing a mental and physical workout. The two part sessions will develop soft skills theoretically followed by a related active workout. An example of this is the confidence and self belief pathway. This will be developed in the classroom through recognising personal strengths and skills and reinforced with a self defence activity. The students will follow a qualification criteria in the active workouts so they achieve a certificate at the completion of the pathway to further build confidence and self belief.

- **How our students are going to be involved in the design and delivery of our project**

Students build and create their own individualised pathways selecting a single or a combination of the 8 skills they need to develop. The pathway will be progressive so the students can monitor their progress using the Activ8 diary.

- **Our methods of marketing and communication**

We are currently developing an Activ8 brand to roll out across the college. Sessions will be communicated through face-to-face events, social media platforms and text messages. Tutors and Student Advisors will also refer target students in their care to the project.



Project Lead contact details:

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Kirsty.Armstrong@Oaklands.ac.uk

Phone number: 01727 737549

The Activ8 Project will contribute to the government aims of Mental wellbeing and Individual development.

Mental Wellbeing:

Activity will be used as a vehicle to reduce stress and anxiety and increase confidence and self belief.

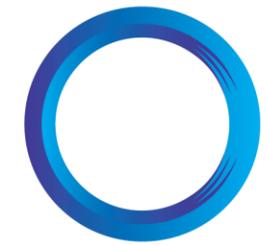
Individual Development:

Activity will be used to improve soft skills and gain qualifications to increase student employability.



Oldham College – Tackling Inactivity

At Oldham College we have identified a number of groups who are considered to be 'inactive'. Groups such as girls, ESOL students and disability students are key in our project. We aim to get them more active by putting on specific activities that they will enjoy, but also gets them up and active. We always thrive to do something that is different and away from the norm and we believe this is the key to engaging a wide variety of students within this project.



Oldham College

- Our target audience, first of all, is the students. We have over 3000 students across college and we believe that a large proportion of these students are inactive. We will target specific groups such as girls, BAME students and disability students. We will also look to target other groups, especially ones with behavioural issues and a poor economical background. We are targeting these groups because from experience, these students do not get involved in a lot of physical activity or sport inside and outside of college.
- The way we will deliver our activities will be very specific to what the students enjoy doing. We believe that the most successful projects comes from the students creating the ideas themselves which we then facilitate.
- Students will be involved in both sides of our project. We will have students not only participating, but leading certain activities. This gives them a great sense of responsibility and develops their self-esteem.
- We will promote these activities through group tutorials. We also have Twitter and Facebook (@CommonRoomOC) which are very successful at promoting activities.



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1. Students will be referred to us from Personal Development and we will engage them into an activity to help their mental well-being.
2. All activities will focus on improving the person inside and developing their skills, such as self-esteem.
3. A lot of our activities will be out in the community and this will encourage students to join local clubs/organisations which develops the community economy.



Riverside College – WellFit Project

The WELLFIT Project will encourage the most vulnerable of college students to take part in activities which will develop their individual physical and mental wellbeing as well as contributing to the social and community development of the college.



- Your target audience and the rationale for targeting them
- The main target audience initially will be our Pre-Advanced students, along with those with ADHD and females. In the first instance it will be targeted friendship/ curriculum group enrichment sessions which will take place at trapped times within the student timetables. This approach is in response to the wishes of the majority of students who identified lack of confidence as being a barrier to participation. For this reason the facilities to be utilised will be areas that students feel relaxed and non-threatening.
- What is different about how you are delivering your activities
- The activities will be delivered during timetabled slots, allowing us access to targeted groups. There will be a mix of college/project staff and external coaches/activity leaders. The existing tutorial system will help to drive and consolidate the WellFit programme and will focus on the positive changes in behaviour through a variety of strategies including guest speakers, workshops, foyer events, work with key partners.
- How your students are going to be involved in the design and delivery of your projects
- The student consultation process is an ongoing and vital part of the WellFit Programme. Initial work has informed the basis for the proposal and further focus groups are planned with both existing and prospective students. A key thread in the sessions will be enabling students to take responsibility for their personal and physical development through encouraging them to set and monitor SMART individual long term and short term goals.
- Your methods of marketing and communication
- Varying methods of marketing will be used including posters, which will be displayed throughout college (both campuses). The student tutorial system will also be used, whereby WellFit Project staff will attend tutorials to speak about the project and the benefits of being involved in it. Social Media will also play a big part in the promotion and communication of the programme and activities. Twitter will be utilised along with 'Wamedu' which will allow us to contact particular subject groups directly.



Project Lead contact details:

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How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing

The make up of the project will allow students to develop confidence through working in friendship groups initially and allow them to develop belief and trust, and to become integrated in a wider social network which will impact positively on mental wellbeing.

2. Individual development

The project will change the behaviour of the students who do not have activity' on their radar' or are 'thinking about it', to 'getting started', through inclusion of student friendly and student chosen activities. The personal skills and abilities of resilience and self discipline will contribute to students improving attendance and achievement at college and give them the key employability skills to make them job ready.

3. Social and community development

Public Health Profiles for the borough of Halton indicate high levels of inactivity and subsequent ill health. Life expectancy is below national average. Low levels of self-confidence and self-esteem are historically evident within the targeted cohort together with under developed skills including communication, team work, working independently. Social and Community development is a key aspect of the programme and forms an integral part of the college strategy for success.



RNN Group – Active for Life

The project will work with the most inactive student groups in college and provide them with a variety of physical activity, sport and fitness participation opportunities. College will support student groups to overcome any barriers they may face in leading an active lifestyle.

- The target audience for the project will be female students, students with disabilities, students where English is their second language and students that are at risk of becoming NEET. We have highlighted these groups as being less active and often facing more barriers to participation.
- We are going to provide many opportunities during students timetabled college hours so that students have time, access, staff and peer support and motivation. Our pilot project proved this to be a successful method to engage inactive people.
- Students will have lots of input into the activity offer that is provided for them. There will be student focus groups, course representatives, a student union group; all of which will contribute to planning activities.
- Marketing and communication will be done mainly through college staff; Progress Tutors and Lecturers. Face to face interaction with student groups on many levels. Social media will also be used to promote the project, activities and all opportunities. Student text and email communication to remind them about activities will be another tool.



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College Logo



How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing: Taking part in physical activity improves mood, confidence, reduces stress and social interaction.
2. Individual development: Personal skills such as teamwork, communication, confidence will be developed through participation in the programme.
3. Social and community development: Participation in the programme will lead to a healthier, more active college community. Students will develop personal skills which will improve their employability skills. Students will hopefully continue community physical activity participation after college life.



Runshaw – Tackling Inactivity in Students

The project aims to increase activity throughout the student population by removing barriers to participation and providing enjoyable activities that maintain motivation. Students are encouraged to contribute to the planning and delivery of activities and a buddy system helps to engage those who lack confidence to participate.

RUNSHAW COLLEGE

Whilst being open to all students, the project targets groups who are known to be less active such as females, disabled and minority groups. This ensures that all students have access to and are encouraged to participate in activities to improve health and mental wellbeing which are suitable for their needs.

Activities focus on fun and enjoyment ensuring students have a good experience. Activities are tailored to meet the needs of specific groups to make them as relevant as possible to their interests and needs

Students are involved in planning and delivery of activities. Students will be involved in the design and delivery through consultation and feedback through various learner voice mechanisms e.g. Student Council, Personal Tutor Reps, Enrichment and EQD Champions, Student Ambassadors. Student volunteers also act as buddies, promote activities and support and motivate those who lack confidence or are reluctant to participate.

Activities are promoted through the staff and student bulletins with further promotion through the colleges radio station. Pastoral mentors communicate information to individual students and the project lead and volunteer students promote activities to individuals and groups throughout the college.



The project will contribute to the following government outcomes:

1. Mental wellbeing – exercise has been proven to benefit mental health and his programme aims to help students reduce stress and anxiety whilst increasing confidence and building self esteem.
2. Individual development – by providing a supportive environment to empower students to take positive steps towards improving their health and wellbeing. Volunteers throughout the project gain skills which enhance their career prospects whilst increasing their own and others activity levels.

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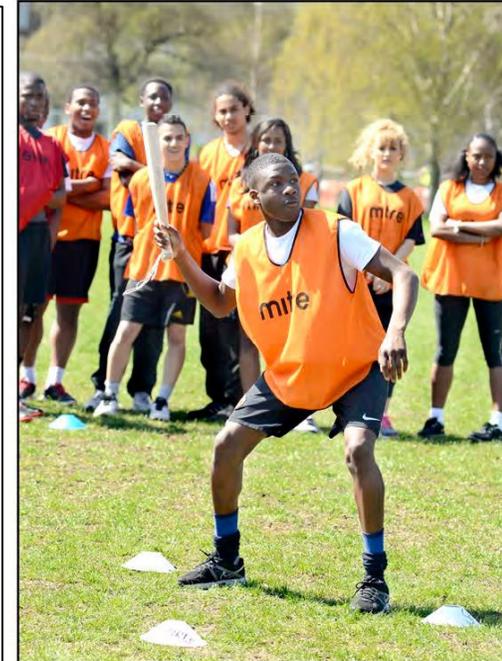
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St. Francis Xavier 6th Form College – Active Lives Active Minds

SFX has seen an increase in the number students presenting with poor mental health. As an institution we recognise the positive impact physical activity has upon mental and emotional wellbeing. The aim of the ALAM project is to increase the number of students engaging in sustained activity by providing increased opportunities for students to participate in physical activity with the vision of developing resilience within the student cohort.

- **Your target audience and the rationale for targeting them:** The ALAM project will be focussed on increasing activity in the whole student cohort, specifically in relation to: Foundation and Level 2 learners, Female students and those receiving Additional Learning support. These particular groups often present with poor mental health and high inactivity and therefore are the groups that will benefit most from regular physical activity.
- **What is different about how you are delivering your activities:** Our approach will be different from previous enrichment programmes as the activities will be student focussed. Foundation and Level 2 learners will have physical activity embedded into their programme of study where sessions will move away from conventional P.E. and into activities that are engaging for that particular student cohort with the hope of re-shaping their experiences of physical activity.
- **How your students are going to be involved in the design and delivery of your projects:** Our students will be heavily involved in the design of the project with the election of a sports officer and sports committee on the student council. They will work closely with the ALAM lead to engage inactive students, gather student interest and hold focus groups to gain insight into the activities the student body are interested in engaging in. Students will also be given the opportunity to participate as sports leaders.
- **Your methods of marketing and communication:** The Sports Officer and committee will act as the student voice where they will be responsible for ensuring that student views are relayed to the ALAM lead. The project will be marketed through announcements, noticeboards, the daily student bulletin, email and social media. Students will also be able to visit the activity hub where they will be able to find information and sign up.



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How will your project contribute to any of the following Government outcomes?

1. **Mental wellbeing**
 - Direct referral scheme from student welfare into the ALAM project.
2. **Individual development**
 - Provision of a range of activities will ensure students involved in the project will develop a wide range of new skills.
3. **Social and community development**
 - The project will offer exit routes into local clubs and teams. Students will have the opportunity to fundraise whilst taking part in events such as the Race for Life.



Activate your Future

Our aim is to change the mind set of our inactive students as well as dramatically increase the physical activity levels of the 438 totally inactive students.

An Activate Your Future (AYF) officer, two activators and where necessary, specialist coaches will deliver the project.

• Your target audience and the rationale for targeting them

- Our research has suggested that our female students are more likely to be inactive compared to males and this is reflected in our latest college survey on student physical activity. Not only does the college have a higher percentage of female's students (55%), our survey revealed that approximately a quarter of our female students were currently inactive, compared to one fifth of the male students.
- Our research also shows that inactivity levels are increased amongst individuals from black and minority ethnic backgrounds (BAME). As the college has a particularly high proportion of students from Black and Ethnic Minority backgrounds - approximately 82%, we intend to make students from BAME backgrounds another of our key target groups for this project.
- The three additional target groups for our project will be made up of course groups (or pathway groups), social/friendship groups and students transitioning from school to college.

• What is different about how you are delivering your activities

- One of the unique features about the project is how we will be addressing the drop out of activity levels in students transitioning from school to college. This will be done as part of the enrolment and induction program at the college. In the first weeks there will be a concerted focus on the health and wellbeing of our new cohort. We will run numerous taster sessions, focus groups and an extended freshers' fair event. This will allow us to expose the students to new and exciting non-traditional activities such as clubasize, power hoop, glow sports and skateboarding.

• How your students are going to be involved in the design and delivery of your projects

- Our students will play a significant part in helping to increase physical activity levels amongst inactive groups across the college. Our experience and research has shown peer to peer influence and word of mouth is a particularly strong factor for students in choosing to participate in sport or physical activity. Our Student Ambassadors and Student Council will spread positive word of mouth about physical activity opportunities and gather feedback from specific target groups in relation to their needs and requirements.

• Your methods of marketing and communication

- We will market the sessions through our New Monoux Passport system which links all aspects of the students college life together in a central, trackable resource. All sessions will be booked through our Futurefest system and promoted through the new Monoux app.



How will your project contribute to any of the following Government outcomes?

The College understands the importance of the welfare and mental wellbeing of our students, so much so that it is referenced within the organisation's newly developed strategic plan. Physical activity will play a key part in being able to improve and maintain the mental wellbeing of our students.

Most of our students come from lower socio-economic backgrounds and often have to balance the pressures of academic and home life. We hope to use physical activity as a tool to reduce stress, reduce anxiety, develop confidence and improve our student's self-efficacy, which at the same time will help the college to achieve its strategic aims and also succeed in meeting the government's desired outcomes of improved wellbeing through sport and physical activity.

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Solihull College & University Centre – Active You

'Active you' is a project aimed at encouraging less active students to become more active and combat barriers that people face in taking on physical activity. The project has a particular focus on women, students from low socio-economic groups and students with learning difficulties/disabilities. All activity is provided onsite and promotes sustainability by building on and forging relationships with local clubs and coaches.



1. Your target audience and the rationale for targeting them

It has been identified that women, students from low socio-economic groups and students with learning difficulties/disabilities (LDD) are particularly inactive and do not generally participate in physical activity. Our project aims to challenge stereotypes and breakdown barriers faced by these groups to encourage participation and raise awareness of healthy lifestyles.

2. What is different about how you are delivering your activities

We will be directly targeting curriculum areas where there are large cohorts of students that fall within our target audience, enabling us to be very specific in how we raise awareness, signpost to activities and encourage participation. We believe this will directly impact on take-up of the project. We will also be holding competition days, where curriculum areas compete in fun activities with the opportunity to win trophies, certificates and prizes. We will also be encouraging our staff to be involved in these too promoting inclusion.

3. How your students are going to be involved in the design and delivery of your projects

We will elect a Sports Officer who will support the promotion and development of physical activity whilst providing a unique link to the Student Voice. This will help to ensure student feedback is always considered and quality checked in the design and delivery of our projects.

Sports Ambassadors will also be recruited to assist in the delivery of the project. Each ambassador will be provided with sports leader training and the opportunity to gain volunteering experience internally and in the local community. We will initially seek to recruit these ambassadors from the Sport Faculty.

4. Your methods of marketing and communication

We will hold a launch event for the project in the student social area know as The Link. We will promote this event and ongoing communications about the project through the Solihull College social communication platform/app - MySolCom. We will also use the weekly tutorial update, notice board and student intranet to promote the project.



How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing

We will highlight the benefits of physical activity as a whole relating it directly to improved mental and physical health, and focussing on things like improved confidence and self esteem.

2. Individual development

There will be opportunities for our Sports Ambassadors to upskill and gain employability skills through sport leader training and volunteering experience.

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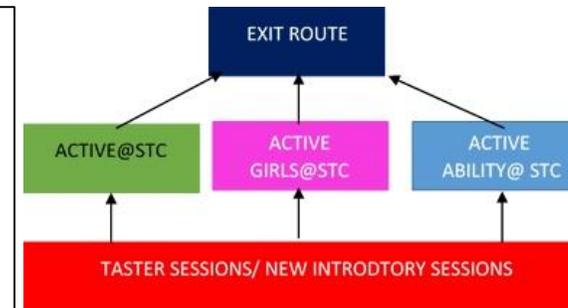


South Tyneside College (part of Tyne Coast College)– Developing an Active College

We are aiming to create an environment in which the learners are at the centre of the learning experience through taking an holistic approach ensuring they feel they are getting the support and help they need to become fit for work



- The target audience is students who fall below the activity threshold. In particular due the student demographic this will be students who have a disability or come from a BAME background and females; as research suggests these are at risk groups of being below the threshold.
- We are working closely with the student body to develop programmes and opportunities that meet their new needs. Our programme is as student focussed as possible, placing them at the heart of their learning experience whilst at college. We are also aiming to make the programme relevant to their course and ensure it has workplace relevance and so our students are fit for work.
- Currently we have worked with our local CSP to develop an online survey for students to inform us what are their preferred activities. Additionally, we are working with individual groups through their tutors to deliver talks and taster sessions. As well as offering opportunities to talk to the Project Lead to design programmes.
- Student surveys, talks and taster sessions with groups as well as posters



The project will contribute to the following government outcomes:

- 1. Mental wellbeing**
Through holding well-being drop in sessions, and work closely with safeguarding and Progress Coaching
- 2. Individual development**
Working with the learners to set targets
- 3. Social and community development**
Inviting the public to evening sessions

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4273529



City of Stoke-on-Trent Sixth Form College

The project aims to get inactive students active and previously active students to re-engage in activity. These sessions will be specifically designed to appeal to these students by consulting with them and responding to their needs. The project aims to reduce barriers and make activity accessible for all.



- Target audience will be students at the City of Stoke-on-Trent Sixth Form College who are currently active in particular:

Female students as at present female students participate in significantly less sport than their male counterparts

Students with mental health issues as these students will lack confidence to take part in generic college sports sessions. Being active will also help them make friends and have a positive effect on their mental health.

Students from Health and Social Care Courses as these students are predominantly female and are historically extremely inactive.

Some sessions will be closed activity specifically for a particular group of students so that the students remain in their comfort zones e.g. engaging with the college counsellor and Health and Social Care students.

We are also looking at delivering activity that will be new to students and they therefore have not been put off by this activity at school e.g. archery, climbing, skiing.

Students are constantly consulted with via questionnaires, informal chats and focus groups to see if the College can offer any additional activity that will make them more active.

Sports volunteers will be recruited who will help deliver the College activity sessions and students will be able to feedback at student parliament about what activity they would like to see at the College.

The main method of communication is word of mouth as this is usually most effective. Students have signed up to a lot of activity during enrolment and will be text to invite them down to the weekly sessions. Specific targeted marketing will be done via going in to lessons where students participate significantly less such as Health and Social Care.

Insert picture here



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848736

How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing

All activities will benefit the mental wellbeing of students as physical and mental health are linked. We will be specifically working with the College Counsellor and targeting students who are struggling to settle in College and experiencing mental health issues.

2. Individual development

All sessions are targeting inactive students and will help their individual development by increasing confidence and employability skills such as communication, teamwork and leadership. A volunteer scheme will also be initiated to get students qualifications and work related experience.



Suffolk New College – Step Forward

A 2 year programme to engage non active students to try and create a habit of a lifetime with a focus on the impact that physical activity has on mental wellbeing. Technology along with the 'nudge' approach will be used to target students who would not usually engage.



• Your target audience and the rationale for targeting them

The Suffolk CSP have identified that the lowest levels of female participation are in Ipswich; this is backed up by college data which found that 61% of the inactive students surveyed were female.

Research carried out within the college identified courses where many of the students lived sedentary lifestyles and had high levels of inactive students. These included courses such as Games Design, Foundation Learning and Childcare. The number of ESOL students within the college is growing, this group will be specifically targeted to encourage engagement with other students to ensure they become part of the college community.

Around 12% of the students in the college have a disability or limiting long term illness, data shows that these groups are more likely to be inactive and traditionally have lower participation in sport.

• What is different about how you are delivering your activities

The wants of students will be put at the centre of delivery, ensuring that activities will suit students needs. The project team will work with a variety of partners both internally and externally to offer a range of activities that students may not have previously had access to. We will create clear exit routes to ensure that activity started will be sustainable. As well as identifying new activities we will also look into different venues for activity, sports centre are often a significant barrier for inactive people. Green spaces such as parks will be used for more informal sessions or even classrooms where students may feel more confident.

Activity will be integrated into students curriculum and where possible will be linked to the courses that students are taking e.g. teaching childcare students physical activities that they can use in a nursery environment or taking art and design students into the countryside for a brisk walk to take photos or sketch. This not only helps them become job ready but also incorporates activity into their lifestyle.

Students will be encouraged to use a variety of technology and apps. This will enable students to make activity such as walking more exciting through immersive apps such as The Walk Game and Run Zombie Run. Students will be taught how to utilise apps to track their activity, find workouts, and challenge their friends, all of which can be completed outside of college activities.

• How your students are going to be involved in the design and delivery of your projects

Student involvement is crucial, by listening to what students want we can start to remove some of the barriers to participation. Students are being asked to complete short surveys to find out what is important to students when starting new activities and to confirm current levels of inactivity. Focus groups will be set up to provide students with the opportunity to suggest specific examples of activities they would like to participate in and for the project team to share their suggestions and get feedback.

Students who currently participate and live active lifestyles will be given the opportunity to become student ambassadors e.g. This Girl Can Suffolk and Football Ambassadors.

• Your methods of marketing and communication

A project brand will be established to be used throughout all marketing and communication methods to provide consistency for students. A range of marketing and communication resources will be utilised, including printed materials, use of social media and a dedicated section on both the VLE and college website.

The project team will ensure that they are visible and have an obvious presence, they will frequently engage with students in their classrooms, at college events and will be available within Student Services.



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How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing

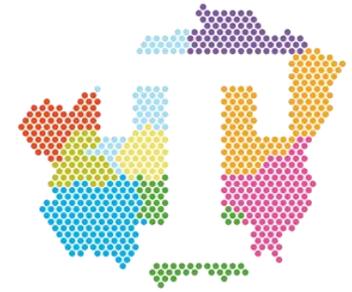
Evidence shows that there is a clear link between sport, physical activity and improved mental health. This is improved even more when the activity takes place in green and blue spaces.

With a growing number of students seeking support for mental health queries within the college (up 700%) and NUS research shows that 40% of respondents studying in their 1st year of FE have a mental health difficulty, it is clear that students need to have access to sport and physical activity opportunities.



Tameside College – GO Tameside

GO Tameside will focus on developing the physical and mental wellbeing of students at college. The project will focus specifically on removing the barriers to participation for inactive/underrepresented students and the tackling inactivity lead will offer outstanding support and consultation to ensure they get the best opportunity to start a new habit at college.



Our target audience is 16-19 year old Inactive students as there is 300,000 inactive 16-19 year olds across the country who are classed as inactive and there is a clear need of intervention to get young people back on the move.

The activities that are running have been designed and consulted on with the students and all the key elements such as Time of day, structure and length of time have all been set by the students.

We will have a series of Activity Ambassadors in each programme area who will take an active lead in recruiting and supporting Focus groups being run by the Project Lead.

We will use activity advocates in each area and will be making use of all social media channels and dedicated inactivity newsletter/wall where all sessions and information will be shared.



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The project will contribute to the following government outcomes:

1. Mental wellbeing

Tameside College actively promotes the link between positive mental wellbeing and physical activity. Infographics and key messages are promoted alongside the sport and physical activity offer at the college. The Inactivity Lead will be able to continue this promotion and build upon current work to reach students with low self esteem and confidence.

2. Individual development

The GO Tameside project will develop individual skills and further the development of students at the college. By being involved in the project through the Activity Ambassadors it will empower students to be in control of their college experience from the outset. This will help develop a positive attitude amongst young people and provide them with a number of opportunities.

3. Social and community development

The GO Tameside project will contribute to the local community in that the young people who come to college and live in the community will be active and engaging in further sessions outside of college. A key outcome of the project will be to find community sessions that the learners can continue to attend when they leave college to create a habit for life not just at college.

Trafford College – Creating Professionals Active College

Creating Professionals Active College project aims to engage a total of 520 participants over a 2 year period, including both staff and students. Our project will target females, SEND, ESOL and specific male groups. The project will offer accessible activities to all learners including Yoga, College Walking Trails, Beginner's Gym and Duke of Edinburgh Award Scheme.



Target audience and the rationale for targeting them

Research conducted by the college indicated that 30% of students had not taken part in physical activity in the previous week, 12% higher than the national average. Using knowledge from our previous sports maker program and results from the research we were able to identify the groups with the highest level of inactivity as; SEND, females, ESOL and males enrolled in specific courses, such as computing and science.

What is different about how you are delivering your activities

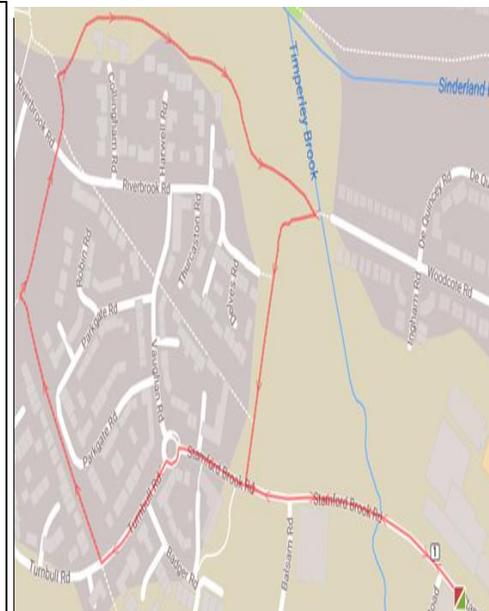
The project hopes to engage learners in physical activity by offering 2 programmes; core programme and activity programme. The core program will target specific cohorts of learners that have traditionally had large numbers of inactivity by offering 1 hour weekly sessions as part of their study programme. These activities will be tailored to meet the needs and interests of each cohort. Alongside the core programme the project will also offer a wide range of activities that will be focused on meeting the needs of the wider college. The timetable of activities will include a number of activator lead sessions, such as yoga, circuits, beginner gym, bike riding and the college 1 mile walking trails.

How your students are going to be involved in the design and delivery of your projects

Students will be involved in the delivery of activities through consultation with specific targeted groups and through the wider college learner voice mechanisms such as student council, personal tutors and questionnaires. This will ensure that the activities offered will vary, depending on feedback from students, every 12 weeks.

Your methods of marketing and communication

Activities will be promoted through college TV, computer screen savers, pop up stands and various social media sources, such as twitter and Instagram. Events held by the college will also be used to promote the scheme.



How the project contribute to Government outcomes?

- 1. Mental wellbeing -** The project will work closely with the college mentors to identify learners who are at greater risk of developing mental health problems. Aiming to offer programs that will promote positive wellbeing, such as yoga.
- 2. Individual development -** Combined with the D of E scheme the project will enable learners the opportunity to further develop their organisation, leadership, communication and team work, all skills needed for the work place.

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Truro and Penwith College – Health, Wellbeing and Sport

The project will predominately focus on engaging with 510 inactive Automotive, Carpentry, Bricklaying, Plastering, Health & Social Care, Child Care, Foundation Studies, Hair & Beauty and Catering students.



- The project will target the most inactive students at the college, building on some pilot 'Fit for College:Fit for Work/Life' initiatives that were successfully delivered last academic year. Students will be timetabled into bespoke physical activity sessions, that will take place in the new HWS suite.
- Truro College has completely refurbished a classroom, which has been converted into a HWS suite, that will be a dedicated physical activity venue specifically for this project.
- In addition to the targeted programme, we are also providing a Student Services Referral Programme, where students with anxiety issues, mental health challenges and other health issues, can be allocated specific individual access to the HWS suite
- As part of the student induction process all students complete a questionnaire about their physical activity interests. This information helps shape the wider HWS offer. If a student has indicated an interest in an activity, they are contacted with regards this.
- We email all students with details about their specific interest, as part of our targeted mailshot. We have Facebook, Instagram and Twitter accounts that are regularly updated for all students. Tutorial taster sessions are also planned to help introduce physical activity.



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When we successfully piloted the 'Fit for College: Fit for Life' programme, 94% of participants linked their experience to improved mental health. When we successfully piloted the 'Fit for College: Fit for Work' programme, over 75% of previously inactive participants believed the course had helped prepare them for the construction industry. Industry experts have endorsed the 'Fit for College: Fit for Work' programme, stating that they believe it will make students more employable, extend the length of time students are able to work in the industry, and reduce the days lost due to injury and illness.



Tyne Metropolitan College – Activity and Wellbeing

The project will aim to positively impact the activity levels of 600 learners. Specific delivery through utilising gaps within timetables will aim to engage and motivate courses with a high population of female learners as well as targeting the College's large student population with disabilities who study a variety of courses through our Foundation learning programmes.



The target audience of the of the project are learners that are transitioning from school to College. The rationale for targeting these learners is to gain an insight into these individuals', not just to understand their sporting habits and preferences, but their wider lives, needs and wishes.

We aim to put on a variety of activity through the responses received from targeted consultations including focus groups with inactive learners. The aim of this is to support inactive learners to change their behaviour and support them to become more active as per the government guidelines. Examples of this would include individual or solo activities including gym and fitness or running.

Through the consultations' and regular evaluation of the programme the learners will have an active say in how the programme shapes and changes through the period of delivery.

The success of the project will be regularly communicated internally through case studies and infra-graphics for each curriculum area that highlight the impact on their learners. Externally we will aim to use Social Media sites, our external Newsletter and our Marketing department to highlight the positive impact of our project out to the local area.



Our project will contribute to the following Government outcomes:

1. Mental wellbeing
2. Individual development
3. Social and community development
4. Economic Development

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Wakefield College– Tackling Inactivity

The project will target specific groups of inactive students and help them to engage in regular physical activities across several campuses of Wakefield College. This will involve researching, marketing and facilitating the events most likely to engage and retain students on the programme, who are inactive. Offering a focussed and responsive cross-college programme of activities should embed a culture of post-compulsory sports and physical activities that will appeal to the target area of inactive students.

wakefieldcollege

- Our main target areas will focus on females, students with disabilities and BAME students. Our College currently has a substantial amount of students that fall into these areas, which are identified as being highly inactive.
- Our activities are student led and focussed and reflect the wants and needs of the student body. We try and offer a well rounded programme of activities to reflect the different types of students found at our College as well as a extensive volunteer programme.
- Our College Voice, Freshers Fair, Student Union, Class Reps, and our sports volunteer programme will ensure that the students are at the forefront of in the design and the delivery of the project.
- We will use our College Moodle page, communication via students email and College text system. We will also promote our activities through social media, the College Newsletter and also through our Sport Media volunteers. In addition to this activities and events can be found on notice boards and televisions around College. Our marketing department and our student volunteers will assist in producing marketing materials, whilst also utilising external avenues i.e. This Girl Can materials



One of our students who has a visual impairment, experiencing Trampolining for the first time.

Individual Development

As well as allowing students to develop individual key skills such as confidence, communication and teamwork through their participation in activities, they will also have the opportunity to have new experiences which will allow them to develop their self belief, especially when thinking about their success in new or uncertain situations. Organised activities will also contribute towards a students attainment and behaviour within education, as well as helping to prepare and provide them with necessary skills for future education or employment.

Social and Community Development

By providing inclusive activities we will aim to build social trust with students allowing them to explore and build meaningful relationships with a variety of people within College. This will allow the students to have a sentiment of belonging and allow the College to build a strong community of students, whilst also providing new experiences that they might not otherwise have had access to.

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Wigan & Leigh College – Move for Life

Move for Life is unique as it will engage people to take up activity without just participating in sport. Move for Life is a college-wide initiative with staff supporting students to change their mind-set and become more active in their everyday lives.



- The primary focus are 16 – 18 year old students on study programmes targeting 75% of inactive students (350 students). This group have been selected as they attend college for multiple days each week and we will be able to create many opportunities for activities they can get involved in. The groups main focus are; Females – as these are an underrepresented group the college will prioritise activities for women in the early phase of the project; Students with a disability – focus on two distinct groups, those whose learning takes place in the Foundation Department and those who have mental ill-health and are in other curriculum areas; Curriculum groups – activities designed to tie in with career aspirations and for students to embed activity into their everyday college life, with a view to continuing these habits when they leave college.
- Move for Life is an exciting project for students and staff to engage in as it will bridge the gap between people who are currently active and lead healthy lifestyles and those who would like to make lifestyle changes but don't know where to start. Move for Life will provide inspiring and interesting opportunities for people to make a difference to their way of life in a way which aligns with their other interests and commitments. All front line staff who work with students will be a part of the Move for Life project and we will raise their awareness of the positive impact that small changes can make on their lives and careers, so that there is a consistent and well-informed message going out to all students, even when they are not engaging in the project's activities.
- The students in the target groups will be consulted in a range of ways, some of which will directly address the concept of an active lifestyle and some which will come at it from another angle, e.g. career development or the pursuing of an enrichment interest. The students will be consulted through Personal Tutorial lessons, focus groups and some individual consultation. From these early findings the Project Lead will form small working groups involving interested students to plan sustainable opportunities for groups to undertake. The Project Lead will be responsible for recruiting volunteers within the student body to plan an active part in planning, monitoring, evaluating and planning future activities, based on the experiences. These teams of student volunteers will work alongside the student ambassadors and become an integral part of the Heads of Studies team (who plan enrichment, provide support for students and monitor individual student performance), to ensure the longevity of the project.
- The engagement of students and promotion of the project will be within the tutorial programme, via social media, posters and digital messages across College Campuses and the College VLE.



How will your project contribute to any of the Government outcomes? Move for Life activities will support students to identify where their weaknesses are in a range of aspects, such as confidence, resilience, employability skills, career aspirations, career planning and their progress in College. They will then work with small groups of individuals on a programme to improve these incorporating some physical activity.

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WILTSHIRE COLLEGE – WILTSHIRE COLLEGE ACTIVE HEALTHY FUTURES



Wiltshire College Active – Chippenham, Lackham, Trowbridge, Salisbury

We are targeting our inactive groups of students. This includes females, foundation students and specific inactive course groups. We are going to attempt to reach IT, business and games development courses, Health and social care/childcare/hair and beauty courses and embed physical activity into students lifestyles.

We utilise external coaches, local leisure centres, student volunteers and sports ambassadors to provide a range of activities during enrichment sessions, that all students can participate in. We have chosen to offer some non traditional activities aiming to appeal to the currently inactive students. These include: **Pound Rockout** and **Knee High Wrestling**.

Wiltshire College Active is an established brand of Wiltshire College and we are using our Student Unions Sports Officer to implement ideas and suggestions from students. With our marketing department, we have decided to use Instagram as a communication tool for our students. New activities are posted, competitions, WCA team profiles, student case studies and lots more Health/Active news. We also encourage students to contribute to local and national campaigns which promote healthy lifestyles such as **This Girl Can**.

We now welcome course groups during curriculum time to take part in some physical activity. We are using the **FIT4WORK** programme which allows students to benefit from sessions that are planned and adapted to meet their needs now, during college and also in their future careers.

Students have been signing up to various activities at all 4 campus Fresher's Fairs and meeting our new Activators that are going to help our students lead a healthy life.



- We are offering activities and sessions to reduce stress, increase confidence and improve physical health. We also offer a well-being referral scheme, where our Well-being Advisors can join with WCA in order to use physical activity or sport to help students cope with everyday demands.
- Individual development is important for WCA. Students are able to track their progress during sessions, they can also become Sports Leaders which has been effective in increasing confidence and strengthening CV's.
- We aim to contribute to students social and community development with initiatives that require links into the community. Students participating in physical activity with WCA are able to create links which may lead to volunteering in sport and work experience with the local leisure centres or gyms. The on site activities allow students to create new social groups which otherwise they may not have met.

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Woodhouse College – The Jump Start Programme

We will listen to our target audience's desires and needs; address time constraints; tailor person-centred opportunities; gently present opportunities; and build an academy of inspiring leaders, to influence and encourage participative behaviour amongst peers and friendship circles.



Describe the following aspects of your project:

- Your target audience and the rationale for targeting them: Inactive students, including those doing nothing, not doing enough and missing the intensity. Being inactive is a health hazard. We want our staff and students to progress through life in the best physical and mental shape possible and access further opportunities thanks to their physical and mental wellbeing.
- What is different about how you are delivering your activities: We will move away from traditional sports / activities. We will offer opportunities outside of typical delivery time slots. We will look at home postcodes and present opportunities within our target audiences' living area.
- How your students are going to be involved in the design and delivery of your projects: Through tutorial and pastoral staff we will identify inactive students and discern their preferences. Focus groups and one to one conversations will be arranged. One off or short course opportunities will be coordinated using the lessons we learn. If ideas work we will replicate them, if they don't we will ask for feedback from students and re-design.
- Your methods of marketing and communication: The tutorial system allows us to communicate the 'healthy lifestyle' message as well as our activities via the tutors. The TIC lead will also contact inactive students directly reaching subgroups via student societies and focus groups. Generally events and activities will be promoted via student leader networks (including social media), internal college posters, intranet pages and the twice weekly student bulletin.



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How will your project contribute to any of the following Government outcomes?

1. Mental wellbeing – Symptoms such as stress, anxiety and depression are likely to be most amenable to being helped by increased physical activity, being with others and building a young person's repertoire of what makes them who they are. Whilst there is a great deal of evidence from neuroscience that physical activity can help, we do not underestimate how complex and subtle a process this will need to be.
2. Individual development -Being healthy and developing physically will benefit students in terms of character, confidence, teamwork and resilience; these are all key elements which underpin the nature of our students' transitions into adulthood.

