

An overhead view of two young children playing on a light-colored wooden floor. The child on the left, wearing a dark blue tracksuit, is sitting and holding a red coiled spring toy. The child on the right, wearing a black and grey camouflage t-shirt, is also sitting and looking towards the first child. They are surrounded by several hula hoops in yellow, green, and blue, and various colorful balls (green, red, blue, yellow). A large red diagonal overlay covers the bottom left portion of the image.

Redcar & Eston School
Sport Partnership CIC

FESTIVALS

More Than Sport

IMPACT ON CHILDREN & YOUNG PEOPLE

Daily Physical Activity Benefits



By taking part in festivals children are being physically active whilst developing fundamental skills through fun and engaging activities. The enjoyment of activities will help physical activity become part of everyday life. With their range of skills developing and fun active games to play, this will increase their chances of leading a healthy lifestyle and being active for 60 minutes a day.

Develop Life Skills



Throughout the festivals children are learning so much more than physical skills. They are developing transferrable skills of team work, sharing, waiting their turn, helping one another, social skills, resilience, self belief and determination.

Experiences



At a festival children have the opportunity to experience attending a mass participation event outside of their school setting. This helps to develop a child's belonging, confidence and self belief. This is a way of making positive memories of physical activity for a child.

IMPACT ON SCHOOLS

Festivals are a fun way of developing physical skills at an early age. This will help children to participate in PE lessons with more competence and confidence. Focusing on fundamental and core skills through play is a good introduction to develop a child's physical ability. The festival resources are available for staff to develop and continue in school with greater knowledge of ability and understanding. The impact of such can help children have a sense of belonging, improve mental health, develop social skills and increase concentration within PE and the wider school setting.