

Whitton (Richmond) Self-esteem Through Sport

“ The feedback we have received, especially from outreach work with cluster primary schools, is enormously beneficial to the esteem of the students involved. ”

Richard Weeks, Headteacher, Teddington School



What we did:

Students aged 13-16 from partnership schools were identified as being disaffected with their learning and at risk of permanent exclusion, but with an interest in sporting activities.

The intention was to re-engage these individuals and prevent their permanent exclusion, using sport as a method of educating skills and values.

Pupils participated in 12-week units of rowing, football, rugby and a six-week unit of boxing.

A steering group was established to manage, monitor and evaluate the project.

Funding was raised to establish the project, whilst schools committed financially to the project for future years to ensure sustainability.

The difference it made:

Since the project started there have been only two permanent exclusions out of the 105 participating students.

96% of students have completed NGB awards and 63 students have coached sport in cluster primary schools.

Attitudinal questionnaires showed improvements in self-esteem, relationships with peers and those in authority.

It worked because:

The steering group was effective in planning, monitoring and evaluating the project.

Funding enabled events to run smoothly with a realistic budget.

