

JUNIOR ACTIVE LEADERS

Evaluation, Impact and Testimonials 2018 to 2024



What children say:



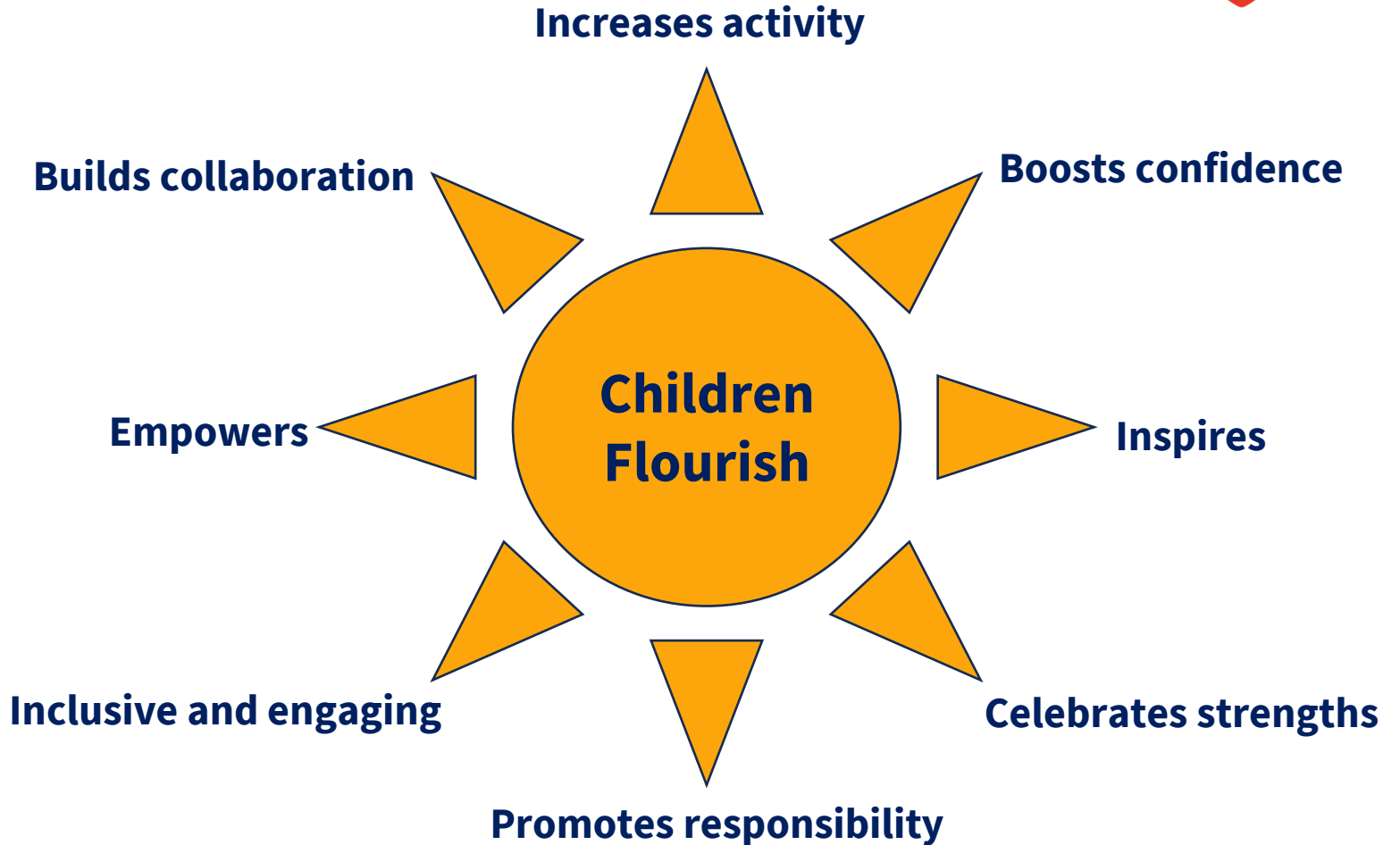
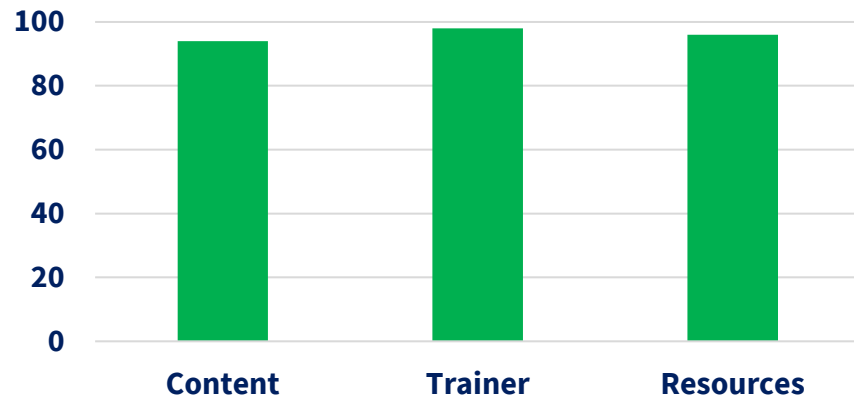
“Can we do it again?” “I didn’t want it to end.”

“I LOVED all the new games”

What teachers say:



Rating of Junior Active Leader Course



Teacher and headteacher feedback collected at state primary schools in the UK between 2018 and 2024

Independent Impact Research



Conducted by Dr Tom Brownlee PhD, Associate Professor, School of Sports, Exercise and Rehabilitation Sciences, University of Birmingham, UK in September 2024, who reviewed all data collected from 75 Junior Active Leader courses which trained 2,000 participants:

“Data is robust and consistent providing a significant majority of overwhelmingly positive responses which confirms that the Junior Active Leader course:

- ✓ fosters confidence, leadership and peer engagement
- ✓ enhances participation in and attitudes to physical activity
- ✓ improves teamwork, respect and responsibility
- ✓ promotes activity as ‘fun’ which leads to better learning outcomes – a key factor for enhancing school curricula
- ✓ engages pupils from diverse ethnic and socio-economic backgrounds
- ✓ gives children courage to try something new and to lead others in physical activity and games on an on-going basis
- ✓ helps pupils navigate transition from primary to secondary school by developing resilience to reduce anxiety
- ✓ develops empathy, especially where Junior Active Leaders encourage pupils with special educational needs to be active “

“This course makes a lasting, positive impact on young people.”

Professor Tom Brownlee PhD has spent 15 years in research and 10 years working in education, including developing curricula and educational programmes. He has published research on adolescent athletes and physical activity.

Leadership and collaboration



“Watching the class develop their leadership and collaboration skills across the week was a delight but seeing the reluctantly active children participating positively and achieving alongside their peers was the best highlight.”

Increased activity levels

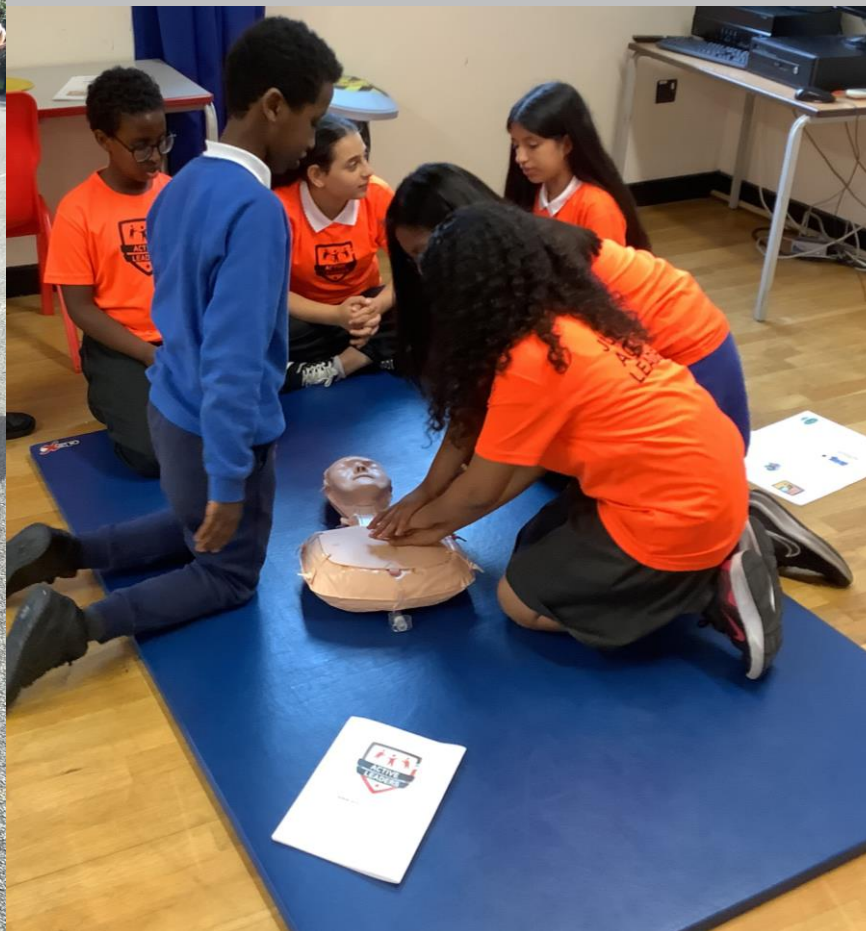


"The Junior Active Leaders have become very independent. They are organising themselves and the games they are playing without adult instruction. They are really keen to get the younger children active!"

Life skills



“The pupils interacted well during the risk assessment , initial planning , CPR and the delivery of their games to the reception children. I was thrilled with their progress and achievement on the day.”



Inclusive and adaptable



Our Lady and St Brendans' Catholic Primary School is based in Bradford where there is a large Polish community. Most of the children are bilingual with Polish parents.



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It goes without saying that the Junior Active Leader course builds confidence more than anything, so cultural differences aside it's about the young individual discovering or building the confidence to lead.

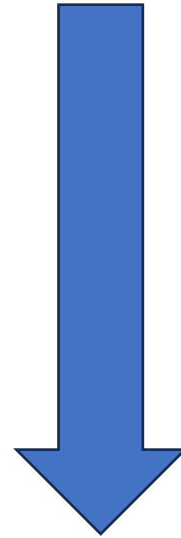
The children really enjoy becoming Junior Active Leaders.

Because the course is so flexible, it can be adapted to suit all levels of maturity – which can depend on lifestyle, home life and circumstances.

The games used are suitable for all groups, making it easy, fun and active for everyone.

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Sustainable impact



"We have a Junior an Active Leaders' Club for playtimes with the infants (15-20 children at a time being led). We are looking at how to do this with the Juniors too. This is happening 3 times a week at morning play. The children have been great and needed very little supervision."

QUALITY ASSURANCE



Annual quality assurance is undertaken by the Chartered Institute for the Management of Sport and Physical Activity

QUALITY ASSURANCE

QUALITY OF EDUCATION - "A comprehensive, far-reaching, inclusive and professional programme, combining high quality, engaging and useful resources with face to face, experienced trainer delivery. This is exactly what schools need, using fun activity to promote pupil development and healthy lifestyle choices. The more active children are, the better." (CIMSPA and OFSTED Inspector)



BEHAVIOUR AND ATTITUDES - "High standards of pupil behaviours result from becoming reliable, responsible, leaders of activity. Their positive learning experience promotes engagement, attention and participation beyond the course itself leading to greater productivity."



PERSONAL DEVELOPMENT - "This extends pupils to try something new, developing confidence, resilience, independence and lifelong leadership skills. They display greater empathy, kindness and tolerance towards each other through taking shared responsibility and discover new talents. Every part of the course is vitally important and worthwhile."

SUSTAINABLE IMPACT - "Outcomes continue long after the course, offering benefits for the whole school. Junior Active Leaders need minimal supervision to lead healthy activity and staff acquire fun resources to support pupils' physical and mental well-being. What sets this course apart is the guided, practical experience the pupils gain and the quality of skills they develop, because of the time and consideration devoted to the training. Every hour is worthwhile. I cannot recommend this highly enough. "



2292 Junior Active Leaders trained
79 Junior Active Leader Courses delivered
43% of courses in higher areas of deprivation
47 accredited trainers across England
Working across 18 counties



HEADTEACHER RECOMMENDATION



We are working with Active Leaders who have helped us implement the Junior Active Leader programme in our school. Thameside is a school with a high proportion of children with special educational needs, who can find it challenging to access mainstream opportunities. Our Year 5 students (including SEND pupils) have really enjoyed becoming Junior Active Leaders. We have found this to be an accessible and sustainable programme because each pupil can progress at his/her own pace. Some of the Junior Active Leaders have helped our leadership team run fun games and activities at lunchtimes for younger SEND pupils in KS1, while others are volunteering to run games on the main playground. This programme is serving our whole school community, providing well organised activity which is pupil led, fun, and simple to supervise. We now have a teacher trained to deliver the Junior Active Leader course on an on-going basis. We wholly recommend Active Leaders as a trusted organisation with a strong focus on enabling all children, including those with high needs, to become respected activity leaders and help others enjoy the benefits activity can bring.

Sophie Greenaway, Headteacher, Thameside Primary School

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Active Leaders Ltd



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