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| School name | |  |
| Partnership name | Farnborough | |
| YST area | Yorkshire/East Midlands | |
| Example title | City Schools Rowing Programme | |

The challenge

What we wanted to do

Pupils in the partnership had identified rowing as a desirable sport in Nottingham, an area with a tradition in rowing. However, only two schools are actively involved in the sport. All schools could identify an inactive/overweight group of children who did not participate in curricular PE and OSHL. It was hoped we could engage this target group of pupils in an OSHL rowing activity, with the added benefit of improving their health and fitness.

It was also hoped to develop a new OSHL OAA activity for all schools, which also had an application to ICT.

Meeting the challenge

What we did

We worked with Concept, a fitness equipment company, to put indoor rowing machines into all schools. Each school now has 5 indoor rowing machines that belong to the partnership which were purchased through BLF and PCT funding.

Training was made available to all schools and as a result staff in all schools have now been trained as rowing coaches. Rowing classes were established in all secondary schools and a city rowing league was developed involving 16 secondary schools.

A club link was set up with the Nottingham Schools Rowing Association and Nottingham Boat Club.

Impact

The difference this has made

An average of 30 targeted pupils in each secondary school are now regularly rowing. The fitness of the targeted pupils has improved, and the pupils are now more involved in PE lessons and OSHL activities. 23 children have now joined rowing clubs and an average of 160 children row at each league competition. Gold medals have been achieved in at least the last 2 national camps. Rowing is now on the curriculum for PE in 6 schools.

Why it worked

Pupils were consulted on the activity they would like to participate in.
An alternative activity to those normally experienced was used to engage pupils.