

## Plymstock Rowing project

“ The growth in our pupils’ physical skills, endurance, stamina, teamwork, social skills and experience of the community are very clear. This is inclusion in its truest sense. ”

Mike Jelly, Headteacher, Longcause Community Special School



### What we did:

An audit of pupils demonstrated that 80% would like to take part in a new sporting activity.

Students were targeted in Years 7-13, many of whom were not engaged in traditional team games.

Two Dry Land Rowing Instructor Courses took place and 26 people including teachers, SSCos, teaching assistants and post-16 students were trained.

We organised and hosted the Plymouth and West Region Championships and set up Dry Land Rowing Clubs in five schools.

A full-time Rowing coach is now employed by the partnership,

promoting Dry Land training and taster sessions for pupils on the water with the local clubs.

### The difference it made:

Over 100 students regularly attend dry land clubs on school sites and some have gone on to join water-based clubs.

65 students from Year 7 took part in an Amateur Rowing Association Talent ID programme and one student has been identified for a World Class Start programme.

KS4 and KS5 students are being trained as leaders and instructors to develop clubs in primary and secondary schools.

### It worked because:

Indoor rowing is fun, popular, low risk and easy to provide.

Students can be provided with instant feedback and can set personal targets.

Through the use of adaptive equipment, indoor rowing is open to all pupils.

