



## Case study: Weekly 2hr Enrichment Sessions: St Anselm's Catholic Primary School, Dartford

### Aim

To provide weekly enrichment sessions to improve fitness, engage individuals, encourage working together and peer-group friendships, and improve communications between year-groups throughout the school.

### Client's objectives

St Anselm's were keen for the whole school to benefit from a Challenger Troop engagement course and for their pupils to experience different activities beyond those in the school's PE curriculum. They specifically wanted to build communication and teamwork across the year groups, whilst developing each individual pupil's confidence, resilience and determination to be the best they could be. To this end, Challenger Troop worked with St Anselm's to devise a session of programmes, which then became part of the school's weekly PE Enrichment sessions. St Anselm's selected pupils from across the year groups on a rotation basis so that all pupils had the opportunity to participate.

### The course

Challenger Troop ran a weekly two-hour session across a 12-week term. Activities included drill and at least two command tasks focussing on fitness and problem solving. Key emphasis was placed on listening skills, particularly taking instructions, trying something new, and working together to achieve a set task.

### Outcomes

- Increased resilience – Having been encouraged to push their boundaries, pupils felt more comfortable trying something new
- Improved team working skills – Working outside of their usual school class grouping meant that the pupils interacted across the year groups, which has led to a closer school family
- Positive attitudes to their peers - Working in smaller groups across the year groups also encouraged the younger pupils to communicate better with the older ones, and vice-versa, thereby encouraging support, helpfulness and consideration of others across the school.
- Improved communication skills – The pupils quickly learned the importance of listening to instructions.

