



HEALTH AND WELLBEING

BOYS MOVE

Boys Move is an additional block of 6 sessions as part of our Health and Wellbeing strand. It is aimed at Key Stage 3 and 4 boys. The aim of Boys Move is to give boys who perhaps don't enjoy physical activity, struggle with their weight or struggle with mental health issues, a place to thrive. Being part of a smaller group, with our coach Aaron, allows boys a safe space to think about their feelings and connect these positive feelings with physical activities.

In Autumn term 2 Year 10 boys from Lancaster Academy took part in the programme. In the first session our coach Aaron asked the boys to draw themselves and label the drawings with their feelings. They drew themselves and wrote down their thoughts and feelings. Some of the young people wrote, 'angry' and 'I hate school'. After the draw themselves exercise the mood was uplifted and the teamwork skills were tested between the boys as they took part in dodge ball.

Over the 6 week programme we were particularly impressed with the progress of one of the boys. He explained to us that he hates maths and he normally does anything he can to get sent out of the lesson. After being part of the boys move programme and getting to know our coach Aaron, who struggled with maths at school, he now realises the importance of passing his maths GCSE in order to get a job after school.

Aaron saw the progress in this Year 10 boy and decided to give him more responsibility. He asked him if he would like to take part in the 'Young Whistlers' programme which aims to help young people develop a basic understanding of football and refereeing. He will then be refereeing at our primary football leagues. These Inspire Stories and seeing change in an individual in 6 weeks is extremely rewarding!

If your school is interested in signing up to the Boys Move Programme please email Shirley sharrison@crownhills.leicester.sch.uk