



Schools on the Move

Pedometers in Schools Project

Schools on the Move Project History

What were the project's objectives?

- To increase levels of activity, particularly walking, undertaken by young people (with a particular focus on the most sedentary).
- To raise awareness, with teachers and young people, about the role of physical activity in maintaining health and wellbeing.
- To demonstrate how areas of school life outside of PE and school sport can play a positive part in encouraging young people to be more active (e.g. different curriculum areas, pastoral and tutor time, school assemblies).
- To increase the profile given to physical activity in schools and to enhance health promotion work undertaken by schools.

Who was involved in the pilot?

- The SOTM pilot programme was launched in October 2005 in 54 schools (primary, secondary and special) within 10 school sport partnerships across the country. The partnerships were;

Angmering School Sports Partnership	South East
Barking Abbey Sports Partnership	London
Copleston Sports Partnership	East
Failsworth Sports Partnership	North West
John Spense Sports Partnership	North East
Lancaster Sports Partnership	East Midlands
Manor Sports Partnership	East Midlands
St Luke's Sports Partnership	South West
Thornton Sports Partnership	Yorkshire & Humber
Westcroft Sports Partnership	West Midlands

How was the project used?

- Each school was given the opportunity for teachers to access familiarisation training and were supplied with enough pedometers for a whole year group as well as a small number of staff.





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- The school was asked to run the project over 2 terms within the school's academic year and were allowed to choose a whole year group (from years 6 – 9) to use the project with. Additionally, schools were asked to use the cross curricular learning tools in at least 2 of the following subjects; PE, Art & Design, Geography, Maths, PSHE/Citizenship.

What were the findings?

The evaluation of this pilot concluded that the programme was successful in encouraging young people to become more active. Specifically, it found that:

- Step counts increased steadily from an average of 8,355 steps at baseline to an average of 16,436 in week 28 (a 97% increase)
- There was evidence to suggest that the project particularly appealed to, and increased the activity levels of, the more sedentary children as the biggest increase in steps was found among the least active pupils (121% increase in steps)
- 63% of students felt that the Schools on the Move project had increased the amount of discussion and interest in physical activity
- 35% reported that they "definitely" will maintain their walking in the next 12 months.

Comments received from pupils included:

"If you just have about an hour, an hour and a half, of just using your pedometer and using it outside it can make all the difference and not only having fun but health-wise"

"At weekends...I just used to watch TV...now with the pedometers we play football...and do more exercise and running around"

And teachers:





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"I think it has definitely encouraged children to think about their physical fitness...I think it has encouraged them to do more exercise"

"They would come up to me and they would ask how many steps did you do today miss?"

What's new for 2007?

Those schools involved in the initial pilot have been invited to continue to take part and the project is being rolled out to a further 250 new schools (identified as being in the highest areas of health deprivation). The school sport partnerships involved will be;

Birmingham
Bradford
Luton
Newcastle upon Tyne
Gateshead
Middlesbrough
Liverpool
Wirral
Knowsley
Hull
Salford
Rochdale
(and the London Boroughs of)
Greenwich
Lewisham
Kensington & Chelsea
Islington
Tower Hamlets
Hackney
Westminster
Southwark
Waltham Forest
Wandsworth

Schools have been asked to focus on those pupils who are least active, therefore, they have been allowed a significant amount of flexibility in their





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implementation of the project within school to allow staff to adapt the tools to suit the needs of the pupils.

As a minimum, schools have been asked to run the project for 18 weeks over the 07/08 academic year so that the SOTM project team can track pupil's activity levels throughout the year and assess how the project has contributed to long term behaviour change furthermore, they have been encouraged to use existing local partnerships, particularly within health, to support the delivery of the project.

The second phase of the pilot project has been supported by Concept 2 (the indoor rowing specialists) who have loaned a number of indoor rowing machines to be used within schools to support the project. Those schools who already have access to these machines will also be able to take part. The aim of the loan is to use indoor rowing as an additional incentive for pupils to take part in physical activity.

