

West Somerset Healthy Movers: Final Evaluation Report

Introduction

The West Somerset Opportunity Area has received funding through the Department for Education, with Somerset County Council commissioning the Youth Sport Trust (YST) to deliver Healthy Movers alongside Futures for Somerset. Healthy Movers aims to increase children's self-esteem and wellbeing, and develop their physical literacy skills, which all help children gain a better start to their life. The project is being delivered in 15 early years settings across West Somerset. The project ran from October 2018 to March 2020. The following report presents the executive summary of the final findings from YST Research evaluation of the project.



Research Approach

- Practitioners were surveyed at four time points: at the start of the project, at the end of the training, at the interim stage of the project and at the end of the project.
- Early Years Foundation Stage (EYFS) data and Physical Literacy Progress Assessment data for a cohort of children involved in Healthy Movers at the start, interim and final stages of the project.
- Five case studies produced, based on observations of Healthy Movers sessions, interviews with practitioners and intercept interviews with parents.
- Interviews with four key stakeholders



Key Findings

Project Activities



210

visits to settings by YST
Healthy Movers staff



45

Stay and Play
sessions



620

home packs for
children sent out



Settings adopted a
flexible approach to
delivering Healthy
Movers activities



Parents were most
likely to find out about
Healthy Movers by
talking to the staff at
each setting

Between October 2018 and March 2020

Project Reach



15

early years settings
have been engaged in
Healthy Movers



56

practitioners
delivering Healthy
Movers activities



620

home packs sent out to
settings to send
to families



230

parents have attended
Healthy Movers Stay
and Play sessions.



YOUTH
SPORT
TRUST

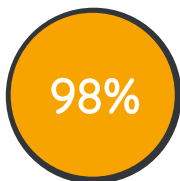
YST RESEARCH

Supporting Children's Physical Literacy

The impact of Healthy Movers on children's physical literacy was assessed using the Physical Literacy Assessment tool, practitioner consultations and surveys and parental consultation and surveys. Children were divided into two cohorts depending on their age, the younger cohort included children aged 22-36 months and the older cohort included children 37-48 months.



of children in the younger cohort demonstrated improved motivation



of children in the younger cohort demonstrated improved stability and object control



The older cohort saw their biggest improvements in their motivation (1 and 2) and confidence



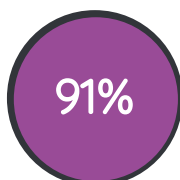
of practitioners felt that Healthy Movers had had a positive impact on children's physical literacy



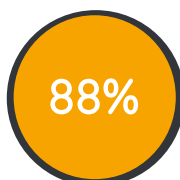
of practitioners felt that Healthy Movers had had a positive impact on the amount of time children spend being physically active at their setting



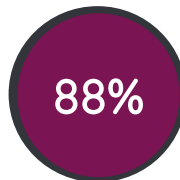
Overall, Healthy Movers increased children's enjoyment of being physically active



of parents reported their child likes being active more



of parents reported their child has better movement skills



of parents reported their child is more active

Supporting Children's Wider Development

The impact of Healthy Movers on children's wider development was assessed using the Early Learning Goals data, practitioner consultations and surveys and parental consultation and surveys.

The older cohort saw the greatest increase for Understanding.



The younger cohort saw the greatest improvements in Managing Relationships and Speaking goals



Of the matched cohort for younger children, 18 of the 26 children demonstrated improvements in Speaking




100% of practitioners felt that Healthy Movers had had a positive impact on children's ability to follow instructions, and with their relationships with staff and other children in the setting



Over two thirds of parents (68%) felt that Healthy Movers had had a positive impact on their child's speaking skills




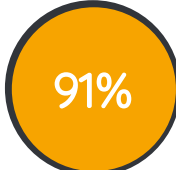
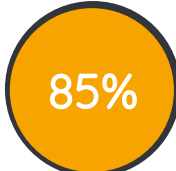
Practitioners

-  of practitioners stated that Healthy Movers had helped them to make improvements in how they deliver physical activity
-  of practitioners felt that Healthy Movers helped them to feel more confident to engage parents in physical activity with their children
-  of practitioners reported that Healthy Movers has helped them to feel more confident, competent and motivated in delivering physical development and physical activity for children aged 2 - 4 years old

“Healthy Movers has helped staff massively because it has given us ideas and inspiration for making physical activity fun, exciting and stimulating for the children. Healthy Movers provides such a variety of activities which is great because it actually caters for all of the children’s interests and abilities.”

Practitioner



Parents

-  of parents felt Healthy Movers had given them ideas to help their child be active
-  of parents felt more confident in helping their child to be active
-  of parents had increased their knowledge about why it is good to be active

“Parents confidence to come and join in with their children has really improved”

YST staff

Views of Healthy Movers

-  of practitioners rated Healthy Movers positively
-  The YST Healthy Movers staff were rated very highly, along with the resource cards and the home packs
- Feedback suggests there is scope to improve the wall chart and physical literacy assessment tool

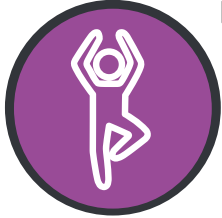
“Healthy Movers has attracted attention and made people think differently...the outcomes go much further than we ever expected”

Julia Ridge, West Somerset
Opportunity Area Lead

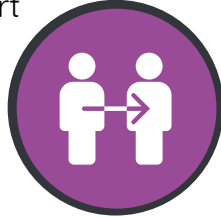
What worked well...



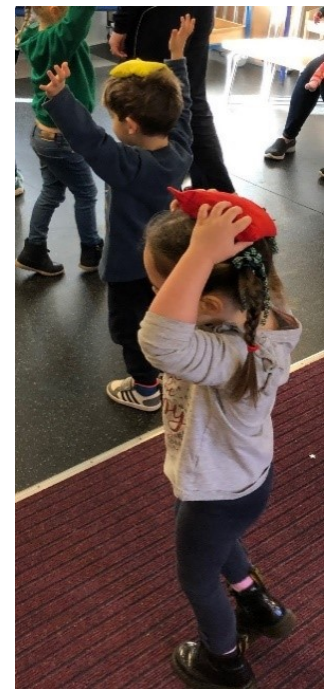
2. Continual and personalised support from YST staff



1. Flexibility of the Healthy Movers programme



3. Opportunities to share practice



Even better if...



2. Consider a local ambassador role



1. Increased flexibility in the YST staff visit schedule



3. Opportunity for digital resources



Conclusions

This research has demonstrated that Healthy Movers has been successfully adopted by many settings in West Somerset and has had a positive impact on the type and level of physical activity that is delivered for children. Children have demonstrated improvements in their physical literacy and wider development, which in turn will improve their school readiness and future life chances.

As a result of Healthy Movers, practitioners are reporting feeling more confident, competent and motivated in delivering physical development and physical activity for children aged 2 -4 years old, with Healthy Movers inspiring them to make changes to how they deliver physical activity in their setting.

Healthy Movers flexible delivery and simple resources has enabled it to be easily embedded into settings daily practice, which has helped to make it sustainable, with all settings reporting that they were likely to continue delivering Healthy Movers.

The key success factors of Healthy Movers have been the YST Healthy Movers staff, who have provided ongoing mentoring to the settings, plus the flexibility of the resources and activities, which have been simple and inclusive. A unique and valued aspect of the project has also been the opportunity to engage parents in the activities.