



Bridgwater



£10,000



CYP,  
Community



Fitness  
suite

## Project Overview

Create a fitness suite for use for pupils and the community.

Now offer: 3 sessions a day - before school, lunch time and 2 after school sessions, 5 days a week every week of term. Membership fee is kept low, and is waived at discretion. SEND at lunchtimes and girls only Tuesday and Thursday session after school. School staff and the community are offered use after 4:15pm.



"I have started to see the beginnings of a culture whereby students play an active part in managing their own healthy active lifestyle. The gym installation has been central to this."

## Impact

Widening access to physical activity before, during and after school

Improvements in attendance and behaviour

Increased staff and community use

Enjoyment

"I knew most of the people who attend anyway, most of us live on the same estate and have grown up here. But we have got to know each other much better and formed a good group. I now meet with some of them outside school and have become good friends!"

## Recommendations for other schools

### 1. Use as a way of engaging community with the school

By opening it up to the community, they have become more engaged with the school and now take part in more than just the gym, but also other activities

### 2. Low key, informal activity is popular

Keeping it fun, safe and accessible keeps people coming back.

