



Bridgwater



£10,000



CYP,  
SEND pupils,  
Community



Outdoor  
Gym

## Project Overview

Create and manage an outdoor Gym to be used under supervision by older school pupils and, following induction by members of staff and community. The objective was to engage a demographic of student who may not otherwise engage in traditional after school activities, but also to offer extension and enrichment to those who do!

There are 4 sessions a week offered after school: 2 sessions aimed at the more able and 2 sessions for those less active. Staff sessions weekly, and community sessions are being planned.



"I know some of my friends who don't enjoy formal sports have enjoyed this, the mixture has suited them and they have become fitter as a result"

## Impact

Widening access to physical activity after school

Enjoying physical activity in an informal way

Increased staff use

"I have never met a few of the assistants who helped lead the sessions before and can now see what good people they are! It has also helped me connect with the year group below a little better"



## Recommendations for other schools

### 1. Flexibility and creativity are key

You can try something different, and people will enjoy it!

### 2. Think about monetising usage

This is next on the school's agenda, to make it more available and accessible to the community and build a revenue stream it.