

Report: FAZ

St Winifreds Road

Cefn Glas

Bridgend

CF31 4PL

Date Of report: 08/05/15
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Family Active Zone Report –Cefn Glas Primary School 2014-2015

Introduction

What is Family Active Zone? (FAZ)

Family Active Zone is a fun, interactive programme for children and their families which aims to encourage them to enjoy a fun, healthy and active lifestyle together. We believe that **all** children involved will become more **confident, resilient, creative and determined individuals** and positive role models both within the school and in the wider community. Alongside physical improvement, and a healthier lifestyle, the programme provides the children with an opportunity to develop self-esteem, build determination and improve their ability to co-operate and work well with others.

Fundamental movement skills are the building blocks to children's movements and can be placed in to three categories: Agility, Balance and Coordination. Between the ages of 3 and 5 children start to develop their gross motor skills, which will prepare them for the more complex and specialised skills required to participate in activities and sports as they get older. It has been noted in research that children who do not master the Fundamental Movement Skills are more likely to drop out of physical activity in life (Get Skilled: Get Active, 2000). Therefore it is vital for children to master these skills early on to enjoy sport and keep the want to participate throughout their lives.

FAZ gives children (and adults) the opportunity to practise and master skills such as skipping, galloping, hopping and chasing and collecting a ball, as well as balancing. These skills are integrated into the games so the children have fun, and want to challenge themselves into mastery.

Level of participation

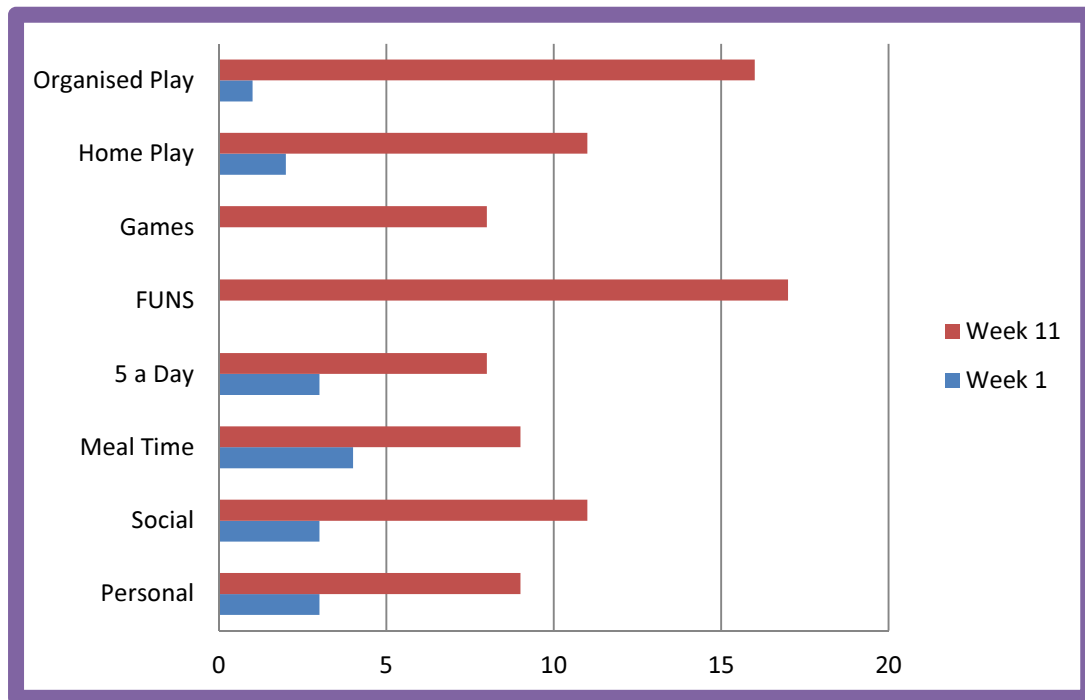
Table 1.0: Participation

| | Start Date | End Date |
|---|------------|----------|
| Number of boys | 10 | 10 |
| Number of girls | 10 | 9 |
| Number of starters v completers | 18 | 17 |
| Number of gold attenders (10 weeks attendance) | | 16 |
| Silver attenders (8 weeks attendance) | | 1 |
| Bronze attenders (6 weeks attendance) | | 0 |



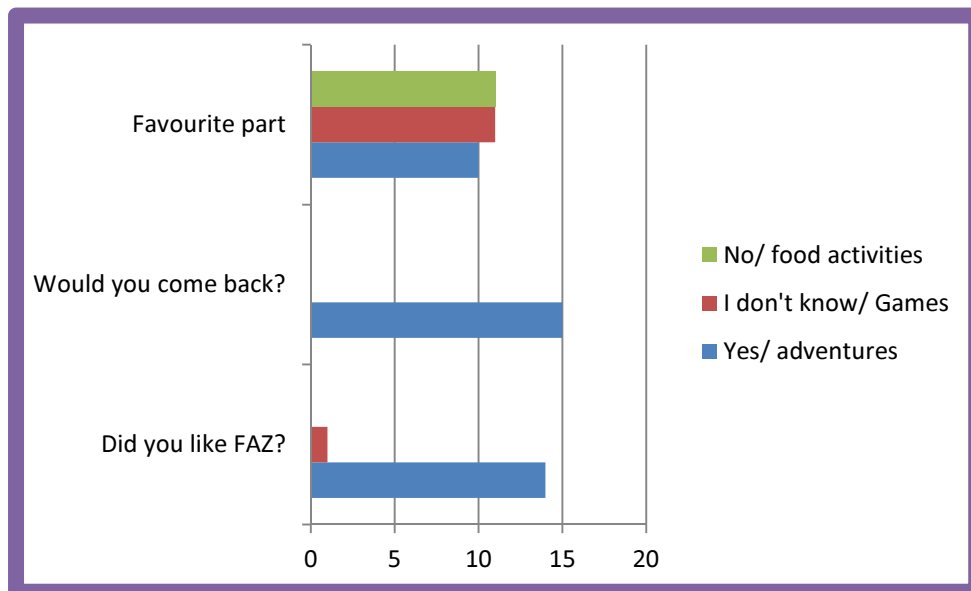
Impact of FAZ

Figure 2.0: A graph to show the impact of Family Active Zone



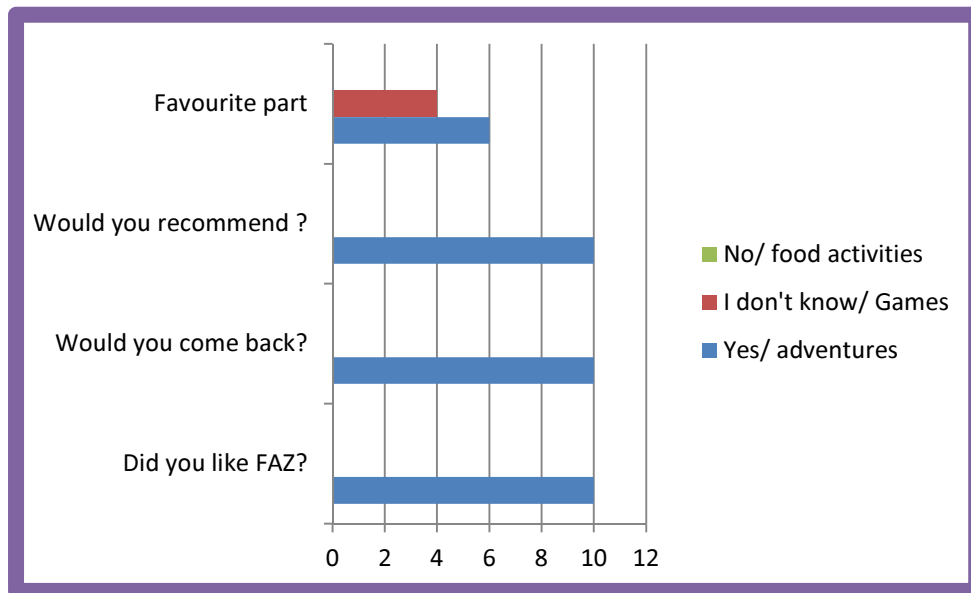
Evaluation from Children (siblings included)

Figure 3.0: A graph to show children and their siblings opinions of the programme



Evaluation from Parents

Figure 4.0: A graph to show parents opinions of the programme.



Comments from Parents

The ladies have done an amazing job keeping the children and adults engaged every week- we have all had plenty of fun! I liked the diversity of the programme and how my boys are willing to try more healthy foods and are requesting healthy snacks.

The 3 girls are fabulous coaches and really encouraging. My 10 month year old loved FAZ as well!

All fab, thoroughly enjoyed FAZ and spending that extra little time with my children.

This programme is exactly how I thought it would be, I've learnt so many games and activities to do in the house, I don't think it needs any improvements – 10/10.

Thank you to the FAZ coaches, it's been great coming into the school and getting to see the teachers with Charlie, he looks forward to it every week and so do I.

It has been awesome, I can't state any improvements.

Appendix 1

Name:

Date:

| Level | Family Attitudes | | Family Eating | | Family FUNS | | Family Play | |
|-------|---|---|---|--|--|--|--|-----------------------------|
| | Personal | Social | Meal time | 5 a day | Fundamental Movement Skills | Games | Home play | Organised play |
| 1 | Summary statement TBC <ul style="list-style-type: none"> I am dependent on familiar adults I can recognise that some behaviour is unacceptable I will try something new with help from an adult | Summary statement TBC <ul style="list-style-type: none"> I can role play with others I am keen to assist myself I can respond to social greetings | We eat breakfast every day | We eat 1 portion of fruit and vegetables every day. | We can complete some of the station 4, 10 and 11 yellow FUNS challenges. We can complete some of these: side-step, gallop, hop, skip with both legs We can: roll a ball, chase and collect it in a balanced position facing the opposite direction. We can do this with a partner rolling the ball. | We have learned to play 1 new game in FAZ | We have active play together for 10 mins a day (and play for 5 mins a day) | We have attended 1 session |
| 2 | Summary statement TBC <ul style="list-style-type: none"> I try to be independent I am aware of my feelings and emotions I will try something new on my own when asked | Summary statement TBC <ul style="list-style-type: none"> I can take turns and share I am keen to help others I can make eye contact | We all drink 2-3 glasses of water a day | We eat 2 portions of fruit and vegetables every day. | We can complete most of the station 4, 10 and 11 yellow FUNS challenges (same as above) | We have learned to play 2 new games in FAZ | We have active play together for 20 mins a day (and creative play for 10 mins a day) | We have attended 3 sessions |
| 3 | Summary statement TBC <ul style="list-style-type: none"> I am becoming more independent I have some control over my emotions I will try something new on my own without being asked | Summary statement TBC <ul style="list-style-type: none"> I can play with others with support I am sensitive to the needs of others I can sometimes give positive verbal or visual feedback to others with prompts | We eat dinner together as a family 2-3 times a week See more: share what they did that day | We eat 3 portions of fruit and vegetables every day. | We can complete all of the station 4, 10 and 11 yellow FUNS challenges We can do all of the above | We have learned to play 3 new games in FAZ | We have active play together for 30 mins a day (and creative play for 15 mins a day) | We have attended 5 sessions |
| 4 | Summary statement TBC <ul style="list-style-type: none"> I am independent I demonstrate self control I understand that sometimes I need help from others | Summary statement TBC <ul style="list-style-type: none"> I can play with others independently I can support comfort and help others I can sometimes | We include whole meal bread / products in our diet 3 times a week. | We eat 4 portions of fruit and vegetables every day. | We can do some of these: <ul style="list-style-type: none"> stand on a line with our feet shoulder width apart & balance on the balls of our feet for 10 seconds do the above on a low beam combine side-steps with 180 degree front pivots do the above with reverse pivots skip with arms and knees | We have learned to play 4 new games in FAZ | We have active play together for 40 mins a day (and creative play for 20 mins a day) | We have attended 8 sessions |

| | | | | | | | | |
|---|---|--|---|---|---|---|---|--|
| | | give unprompted visual and verbal feedback to others | | | at 90 degree angles - hopscotch forwards and backwards landing on alternative feet - throw a bouncing ball, chase it and collect it in a balanced position facing the opposite direction - do the above with a partner bouncing the ball | | | |
| 5 | Summary statement TBC <ul style="list-style-type: none"> I take responsibility for my actions I can cope with disappointment I ask for help | Summary statement TBC <ul style="list-style-type: none"> I can play fairly I am aware of other people's feelings I can talk and listen to others | We only eat healthy snacks between meals 4-5 days a week. | We all eat 5 portions of fruit and vegetables a day | We can complete most of the station 4, 10 and 11 green FUNS challenges (most of the above) | We have learned to play 5 new games in FAZ | We have adventurous play at weekends for 60 mins | We have attended 10 sessions |
| 6 | Summary statement TBC <ul style="list-style-type: none"> I challenge myself I can often control my emotions I respond to advice | Summary statement TBC <ul style="list-style-type: none"> I can see others' points of view when playing I can help, praise and encourage others I can contribute to discussions | We cook together as a family 2-3 times a week. | We eat a balanced and healthy diet | We can complete all of station 4, 10 and 11 green FUNS challenges We can do all of the above | We have learned to play 5 new games in FAZ, and I can recall and describe my favourite game | We go out on family day trips at weekends and holidays. | We have attended the free creative workshops and run/jump/throw and balancability sessions and the follow up session |

Appendix 2



FAZ Evaluation for Children

Please can you ask these questions to the children to the on the final day of your programme. We would like the questions to be asked in fun scenario. You can either use the 'faces' provided, or different coloured cones that represent the answers below, ask the children the questions and allow them to move to their answer, then count the number of children and complete below.

Many Thanks AYP team

Venue/School..... Date.....

1. Did you like Family Active Zone?

Yes I don't know No



2. Would you come to the Family Active Zone again?

Yes I don't know No



3. What was your favourite part of Family Active Zone?

The adventures

The games

The food activities.

(Treasure Hunt/Dragon Hunt)

(Rocket Launch)

(Making Pizza)

Appendix 3



Faz parent/guardian evaluation

Venue/school

Date

Did you enjoy the Family Active Zone ? Please circle
Yes / No

Would you come to Family Active Zone again? Please circle
Yes / No

Would you recommend Family Active Zone to other families? Please circle
Yes / No

What was your preferred part of Family Active Zone? Please circle

The Adventures (e.g Treasure hunt/Dragon hunt)

The Games (Rocket Launch)

Healthy eating (Making Pizza)

Is there anything you feel we can do to improve the Family Active Zone programme?

Any other comments/feedback are gratefully received

Thanks