

Gymrun Case Study – South Glos. Primary School

This case study presents the data and results from a South Glos. based primary school where the Gymrun Curriculum and the Gymrun Assessment were delivered in partnership with Future Stars Coaching over two academic years. In both 2017-18 and 2018-19, a 28% increase in physical health was recorded across Years 3-6. In spite of childrens' maturation, these results are compelling.

Definitions

The Gymrun Curriculum (GC) is a simple curriculum combining differentiated bodyweight exercises and short periods of running. The teaching focus is on quality of movement and on high activity time.

The Gymrun Curriculum is taught in combination with the Gymrun Assessment.

The Gymrun Assessment involves five challenges measuring speed, stability, strength, power and stamina. Each child achieves an average fitness score from 0-8. This score matches one of eight coloured fitness badges.

Method

In the academic years 2017-18 and 2018-19, the GC was taught once weekly by a subject specialist to all children in Years 3-6. This session was then repeated by the class teacher in the same week.

All of these classes completed the GA at the beginning, in the middle and at the end of both academic years. The GC lesson was 25 minutes. The GA takes 50 minutes.

The GA uses peer assessment for data collection – helping to develop personal and social skills. This method allows the collection of 150 scores from 30 children in one lesson.

Outcomes

In the GA, every child receives a fitness score from 0-8. In both 2017-18 and 2018-19, the average fitness score achieved by all year groups taking part in the GC improved significantly (see Results)

One in three children are now overweight or obese by the time they leave primary school (NCMP 2018). The GC and the GA delivered in partnership with Future Stars Coaching, a local school sports provider, was shown to significantly improve the fitness and physical health of all Year 3-6 classes in a simple format that is low on time, cost and disruption to the school day.

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Results

Tables 1 & 2 show the average fitness score achieved by each year group at the beginning (T1), in the middle (T3) and at the end (T6) of each academic year.

Table 1 – 2017-18

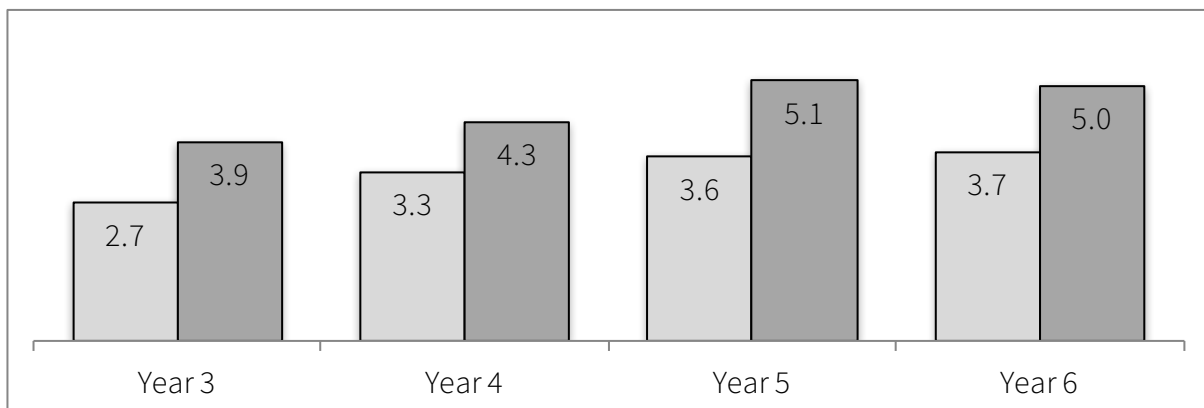
Year/Term	T1	T3	T6
Y6	3.7	4.5	5.0
Y5	3.6	4.5	5.1
Y4	3.3	3.6	4.3
Y3	2.7	3.2	3.9
All	3.6	-	4.6

Table 2 – 2018-19

Year/Term	T1	T3	T6
Y6	5.0	5.6	5.9
Y5	4.5	4.9	5.5
Y4	3.9	4.6	5.0
Y3	2.7	3.3	4.0
All	4.0	-	5.1

Graphs 1 & 2 show the average fitness score achieved by each year group at the beginning (light grey) and at the end (dark grey) of each academic year, when using the Gymrun Curriculum.

Graph 1 – 2017-18



Graph 2 – 2018-19

