

Gymrun



The **Gymrun** program is a leading approach for developing fitness in children.

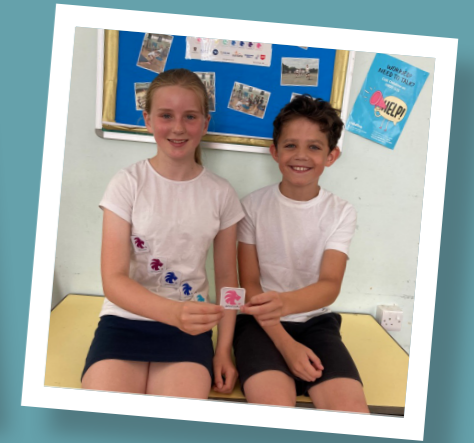
Research shows when children become fitter and more physically literate, their academic learning, health & well-being and self-confidence all improve.

Four reasons to use Gymrun:

- 1. Empower** children to become fitter
- 2. Engage** staff in a sector-leading program
- 3. Evidence** fitness impact
- 4. Embed** a culture for developing fitness

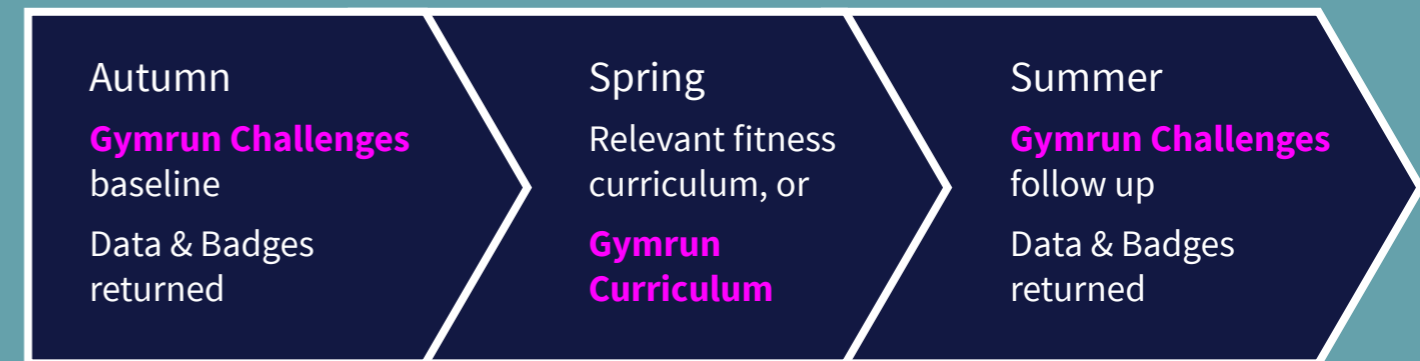


1. **Gymrun empowers** children to become fitter.



A fitness program combining inclusive challenges & badges, bodyweight exercises & short periods of walking or running.

Example Gymrun Journey.





Name	Bounce	Sit	Dip	Jump	Run	Level
	2	2	2	1	0	1.4
	1	2	3	0	2	1.6
	2	2	3	1	1	1.8
	2	4	4	0	0	2.0
	2	3	4	2	1	2.4
	2	4	3	2	2	2.6
	4	2	2	3	2	2.6
	0	3	3	3	5	2.8
	4	2	4	2	2	2.8
	2	3	5	3	2	3.0
	3	5	3	3	2	3.2
	3	4	3	2	5	3.4
	3	2	5	4	4	3.6
	4	4	4	3		3.8
	3	3	6	4	3	4.0
	5	4	5	3	4	4.0
	2	5	6	3	4	4.2
	4	7	4	2	4	4.4
	5	4	6	4	3	4.4
	2	4	6	4	6	4.6
	5	5	5	4	4	4.8
	5	6	4	5	4	5.0
	4	6	6	3	6	5.2
	5	4	8	3	6	5.4
	4	7	6	5	5	5.6
	5	5	8	5	5	5.6
	6	5	8	4	5	6.0
	6	4	8	6	6	6.4
	7	5	8	6	6	6.4
Average	3.5	4.0	4.9	3.1	3.5	3.8

2. Gymrun engages staff in a sector-leading program.

Children perform inclusive challenges in five key indicators of fitness - speed/agility, core stability, arm strength, leg power and stamina.

On completion of the **Gymrun Challenges** lesson, we generate an average fitness score for every child. This score matches a fitness badge, from red to pink.

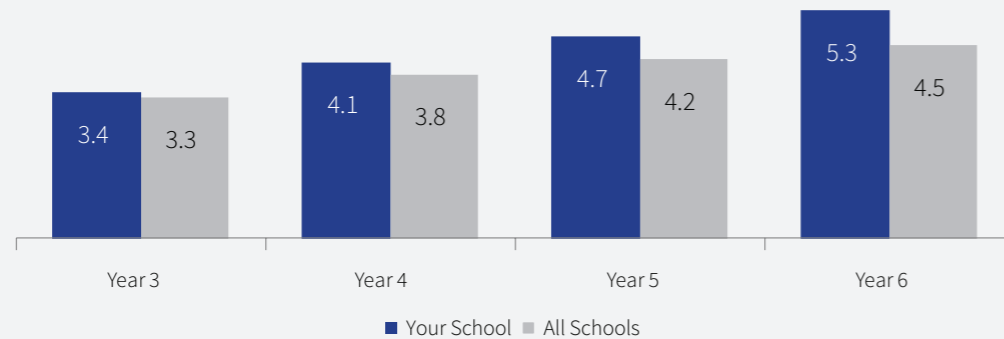
Staff can become accredited to deliver the Gymrun Challenges, making delivery simple and sustainable.



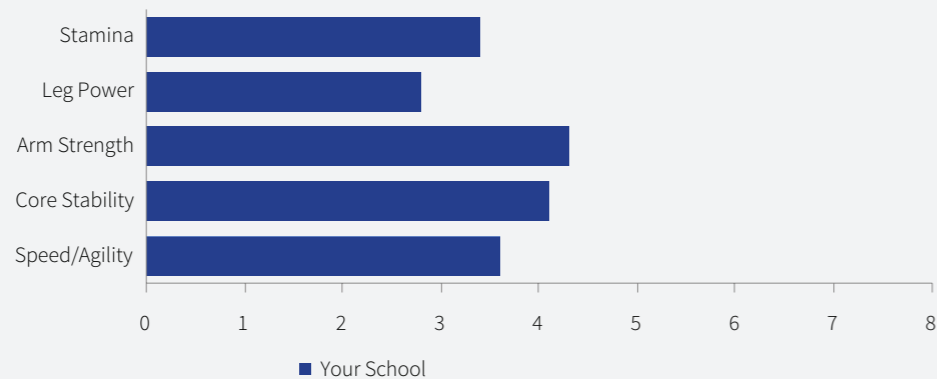
3. Gymrun evidences fitness impact.

Staff receive an annual fitness report – demonstrating impact and supporting wider evaluation and reporting.

① Average Fitness Score



② Fitness Strengths/Weaknesses



4. Gymrun embeds a culture for developing fitness.

The **Gymrun Curriculum** develops fitness, fitness understanding, physical literacy and resilience in every child.

Children build speed, agility, core stability, arm strength, leg power, stamina, balance and flexibility in every session.

In a flagship Gymrun school, a 25 minute Gymrun Curriculum lesson every week has increased fitness levels by **more than 40%** in two years.



**Manorbrook Primary.
South Glos.**

Our Year 3-6 classes complete a 25 min. weekly Gymrun lesson. They learn a variety of exercises and are explicitly taught why these help to improve their overall fitness. The children love working towards the next badge and understand what they must do to get there. Termly assessments give me tangible data on how physically fit the children are. This allows me to track progress throughout each year group.

PE Lead



**Newton Prep.
London.**

Our Gymrun Challenges weeks offer children a chance to push themselves, measure progress, succeed and reflect. Fitness levels have improved consistently. Through our 'Gymrun Skills' starter to each lesson, children have an awareness of the physical literacy toolkit they need to be successful in PE and Games going forward. Resilience is developed through personal reflection. Gymrun fitness data acts as part of our reporting metrics to parents.

Assistant Headteacher



**St Paul's Juniors.
London.**

Gymrun is an excellent way to assess fitness in Years 3-6. The exercises allow staff to focus on/discuss the importance of these areas, how they benefit fitness and physical literacy, and transfer into Games based sessions and sports we run at school. Gymrun provides us with a regular reminder of and refreshment on our basic fitness and physical learning outcomes.

Director of Sport



**NHS COCO program.
UHBW Trust.**

This Gymrun class has been wonderful for the children as a safe, motivating space to encourage exercise with peers. It is a challenging class but the delivery is positive and incredibly inclusive with varying abilities. Gymrun increases exercise in and out of class, reinforcing benefits of exercise in life, and body image (she has changed shape). It is a support for parents too, for role modelling exercise and meeting other COCO families for support/discussions.

Parent

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