

Insight driving innovation and impact

# Healthy Movers Cornwall Case Study: Tintangels Pre-School

Building children's confidence and engagement through Healthy Movers activities.

June 2022

## Introduction

Tintangels Pre-School is a small early years setting located in the village of Treven in Tintagel. The Pre-School caters for 15 children aged two to four years old.

Tintangels Pre-School joined the Healthy Movers programme in 2022. Healthy Movers is delivered by the Youth Sport Trust (YST), in partnership with Active Cornwall and Public Health Cornwall. The programme is designed to support two to five year olds' physical literacy, self-esteem and wellbeing, helping them gain a better start in life.

## Background

Tintangels Pre-School has three members of staff and two volunteers. The setting has a large outdoor space, along with a good indoor space, including a sensory area. The Pre-School adopts a strong child-led approach to their activities.

The Assistant Manager of the Nursery highlighted that some of the children that attend the setting have poor physical literacy, such as balance and stability; she highlighted that many of these children live in flats so have less access to outdoor space for physical activity. She also highlighted that some of the children struggle to sit down and focus, whereas some other children who had recently joined the setting tended to avoid group activities, instead choosing to play on their own or stay close to the staff.

## Activities

### Healthy Movers Training and Support

The Assistant Manager at Tintangels Pre-School attended the Healthy Movers training course. She highlighted that the course was interactive and hands-on. She valued the opportunity to try out some of the activities which gave her lots of ideas, along with the confidence to deliver the activities back at her setting. She also emphasized that the training course demonstrated how the activities could be adapted to children with different abilities.

**“It was one of the most enjoyable courses I have ever been on....We could physically get involved rather than normal courses where you just sit and talk about it. This gives you a better understanding of how to carry out the activities.”**

**(ROSIE, ASSISTANT MANAGER, TINTANGELS PRE-SCHOOL)**

The Assistant Manager also highlighted the value of the ongoing support that was provided by the Healthy Movers Tutor; once a month the tutor would visit the setting to offer support and guidance. In particular, she highlighted that the tutor helped to ease any worries or concerns, helped to demonstrate activities, highlighted areas for improvement, and gave her encouragement. She believes that without this support, she would not have been able to achieve what she has done with Healthy Movers in her setting.

## Healthy Movers Activities

All children at Tintangels Pre-School take part in the Healthy Movers activities. The Pre-School tends to focus on one Healthy Movers activity each half term; this allows the children to get used to the activity and gives them the confidence to do it at the setting, as well as at home. The 'Jungle Journeys' and 'Birds in Trees' Healthy Movers activities are favourites with the children and they will often ask to the activities several times a day.

**“They [the children] like it when they can move about it and be a bit crazy.”**

**(ROSIE, ASSISTANT MANAGER, TINTANGELS PRE-SCHOOL)**

Tintangels Pre-School incorporates Healthy Movers into other activities that they are doing. Examples are highlighted below:

- The 'Birds in Trees' activities have been linked to outdoor learning and gardening.
- The 'Jungle Journey' activities have been adapted to incorporate dinosaurs to link with children's interests and story themes. They act out the stories using Healthy Movers actions.
- They have linked Healthy Movers activities with letter formation, such as drawing letters with scarves and making chalk marks to move around.
- They plan to do the 'Deep Blue Sea' Healthy Movers activities and use this to support the children's art-work by decorating fish.
- They plan to use the 'Munch Crunch 5 a day' and 'Smiley Brush Brush' Healthy Movers activities to support a focus on healthy eating and hygiene. The Assistant Manager highlighted that this was seen to be particularly valuable to families as many of the parents struggle with brushing their children's teeth.

## Healthy Movers Stay and Play Session

Tintangels Pre-School delivered a Healthy Movers stay and play session for parents; the setting had never done anything like this with parents before. All the children at the setting took part and around 10 parents attended. The Assistant Manager delivered the session, supported by the Healthy Movers Tutor. They focused on two Healthy Movers activities and at the end of the session, the children were given the Healthy Movers backpacks to take home.

**“The children and the parents absolutely loved it [the Stay and Play Session] – the parents even joined in”.**

**(ROSIE, ASSISTANT MANAGER, TINTANGELS PRE-SCHOOL)**

“The children enjoyed doing the activities at home and it brought families together.”

(ROSIE, ASSISTANT MANAGER, TINTANGELS PRE-SCHOOL)

“It's lovely to be able to come in and see what the children are doing at preschool.”

(PARENT)

## Benefits

### Increasing knowledge and understanding among practitioners and parents



The Assistant Manager at Tintangels Pre-School has been given the skills, knowledge and confidence to deliver Healthy Movers activities at her setting, along with being able to successfully engage parents in activities at the setting.

Feedback from parents that attended the Stay and Play Session also highlighted that it gave them ideas for activities they could do with their children over half term.

“I feel more confident and happier doing it [Stay and Play Session] now.”

(ROSIE, ASSISTANT MANAGER, TINTANGELS PRE-SCHOOL)

### Enhancing children's physical literacy



Healthy Movers has helped to develop the children's physical literacy. As an example, at the start, some children could not balance on one foot and they would say that they couldn't do the activities. Healthy Movers has helped to build their strength and confidence in their physical abilities and as a result, they have developed key physical skills, such as being able to balance on one leg or squat steadily. The Assistant Manager also highlighted that the children all take part in the activities differently and in their own way, which was seen as a real strength.

“The children feel more confident in their own capabilities.”

(ROSIE, ASSISTANT MANAGER, TINTANGELS PRE-SCHOOL)

“They all do it differently, which is so good.”

(ROSIE, ASSISTANT MANAGER, TINTANGELS PRE-SCHOOL)

## Supporting children's engagement at nursery



The Healthy Movers activities have helped to build children's confidence and encouraged them to join in and take part in activities. The Assistant Manager highlighted that some children that had recently started the Pre-School were very subdued and quiet, often choosing to isolate themselves from other children and group activities. However, Healthy Movers has encouraged them to take part and want to do more things. The setting encourages the children to take a lead during the activities, for example when they take part in 'Birds in Trees', the children take it in turn to decide what bird they will be and then they demonstrate the movement and noise that they make. The other children then follow them. This supports the children's creativity and independence, but also encourages some of the quieter children to join in.

## Supporting children's social development



Healthy Movers has supported greater interaction between the children. The staff encourage the children to talk to the other children, rather than just the staff, about the activities they are doing, for example when they are doing the 'Jungle Journeys' Healthy Movers activities, the children talk to each other about the different animals they are being and the movements they are doing.

**“Healthy Movers activities encourage the children to strike up a conversation with others.”**

**(ROSIE, ASSISTANT MANAGER, TINTANGELS PRE-SCHOOL)**

## Future

Tintangels Pre-School is keen to deliver more parent stay and play sessions; they would like to try and do one a month in the future. They also plan to continue delivering Healthy Movers activities with the children at the setting; they plan to focus on the activities that support healthy eating and hygiene next.

## Top Tips

- ✓ Integrate Healthy Movers with other activities at the setting to support wider outcomes.
- ✓ Give children the opportunity to take the lead in Healthy Movers activities to support their creativity, independence and engagement.
- ✓ Encourage the children to talk to each other about the activities they are doing to support their communication and language.



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