

ACTIVE LEADERS

Evaluation, Impact and Testimonials 2016 to 2023



CIMSPA
Education Partner

**Training
Provider**



STUDENT FEEDBACK*



97%

Said self-confidence had increased

95%

Learnt something positive about themselves

96%

Felt more able to take a lead role

94%

Felt more confident dealing with people

96%

Felt ready to lead others

93%

Felt more positive towards volunteering

**90% rating for student
experience**

**98% would
recommend
the Active
Leader course
to others**

* 400 students surveyed 2021-23

IMPACTS REPORTED BY COURSE HOSTS



- Improved self-esteem, confidence, ambition
- Skills development
- Positive attitude to new challenges
- Improved well-being and activity levels
- Greater sense of pride, positive behaviour, responsible citizenship
- Positive emotional intelligence
- Expanded career choices

Leading to

- Community volunteering
- School club support
- Holiday camp work
- School leadership roles
- University/FE applications
- Public sector roles
- Charity fund raising
- Event management
- Work placements

Personal reference a stand-out feature of the course

1813 Active Leaders trained
109 Active Leader Courses delivered
39% of courses in higher areas of deprivation
80 accredited trainers across England
Working across 17 counties



WORDS STUDENTS USE TO DESCRIBE THE ACTIVE LEADER COURSE



engaging

positive

fun

excellent

inspiring

challenging

productive

educational

helpful

active

amazing

interesting

motivational

enjoyable

informative

brilliant

SUSTAINABILITY AND PATHWAYS



Over 5,000 volunteering hours have been delivered in schools and communities by trained Active Leaders, based on at least 3 hours per student.

Active Leaders have gone onto engage with community sports sessions either as volunteers, coaching or participating. They have become regular support staff, reducing the anti-social behaviour they used to engage in.

The Active Leader course has enabled schools deliver enhanced extra-curricular programmes.

We have checked in with course hosts – this is what they report:

400 female Active Leaders are providing at least 6 volunteering hours each at local grass roots girls' football clubs in their communities

Trained Active Leaders became volunteer workforce for Holiday Activity and Food Fund programmes in their communities, proving to be valued members of staff and being offered paid positions.

Many Active Leaders have gone on to lead in roles within their schools, including Lead Prefect positions. One Active Leader has even set up a peer mentoring scheme within the school, where selected year 11 students (most are Active Leaders), are paired with a younger student and lead small group activities or guide them throughout their school journey. This has been a huge success within school, and the Active Leader who set this up, gained the skills and confidence required through the completion of the course.

QUALITY ASSURANCE 2023



WHY ACTIVE LEADERS ?

QUALITY OF EDUCATION - A comprehensive, inclusive and professional programme, with high quality, engaging and useful resources. The Active Leader course challenges students to explore and develop leadership through a practical, clearly sequenced, experiential approach, providing knowledge and skills for future learning and employment.

BEHAVIOUR AND ATTITUDES - High standards of positive behaviour result from students being given responsibility as leaders of activity. They develop and adopt codes of conduct, support each other and grow in resilience and confidence as they tackle new tasks and overcome setbacks. They behave as respectful, tolerant and proud individuals.

PERSONAL DEVELOPMENT - Students explore and discover new talents and interests, experiencing a different connection with physical activity for lifelong health and mental well-being. They are equipped to be independent, active citizens who have the ability and desire to make a positive contribution to society.

SUSTAINABLE IMPACT - Outcomes continue long after the course, offering benefits for the whole school and the wider community. Students adopt leadership roles in school, support extra curricular provision, understand the teacher's perspective and volunteer with community clubs and activities. The individual reference provided for each student is used for job applications and to support the development of CVs and personal statements. Leadership course modules (eg BTECH) are met through the Active Leader course, as are the skills development and volunteering elements of Awards Programmes (eg D of E).



SUPPORTING SCHOOLS IN THE EFFECTIVE EDUCATION AND PERSONAL DEVELOPMENT OF ALL STUDENTS

Contributions from Oasis Schools, Heath Park, Dr Challoner's Boys' Grammar School, CIMSPA and Ofsted Inspector



For information please contact:
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Awarded the highest level of **ENHANCING on CIMSPA's new Quality Assurance boundaries for training provider products 2023 and meeting CIMSPA's Assistant Coach Professional Standard**

QA Review undertaken by Vinnie Fullegario, Education Consultant, October 2023

Quotes from Active Leaders



“The skills I have gained from the Active Leader course will be extremely helpful in the next few years, eg planning and organisation to manage my increasing study requirements, with my part time job at the swimming pool. In the long term, I hope to work in computing, and I now understand how important it is to stay fit and active to balance the sedentary time my work is likely to need.”

(Year 11 student, Maiden Erlegh Chiltern Edge School)

“Active Leader training gave me the confidence to evaluate what I wanted to do as a career. It has helped me challenge myself with work experience, given me new friends and the skills to help others avoid isolation.”

(Reading University Year 2 psychology student)

“It was a fantastic course where I made lots of friends and unlocked a lot of great opportunities for me within school. It also helped me build better relationships with my teachers, with increased mutual respect. I also run a girls’ football club for younger students which I wouldn’t have done without the course.”

(Year 10 Student Oasis Brislington)

“Active Leaders helped me to gain confidence and an interest in sport and fitness which, like many girls, I lost at secondary school. I won a year-long placement in Auckland, based on my Active Leader Award, to run community activity.”

(Bath University graduate now working in adult public health, Birmingham)

RECOMMENDATIONS



“Fabulous to see the levels of enjoyment and confidence build over the week, and insecurities and inhibitions diminish” *(Deputy head, Oasis Brightstowe, Bristol)*

“Our Active Leaders are leaders and mentors within our school and work on our holiday induction camp. This course has been brilliant for us – we are now in the eighth year of running it and younger students aspire to become Active Leaders.” *(Director of Sport, Dr Challoner’s, Bucks)*

“The Active Leader course has been a real success and has enabled us to deliver an extensive extra-curricular programme. Having the students come into the PE office and discuss their next session has been a real pleasure” *(Head of Sport, Chesham Grammar School)*

“The Yr7 and Yr8 girls that attend our school football club are already asking what the Active Leader course is, as they have seen the Active Leaders running sessions in their grey and orange kit. A local head teacher attended the festival with her girls and was blown away by the session. She was so impressed to see how confidently the Active Leaders ran the tournament from start to finish and especially their rapport with the girls they were leading. One of the Active Leaders struggles with engagement and behaviour in school and is currently on report for this. She has been brilliant on the course and I'm hoping that it will be a real positive for her moving forwards. I'm hoping that her volunteering placement will also allow her to experience more success to continue to build on this in school.” *(PE Teacher and SSGo Uckfield College)*

“We were really impressed with the professional and objective references the Active Leaders received. This is exactly the feedback they require, giving them clear direction and building the confidence they gained through the course. We now wish to extend this to other year groups as our leadership development provision. Students have been especially interested in the business sections of the course.” *(Deputy headteacher, Wallingford School)*

A NATIONAL NETWORK



Operating across 18 counties

**To join our network
contact
penny@activeleaders.co.uk**



www.activeleaders.co.uk