

Colne Valley High School



Image extracted from Google Maps

Healthy Pupils Capital Fund Application Increasing Physical Activity at CVHS

Part 1 of 3 - Project Need

Establishment:	Colne Valley High School
Location:	145 Gillroyd Lane, Linthwaite, Huddersfield HD7 5SP
Status:	Academy
Prepared for	Angela Dobrucki, Finance Director
Supported by:	[Peter McCabe BSc (Hons) MSc AVAM Ltd. in partnership with Eddisons Building and Project consultancy]
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1. **Executive Summary**

1.1 Project category: Condition

Colne Valley High School (CVHS) believes that PE, physical activity and school sport improves children's physical and emotional well-being. The problem is that the school has inadequate sports facilities due to its location over 800 feet up in the Pennines.

CVHS students get very frustrated as their PE lessons (still maintained at 2 hours a week) often have to be held in-doors because the grass pitches and redgra are unplayable. This also limits the number of teams/feeder schools that can visit the school for matches after school. The PE staff would like to encourage more recreational play before school, at breaks and lunchtimes and after school but this is not possible.

Colne Valley High School is therefore applying to the Healthy Pupils Capital Fund (HPCF) for support to install a new rubber crumb 79m x 52m 3G Multi-Use Games Area (MUGA), surrounded by a 1.5m high perimeter fence. The proposed MUGA would be located on the existing 'Redgra' (a mixture of stone and clay) athletics track and recreation space, which has been in place since the early 1970's on the school site. This allows for a Football Association regular pitch at 73m x 46m with a 3m safety margin / run-off on all sides and goal recesses for competitive games of 9v9.

This size pitch would be used for the delivery of curriculum and extra-curricular provision of 'field sports' such as football and rugby, etc. It can also be used for small sided games and intra/inter school sports competitions. In addition, this new artificial pitch would be available to pupils for recreational use before school, during break times and after school.

1.2 Health & Safety

In addition to the issues identified to the delivery of PE & School sport as noted above; the existing sports facilities are a cause for concern due to recognised risk which has a limiting effect on sports provision and participation, although the school makes every effort to mitigate these risks. Specifically, the only sports that can currently be played (weather dependent) are athletics or rounders. The opportunities for traditional field sports that are very popular with our students are currently rarely played due to the condition of our grass pitch and the Redgra is completely unsuitable and dangerous to play any type of field/contact sport.

1.3 Project timescale

The overall construction period for the project would be a period of 2 weeks. The total timescale for the project from the date of funding approval to practical completion would be 10 weeks. Further details in attached document 2, Project Planning section 1.4.

1.4 Project funding

The total project cost including all fees and contingency costs based on the quote provided by the preferred contractor is £287,368 not including VAT.

This cost will be met through the following contributions:

HPCF Contribution	£244,261	85%
Academy Contribution	£43,105	15%
Total Project Cost	£287,368	100%

2. **Project Need**

Colne Valley High School (CVHS) believes that PE, physical activity and school sport improves children's physical and emotional well-being. As does healthy eating which it promotes by providing healthy meals through its in-house catering service and providing lessons in healthy eating in Food Technology. The problem is that the school has inadequate sports facilities due to its location over 800 feet up in the Pennines.

CVHS students get very frustrated as their PE lessons (still maintained at 2 hours a week) often have to be held in-doors because the grass pitches and redgra are unplayable. This also limits the number of teams that can visit the school for matches after school. The PE staff would like to encourage more recreational play before school, at breaks and lunchtimes and after school but this is not possible.

CVHS is part of the Pennine Sports Partnership, a thriving Sports Partnership of 12 secondary schools and over 70 Primary Schools. CVHS provides a Co-ordinator for its 12 feeder schools. Her job is to organise competitions, train pupils and staff and run programmes to identify gifted and talented. The feeder schools love coming to CVHS for competitions and sports days but there is great frustration that the limited number of useable pitches means that the children have to stand around a long time waiting for their turn to play.

The school has 4 grass pitches, a Redgra area and a floodlit multi-use games area (MUGA) 60x40. The grass pitches suffer from poor drainage and bare patches. This is exacerbated by higher than average levels of rainfall and very heavy soil conditions due to our location which is on the side of a steep hill high in the Pennines. The Redgra area is in poor condition, over compacted, uneven in surface which creates standing water and therefore unplayable when wet. The high elevation of the school (over 800ft above sea level) also means that the pitches and Redgra are frequently frozen and therefore unplayable in winter. The MUGA is generally useable but for a school of 1,200 students totally inadequate to handle the demand caused when the grass pitches and Redgra are unusable.

The present curriculum has to be modified to enable students to use the indoor facilities more often as the outside pitches and Redgra are in such poor condition. This reduces the opportunity for students to take part in particular activities such as football, hockey, rugby and athletics further impacting on the rate of progress in core areas and reducing opportunities in taking part outside school time.

3. **Supporting Evidence**

3.1 Impact on activity levels

The current school and grounds were built in phases in the 1950s. 1,200 students presently attend the school, but its buildings have the capacity for 1,435. Student numbers are now increasing with new housing developments being built locally. We are anticipating an increase in the school roll of 240 students over the next 3 years which will

result in a further 9 to 10 PE groups across the school and a new surface will allow for a new improved curriculum to be developed using the additional space created, playable all year round.

The poor condition of the Redgra and playing fields over the autumn term 2017 to mid-November has resulted in 18 lessons being either cancelled or reorganised. This has impacted on over 530 students during the early part of the year. If this average was to continue at the same rate (which is likely to increase over the winter months) then the progress of a student would be impacted significantly over 2,000 times throughout the year. Furthermore, the unplayable surfaces throughout the year impacts heavily on any extra-curricular activities such as football, rugby and hockey, activities which children are more likely to pursue outside of school and which we currently cannot provide.

With the new playing surface, we would be able to provide extra-curricular athletics training, additional boys and girls football and all year-round rugby with a focus on tag rugby. Cricket and rounders are activities that can only be offered during the summer term presently. In addition, the school endeavours to offer a range of different activities to involve more students with disabilities/Special Educational Needs which would be possible with a new surface such as; Boccia, softball and potentially sitting volleyball. This additional outdoor sports facility will also allow us to make better use of our indoor space such as for basketball.

Our current extracurricular sports clubs have seen participant numbers drop significantly due to poor quality playing fields and water-logged pitches, resulting in frequent cancellations throughout the year. The number of year 10 boys attending football has fallen from a maximum of 35 to 6. The year 9s football teams have also seen numbers falling because of having to rotate play on a shared half of our MUGA Hockey pitch which only accommodates a maximum of 20 people, which particularly in winter is problematic for participants. Through our student council meetings and surveys with our pupils we have been made aware that our students are frustrated because we are unable to offer the sports provision they would like.

As well as causing school club membership issues, the poor state of our pitches has meant cancelling 6 inter school fixtures this year (to mid-November), with a further 8 postponed matches or forcing us to play off school which has affected our participant numbers. We estimate that on average this term around 25 students per week are having their experience of participating in competitive fixtures impacted (on average almost 1000 students over the year).

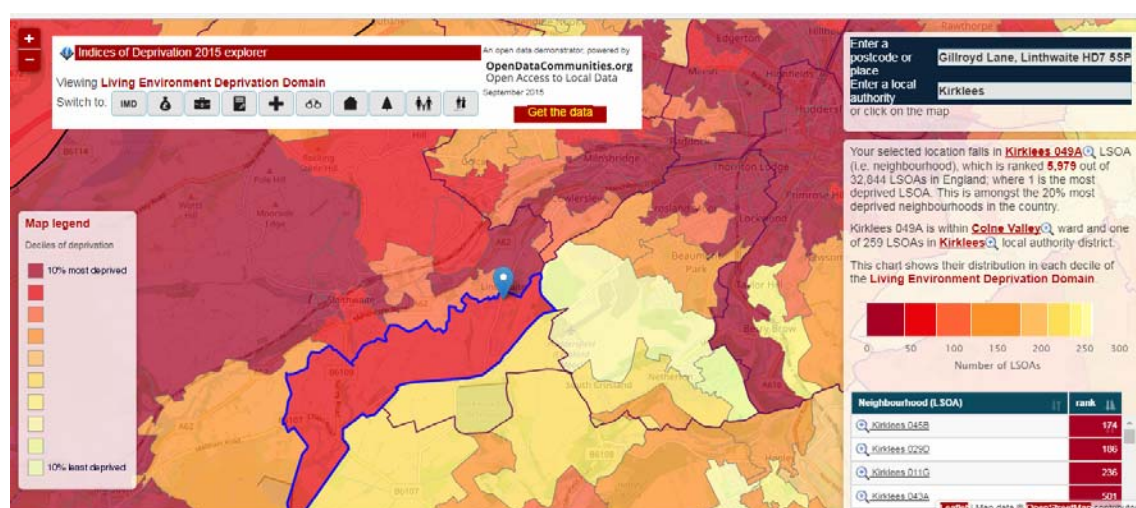
We will raise standards across the whole school through PE and sport by encouraging positive behaviours resulting in increased levels of concentration, improved leadership skills, closer teamwork and improved behaviour. The school is also working closely with a Professor of Men's Health, from the University of Huddersfield to help reduce the impact of poor mental health of which being physically active plays a key role. This collaboration is helping the school to develop a long term physical and mental well-being strategy for its pupils. At the heart of that strategy will be the Professor's recommendations and early drafts have outlined the positive impact that these proposed facilities would have - a

significant improvement to and lasting beneficial impact on activity participation rates, physical and mental well-being and academic achievement for pupils.

3.2 Local factors that act as a barrier to participation and physical activity

The local authority, Kirklees Metropolitan District Council states in its 2015 Playing Pitch Strategy that access to training facilities is a key issue within Kirklees where many teams report a lack of availability and as a result have stopped training completely. It also states that demand for 3G pitches is high and is likely to continue to increase in line with future demand for training pitches.

In terms of deprivation, our school and catchment area are classified as being in the 20% most deprived area relating to the living environment domain. This measures the quality of the local environment, divided into sub domains 'indoors' which measures quality of housing and 'outdoors' which contains measures of air quality and road traffic accidents. Although this deprivation domain does not directly relate to health or physical activity inequalities, it reflects a level of disadvantage about the area in which pupils reside. The map below shows the school location within the area of deprivation and surrounding neighbourhoods:



The following data has been extracted from the Sport England Active People Survey and shows that the number of children in Kirklees who play 'any sport' has increased over the 3-year period to a greater extent than in England or Yorkshire. This may demonstrate an increasing demand for good sporting facilities to be available in our local area if the increase is to be sustained or grown.

	2013/14 (APS8)	2014/15 (APS9)	2015/16 (APS10)
England	55.50%	54.90%	54.50%
Yorkshire	53.70%	53.30%	51.70%
Kirklees	41.80%	43.60%	55.80%

In terms of physical activity among adults in our area, the Sport England survey shows a more worrying trend of increasing inactivity locally in the Kirklees area which also measures considerably higher than the regional and national picture. The adult inactivity data illustrated in the following table emphasises a need to maintain momentum among our young people to get active and stay active now if activity levels are going to continue to grow in later life.

	2012	2013	2014
England	29.40%	28.30%	27.70%
Yorkshire	31.80%	28.70%	29.20%
Kirklees	31.20%	30.70%	34.10%

In addition, Public Health England highlights the following in the Kirklees Health profile 2017 for our neighbourhood:

- Life expectancy for both men and women is significantly lower than the England average
- In year 6 20.6% of children are classified as obese where this rate is increasing year on year for the last few years
- Violent crime is significantly worse than the England average
- Long term unemployment is significantly worse than the England average
- Recorded diabetes is significantly worse than the England average

4. Current Facilities

The following photographs show the location of the proposed project in relation to our school buildings as well as a photograph of the area planned for the new 3G all weather pitch, in addition to our main existing grass pitch which is uneven and unplayable for much of the football/rugby season (Sept-April) due to waterlogging:





Priority Ranking

It is evident that the current Redgra Pitch is no longer fit for purpose and is now in need of replacement. The following Priority Ranking formula has been applied.

Condition Grade	Definition
Critical	Life-expired and/or at serious risk of imminent failure
Poor	Exhibiting major defects and/or not operating as intended
Satisfactory	Performing as intended but exhibiting minor deterioration
Good	Performing as intended and operating efficiently
Priority Rating	Definition
1	Immediate or year 1 remedial action required
2	Year 1-2 remedial action required
3	Year 3-5 remedial action required

Area	Issues	Recommendations	Condition	Priority
Redgra Pitch	Redgra Pitch which is constituted of a Clay and Sand mix was laid in 1976. This type of surface has been superseded by synthetic all-weather pitches which allow a wider range of sports to be played safely. Redgra areas have degraded greatly due to exposure to the weather resulting in ruts and potholes in addition to standing water. Redgra is an inadequate surface which is unusable	Install new 79x52m 3G all weather pitch onto Redgra surface with fence. To allow a wider range of sports to be played safely all year around. In addition to being a new all-weather recreation space for pupils to be physically active at school before, at breaktime and after school.	Critical	1

	when wet and in extended dry conditions becomes extremely dry causing a build-up in dust which causes lack of grip and slipping. Very poor and 'dated' visual appearance in comparison to modern facilities.		
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5. Impact & Outcomes



An example of the proposed 3G all weather Pitch:

Some of the expected impact and outcomes of this project have already been touched on in the above sections. In summary we would expect the following outcomes:

The benefits of this project will be far reaching across the Academy in terms of improving the student experience and promoting lasting habits of playground participation during the students' free time.

(i) Physical Benefits

A durable all-weather sporting area of sufficient dimensions to facilitate training and match play for a variety of sports. Physical exercise and playing outside, whether it's directed play or independent play, offers significant physical benefits to children. Physical exercise and playing outside often results in improvements in flexibility, muscle strength, and coordination. Getting active outdoors also helps to improve cardiovascular health and exercise endurance, which may help increase life expectancy. Regular outdoor play also helps children to improve body awareness, motor skills, balance, and Vitamin D levels.

(ii) Mental Health Benefits

Outdoor play also provides children with mental benefits, and one of the main mental benefits is the boost in self-esteem. As children overcome obstacles and improve physical skills, it increases their self-confidence and feelings of self-esteem. They have the chance to experience personal satisfaction and accomplishment, which goes a long way towards building their confidence in every area of life. Playing outdoors often results in increases in their attention span as well. Children learn to solve problems and collaborate when playing outdoors, building important mental skills. Being outdoors getting physical activity in the form of outdoor play also helps reduce stress, reducing a child's risk for stress related issues, such as anxiety and depression.

(iii) Social Benefits

Outdoor play can provide some helpful social benefits. Playing outdoors often results in improved behaviour and makes it easier for these children to build friendships with others. Children also have the opportunity to learn how to share, how to deal with conflict, and how to work in groups, all while having fun in a low-stress, outdoor environment. When these children get to learn and explore through outdoor play, they often overcome challenges and learn new skills. This promotes self-advocacy, resiliency, and self-confidence, which have the potential to help children build healthier relationships with others.

(iv) Educational and Behavioural Benefits

A Public Health England report explains that "Physical activity has been linked to improved classroom behaviour across the whole school. Notable among the benefits are improved pro-social behaviour and peer relationships, with resulting reductions in disruptive classroom behaviour."

If the reduction in disruptive behaviour is due to physical activity that improves social relationships, then it makes sense to give students more opportunities to do this during their free time. Consequently, the all-weather multi-use Games area the Academy is proposing to install will help students play together in an active way. It is therefore anticipated that it will have positive benefits on behaviour and the educational progress of the students.

(v) Other Wide Reaching Benefits

The new facilities and equipment would increase the square meterage of safe all-weather facilities for school playground and physical education activities as broadening the range of outdoor enrichment activities and widening the appeal for pupils to be engaged in being active.

The new facilities would greatly improve the delivery of the core curriculum for PE by enabling activity to be able to be undertaken in all weathers.