

Torridon Junior School

SHOCK was delivered between September and December 2012 to an all boys group as an After School activity funded by the school as part of their mentoring boys programme. The group consisted of five year 5s and eight year 6 boys - a total of 13 participants - who presented a different set of experiences, challenges and learning outcomes.

From data received from those who participated, **70%** stated that as a result of the programme, they felt more **confident**, **70%** believed their **learning skills** had improved and **80%** knew more about **healthy lifestyles**.



Immanuel & St Andrew Primary School

SHOCK was delivered between September and December 2012 to my youngest audience and biggest group to-date - to the Year 4 class, which consisted of a total of 30 children, as a extended PE lesson. The class comprised of 20 boys and 10 girls and again there were many challenging situations to overcome but new learning outcomes.

From data received from those who participated, **100%** stated that as a result of the programme, they felt more **confident**, **93%** believed their **learning skills** had improved and **79%** knew more about **healthy lifestyles**.

I believe like other sports, football is very influential in encouraging learning, team working and leadership qualities and I was keen to know whether SHOCK inspires children to play football. I was therefore pleased to see that from those who participated in SHOCK last year, **79%** of the children liked football before my programme but a whooping **95%** liked football afterwards - a **16%** increase.



Programme

Four SHOCK Programmes have now been delivered in schools in the London Boroughs of Lambeth and Lewisham during the last year. A total of 84 children have benefited from SHOCK. Twelve participated in the pilot programme in November 2011 and a further 72 in 2012 in another 3 schools. Of the 72 children who participated in SHOCK last year, **92%** stated that as a result of the programme, **they felt more confident** and **91%** believed that SHOCK had **improved their learning skills**. Also **86%** said that SHOCK had **improved their knowledge on the importance of living healthy** through healthy eating, hydration and engaging in healthy activities.

What is SHOCK?

SHOCK is a mentoring and development programme which uses football as a key tool to encourage learning but combines personal and social development. SHOCK mentors and guide vulnerable young boys and girls (year 4s to 11s) by providing an alternative to learning key basic skills whilst raising self-esteem and confidence, widening and sharing knowledge, providing new opportunities and contributing to their good health and overall well being.



The SHOCK Programme's primary objective is to achieve individual excellence from its participants. My aim is to provide each child with a positive, encouraging, all-inclusive environment for them to engage, learn and grow.

What makes SHOCK so unique is my emphasis on self-improvement through self-awareness. Testimonials demonstrate that previous participants have found the programme developmental, enjoyable and inspirational.

Hitherfield Primary School

SHOCK, was run as a pilot (an After School Activity) for 6 weeks commencing in November 2011 and proved a huge success. It had a positive effect on all the children, helping them to believe in themselves by raising their self-esteem. As the programme continued, they also demonstrated more focus in the classroom, interacted and participated positively and by the end, it was clear that their knowledge around a healthy lifestyle had improved.

12 people, with a range of literacy and social and personal skills, were enrolled onto the pilot programme which comprised of 11 boys and 1 girl. Teachers have fed back that participation on the programme (and including their own valuable input) led to an improved disposition in the classroom. For example, it was stated that **73%** of the participants **attitude to learning improved**; that there was a **43%** improvement in **mental maths abilities**; **53%** improvements in **general literacy** (includes better mental maths and literacy test results); and **9%** improvements in **hand writing**.

"The SHOCK programme was delivered by Lionel, our football coach and supported by a member of our Inclusion team. The programme developed positive attitudes to learning and self esteem through a range of football activities. I was pleased that the pilot went well and all the children enjoyed and benefited from being involved in the programme. I am happy to recommend the programme and I will be looking into running it again in the future"

Chris Ashley-Jones
Head teacher Hitherfield Headteacher



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St John Baptist (Southend) Primary School

SHOCK was delivered between April and July 2012 to the year 5 class which consisted of 29 children (17 boys and 12 girls), as an extended PE lesson. From data received from those who participated, **93%** stated that as a result of the programme, they felt more **confident**, **96%** believed their **learning skills** had improved and **96%** knew more about **healthy lifestyles**.

"During the 2011/12 academic year, Lionel delivered his SHOCK Programme to our Year 5 children. The session was driven by different strategies all aiming to increase children's self-esteem and confidence. Lionel taught this through the medium of football very successfully."

Through a series of carefully planned sessions, Lionel was able to teach children how to respect themselves and their peers as well as understand fair play within sports. He organised motivational speakers to come and inspire our pupils so that they could see what could be achieved in life if you adhered to the SHOCK principles."

Lionel was always well prepared and punctual for his sessions. His approach was professional and this passion was reflected in the children's engagement."

Our children enjoyed the programme and grew as individuals. They are already using and applying these skills as they consider secondary school and the new challenges that they face. I would recommend this programme to other schools without reservation."

Luigi Leccacorvi
Acting Head teacher St John Baptist Primary School

