



#STEPSTOSUCCESS



STEPS TO SUCCESS

Central Sports Partnership

The Steps to Success programme is aimed at pupils who are the least active in your school. The programme aims to build physical, social and emotional skills which are crucial to a young person's development.





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During the pandemic, our social, emotional and physical health has been impacted. Everyone has felt, at some point frustrated about not seeing friends and family, sad because they cannot enjoy doing the things they want to and being limited to what activities they can do. Whether a child or a parent, it has affected us all. However, there are simple things we can do to help us all feel better and to make this even better we have some prizes to offer too! Are you ready to take your first steps toward success?



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Physical - being physically active makes our bodies and mind strong and can help our mood.

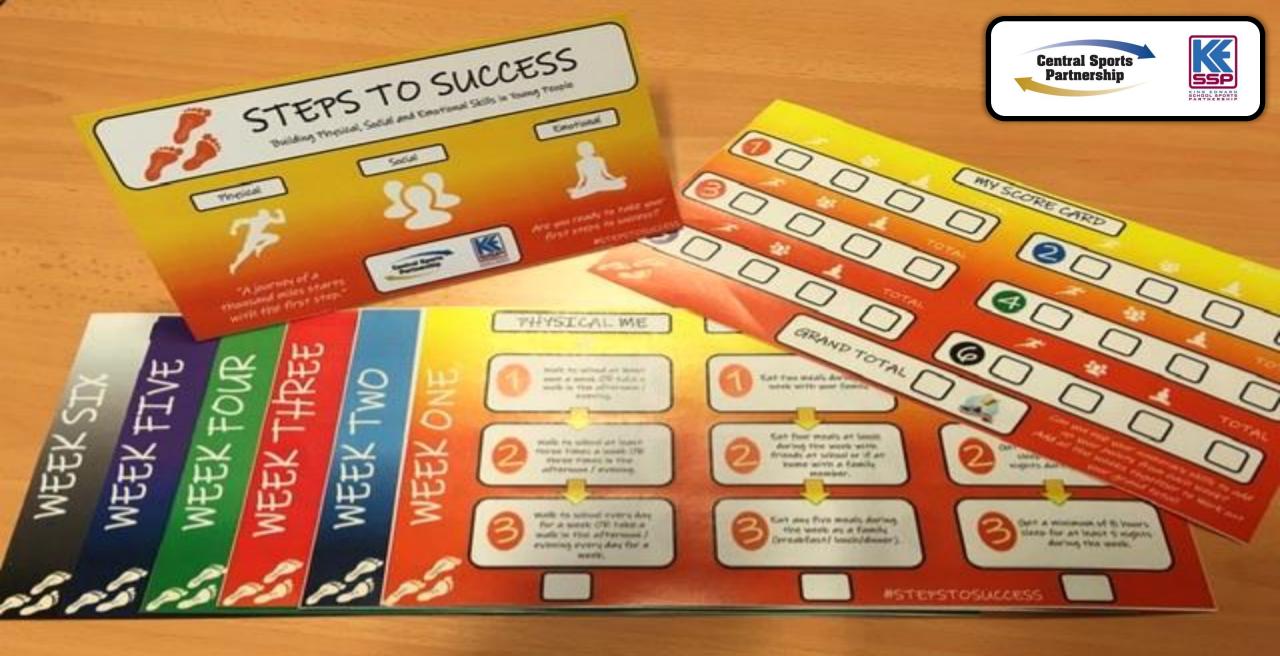
Central Sports Partnership

Social - we always feel better when we see our friends. Sometimes we just need to talk to someone else, get their ideas or just have a good catch up!



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Emotional - it's really important to feel happy in our lives. Felling happy can come from the activities we take part in, things we do for other people, watching our favourite sports team or simply reading a good book!





NEXT STEPS ...

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STEP 2 – You are now ready to start your 6 week journey towards success! Find the week 1 card and complete the activities.

STEP 3 - Once you have completed week 1, add up your scores and write your total number of points on your scorecard.

STEP 4 – Once pupils have completed the 6 week programme, send us an email about your experiences or post about it on our twitter pages! Helen Tonks – <u>h.tonks@Keaston.bham.sch.uk</u>, @KESSPB.COM (King Edward Aston) Hannah Reed – <u>h.reed@hallgreen.bham.sch.uk</u>, @CPSGO (Central Sport Partnership).

STEP 5 – We will be in touch with your school to send out prizes and rewards and to organise our Wellbeing Ambassador training for pupils who complete our 6 week of challenges!

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