

Boys Move Case Study 2022-23



Target School: King Edward VI Aston

Programme Objective:

Boys Move is a professional development programme using sport to address the mental health and wellbeing of adolescent boys and engaging them with learning.

The vision of the programme is to support working class boys at the school to increase their physical activity, improve their mental health and wellbeing and unlock their potential.

Programme Delivery:

Sessions were delivered in 2 hour blocks for 6 weeks; the first session started on Friday 6th January and the last session ended on Friday 10th February. The first hour of each session was classroom-based where the boys looked at a different aspects of wellbeing.



The second hour was active where the boys tried a different sport each week e.g. Rugby, Football, Basketball, Dodgeball, Table tennis, Multi-skill session.

Programme Participants

The participants taking part in the Boys Move programme were chosen by the director of inclusion. The boys were identified for the project as they struggled to control their emotions or demonstrated negative mental health issues such as anxiety and depression.

The programme was made up of 16 boys in 3 different school year groups from year 7 to year 9; 6 in year 7, 4 in year 8 and 6 in year 9. After the completion of the programme the boys were awarded with an active trip away from the school at an indoor rock-climbing centre in Birmingham.

Programme Impact

During the 6 week programme the boys filled out a quantitative linkert scale questionnaire at week one and at week. The boys were asked what they enjoyed the most about the programme and the majority said they liked the fact that they get a chance to play a variety of sports.

“On a scale of 1-10 how much do you enjoy coming to school?”

- 100% of answers increased their enjoyment from the start to the end of the programme.
- 70% of answers increased by 5 or more points.



“I enjoy coming to school more on a Friday now as I look forward to taking part in the Boys Move Programme.”

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“On a scale of 1 to 10 how comfortable are you speaking to other boys about issues at school?”

- There was an increase from 25% to 75% of participants selecting 5 points or more from the beginning to end of the programme.
- The remaining 25% increased their responses by over 30% from 0-3 showing improvements throughout.

“On a scale of 1 to 10, do you enjoy the Boys Move programme”
100% of participants scored 7 or above.



“The Boys Move programme has given me the confidence to try new things and not be anxious if I haven't done them before.”



Increase in confidence working in a group.



Less anxiety when speaking in front of others.



Increase in physical activity levels.



Increase in taking active roles within a session.



Increase in positive behaviours in PE lessons.



Reduction in PE avoidance.

Programme Reward Trip



The boys demonstrated their resilience and teamwork skills at Redpoint climbing centre.