

TT Kidz Impact - Sir John Sherbrooke Junior School

Theme: participation, children and young people

Defining the Issue

Building positive experiences of sport and physical activity amongst children helps to set foundations for an active lifestyle, with physically literate children being more likely to be active. Table Tennis England's *TT Kidz* project aims to create fun and engaging experiences of table tennis, resulting in positive experiences and the development of physical literacy amongst children.

Background Information

TT Kidz is a programme designed by Table Tennis England to introduce children and young people aged 7-11 to the game of table tennis in a fun, engaging and inspiring way.

The programme involves an 8-week block of sessions which develops participants' skills and confidence in the sport – either within schools or table tennis clubs. Schools are able to purchase equipment kit bags with access to online training, lesson plans and activity videos and cards to make delivering TT Kidz simple.

Sir John Sherbrooke Junior School in Nottingham were keen to introduce TT Kidz to their school during the projects pilot phase. The school wanted to provide a different experience of sport that all children could access. Although they have previously offered table tennis to its pupils, the school wanted to provide a full and engaging experience of the sport by delivering a programme established by the National Governing body.



The Project

- Year 4 pupils participated in a 10-week programme of TT Kidz, which was delivered in partnership with Premier Education
- Sessions mainly took place in the sports hall, however some sessions took place in class rooms using roll nets across tables
- Pupils were able to keep their kit bags at the end of the programme, to help build their passion and enthusiasm towards table tennis
- After the 10-week programme, the school offered a table tennis afterschool club and access to outdoor tables for children to continue playing
- The school also enter a local table tennis competition and believed they would have new pupils taking part after their TT Kidz project



The Results

The TT Kidz programme provided an engaging experience for pupils and contributed towards their physical literacy abilities;

“It engaged all the children, even those who would not typically take part as the programme is based on skills and games”

The programme helped to develop confidence in the pupils, providing them with a sense of community and ownership;

“TT Kidz has united the class and generated enthusiasm and a sense of pride. The TT Kidz t-shirts really help with this. We have seen children getting involved and putting themselves out there that would usually be quite reserved”

Delivering the programme also enhanced the teachers’ knowledge and confidence in table tennis;

“The exposure of the sessions has upskilled the teachers and improved their confidence in table tennis delivery”

Key Learnings

1. The length of the programme allows time for the activity to be embedded into the school
2. TT Kidz develops the confidence of both pupils and teacher alike
3. Providing suitable playing opportunity for pupils after the programme ends is vital

Further Information

For more information on TT Kidz, visit www.ttkidz.co.uk



Sport England
21 Bloomsbury Street
London WC1B 3HF

sportengland.org