



**Birmingham Schools Indoor Rowing Project**

## **Evaluation Report**



Sir Steve Redgrave, with Steven Karle of West Bromwich Building Society and Sam Vo of Holyhead School at the Holyhead School Launch, September 2004

*The top outcome has been the raised expectation of what the Indoor Rower can do for the students. We are games oriented – the Indoor Rower is a stand alone activity but it also greatly enhances all the other activities.*

*Ruari Maclean  
Holyhead School*

The Steve Redgrave Trust in Partnership with Birmingham City Council,  
The West Bromwich Building Society, Concept 2 Ltd and  
The Amateur Rowing Association.

## Quotes from Teachers Involved in the Project

Michael is a pupil who has had many problems in school, behaviour and attendance. Rowing has given him a focus and an incentive. He hasn't really excelled in PE before and found team sports difficult; thus being in the low half of the year. Rowing has completely transformed this. He is bursting with enthusiasm, wants to row and row. He comes after school and before school three times a week. He constantly wants to beat his personal best and is encouraging others to participate. Without the rowing machines I'm positive he would still be under achieving in PE. He now shows enthusiasm, confidence and improvement. He has set his sights on next years British Indoor Rowing Championship and is aiming for the top ten. He has used the Concept 2 website to compare his results thus using his ICT skills.

Paul Yeomans  
Kings Norton High School

"I like rowing because it's healthy and I can keep fit. Other than Basketball, it's the only thing I'm good at. I feel more confident because I can do it by myself."

Michael Gardener  
Year 9

The Indoor Rower is a welcome piece of equipment to underpin our sports programme. It has enabled a number of possibilities for our students; within the topic of health related fitness it has focussed theory practice in the important area of real time application of learning and knowledge. It has also been our saviour when it's been impossible to go outdoors due to bad weather.

Kim Wheeler  
Bourneville School and Sixth Form College

A Year 11 girl with a damaged knee who was on crutches had a reoccurrence of the injury and became very frustrated to be out of physical activities. After it was OK'd with the specialist she began rowing and came to all of the practical sessions and rowed at the NIA both individually and in the team event. This definitely eased some of her frustration.

Rosie Smith SSCO  
Kings Norton Girls School

We have seen a significant increase in participation rates across Key Stages 3,4 and 5 within the fitness studio, during curriculum time and extra curriculum time.

Neil Ibbetson  
King Edward VI Aston

*"Had it not taken place (Indoor Rowing sponsored by The Steve Redgrave Trust) – we would not have had the desire to raise fitness levels in the community"*

Phil Parker - Assistant Head Teacher

*"The response to Indoor Rowing at Hodge Hill Mixed school has been fantastic"*

Karen Eastwood, SSCO/PE teacher.

*"Holyhead has benefitted beyond all expectations from our involvement in the Birmingham Indoor Rowing Project. Sir Steve Redgrave launched the programme at Holyhead in October 2004 and from then the level of interest among students, staff and the local community has been incredibly high. Indoor Rowing Clubs flourish at the school, allowing already active sport participants another opportunity for increasing fitness levels and, more significantly, providing an outlet for the many who do not take part in the more traditional Physical Education programmes on offer. This new initiative has come at a perfect time for us, especially as ensuring learners take adequate physical exercise is rightly regarded as a key feature of a successful school."*

Martin Bayliss, Headteacher, Holyhead School

## **Overview: Birmingham Schools Indoor Rowing Project**

September 2004, was a milestone in Birmingham for inner city education when Indoor Rowing was introduced into twenty secondary schools.

Funded by a £100,000 donation from The Steve Redgrave Trust (SRT) and supported by several stakeholders including the West Bromwich Building Society together with their partners the Mercian Trust, together they set up the Indoor Rowing Project. Each school was presented with five of the latest Concept 2 Indoor Rowing Machines, together with LogCards, ICT training/support and Indoor Rowing coach certification for staff.

As a direct result, **over 15,000 secondary pupils** in the twenty schools now have access to Indoor Rowing. This number is increased further, when more enthusiastic children from feeder primary and partner (special) schools are included.

### **Use of Indoor Rower in Schools**

After the first three months of the project of the 20 schools:

- 100% use the machines in their Curriculum PE Lessons
  - 70% in Yr 7 PE lessons
  - 75% in Yr 8 PE lessons
  - 95% in Yr 9 PE lessons
  - 90% in Yr 10 PE lessons
  - 100% in Yr 11 PE lessons
- 72% use the Indoor Rower in their GCSE Lessons.
- 15% use the Indoor Rower for Cross Curricular delivery of Mathematics
- 30% use the Indoor Rower for Cross Curricular delivery of Science
- 30% use the Indoor Rower for Cross Curricular delivery of ICT
- 20% use the Indoor Rowers for delivery of Personal, Social and Health Education
- 100% have extra curricular clubs for Indoor Rowing
- 60% also have staff usage of the machines
- 35% have some form of community use of the machines
- 30% have used the machines to deliver work to the feeder primary schools

All results are taken from the schools December reports and have been confirmed through conversations with members of the PE staff.

### **OFSTED**

Martin Bayliss, Head Teacher of Holyhead School, has identified Indoor Rowing as the vehicle for providing proof that his school is enabling pupils to adopt healthy lifestyles. The school has fully integrated Indoor Rowing into their curriculum and ethos and will present this at their next OFSTED inspection. He has recommended to all other Head Teachers in the project that they embrace Indoor Rowing to fulfil the OFSTED criteria.

### **Curriculum**

Indoor Rowing has been incorporated into the PE curriculum at Key Stages 3 and 4, external examinations: General Certificate of Secondary Education, AS/A2 and the vocational, Junior Sports Leader Award. Some schools use the Indoor Rower to support modules in other subjects within cross curricular areas, linking PE with statistics, science, mathematics or ICT. There are clubs specifically for Indoor Rowing during break times or after school. There are examples of pupils who are active in sports using the Indoor Rower for additional fitness to enhance their overall performance.

### **Competition**

The British Indoor Rowing Championships (BIRC) is the largest Indoor Rowing event in the world. 200 pupils and staff from nearly all of the schools, competed at the BIRC at Birmingham's National Indoor Arena, in November 2004, supported by their parents and friends. There was success and achievement for all pupils racing in team and individual categories, and many pupils achieved personal best scores.

Competition is not only about racing at major events though, at the other end of the scale is the important competition against yourself by improving previous best times and keeping a log book to track progress. There are plans for establishing inter-school events and suggestions to hold an all Birmingham Schools Indoor Rowing competition later this year.

### **Out of School Hours Learning and Community**

All schools now offer extra curricular Indoor Rowing clubs during break times, most schools provide Out of School Hours Learning (OSHL) opportunity and some have established links with the local community. Within these three additional areas of Indoor Rowing opportunity there are some excellent examples of delivery by staff and commitment by participants.

### **Summary**

Six months after the introduction of Indoor Rowing to the 20 schools in Birmingham the success of the project has far exceeded the expectations of the Birmingham City Council and the PE teachers involved.

There have been positive examples of pupil improvements participation in PE lessons and of increased activity level in pupils who have been targeted by the PE staff as being obese. The PE staff have used the machines to help pupils in raising self esteem and confidence levels, developing healthier lifestyles as well as becoming skilled in a new sport.

The schools are beginning to develop their own teaching resources in addition to the ones that they were given at the beginning of the project.

Each school has its own unique culture made up from pupils, staff and the physical environment and Indoor Rowing is a better fit with some than others but all schools have made good use of the machines and pupils have benefited.

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## **Introduction**

The Steve Redgrave Birmingham Schools Indoor Rowing Project was launched by Sir Steve Redgrave at Holyhead School in September 2004. It has been made possible by the collaboration of the Steve Redgrave Trust (SRT) with four major partners, the Birmingham City Council (BCC), The West Bromwich Building Society (WBBS), Concept 2 Ltd (C2) and The Amateur Rowing Association (ARA). *(See Appendix page ii for more information on the partners)*

The Birmingham City Council – Learning and Culture applied to the SRT in June 2004 for £100,000 to supply 20 schools with five Indoor Rowers each, training for two teachers in the use of the Indoor Rowers, LogCards, software and information technology support for the project. The grant was to be spent over 12 months with most of the expenditure taking place in the first three months. The project will be run over three years. After the first year the ongoing costs of the project will be funded by the individual schools.

After the first six months of the project: all schools had received their five Indoor Rowers, ten LogCards, training for at least two members of staff, provided by the Amateur Rowing Association, and the Concept 2 Schools Indoor Rowing Training Guide which includes lesson plans and ideas. Some schools have received some ICT training supplied by the Birmingham City Council – Learning and Culture. The software will be available in July 2005 and will be introduced to the schools then.

The purpose of this report is to evaluate the success of the initial start up of the Steve Redgrave Trust Birmingham Schools Indoor Rowing Project. It will provide recommendations for the ongoing development of this project and highlight lessons to be learned for future Schools Indoor Rowing Projects in other cities.

The information for this report was collected in two ways, from a questionnaire, sent to the twenty schools in the scheme by the Birmingham City Council – Learning and Culture, and the schools were also visited by the author of this report to meet PE teachers and other staff who were delivering Indoor Rowing within the schools. In some schools, it was possible to talk with Head Teachers, Partnership Development Managers (PDM's), School Sports Co-coordinators (SSCO's) and students to hear their comments about Indoor Rowing.

## **Evaluation**

All the twenty participating schools returned the questionnaire and the detail of the comments in the replies ranged from good to excellent. The Indoor Rowing Evaluation Report is based on these responses.

### **Teacher Training**

Training in the use of the Indoor Rowers was delivered by a representative of the Amateur Rowing Association. This took place at the individual schools where two or more members of staff were trained. This was well received by the teachers. ICT training has now begun but as yet has only covered two schools. This will be concluded by the end of the Summer Term 2005. No feedback has been received from this training yet.

### **Curriculum**

Indoor Rowing has been incorporated into the PE and Sports curriculum at Key Stage 3 (11 -14 year olds) and Key Stage 4 (14 -16 year olds) in all of the schools. There are further examples of Indoor Rowing supporting modules within PE external examinations: General Certificate of Secondary Education (GCSE), AS (First year sixth form examinations - Year 12), A2 (Second year final exams. Year 13) and the vocational, Junior Sports Leader Award (JSLA).

Some schools use the Indoor Rower to support modules in other subjects within cross curricular areas for example, linking PE with Information and Communications Technology (ICT), Statistics, Mathematics, Science and Personal, Social and Health Education (PSHE). There is an example of a special school for the hearing impaired where pupils use the Indoor Rowers integrated within mainstream PE lessons at their neighbourhood comprehensive.

### **Information Technology**

Some schools are already using the ICT capabilities of the Indoor Rower within PE and in other curriculum subjects. Some schools are using the supplied LogCards to store and transfer data from PE lessons to other departments in the school.

Training in the use of the ICT capabilities of the machines is being conducted by the Birmingham City Council – Learning and Culture and has started in some schools and will continue until all schools have been trained. Row Pro software will be introduced into the schools when it is available in July 2005. This will allow users to race on screen against another rower, which will look like rowing on a straight multi-lane rowing lake. The programme can be used to create a training programme, or just to add interest to the training and racing.

### **Competition**

As a benefit of this initiative, fifteen thousand, 11 – 18 year olds (+ top primary classes from their feeder schools and partner special schools) have the opportunity to take part in Indoor Rowing and enjoy regular activity. For some students, just the



experience of competing against themselves and improving times over a set distance is achievement in its own right. 200 pupils and many staff from the twenty schools competed at the British Indoor Rowing Championship in at the National Indoor Arena, Birmingham in November. Pupils racing in team and individual categories were able to compete at the same event as Olympic Gold Medallists and many pupils achieved personal best results. The Birmingham Schools also took part in the inaugural Redgrave Team Challenge Competition at the Championship.



The British Indoor Rowing Championships at Birmingham's National Indoor Arena, November 2004

Many of the schools have used the Indoor Rowers to conduct inter form competitions, some giving pupils the chance to organise the events as a part of their Personal Social and Health Education. A Birmingham Schools Indoor Rowing Championship is to be held in later this year to bring all of the schools together.

### **Out of Hours School Learning (OSHL) and Community Use**

All schools reported extra curricular Indoor Rowing clubs, before school, at break times or after school. These are run as inclusive clubs where all pupils can take part. There are also examples of pupils who are active in sports have used the Indoor Rower for additional fitness to enhance their overall performance. Older students who had passed a fitness training induction were able to use Indoor Rowers without supervision. Some schools had excellent involvement with their community, whilst others were planning or not ready to offer Indoor Rowing to the local community.

## **Use of the Indoor Rowers in the 20 Schools:**

After the first three months of the project of the 20 schools:

- 100% use the machines in their Curriculum PE Lessons
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All results are taken from the schools December reports and have been confirmed through conversations with members of the PE staff.

## **OFSTED**

Martin Bayliss, Head Teacher of Holyhead School, has identified Indoor Rowing as the vehicle for providing proof that his school is enabling pupils to adopt healthy lifestyles. The school has fully integrated Indoor Rowing into their curriculum and ethos and will present this at their next OFSTED inspection. He has recommended to all other Head Teachers in the project that they embrace Indoor Rowing to fulfil the OFSTED criteria.

The new OFSTED self-evaluation form comes into effect in September 2005. It is made up of seven questions. Below are the sections of the self-evaluation form that can be answered through use of the Indoor Rower within the school curriculum and out of school hours activities.

### **4a To what extent do learners adopt healthy lifestyles?**

- whether learners take adequate physical exercise, and eat and drink healthily
- learners' growing understanding of how to live a healthy lifestyle

### **4b To what extent do learners feel safe and adopt safe practices?**

- whether learners feel safe from bullying and racist incidents
- the extent to which learners have confidence to talk to staff and others when they feel at risk

### **4c How much do learners enjoy their education?**

- take account of learners' attitudes, behaviour and attendance

- learners' spiritual, moral, social, emotional and cultural development

**5b How well do the curriculum and other activities meet the range of needs and interests of learners?**

- the extent to which the curriculum or activities match learners' needs, aspirations and capabilities, building on prior attainment and experience
- how far the curriculum meets external requirements and is responsive to local circumstances
- the extent to which the provision enables and encourages learners to be healthy and stay safe
- the extent to which learners have opportunities to develop enterprise, financial skills and work in teams
- the extent to which enrichment activities and, where appropriate, extended services contribute to learners' enjoyment and achievement
- where appropriate, the extent to which employers' needs are met through developing work-related skills

Taken from SELF-EVALUATION FORM FOR SECONDARY SCHOOLS (WITH AND WITHOUT SIXTH FORMS) MIDDLE SCHOOLS (DEEMED SECONDARY) p9-12

**Summary**

Six months after the introduction of Indoor Rowing to the 20 schools in Birmingham the success of the project has far exceeded the expectations of the Birmingham City Council and the PE teachers involved.

There have been positive examples of pupil improvements participation in PE lessons and of increased activity level in pupils who have been targeted by the PE staff as being obese. The PE staff have used the machines to help pupils in raising self esteem and confidence levels, developing healthier lifestyles as well as becoming skilled in a new sport.

The schools are beginning to develop their own teaching resources in addition to the ones that they were given at the beginning of the project.

Each school has its own unique culture made up from pupils, staff and the physical environment and Indoor Rowing is a better fit with some than others but all schools have made good use of the machines and pupils have benefited.

## **Recommendations for the continuation of the Birmingham Schools Project**

### **Continued Training**

All schools have had teachers trained in the use of the Indoor Rower by a representative of the Amateur Rowing Association, but many have expressed an interest in more members of staff being trained. This would enable staff who are interested to gain more confidence in the delivery of Indoor Rowing lessons.

### **ICT Training**

The ICT training delivered by the Birmingham City Council has not covered all schools and should do before the end of the school year. Concept 2 have offered to assist in the delivery of this training in order to allow all schools to be trained before the end of the academic year.

### **Indoor Rowing Forum**

Workshop format meetings for PE and other staff who are involved with delivering Indoor Rowing should be started to share the good practice that is evident from visiting the schools. This will:

- Ensure that the outcomes emerging from the project continue to meet base line expectations and original objectives
- Highlight what has been achieved since September 2004
- Provide teachers with a chance to discuss their Indoor Rowing Action plans: before the next school year
- Promote sharing experience and best practice examples: PE, sport, individual success stories, OSHL and community
- Highlight opportunities for competition,
- Provide an overview of the wider impact of Indoor Rowing underpinning and enhancing LEA objectives and targets

### **Partnership Development Managers and School Sports Coordinators**

As Birmingham gradually ensures that all schools are part of the School Sports Co-ordinator Partnerships, PDM's and SSCO's should look for the opportunity to develop Indoor Rowing within feeder primary schools for Year 6 pupils. Introduce awards, use the machines for fitness testing and keep records to highlight that they are helping to improve the health and fitness of the pupils in their charge.

### **Publicity**

All staff delivering Indoor Rowing are invited to forward news about their activities to the Concept 2 web site "Schools" pages: [news@concept2.co.uk](mailto:news@concept2.co.uk) Teachers and pupils are always keen to learn what happens in other schools and sharing information is another way to keep up to date and best practice leads to benchmarking. Other teachers can benefit from these examples. Local and regional newspapers welcome success stories.

## **On water rowing**

Some staff and students have expressed interest in on-water rowing as a development from Indoor Rowing. Birmingham Rowing Club (BRC) is based at Edgbaston Reservoir (Rotton Park). At Bartley Green Reservoir there is a sailing club which could offer schools shared use of facilities. There are many linear, lock free miles of placid water on the Birmingham Canal Navigation System, ideal for introducing rowing to beginners in stable training boats. City wide there are other expanses of water that would be suitable. To develop this further staff would have to investigate what is currently available for juniors at BRC and assess the possibilities for their pupils.

## **Recommendations for Development of Indoor Rowing in Other Cities**

### **Heads of Agreement**

In order to qualify for involvement in the project schools should have to sign a Heads of Agreement document to confirm that they will evaluate the use of the Indoor Rowers termly and use them to test the fitness of each pupil in the school at least once per term. This will enable the school to show that they are combating childhood obesity.

### **Evaluation the Project**

The evaluation of the project should take the form of a tick sheet supplied to each school each term so that they can record the progress they are making. This will enable the local education authority to monitor the use of the machines and compare the fitness and obesity levels between schools with and without Indoor Rowing machines. The schools should record the Height, Weight and Waist measurements for all pupils; this will enable them to establish a Body Mass Index (BMI) value for each pupil so that they establish which pupils are overweight, clinically obese and within the healthy weight limit for their size. Schools should also record three tests for each pupil; a Max pull test – to show maximum power capability, a 20second test to show anaerobic capacity and the ARA Go Race event for the year group, (Yr 7 – 2mins, Yr 8 – 3 minutes, Yr 9 – 4minutes, Yr 10 – 5 minutes, Yr11+ 2,000m) to give aerobic capability. This will also allow monitoring of whether the use of the Indoor Rowing Machines is helping to create a fitter school environment.

### **Training of Teachers Centrally**

The training of teachers in Birmingham took place at the individual schools with as few as two members of staff present at each session. As a result it was time consuming, both organizing the sessions and conducting them, and did not allow for the sharing of practice between schools. To maximize the benefit of the training this should be done at a central venue where teachers from up to five schools can all attend at the same time. This will promote sharing of good practice between the schools, and will highlight the benefits of sharing ideas which can then take place through an Indoor Rowing forum which could meet monthly or through the Concept 2 website ([www.concept2.co.uk/schools](http://www.concept2.co.uk/schools)).

### **Training of ICT Staff by Concept 2**

The training of school staff in the ICT capabilities of the Indoor Rower should be done centrally; this training should be conducted by Concept 2 as they have the expertise in this area. The training should be open to any members of staff from each of the schools and should cover;

- Use of the monitor
- Setting the monitor
- Use of the LogCard
- Use of the Heart Rate Interface
- Use of the PM3 LogCard Utility
- Manipulating the data from the LogCard
- Setting up races
- The capabilities of RowPro
- Using the online ranking and online training log

This information can then be put to good use within the individual schools ICT curriculum.

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## **How it began**

Since the 1980's, Sir Steve Redgrave has been a world class athlete and sportsman. He is Britain's greatest Olympian having won gold medals at five consecutive Olympic Games. The zenith of his achievements was at the 2000 Sydney Olympics, where he was a member of the coxless four rowing crew, winning his fifth gold medal. He has been an inspiration to millions of loyal fans for over a generation. Now he is devoting his energies to raising funds for The Steve Redgrave Trust - which was founded in 2001. The Trust is an independent national charity aiming to raise and distribute over £5million in grants over 5 years.

The aim of the Steve Redgrave Trust is to improve and enhance the quality of young people's lives, particularly in relation to medical, social, educational and economic needs within the UK.

The Trust provides funding for individuals, small charities and groups to encourage their development and to help with the provision of facilities - with a particular focus on improving opportunities for children and young people in their local communities.

### **Welcomes the Birmingham Schools Indoor Rowing Project**

Members of The City Council are very committed to this initiative and back the involvement of the SRT and stakeholders who are delivering Indoor Rowing opportunities to Birmingham Schools. The core of the project is the Concept 2 Indoor Rower which is a robust, yet highly effective cardio vascular fitness training machine with a sophisticated computer and screen that monitors the rower's performance and with a LogCard stores data for future recall.

### **The Indoor Rower Kick-starts Change.**

The introduction of Indoor Rowers into schools has become a pivotal part of enhancing the Birmingham City Council's overall education and community strategy. The Indoor Rower is a catalyst for change and the outcomes emerging as positive feedback are now seen as a 100% fit to current initiatives. Indoor Rowing activity aligns very well with school improvement agendas. It will be used strategically to support school improvement schemes including targeting groups with regard to improving behaviour, participation and attendance. The Indoor Rower is an excellent motivator. Each school has been asked to produce an action plan identifying how they are using the Indoor Rowers. The focus of these include physical education practical sessions, health and fitness, GCSE teaching and learning - particularly around physiology, ICT, Science, extra-curricular activities, community use and partner schools. On a termly basis, schools are required to monitor the ongoing impact of Indoor Rowing.

### **Learning New Skills - Indoor Rowing Technique**

The ARA arranged and delivered professional training for school staff so that they can teach the pupils to use the Indoor Rower correctly. As newly qualified and certificated Indoor Rowing coaches they can also share these skills with colleagues.

### **Managing New Skills - Information Technology + Cross Curricular Links**

Scheduled as part of the initial bid to the SRT, it was agreed that a specialist Information Technology teacher from the Birmingham Grid for Learning would train staff in how the data available from the PM3 monitor could be incorporated into other curriculum areas, particularly science and maths. This training represents three hours for each school and is ongoing during the first year of the programme. The school staff who have received input valued the benefits for them understanding the integration of ICT with PE.

The Indoor Rower's PM3 monitor enables users to record information on a LogCard, download this to a computer and retrieve it later. This stored data provides significant and important possibilities for analysing statistics within real time enhanced teaching.

### **Physical Activity and Sport – wider implications**

The Indoor Rowing initiative sits very well within the "City Strategy for Physical Activity and Sport" - which is a major part of the strategic plan for Physical Education and School Sport in Birmingham.

The School Effectiveness Division within the Learning and Culture Directorate has identified areas that need full and continuous support to maintain both profile, impact and to sustain their efficiency. Outcome from activity involving the Indoor Rower will underpin work and effort by people currently working in these areas:

- Localisation – community links and use and the extended school agenda
- Personalised learning - reaching those who have individual needs
- Inclusion – dealing with special needs, self esteem and confidence
- 14-19 provision for learning – vocational opportunity
- Partnership – underpinned by ICT for sharing and supporting
- Emotional well being of pupils
- Transforming and re-defining secondary education developing leadership skills that are accredited

As case studies and examples of best practice emerge from the schools there will be renewed activity benchmarking standards and sharing programmes that are developed by one school in its own environment and circumstances with other schools. Within the City there is need to transform secondary education and strengthen community involvement. Incorporating the use of the Indoor Rower into schools will help define activity in the widest sense

### **Key Educational Outcomes which are Vital for Change**

The main benefits from using the Indoor Rower are linked to health and fitness, physical education and information technology as well as the sport of Indoor Rowing in its own right. Indoor Rowing is sustainable and this is necessary to ensure that shortfall of educational achievement is addressed and can be maintained in these areas:

**Competition:** Defines teamwork, cooperation, enterprise and social skills through individual awards/personal best times and small group racing of matched ability, inter-form within year groups, fixtures between schools, regional and national events. The framework is tried and tested and already pre-exists the SRT project.

**Technology:** There is the real potential to link the technology side of the programme through the Birmingham Grid for Learning and it addresses curriculum, Out of Hours Learning and community agendas.

**ICT:** There is to be a strong focus on developing ICT skills through data analysis, personal profiling and video links enabling competitions to take place on more than one site at the same time.



During the first few days of the Autumn Term 2004 several experienced Concept 2 professionals delivered and installed 5 Model D Indoor Rowing Machines with LogCards in *each* of the twenty schools.



### Concept 2 Model D Indoor Rower

Concept 2 supplied each school with a resource folder of lesson plans that are fun to use and physically challenging. There's information about nutrition, exercise, training schedules that are commensurate with age, gender and skill level. They were written with the intention of stimulating further enquiry and learning by both staff who deliver the activity (many row as well) and pupils who use the Indoor Rower. Concept 2 provides ongoing support for all its customers and help is always available. Queries are answered by phone during office hours or via email, out of hours.



### The PM3 Monitor

The Indoor Rower is a robust exercise machine that provides a total body workout. The unique feature is the PM3 monitor. Users can check and record their individual performance on their LogCard and compare this data with others of a similar age. The Performance Monitor - PM3 - is more than a metre counter. It shows a range of graphic display modes: Pace Boat, Force Curve, Power Plot, Stroke Rate and Calories used. The PM3 has sophisticated software that fits very well with young peoples' skills, knowledge and practical experience of computer technology, programmes and training workouts can be stored on the LogCard.



The West Bromwich Building Society is one of the longest established building societies in the UK. They are proactive supporting charities that respond to local projects addressing community concerns. They are very keen enhancing the personal and educational development of young people, especially through contact with schools. The West Bromwich Building Society in association with The Mercian Trust donated £25,000 to The Steve Redgrave Trust for this project.

The following paragraphs are from the West Bromwich Building Society press release at the launch in September 2004. Key people who attended represented sport, education, government, health, the local community & businesses, plus a full school of youngsters and staff - the occasion was reported by media and PR.

*"Pupils at Holyhead School in Handsworth, Birmingham had a PE teacher with a difference today when Olympic legend, Sir Steve Redgrave, was at the school to launch a ground-breaking fitness initiative for schools. It is also intended to provide both competitive and non-competitive sporting activity to young people within the schools and their local communities.*

*"The health of the UK's young people is a major issue. The British Medical Association reported that the proportion of overweight 11-15 year olds rose by a fifth between 1994 and 1998, and that two out of five boys and three out of ten girls take too little exercise.*

*The project, using the indoor rowing machines supplied by Concept 2, gives pupils the chance to take part in exercise and a sport which is not dependent on their level of skill, existing state of health, or even the weather. Sir Steve explained: "There is no barrier to taking part on the indoor rowing machines, which is why we have chosen this piece of equipment for the project. Children across the UK have been losing out on opportunities to participate in sport and exercise, and we hope this approach will be one that can be repeated in other areas around the country.*

*"Birmingham City Council, the West Bromwich Building Society and Concept 2 have all played a major part in getting the scheme off the ground. It has benefited from the largest sum ever granted by the Steve Redgrave Trust which shows the belief we all have in its growth and success."*

*Funding and support for the initiative has come from West Bromwich Building Society and the Mercian Trust. In the opinion of Stephen Karle, Operations Director at the West Bromwich Building Society: "The West Brom has always had a strong commitment to the community, especially in supporting initiatives that enhance the development of young people's potential.*

*This project fits in perfectly with that principle and we are delighted to be involved with a project which, like Sir Steve Redgrave himself, is certain to be a winner."*



## **Amateur Rowing Association**

Following the launch at Holyhead School, the ARA's West Midlands, Regional Development Officer (RDO) provided Indoor Rower training and certification for Physical Education/Sports staff. The RDO also trained staff from other departments who were interested in delivering Indoor Rowing within the school. Staff were ready to introduce the activity to the pupils.

The ARA already offers a number of awards, incentives to sustain participation and schemes featuring the Indoor Rower that are established and tested: Refer to information on Dry Start and Project Oarsome: [www.ara-rowing.org.uk](http://www.ara-rowing.org.uk)

Another successful project which is running in partnership with Concept 2 is Go-Race Indoors. Throughout 2005, this programme will involve state secondary schools and their neighbourhood on water rowing clubs. The ARA has already provided Indoor Rowers for 106 schools across the country through the Project Oarsome programme. Competitors will be able to check their times against data from other competitors to check their performance. There are 60 races scheduled for 2005.

Go-Race Indoors is a partnership initiative from the ARA and Concept 2 to encourage youngsters into rowing and getting fit and healthy at a series of 50 local indoor rowing competitions around the country. The events target school pupils between the ages of 11 and 18 years and the competitions are run by schools involved in the ARA's Project Oarsome, which has linked 50 rowing clubs together with 100 LEA schools. Information: [www.concept2.co.uk](http://www.concept2.co.uk)

### **ARA Future Developments**

For many years the ARA has supported a whole range of *exclusively on-water rowing* activity with membership in categories reflecting the diversity of rowing. Now, during 2005, there will be an exciting major development. Indoor Rowing (dry) will be included within the ARA's remit as a new membership classification. The upcoming opportunities for inclusion within a NGB that already has extensive experience and knowledge will have significant implications for every individual. It promises to be an exciting time for all who participate in Indoor Rowing.

### **The UK Coaching Certificate**

Rowing is one of the first six sports to become involved with the UKCC which is a key recommendation by the Coaching Task Force. It is a five level flexible learning system collating the best practice that already exists within coaching structures. The objective is to ensure equivalence of qualification across sport. The Indoor Rowing coaching now managed by the ARA, together with the upcoming UKCC is timely.



Indoor Rowing can well demonstrate the existing continuum of PE, School Sport and Club links (PESSSCL) through the Project Oarsome scheme, running since 2000 – which has Indoor Rowing as the introductory feature of land based activity before pupils learn to row on water with neighbourhood on-water rowing clubs with an introduction into junior club membership.