



## **Enhancing the long-term achievement of inner City kids through integrated Sports, Education and Nutrition programmes**

### **1. Background to the Rackets Cubed Programme**

Rackets Cubed is a UK based charity that runs integrated Squash, Tennis, Education (Maths) and Nutrition Programmes for local disadvantaged inner-city school children

- The kids play an hour of rackets sports, an hour of maths, then are fed a meal
- We currently run this 3 times a week at the Roehampton Club in South West London for a total of 60 kids
  - We hold Squash on Mondays and Wednesdays after school for 30 kids
  - We hold Tennis on Friday during school time for a separate class of 30
  - In any one session, half the children do sport, half maths, and they swap in middle

### **2. Vision of Rackets Cubed**

The programme's vision is driven by the increasing evidence that active children have higher school achievement and that nutritious foods improve classroom behaviour.

There are a number of factors which have been shown to adversely affect a child's learning and development (from NHS Wandsworth)

- A child's long term health and fitness is adversely affected by being overweight which in turn impacts learning and development in children.
- Disadvantaged children are less likely to participate in physical activity outside of school.
- Self-esteem, participation and confidence are all important factors in a child's school attainment as well as their quality of life. Obesity can adversely affect all of these things and it is thought that poor self-esteem may be a reason for decreased attainment in obese children.
- Nutrition and physical activity interventions in schools tend to have the biggest impact in populations with a high prevalence of disadvantage.

### **3. Urban Squash and Tennis – An established US Model**

Originating and currently flourishing in the United State Urban Squash Programmes are after-school squash and education schemes. The National Urban Squash and Education Association is a not-for-profit organisation serving the United States' twelve accredited urban squash programs.

These initiatives give inner city youth the same opportunities to thrive, provide structure to young lives and deliver life-changing opportunities to the children involved.

## 4. Mission

Our mission is to support the provision of integrated Sports, Education and Nutrition programmes into the Wandsworth area, plus facilitate the creation and development of similar programmes with affiliates outside the area

We plan to achieve our mission through 4 primary ways

- Build long term and strategic relationships with local inner city schools in areas of high disadvantage.
- Work with existing sports clubs to best leverage existing infrastructure, at times when it is less used.
- Provide, and develop, integrated sports, education and nutrition programmes that track the children as they progress through school age groups.
- Develop best practice, and easily transferable programmes, that other clubs and organisations can utilise.

## 5. Background to the 3 key elements

### A. Racket Sports

increasing evidence that active children have higher school achievement. We believe Racket Sports are particularly well suited to these programmes

- The recent British Sports Medical study highlighted the significant health benefits of rackets sports
- They are life sports that are well suited to both genders
- Can be played in all weather, and often complement each other well
- Typically “new” sports to the inner city children we are working with

### B. Education – Maths focus

Core focus on Maths, but additional programmes on Life Skills, finance and other Key Stage topics

- STEM subjects important to long term success of local and broader communities
- Often perceived to be difficult and unattractive
- Significant investment in complementing the core “in school” teaching

### C. Nutrition

increasing evidence that nutritious foods improve classroom behaviour, and sporting achievement

- Facilitate healthy balanced diet, that improves concentration and provides appropriate energy for exercise
- Focus on explaining the life-long benefits
- Use role models to emphasis