

Instinct

A positive environment with no egos, the coaches are here to help you achieve your goals. Whether it's self-defence, competition or strength and fitness.

OSF

Muay Thai

Bankfields Primary School

Sustainability

At Bankfields, we have worked closely with the instructors to ensure a positive relationship was formed. The team from Instinct shared their wisdom and knowledge to one of our teachers. He has a passion in this area and has supported the journey throughout. We have bought the specialised equipment to allow the Muay Thai journey to continue at our school.

Community Engagement

Throughout our journey, we took immense pride in actively involving the community in our sporting activities. In our final year, we introduced Muay Thai to our parents, inspired by the enthusiasm and enjoyment our students had experienced through the club. This initiative not only allowed parents to engage in something new but also created a sense of unity and shared excitement. Ending our journey with this activity felt both fitting and important as it allowed us to close on a high note, celebrating the success of our program and the bonds we had built throughout the years.

We identified in our second year that we put two of our OSF clubs on the same night and this was for the same Year group. This is something next time we would not do as children were disappointed they could not attend both clubs.



Objective

Our main aim was to enable children from deprived backgrounds to experience a diverse range of sports and physical activities, fostering an understanding of the benefits of regular exercise and the opportunities available in the world of sports. We identified a significant link between deprivation and limited physical activity, with many students lacking access to varied sports due to financial, social, or logistical barriers.



Results

We saw a noticeable increase in student participation in physical activity, with many students expressing greater enthusiasm and confidence in trying new sports. Importantly, we observed a shift in the mindset of many children, who began to view sports as a positive and achievable pursuit. The initiative also led to improved attendance rates and engagement in school, as students were motivated by the activities they participated in. More importantly, we believe we succeeded in raising aspirations—by exposing children to various sporting opportunities, we demonstrated that there is a world of potential beyond what they had previously known.

Impact

Miss McIlvenny stated, "As a teacher, I have seen the incredible impact the OSF funding has had on our school. I've watched children, who are normally shy, throw themselves into various sports, and the feedback from them has been overwhelmingly positive. The new equipment we've been able to purchase has been a game-changer, enabling us to continue running clubs and provide more opportunities for the children. I've also noticed an improvement in attendance, with even some of our SEN children participating more. One parent shared how impressed they were with their child's newfound passion and wanted to speak about the club. I'm excited to continue our journey of improving what we offer after school, as these programs are vital for the children's physical and mental well-being."



Reece (Y6), "Muay Thai made me feel positive because I had a lot of fun with my friends. It taught me new skills whilst exercising. I normally just play football and would never think to participate in this sport, but I loved it. I would advise anyone to do it. Personally, I loved the fact we had this opportunity in school."

One parent said, "Maury Thai had positive on my child. They attended all the sessions. I could see they were proud of their achievements at the end. When he came home, we often told me what he did in the session."

