

Jack Petchey Programme Impact – Children’s Support Services

Theme: children and young people

Defining the Issue

Providing young people with meaningful and accessible opportunities to participate in sport can lead to many positive outcomes – including developing skills, improving behaviour and creating habits for physical activity participation. The Children’s Support Services in Essex has seen first hand the successes table tennis can bring through Table Tennis England’s Jack Petchey Programme.

Background Information

The Jack Petchey Programme provides heavily discounted equipment and offers a competition pathway for young people aged 11-25 across London and Essex.

The programme has been supported by the Jack Petchey Foundation since 2010 and encourages involvement in a new sport, offers opportunities for regular participation in sport and physical activity, and develops various skills that young people take forward in their lives.

This year, one of the recipients of heavily discounted equipment was the Children’s Support Service (CSS) in Essex. CSS offers short stay provision with referrals from local schools and the local authority. The service provides education and gives children access to a needs-led provision, with targeted support in a nurturing environment.

Prior to the programme, CSS only had access to one table tennis table, which made it difficult to use during a lesson as students would have to wait for long periods to get a short amount of play time.

Through the programme, CSS were able to obtain 4 indoor table, with accompanying bats and balls, for just £150. The aim of the project was to make table tennis more accessible for students, through the curriculum as well as extra-curricular activity, as well as promoting teamwork skills and enhancing social interaction.



The Project

- The 4 additional tables allowed students to play table tennis within the PE curriculum and also provide some time for students to play outside of curriculum times
- School staff who are table tennis players were used to organise the project, saving on any costs for hiring external coaches to deliver activity

The Impact

Through the programme, the engagement of all students within the practical PE curriculum rose, particularly amongst female and SEND students. The accessibility of the sport has allowed students to play without the fear of failure or judgement from their peers. James Shane, Deputy Head of Centre at CSS, also notes that the social skills of the students have noticeably improved, and the teamwork and organisation skills of students have development massively. CSS will continue to develop the project and from September have planned enrichment time on student timetables to allow for further access to table tennis.

“The relationship between staff and students has improved, which has helped the staff with their behaviour management skills. Behaviour points have dropped since the project began and achievement points have risen sharply in all areas of the curriculum.” – James Shane, Deputy Head of Centre

“The table tennis time has helped me calm down when I get stressed and angry” – Student

“Playing table tennis against teachers has shown me that they are humans too, who have things they aren’t good at. This makes me want to try harder in their lessons and not be afraid of failure” – Student

Key Learnings

1. Table tennis develops various skills amongst young people
2. The sport is able to connect staff and students, bringing positive changes to behaviour
3. Table tennis can also have a positive effect on mental wellbeing and stress management

Further Information

For more information on The Jack Petchey Programme, visit www.tabletennisengland.co.uk/schools/jack-petchey-programme/



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