

**Project:** Teenspiration  
**Start date:** 16 September 2008  
**Completion date:** 6 April 2009  
**Location:** Rural Cornish villages  
**SSP:** Poltair  
**Provider:** Petra Rowden-Harvey

## Background:

Teenspiration is designed to encourage semi sporty teenagers 11-16 to enjoy exercise and dance, showing them the different alternatives available.

It also introduces them to some activities they may never have done before, or maybe thought themselves capable of doing – and therefore providing a massive confidence boost when they realise that they can!

The thought behind the Teenspiration programme is that exercise should be fun and something different.

## Aims & Objectives:

Teenspiration was an 8 week fitness programme; each week with a different type of fitness class but the main emphasis was fun.

The class was also designed so that the teenagers could input ideas, making the class their own, with a performance at the end of each session.

The aim of these sessions was to keep the attainment level above 60% which the provider achieved, and more.



## Main achievements:

High levels of retention (90% plus)

Competing at the Penryn Street Dance competition

Nominated for Junior Club of the Year

Petra's proudest moment was watching the kids perform their dance routine at the opening of the 2009 Restormel Sport Awards



## Main Partners Involved:

Active Lifestyles Officer  
from Restormel Borough  
Council

**James Clarke**

Sport Unlimited Officer  
from Cornwall Sports  
Partnership

**Tim Marrion**

## Challenges overcome to reach the project's achievements:

Facility availability  
Competing with other successful clubs in the area  
Attracting 'semi sporty' teenagers!

## What is still to be achieved?

We are in the process of changing from classes into a club the kids from all the Teenspiration classes along with their parents are forming a committee. We are competing in the Penryn Street Dance Competition in July and the kids are telling me they are going to win, which is making them more determined to compete in something.



## What key factors for good practice & advice can you share with other projects?

Making the young people responsible for their own learning encourages ownership of project and retention.

The main factor is 'fun' - if the kids don't like it, don't do it again.

Also, get the kids to provide feedback at the end of each session

And, also encourage the kids to 'peer-teach'.

## Headline Figures and Statistics:

**162** semi sporty teenage participants

**1,054** throughput

**148** attending over 60% of the sessions, including **138** teenage girls who had not stepped into a leisure centre since they learnt to swim!

## Key contact details:

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