

Application for Funds for External Gym for Copthall School, Mill Hill, NW7 2EP

<p>Why do we want an external gym?</p>	<p>At Copthall the wellbeing, physical and mental, of our students is a very high priority as we believe that physical well-being can enhance the overall wellbeing of the child including their academic performance</p> <p>Our internal gym is poor – it is a small, windowless room and much of the equipment does not work. We believe an external gym will provide exercise equipment that will be used at break and lunch by the students and will be an aid to the PE department to deliver exciting PE lessons in the fresh air that cater to all of our students, thereby increasing fitness and creating a love of exercise.</p>
<p>Benefit for Copthall</p>	
<p>General</p>	<ul style="list-style-type: none"> • External gyms have been shown to help increase fitness levels, improve muscular and cardiovascular strength and reduce obesity • External gyms help build balance, agility and coordination • External gyms encourage communication and collaboration – they are highly social • Physical exercise aids concentration and increases energy levels and have been shown to improve mental wellbeing • We run PE clubs at lunchtimes and after school that could take advantage of the external gym • External gyms are a good way for students across year groups to work together in a collaborative and supportive way
<p>Lessons</p>	<ul style="list-style-type: none"> • An external gym will make PE lessons more fun and engage even those who do not enjoy traditional sports and games • An external gym can provide a challenging work-out for the most able of students • More PE classes can take place outdoors, with the consequent benefits of being in the fresh air • External gyms have been shown to be of great benefit to SEN children, providing a place for them to regain composure and motivation for learning. Students with ADHD have been shown to gain relief from symptoms and concentrate better if they spend some time outdoors • An external gym will introduce our students to adult style exercises, giving them confidence to access gyms once

	they leave school
GCSE	Given our lack of a suitable internal gym, an external gym will assist our teachers and students greatly with the PE GCSE, particularly the modules on movement analysis, physical training and health, fitness and wellbeing
Hiring out	Copthall hires out many of its facilities to create much needed additional income and it may be that we can hire out the external gym too
Wider benefit	
Local primaries	Copthall already does a lot of work with local primary schools in relation to the sciences, music, English and art. An external gym will provide more opportunities for us to work with local schools
Community	We hope that local community groups will be interested in hiring out the external gym
Will it be used?	<p>Yes! The gym will be placed in a grassy area of the school grounds where the girls regularly congregate. The equipment looks “cool” and interesting and we are confident that the students will use it regularly at break time and lunch. As explained above, the gym will be used regularly for PE lessons too.</p> <p>The identified area currently has a wooden gazebo that would sit next to the external gym, thereby providing an area for students waiting to use the equipment to congregate. The whole area, gazebo and gym, would present a very pleasant and appealing exercise space.</p>
Installation	No special ground works are required as we have a suitable, flat, grassy area for the external gym. Grass matting would be used to protect the ground and to provide cushioning for the students. The company providing the gym would do the installation.
Maintenance	The external gym is built to withstand all weathers and will require very little maintenance
Cost	<p>We attach three quotes, all from nationally well-regarded companies: Action Play and Leisure, Fresh Air Fitness, and Sunshine Gyms. The quotes are based on pieces of equipment we have specified.</p> <p>As you can see, all the quotes come in at around £10,000, net of VAT.</p>
Request from the Council	<p>The current state of school funding, combined with our high proportion of under-privileged families who consequently cannot make contributions to the school, means that we do not have excess funds to install an external gym.</p> <p>We would be delighted if the council would provide Copthall School with £10,000 for an external gym, which would have</p>

	a big impact for not just our students but the wider community too
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