

## CASE STUDY:

### PGL Netball Weekend Nicholas Chamberlaine School

Nicholas Chamberlaine Secondary School is a Youth Sport Trust Level 3 Member school based in Warwickshire.

PE Teacher Kay Gray, has organised residential PGL trips for Nicholas Chamberlaine over the last five years to increase engagement and participation in netball and extra-curricular netball clubs. In this case study, Kay brings to life how the PGL Netball Weekends have added value to the school and significantly improved the students' confidence, leadership skills and participation in netball.

#### OBJECTIVES

The initial aim of organising the PGL Netball Weekends was to increase the engagement of extra-curricular clubs such as netball. The levels of participation at the school five years ago were extremely low and we were struggling to get just seven players to make a netball team. We wanted to give the girls a goal or an exciting event to work towards and to help to increase engagement in the sport. Taking the students away for a residential to help build their independence outside of the school and outside of the community, was a key influencing factor.

**// There are so many fond memories of PGL that will stick with me forever. I loved all the activities and it was nice to play netball against different schools that we've never done before."**

**Student - Nicholas Chamberlaine School**



NICHOLAS  
CHAMBERLAINE  
SCHOOL



### ACTION

We initially heard of PGL through a recommendation five years ago and enquired through their website. The school has always had a great experience working with PGL since the first initial trip and it has been a safe environment for the children to stay over, where we know they will be extremely well looked after.

The most recent PGL Netball Weekend we organised for the school this year was held at Boreatton Park, which is in the heart of the Shropshire countryside. The impressive 250 acres at the PGL activity centre makes it a popular choice with secondary school groups.

The trip ran from Friday to Sunday and was organised as a farewell trip for the Year 11 students, who are the same group that were first taken on the Netball Weekends as Year 7s. The netball games throughout the weekend are spread out over the two days at the centre and were officiated by England Netball. The games allow the school to compete against other schools, which is a great experience for the girls. There were numerous PGL activities in between, such as abseiling, archery, high ropes and quad biking, which added variety and fun. The evening activities were run by PGL and they were great at looking after the children and keeping them entertained.

One of the highlights of the weekend was the award ceremony, with an England Netball star handing out the medals to the lucky winners.

### IMPACT

There has been such a positive impact all round, particularly with netball. The participation levels at the extra-curricular clubs have also increased significantly over the last few years and we are now running two after-school netball clubs each week. Even the older students are helping to run and support the younger sessions, which is fantastic. It has really helped them to develop their leadership skills and confidence. The girls loved the trips and formed stronger bonds with their peers, which were developed through the team-building activities throughout the weekends. When the girls first arrived as Year 7s, they were shy and quiet, but seeing them five years on at the farewell tour demonstrated how their confidence and independence has improved significantly.

The PGL Netball Weekends have changed the girls' perception of the sport; previously they didn't enjoy netball and now they love it and love being physically active. They already can't wait to go on their next trip!

**// The PGL "Groupies" are great and offer so much support to teachers, nothing is ever too much to ask. PGL also offer a broad range of catering options to suit all diets, therefore it's suitable for all students."**

**Kay Gray, PE Teacher**

**// We are really proud to have partnered with PGL for several years now. PGL successfully deliver netball events in the UK. The weekends are a fantastic way for teams to develop their skills and increase the appeal of netball at all levels of ability."**

**England Netball**



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