

# PATH TO PARIS

## CASE STUDY

#HAF2024



Path to Paris is a programme for schools, families and local communities, designed to help children and families get active together, try new things and have fun! The initiative uses the inspiration of the Paris 2024 Olympic and Paralympic Games, to challenge children across the country to virtually travel to Paris by getting active.

After a successful bid, Active Essex received funding from the British Olympic Foundation (BOF), to help increase physical activity levels in young people, through the promotion of the Path to Paris programme.

Ahead of the Easter HAF programme, Essex ActivAte educated local club organisations about Path to Paris and signposted them to resources through their website and newsletters, encouraging children to get involved.

Essex ActivAte SEND clubs then filled out a survey to choose their favourite Olympic or Paralympic sport, and a handful of clubs were selected to offer unique sporting activity sessions across summer HAF clubs. Five HAF clubs across Essex then offered children and young adults with Special Education Needs and Disabilities (SEND), two taster sessions to try unique, inclusive sports, inspired by the Paralympics.

**114** children tried new activities helping increase their confidence and boost self-esteem, such as:

- Archery
- Boccia
- Athletics
- Taekwondo

“Offering unique sports such as Boccia to children and young adults with SEND helps all to take part. From adapting ideas or using specialist equipment can help many with mobility problems and with the help of a carer to take part.

The impact I have witnessed is very positive and it doesn't matter who wins or loses, all had a great time and came away very positive. It is so important for their mental and physical well-being, as well as having fun.

I loved the way "Sports for Confidence" delivered the session, including a child who was struggling to do Boccia and let her be a part of running the session with them. This made everyone feel important. The certificates at the end were so special as many of our children and young adults never receive certificates for their achievements.

-SIOBHAN RIORDAN, VICE CHAIR OF POP ESSEX



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Offering unique and inclusive sports for children and young adults with SEND, encourages all to get involved and give it a go. From adapting ideas or using specialised equipment, can also help many with mobility problems or with the help of a carer take part.

Young people who attended HAF clubs chose each activity, to ensure the sessions were tailored to their specific wants and needs and delivered by local partners and organisations.

“It was fantastic to see children of all ages and abilities get involved with the Taekwondo sessions. Many of the children were new to martial arts, with a range of needs, and they thoroughly enjoyed it and gave it a good go!”  
-TARA, ROOTS TO WELLBEING



“I really liked trying something new. My favourite part was kicking the pads!”  
-CHILD, ROOTS TO WELLBEING



“It was so good - I hit the target twice!”  
-CHILD, MISTLEY KIDS CLUB

“I really enjoyed trying something new!”  
-CHILD, JTD ARTS

Off the back of the partnership with Path to Paris, with two Bronze medals in the Women’s Canoe Slalom round her neck, Kimberly Woods attended an Essex ActivAte summer holiday club located in Dovercourt, Clacton Kayaks. During her inspiring visit, she headed out onto the water and took part in some kayaking with the children, who also asked her some questions about her exciting Olympic journey.

Grangewaters in Thurrock also received a visit from Goody, a Great Britain Olympic windsurfer from the 1988 Seoul Olympics. Goody was youth national champion, national champion, National Series champion twice, a bronze medalist in the World Slalom Championships, finished in the top 10 of the European Championships and was the British No.1 for many years. In Seoul, he finished in 14th place out of a 45-strong field.

Goody educated the children on his Olympic journey and how he got into canoeing. He then headed out on the water and took part in some paddleboarding.



Read more about the Path to Paris partnership with Active Essex [here](#).

