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Stockton-on-Tees  
BOROUGH COUNCIL

Big plans, bright future

# What is Funky Feet?

- Funky Feet is a high-quality programme for pre-school aged children providing a great opportunity to engage in activities designed to develop fundamental movement skills.
- Its a mix of fun games and dancing, which are great for expending children's energy.
- The session is designed to be a fun and active way of engaging both parents, teachers and their children in physical activity.
- The sessions are designed in a way to stimulate both physical and cognitive development along with the development of gross and fine motor skills.
- Funky Feet has reached hundreds of children from across Stockton and the wider Tees Valley through both community and school based sessions.

# 3 strands of Funky Feet

To date Funky Feet is being developed in 25 venues across the Tees Valley in schools and community venues.

1. Education – Package offered to schools working with teachers to introduce them to the programme.
2. Community / Family Engagement
3. Commercial / Private Education

# What makes Funky Feet different?

In the development of Funky Feet particular attention has been paid to the 'Attitude' (thoughts, feelings and behaviours) of coaches along with the development of positive relationships with each and every child and parent. It is this attitudinal as opposed to technical model of delivery which sets Funky Feet apart from the other programmes for this target group.



# What do the parents think about Funky Feet?

Funky Feet as a programme has been subject to significant monitoring and evaluation and the programme has demonstrated the following (parent/ carer self-report):

- 87% feel that their child's physical activity levels have increased.
- 100% state that Funky Feet has had a positive effect on their child's physical development
- 95.65% improved confidence
- 95.65% improvement in coordination
- 97.83% enjoyment of physical activities
- 97.83% rate the instructor as good or excellent

# What parents think about Funky Feet?

“Her listening skills have improved and she is able to follow instructions.”

“Has made good progress on, catching throwing & kicking and has also learned to hop & skip”

“She has learned more physical skills and developed her balance and confidence”

“The instructor is fantastic my son adores her.”

“My daughter will never eat fruit at home but always eats a full banana at Funky Feet.”

“Now enjoy dancing at home, improved confidence and made new friends.”

“My son loves dancing, he wouldn't touch fruit before but now enjoys an apple for a snack.”

“More confident in physical ability”

# What teachers think about Funky Feet?

**'We can tell the difference between the children who have attended FF and those who haven't. Confidence, the ability to listen to instruction and a willingness to participate in group activities are some of the characteristics that those attending FF come armed with.'**

**'We found the funky feet session's lots of fun with our nursery children. They enjoyed the repetition of the warm up songs and looked forward to the session each week. Often children would be saying "Is it FF today?" The children enjoyed using the equipment in different ways. The staff found it helpful to have new ideas and suggestions about using equipment that we already have in school'**

**'As a Reception team we felt that FF was a lovely programme that kept the children excited and motivated through their physical education. The songs were catchy and the moves repetitive in a way that children learnt them quickly. It linked well with the Foundation Stage Curriculum and used a wide variety of resources which we don't necessarily have in school.'**

# Infrastructure

- Funky Feet identity (brand and brand guidelines) Funky Feet resources
- Funky Feet Website –launched September 16. The website includes online booking and payment functionality to minimise administration – unique login details will be provided to trainers/ deliverers.
- Train-the-Deliverer and Train-the-Trainer programmes – in development and will be ready for implementation in January 17
- Social Media – Funky Feet has an active Facebook page with over 800 followers.
- M&E – Online questionnaire

# Next steps

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