



Neon Run Celebration Event

Overview

Welcome to the Devon School Games Event hosted by Active Devon and the Devon School Games Organisers. We aim to provide every child with a positive experience in an environment where the young person's motivation, competence and confidence are at the centre of everything we do.

Event Date: Tuesday 21st May 2024

Timings:

- 09.00am - Arrival and registration
- 10.00am - Event starts
- 2.00pm - Event finishes, collect drinks and depart venue

Venue: Pavilion in the Park, Mill Rd, Okehampton EX20 1GE

Brief Description of the Event:

The Neon Run is a celebration and inspiration event for everyone who identifies as female. The event will offer the opportunity for pupils to undertake a 2k or 5k run, try taster sports and activities, and design their own t-shirt. There are no timers and no winners. It's about personal achievement and having fun.

We are inviting schools to run their own Couch to 2K/5K programme during half term four (4) and five (5) (February to May) 2024 however, it is not essential and we would not want this to stop you attending the event. Alternative you could use this event as a starting point to engage students and continue with a Couch to 2K/5K or your local parkrun. This event is open to anyone identifying as female that takes part in the programme (either undertaken in the community, during the school term, or something they do in their spare time through the app) are then invited to celebrate their achievements or be inspired to start their journey at the Neon Run Celebration Event. The run will have a 2K loop and a 5K loop. Both distances are open to primary and secondary aged pupils.

Who is the Event For?

- Anyone identifying as female in KS2, KS3 and KS4 who have undertaken a Couch to 5K or Couch to 2K programme in their school or local community this academic year.
- We would also welcome staff to attend and join in.





Who is This Event Not For?

This event is not targeted at school's 'keen, sporty' pupils already taking part in lots of sports and physical activity.

It is NOT intended for:

- Pupils that are 'super sporty'
- Pupils that come to every after-school club
- Pupils that regularly represent the school in mainstream sports fixtures/events
- Pupils that could comfortably run 2/5K without any training

What's the Intent?

- Set and persevere with goals – develop a desire to improve and succeed
- Develop positive attitudes and habits
- Raise self-esteem, self-confidence and self-worth (think positively about themselves and how they perceive the world around them)
- Build confidence to engage in physical activity and try new sports and physical activities
- Improve mental health and well-being (state of well-being in which every child realises his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to their community (World Health Organization – WHO)

What to Expect on the Day of the Event?

- Every pupil and staff member will receive a t-shirt to customise and keep on the day (fabric pens will be provided)
- Neon face paint will be available (permission from parents will be required)
- There will be no mass start to the celebration run. This is designed to ensure the event doesn't give pupils a 'race' perception or make them feel under pressure. Schools can make their way to the start line once they have designed their t-shirts, where a member of staff will carry out a warm-up at the start line, before pupils begin their chosen run in their own time
- There will be a celebration feel to the event with music and photo stations to add to the atmosphere
- Taster sessions to take part in during or after the Neon Run to help 'make a day of it'
- Hot or cold drink from the cafe for everyone that takes part
- Staff can join in with the Neon Run

Clothing:

This event will be outdoors on grass playing fields. Please ensure suitable outdoor sports footwear and clothing is worn for the duration of this event and bring spare clothing to travel home if necessary. (Everyone will receive a t-shirt to customise with neon paint). Please feel free to wear additional neon attire.





Refreshments:

Please bring lunch and snacks with you for the day. A hot or cold drink will be provided for all attendees at the end of the day. There is also a café on site.

Scoring and Prizes:

This event will have no scoring. It is a participation focused event, intended to celebrate individual achievement. There will be no winners. Everyone that takes part will receive a medal in addition to their t-shirt.

How to Enter:

The entry process will be via this [Registration Form](#) with a full event plan to follow in the spring term. Entries close at **6pm on Friday 3rd May 2024**.

How Young People Were Involved in Designing the Event:

In January 2022 we worked with pupils from The King's School, Ottery St Mary to seek young people's views and shape our First Neon Run Celebration Event. We took on board advice around young people's motivations and how best to market the event to targeted young people. We have taken on-board feedback from our 2022 and 2023 events, which we hope will have shaped an even better experience for 2023 which really meets the needs of our target audience.

Promoting the Event and the Couch to 2/5K to Pupils

- Target girls discreetly. Don't single them out
- Even if it is designed to support mental health don't tell us that as it might put people off
- Focus on fun and doing something with friends – Let them bring a friend or recruit them to recruit a group of their friends
- Schools could run the Couch to 2/5K in PE lessons or as an extra-curricular club (although some might not want to give away their free time)
- Consider running separate sessions for KS3 and KS4
- Try to ensure it doesn't clash with other clubs as they might have other hobbies like art, IT, drama etc
- Be clear that this isn't a competition
- Couch to 2/5K could be organised by a staff member who is not sporty so that they're doing it at the same time. In secondary schools could you consider this being someone outside of the PE Department?
- Understand that people might be nervous and may need a lot of encouragement and reassurance
- Ensure your Couch to 2/5K programmes are not full with sporty pupils – they'll put the less sporty pupils off





The Actual Event:

- Not a competition
- No race times or medals for winners
- It MUST be social and fun
- Stations along the route for refreshments and photo opportunities
- Music along the route to motivate people taking part
- T-shirts/costumes
- Don't make it a 'feminist' thing
- Poster needs to focus on fun and making it clear that it's not competitive or an intense race
- Be Inclusive - include all students that identify as female

This is what we heard from staff:

** An amazing positive experience, memories of which will hopefully inspire participation in a lifetime of running events!

** The idea of the event was great and gave girls a real positive incentive to engage with physical activity.

** A fun and exciting event for students to be active and creative!

** Fantastic celebration event, our children could not stop saying it was the best day they'd had in FOREVER!

School staff heard the following on the journey back to school:

** I can't wait to tell everyone back at school about our day

** That was SO much FUN!

** Loved being out in such a fantastic open space

This is what we heard from young participants:

** Happiest I have been in a while

** Today was the best school day ever

** I feel so glad I have done it and it was so good

** Happy and Brave

** Feel proud of myself

Take a look at last year's event through the [video case study](#) and [photographs](#) that saw the Devon School Games network scoop a top accolade in the [National School Games Impact Awards](#).





A full event plan including the following details will be available on [Devon School Games](#) events page.

- Transport Links and Parking details
- First Aid Provision
- Safeguarding and Welfare Plan
- Spectators and Guests
- Event Photography
- Litter and Lost Property
- Risk Assessment

Contacts:

Should you have any questions please contact your local School Games Organiser:

- Torbay SGO - Annabel White - annabel.white@paigntonacademy.org
- Plymouth SGO - Hayley Jarvis - h.jarvis@sjhcsc.co.uk
- Plymouth SGO - Josh Gilbert - j.gilbert@sjhcsc.co.uk
- South Hams & West Devon SGO – Beth Bosely bbosley@westst.org.uk
- East Devon SGO - Kevin Moran - kmoran@thekings.devon.sch.uk
- Exeter & Mid Devon SGO - Nick Gillard - mr.gillard@st-lukes.devon.sch.uk
- South Dartmoor SGO - Dan Lugg - dlugg@southdartmoor.devon.sch.uk
- North Devon SGO – Angela Daniel - ADaniel@gts.devon.sch.uk

Social Media:

Why not share your achievements with us on social media using **#DSG**:

- Facebook – @schoolgamesdevon
- Twitter – @SGDevon
- Instagram -devonschoolgames





Delivering a Couch to 5K/Couch to 2K at Your School:



Couch to 2/5K is a running programme for absolute beginners and has helped more than four million people start running. There are a number of online resources and apps to support the delivery of Couch to 2/5K.

Please find our favourites below:

- [NHS Couch to 5k](#) – A 9-week Couch to 5K programme via a podcast, app or online programme:
- [Active Donegal](#) – Couch to 2K – A week by week guide to getting to 2K
- [This Girl Can - Running & Jogging](#) - Running can be great fun and very sociable – you can run with a friend, make new friends with a beginners group, go to your local parkrun, or even head to a running club
- [This Girl Can Run Facebook community](#) - This Girl Can Running celebrates women and girls everywhere who are running, jogging or walking their way to a more active lifestyle.

Free Parkrun:

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. parkrun is 5k and takes place every Saturday morning. junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning.

Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along. Find your local [Park Run](#)

Promotion Material:

We have created a posters to help you promote the event in your school. There is a space for you to add details about your Couch to 2/5K programme(s) and how pupils can get involved. You can download them **here**.

