

Indoor Kayaking

Newham Schools' Ergo Challenge.

The Inter-schools 'Ergo Challenge' event has been supported and funded for the last 3 years by Newham Council and Neighbourhood Renewal Funding.



Key Statistics (compiled by Jamie Cole)

- ⇒ 3rd year of operating this venture
- ⇒ 22 primary and 5 secondary schools took part in 2006/7 with 100% returning to book other activities at the centre
- ⇒ Each school had 2 visits from 3 of the centre staff
- ⇒ 4 Ergo paddle machines used
- ⇒ 8516 attempts on the machines (4258 participants)
- ⇒ Average pupils / school engaged = 158
- ⇒ All schools completed the 1 minute challenge.
- ⇒ Secondary schools also completed a 5 minutes distance challenge.
- ⇒ When added together they paddled for 7.5 days

Distances covered = 627 kilometres

This equates to paddling to the following destinations.

London to Sheffield (176 Miles) – Secondary schools

London to Liverpool (214 Miles) – Primary schools

London to Glasgow (390 Miles) - Collectively

Canoe England has invested £750,000 to purchase equipment as part of their commitment to increasing participation of 5 –16yr olds through the Junior Development Project (JDP). Funding for the scheme has come from CCDP money through Sport England. Two of the Ergo machines used in the Newham schools' challenge were part funded through the JDP.

For more information about this scheme or how you can follow this example contact:

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This continued project is about increasing participation, trying something new and an easy transition into Paddlesport with progression onto the water.

The 2 + 3 hours of PE in and outside of the curriculum for 85% of young people aged between 5 -16 can become a reality. Paddlesport offers fun and excitement that is for many something new, meaning everyone has the opportunity to succeed. Paddlesport has had great success in engaging many young people that are turned off to the traditional sports.



For further Information regarding Paddlesport related to PE School Sports and Club Links (PESSCL) contact:

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