



Polly's All Move Journey

Polly is 12 years old and lives in rural Cornwall with her mum, dad and 14 year-old sister Georgie. Polly has a rare chromosome condition which affects her learning disability. She is very outgoing and sociable - her mum describes her as 'a real chatterbox who is proud of it!'

Polly is in Year 7 and attends her local comprehensive school, which has a unit that specialises in autism and special needs. This is where Polly got involved in Mencap's All Move programme.

"Since she's been involved in All Move, Polly's attitude towards sport has changed. She just keeps getting fitter and fitter."

Polly's mum

Here she attends physical activity sessions on a regular basis (often twice or more weekly) alongside 11 other children. Activities have included personal fitness in a fitness suite, frisbee golf, athletics and boccia, as well as a range of improvised multi-sport sessions delivered by the innovative staff at the school. Polly and her peers recently got to experience mega SUP and gorge walking as a culmination of their efforts, which were funded by All Move grants.





Polly's appetite for All Move has in turn brought her closer to her sister Georgie who is an avid runner. All Move participants are encouraged to log and reflect upon activities that they complete at home and beyond. They are provided with an 'All Move at Home' resource pack with activity ideas and a log book to support them with this. Polly has really embraced the All Move spirit, going above and beyond by creating a scrap book about all the activities she has done with sister Georgie, like cold water swimming and moorland running!

"I love All Move – it makes me really excited when I get to go."

Polly

Polly's mum said: "Polly's dad and sister Georgie are very athletic, so now Polly is in the athletic club too! Georgie has really helped Polly with her love of sports – she is a keen runner and could see that Polly was enjoying All Move, so the pair now go out running together. It's great for them."



While All Move has helped Polly's physical development - in particular her coordination - it is Polly's appetite for All Move that has been noted by her teachers. They say her passion for the project inspires others in the group and motivates them. The staff also say that Polly's organisation skills and independence have developed through the project, and that her buzz and excitement to tell her peers and teachers what she has been up to is infectious.