



# **10 x 10 Hackney :**

**Supporting children, families  
and schools to engage in a broad  
curriculum**

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## 10 x 10 overview



**The 10 x 10 programme aims to ensure that every child has benefitted from these 10 activities by the time they are 10 years old.**

1. Engage in exercise
2. Have a musical experience
3. Learn to swim
4. Take part in drama and performing arts
5. Visit the seaside and the countryside
6. Experience museums, theatres, galleries and heritage sites
7. Take part in camping trips and overnight residentials
8. Learn to ride a bike
9. Take part in debating
10. Use a library

## 10 x 10 overview



# The benefits of 10x10

- Improved wellbeing
- Improved skills
- Greater confidence
- Taking ownership of spaces
- Increased sense of belonging to the community
- Experience new environments
- Improved happiness
- Discover something new
- Feel proud of achievements
- Access more activities



# 10x10 Launch in Hackney Town Hall in July





**Scan this QR code to see the 10x10 resources**

- **10x10 map of Hackney**
- **10x10 Directory, an online resource for schools and families to better access each of the 10 activities by listing providers and helping make new connections and opportunities**
- **10x10 Journey booklet for every child giving key stage prompts and ideas**

**Hackney wants every child to achieve the 10x10 and will work hard to support them to achieve this for all our children**



# 10x10 Journey

↳ Hackney

- My -

Journey

My name \_\_\_\_\_

My age \_\_\_\_\_

Date \_\_\_\_\_

10x10 is a new initiative to support every child in Hackney to achieve 10 amazing activities by the time they are 10 years old

**ACTIVITY 1**  
**ENGAGE IN EXERCISE**

Exercise is scientifically proven to help build strong bones and muscles, helps keep your heart and lungs healthy and improves your fitness. It also has a positive impact on emotional and mental health, improves behaviour and concentration and helps you to sleep well! Remember to drink water!

Key Stage 1  
**CAN YOU:**

Throw and catch a ball without dropping for 10 minutes?

Run on the spot for 40 seconds?

Dance for 10 minutes?  
My favourite song is \_\_\_\_\_

How do you like to stay active?  
Do you need people to make any changes for you?

**HOW DID EXERCISING MAKE YOU FEEL?**  
Use this space to write or draw about what you did

Key Stage 2  
**CAN YOU:**

Make up a dance routine that uses a range of movements?

Run for a minute and improve your performances by going faster?

Develop your balance by standing on one leg and catching a ball?

Date Completed \_\_\_\_\_

Where did you go and who did you do the activity with?

How did it help you?

Is there a way this could have been adapted to suit your needs?

What I enjoyed most

How did it make you feel?



# 10x10 Journey for 0-5s



## 10x10 Journey for 0-5's

### What is 10x10?

10x10 is a new initiative to support every child in Hackney to achieve 10 amazing activities by the time they are 10 years old.



**Engage in exercise** - Encourage children to move enough to get out of breath by playing in your local park. Children should use slides and play equipment such as using climbing frames and swings. Motivate them to do star jumps, to run, hop, skip jump and to roll down hills.



**Have a musical experience** - Check out local venues for live music opportunities such as the BBC children's concerts at the Hackney Empire or the London Symphony Orchestra's under 5s shows at the Barbican. Contact your local Children's Centre or local library and join one of their many Music & Movement or Rhymes & Stories sessions. Visit local organisation 'London Rhymes' website and subscribe to their YouTube channel which is packed with songs and activities for you to enjoy at home with your little ones.



**Learn to swim** - Visit a swimming pool with your family and build water confidence by getting your feet wet and having fun. Visit the splash pad and toddler pools at Britannia Leisure Centre and Clissold Park or try the Splash pool in Victoria Park to get your child used to water. Swimbiess lessons at the local Better pools are for both parents and young children aged 0-4 to build confidence together in the water.



**Take part in drama/performing arts** - Dress up and take part in role play and imaginative play by acting out your favourite story or film.



**Visit seaside and countryside** - Get the overground to Epping Forest, Hainault Forest or Hampstead Heath where children can explore large open green spaces and run, play and climb. Travel by train to visit the beach at Southend, Margate, Broadstairs, Clacton or Whitstable. See the 10x10 website for links to children's centres who take families to the seaside every year.

 Hackney

Working for every child



## 10x10 Journey for 0-5's

### What is 10x10?

10x10 is a new initiative to support every child in Hackney to achieve 10 amazing activities by the time they are 10 years old.



**Visit gallery, museum, theatre, heritage site** - Walk or get the bus to some of the amazing free spaces suitable for under 5s on the doorstep including Hackney Museum, Museum of the Home, St Augustine's Tower, Young V&A and Tate Modern. Pay to visit Hoxton Hall, the Unicorn theatre and see the Tower of London or Buckingham Palace.



**Take part in an overnight residential and camping** - Build or make a den or tent in your home and pretend to be camping outside in an enchanted forest. Go and visit family and friends for an overnight stay.



**Learn to ride a bike** - Try riding a trike, a scooter and a balance bike. Join your local children's centre who can loan bikes out to families.



**Take part in debating** - Encourage your children to explain thoughts and ideas to help develop their decision making at story time. Try asking questions such as "Why did Goldilocks do the things she did?" Discuss making decisions like switching off the lights, listening well, making your points and explaining your reasons.



**Use a library** - Join the library, borrow books and toys. Take part in a Rhymes and Stories session. Libraries are free and there are seven in the borough.

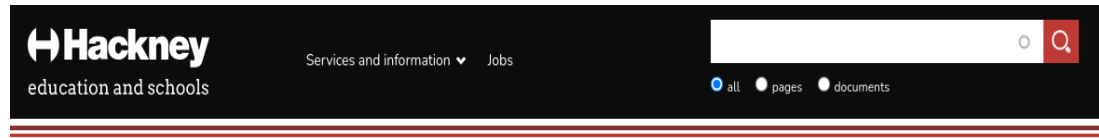
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# 10x10 Website



[Hackney Education](#) > [Hackney schools information](#) > [Hackney 10x10 Programme](#)

## 10x10 programme

### About 10x10

The Hackney 10x10 Programme is a new initiative to support every child in Hackney to achieve 10 amazing activities by the time they are 10 years old.



- Engage in exercise
- Have a musical experience
- Learn to swim
- Take part in drama and performing arts
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- Take part in camping trips and overnight residential
- Learn to ride a bike
- Take part in debating
- Use a library



# 10x10 Website Resources

## Explore each activity

We have created a directory of ideas and opportunities for parents and carers as well as schools and settings. There is also a map to help you discover Hackney places.



## [Resources for families and carers](#)

Information and ideas about each activity for parents and carers to support their children.



## [Resources for schools and settings](#)

Information and ideas about each activity for teachers and practitioners.



## [Map and directory of 10x10 activities](#)

Printable PDF version of the 10x10 map and directory.



# 10x10 Website Resources

## 10x10 resources for families and carers

### Overview

The [10x10 programme](#) aims to support every child in Hackney to achieve 10 activities by the age of 10 to help improve their emotional, physical and social wellbeing.



We have created a map of Hackney to help families, schools and children find where to access activities in our community.

We have also created the 10x10 directory to support you to find more details on where each activity can be accessed and the support on offer for each stage of development.



[Engage in exercise](#)



[Have a musical experience](#)



[Learn to swim](#)



[Take part in drama and](#)



[Visit the seaside and](#)



[Experience museums.](#)



**Any questions?**



**Thank you for your time.  
Have fun!**