Change4Life: Primary Sport Clubs

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Objectives

To facilitate discussion which will lead to sharing of best practice and generate ideas and enthusiasm for local C4L Primary delivery

To inform colleagues of the delivery, successes and failures in Harrow, Ealing and Hounslow
Testimonial

“The club has brought children who were low on confidence an amazing level of confidence they have not achieved before”

C4L Lead, Vaughan Primary School
Task

What barriers are there for children preventing engagement in physical activity or being healthy?

- Girls public image
- Lack of confidence
- Poor diet
- Affordability
- Range of sports offered in PE
- Competitive nature
C4L Primary Sports Clubs

- Targeted intervention for any cohort
  - Over weight
  - Behaviour
  - Self esteem
  - Bullying
  - SEND

- Can run any time of day for any length of time

- Can be delivered by
  - Teachers
  - TA’s
  - SMSA’s
  - Sports coaches
  - Young Leaders

- **Must** have a motivated & passionate lead person
C4L Primary Sports Clubs

• Equipment Bag
  • Activity equipment
  • Teacher guide
  • Session plans/ activities
  • Log books
  • Wrist bands
  • Achievement stickers

• Session content is up to the deliverer but should consist of some physical activity with a period of discussion
C4L Primary Sports Clubs

1. Identify a lead person

2. Identify a target group (with SLT)
   Use school data to support eg.
   FSM
   NCMP
   Attendance
   This will support Primary Sport Funding
   grant expectations

3. Identify a time slot

4. Send letters home- include parents in the process
Why more Change 4 Life Clubs?

- **Sport Premium funding**
  - Recognised as key tool to support funding.

- **Obesity Data**
  - National Child Measurement programme.
  - Strong relationship between deprivation and obesity prevalence.

- **SGO funding**
  - High proportion of SGO funding through Department for Health.
  - SGO task list: 3 Increasing and sustaining participation.
Opportunities through Change 4 Life clubs

- Leadership
- Organising Crews
- Spirit of the Games Values
- Supporting AOTT
- Level 1 Pathways for competition structure
- Increasing % of young people active
Case studies- Hounslow

Delivery
• Training
• Support group meetings
• Individual support as required
• Cluster Festivals
• Schools vary

Successes
• Smallberry
• Ivybridge
• Victoria

Challenges
• Few
## Case studies - Ealing

<table>
<thead>
<tr>
<th><strong>Challenge</strong></th>
<th><strong>Action</strong></th>
<th><strong>Results</strong></th>
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</thead>
<tbody>
<tr>
<td>Establish Change 4 Life clubs into primary schools without additional funds to have SSP staff running the session. Schools to see the value of Change 4 Life clubs</td>
<td>Incorporated Change 4 Life clubs within the 2012-13 Young Ambassador challenge for every primary schools. Supported the development of Organising Crews Schools to make short videos on how the Change 4 Life club has impacted pupils in their school</td>
<td>13 schools produced short videos for the awards evening. 50% of schools within the partnership developed Organising crews 24 schools now have Change 4 Life Bags in their school Focus on 2013-14 oh how the clubs can support lunchtime activities</td>
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Sustainability

Whole school impact measurements:
- Impact survey
- Participation data
- Link to Ofsted framework (data for groups/ SMSC/ parental engagement/ school sport funding/ Pupil Premium)

Support for how C4L impacts whole school improvement
- Details written into SEF

Exit routes
- Develop leadership roles
- Sign post to other sports clubs at school
Task

What is your plan of action to initiate a C4L club at your school?
<table>
<thead>
<tr>
<th>Area</th>
<th>Contact Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brent (Kingsbury High)</td>
<td>Chris Gibson</td>
</tr>
<tr>
<td>Brent (Capital Academy)</td>
<td>Jacquie McDonnell</td>
</tr>
<tr>
<td>Hammersmith &amp; Fulham</td>
<td>Stephen Hughes</td>
</tr>
<tr>
<td>Harrow</td>
<td>Dan Wilson</td>
</tr>
<tr>
<td>Hillingdon (Harefield Academy)</td>
<td>Phillipa Constable</td>
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<td>Hillingdon (Barnhill)</td>
<td>Becci Cooke</td>
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<tr>
<td>Hillingdon (Harlington)</td>
<td>Shenaz Mahomed</td>
</tr>
<tr>
<td>Hounslow</td>
<td>Chris Hill</td>
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<td>Ealing</td>
<td>Mark Needham</td>
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