



Primary Change 4 Life Sports Club

Case Study – Mickle Trafford

Change 4 Life Club details: Orienteering

Day and time of the week you run the club? Tuesday after school

What theme does the C4L club have? Map reading skills, running

Year Group of the children who attend the C4L club? Y3-4

Average number of children who attend the club each time? 16

Who is the club deliverer and what role do they have? Liz Jackson (teacher and level 1 orienteering coach)

How many sessions / weeks does the club run for? 5

Number of leaders that help out? 5 experienced year 6 pupils

How have you targeted the group? Open to all Y3-4. It typically attracts children who are not keen on team games and is popular with girls. The map reading element attracts the less sporty children.

Have you included any other activities? All attendees have been invited to Deeside orienteering club events over the summer.

Have you seen a change in the children? They have become more confident

Percentage that take part in additional opportunities to be active? 0

No. of disabled participants? 0

No. of level 1 festivals that the school has organised? (Details of what was done and when).

Has the school attended a Level 2 Change 4 Life festival? No

Has the club made a difference to you? No

Is there anything that you would do differently? No

Contact details should any other school wish to contact you about your Change 4 Life Club: