



Primary Change 4 Life Sports Club

Case Study – Barrow CE Primary School

Day and time of the week you run the club? Wednesdays 3.10pm – 4.20pm.

What theme does the C4L club have? The school received the Flight equipment bag.

Year Group of the children who attend the C4L club? Reception to Year 2.

Average number of children who attend the club each time? 14.

Who is the club deliverer and what role do they have? Claire Taylor (coach)

How many sessions / weeks does the club run for? The children sign up for each term. New participants are allowed to start during the term.

Number of leaders that help out? 0.

How have you targeted the group? The club is open to KS1 children. The school is small so is open for the whole class to attend.

Have you included any other activities? Additional activities such as multi skills and athletics skills are also used in addition to the equipment in the Flight bag.

Have you seen a change in the children? The children are confident, are increasing their skill and co-ordination abilities. More disciplined.

Percentage that take part in additional opportunities to be active?

No. of disabled participants?

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? Parents have said that the hand – eye coordination has improved.

The Flight equipment bag is brilliant, the variety of activity that can be done and with the whole class is very good.

Is there anything that you would do differently? When indoors the coach uses giant shuttle and nets. This introduces more variety and a focus on targets and competitiveness.

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