



Primary Change 4 Life Sports Club

Case Study – Dee Point Primary School.

Change 4 Life Club details: The club is called the Change 4 Life Club.

Day and time of the week you run the club? – Fridays 3.15pm – 4.15pm. Free of charge to the pupils.

What theme does the C4L club have? – Flight.

Average number of children who attend the club each time? 20 in first term, 15-17 in second term.

Who is the club deliverer? Nikki Harris.

How many sessions / weeks does the club run for? Children attend for the whole term.

How have you targeted the group, and the Year Group of the children who attend the C4L club? – 3&4. In the first term twenty children (girls) were hand picked in pairs with a friend. Some were overweight and others were non-participants in sport and had not represented their school. In the second term, the children from the first term could choose to come back. The club was then opened up to others, now some boys take part and also those in competitive sports.

Have you included any other activities? Warm up activities such as cat and mouse, crab ball, swiss ball, rebound targets etc. Other games activities. Circuits with different work stations (originally with their partner, but now they can choose where they start).

Log books are being completed.

Jugs of water are put in the room to allow the children to help themselves. Change 4 Life healthy eating messages are given at every session. One child whose mother works at the school is even going home and telling her to eat more healthily!.

Fruit from the fruit trolley at the school reception which would otherwise be thrown away is given out in the club.

Sports Ambassadors and leaders help with the club.

Have you seen a change in the children? Some of the children are participating more in sports, are more confident and taking part in other activities.

Has the club made a difference to you? Not known at this stage.

Is there anything that you would do differently? Possibly as a breakfast club. Will also look to see if it can be linked to the Me and My Software tool.

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

March 2015