



## **Primary Change 4 Life Sports Club**

### **Case Study - The Delamere CofE Academy.**

**Day and time of the week:** Mondays - 3.15 – 4.15pm. Free of Charge for the children.

**What theme does the C4L club have?** – The club started with a Combat bag, however the bag does not determine the activities which run within the club. The club does a variety of different activities.

**Year Group of the children who attend the C4L club?** – When first started in September 2014, the club targeted girls in KS2 who were not taking part in sports clubs at the school. The club was then opened up to include other girls to make up the numbers. The club was, and still is called the Girls Allowed Club (girls only club).

It is now still a girls only club, but is for KS1 children. The activities which are run at the club include activities like circuits / multi skills / multi skill games. Most sessions include a tip on healthy eating or a C4L message.

**Average number of children who attend the club each time?** 12.

**Who is the club deliverer and what role do they have?** TA at the school.

**How many sessions / weeks does the club run for?** Once a week throughout the school term.

**Have you seen a change in the children?** As a result of the Girls Allowed club, the school has noticed that the girls are more motivated to take part in sport.

**Has the club made a difference to you?** It has increased the numbers of children taking part in After School Clubs. The DfE has commented on the effective use of the Sport Premium funding. The school also have a link on their website to the Change 4 Life website.

**Is there anything that you would do differently?** No.

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