



Primary Change 4 Life Sports Club

Case Study – Upton Heath CE Primary School

Day and time of the week you run the club? Fridays 8.15am – 8.45am. Free of charge to the children.

What theme does the C4L club have? Flight. They initially used the C4L equipment bag, however this is not used as much any more. They now do games and play activities.

Year Group of the children who attend the C4L club? Years 1-6 for the original group, now it is more years 1-4.

Average number of children who attend the club each time? 16. (10 girls and 6 boys).

Who is the club deliverer and what role do they have? Briony Hodge and Sophie helps out every other week.

How many sessions / weeks does the club run for? Per term.

How have you targeted the group? The club is for those that are not great team players and who prefer small groups. The children are encouraged to invite their friends.

The club encourages social play and is for those that find it difficult to socialise.

Vulnerable children are invited and those that find it difficult to play.

Also those that are not confident in PE.

Late attenders are also targeted.

Have you included any other activities? Activities include rolling, jumping, using the parachute, the climbing frame, balancing. There are workstations that the children work around. TOPS cards are also used.

Have you seen a change in the children? The children enjoy the sessions. Attendance is good.

Has the club made a difference to you? It is the provision of a club for children that would not normally attend.

Is there anything that you would do differently? Have it as an after school club if there was the capacity to.

Have more time to prepare for it.

The older children are a bit 'old' for some of the activities.

The log books and wrist bands were a good idea, but the children have not really gained much from them and the wrist bands were lost.

Change 4 Life messages were used at the start of the programme but the school does not use them now.

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

March 2015.