



Change 4 Life Sports Clubs Summary Sheet Primary

<p><u>Overview</u></p>	<p>Primary Change For Life Sports Clubs are built on a clear need to increase physical activity levels in less active young people, an identified need to develop a new type of sports/physical activity club, creating an exciting and inspirational environment within which to engage these young people in school sport and a desire to ensure that, over time, less active young people can lead a more physically active lifestyle and potentially engage in the “School Games” programme.</p>
<p><u>Key Concepts & Principles:</u></p>	<ul style="list-style-type: none"> • Y1 & 2 – less active children (or as appropriate to schools needs) • increases confidence & self esteem • geographically targeted on prevalence of overweight children • multi activity • encourage increase in level 1 competition & lifelong participation • increase workforce capacity • inspired by Olympics/Paralympics • health messages embedded • impact on curriculum and attendance
<p><u>Target Age</u></p>	<p>Children Aged 5-6 in Primary and Special Schools (School years 1 & 2 or as appropriate for individual school needs)</p>
<p><u>Range of Sports</u></p>	<p>Multi Activity/ Multi Skill / Physical Activity</p>
<p><u>Support Available</u></p>	<ul style="list-style-type: none"> • Initial training for delivery staff from each school • C4L Resource pack: <ul style="list-style-type: none"> 30 Logbooks 31 30 x Wristbands Sports Club Guide Delivers Guide 2 sets of Values Stickers Music CD • Change 4 Life Champions training (young leaders) • Mentor Training • Celebration events
<p><u>Next Steps</u></p>	<p>Implementation</p> <ul style="list-style-type: none"> • Identify club deliverer • Book onto Initial C4L Introduction training www.manchesterschoolspe.co.uk • Identify young people • Commence club • Watch as the children grow and learn ☺