

a bit for the club deliverer...



welcome to your new change4life sports club...

we hope that you enjoy exploring all the possibilities this package offers you and the children in your school.

a guide to your change4life resource

Activity pack

This includes activity cards with a range of activities and games that provide the basis of a year-round club programme. They'll give children an introduction to a variety of Olympic and Paralympic sports through a multi-sports format.

CD-ROM

The CD is a treasure chest of resources to support the promotion, creation and delivery of your club. There is a great promotional film, posters and certificates, and additional templates and logbooks for next year!

Change4life guide

This provides you with everything you need to deliver your club, from which children to target, to involving their parents and teachers. Use the template to plan the year ahead!

Equipment package

The equipment has been designed so that deliverers can set up and carry out each activity without any specialist knowledge or the need to work with equipment used in other school programmes.

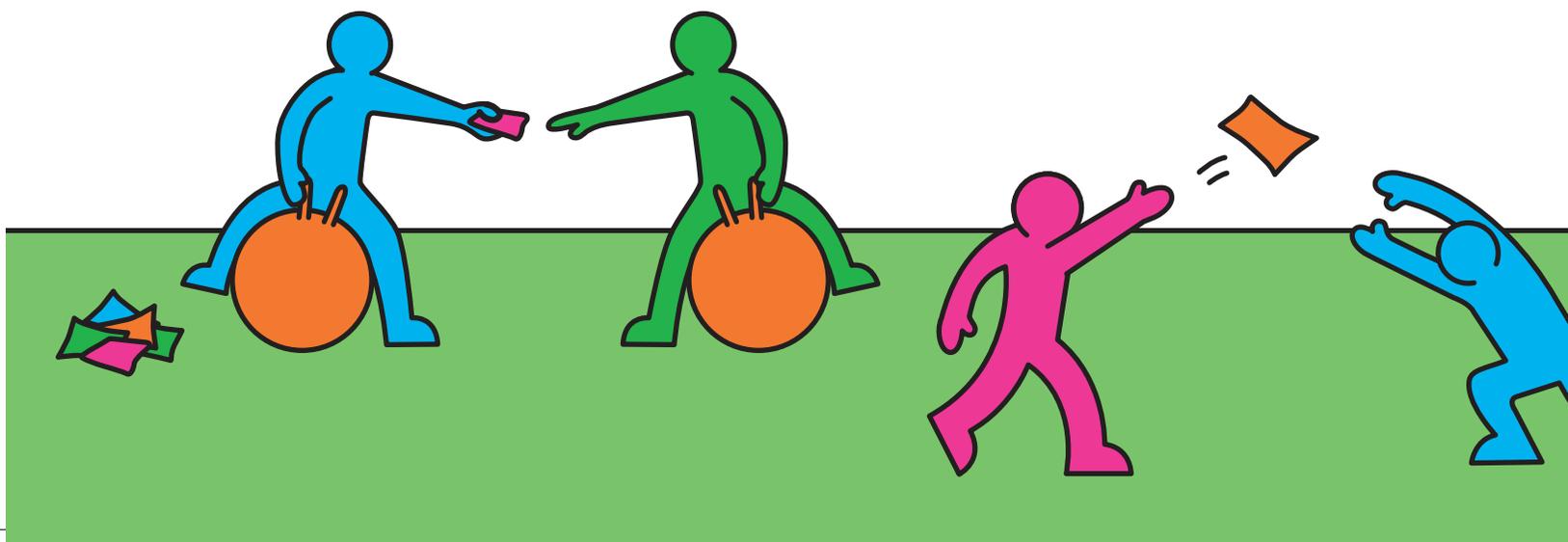
'Get Going' logbook

The logbooks are designed to retain children's engagement in the clubs and in physical activity. They provide fun and interactive tasks that stimulate thought and give children a better understanding of healthy, active lifestyles.

Wristbands

Our wristbands are designed to achieve two things:

- 1) Provide the young people involved in the clubs with a real sense of belonging.
- 2) Give them a visual reminder of the physical activity they're doing with this programme and a fun and interactive way of measuring their progress.



a bit about monitoring and evaluation

Your role in supporting monitoring and evaluation

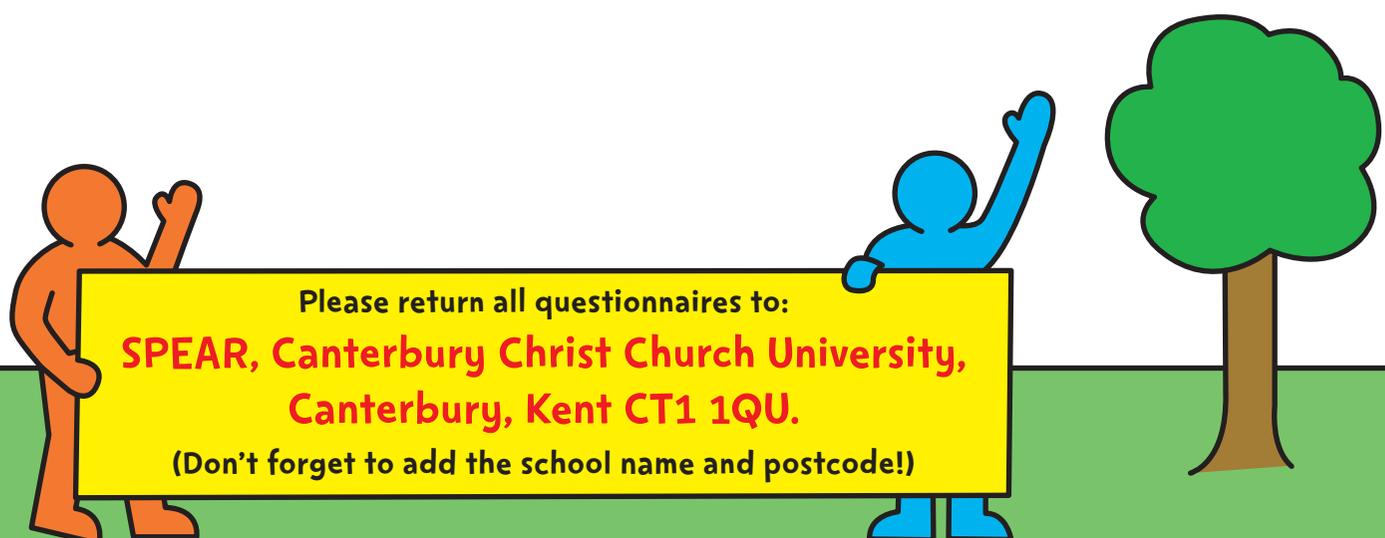
You will find four pages entitled 'a bit about me'. This is a specially designed questionnaire that looks to measure the impact of Change4Life sports clubs on increasing physical activity levels, increasing the children's understanding on healthy lifestyles and measuring self esteem. We have highlighted what support you need to provide the children so that these are completed properly and returned to the evaluation team at SPEAR (address below).

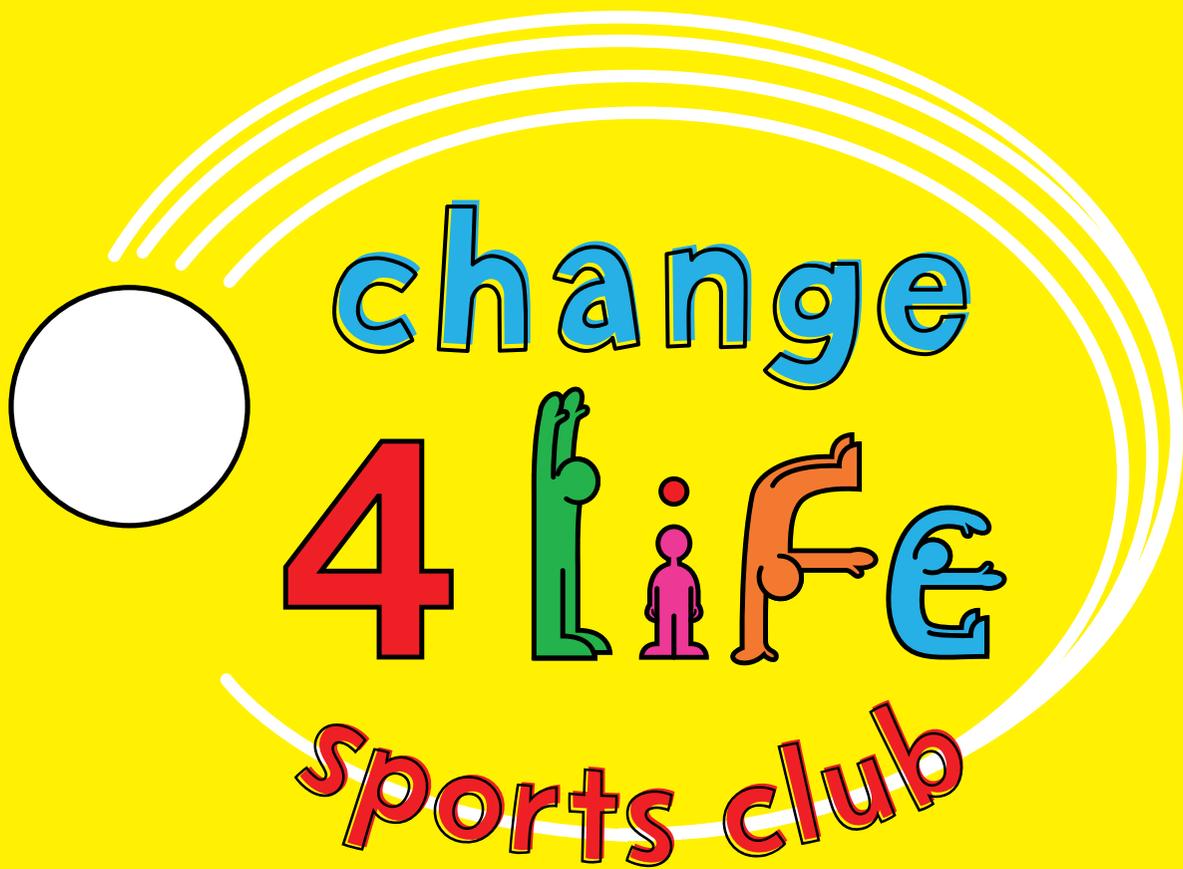
- Please ensure each child writes their full name, whether they are a boy or girl, their age, your school name, and when they joined the club, in the box provided at the top of each questionnaire.
- Take the time, either in the club or during a lesson, to take the children through the questions and ensure they all understand what is being asked of them.
- As much as possible, make sure that the first questionnaire is completed during week one (1) of the club.
- Once complete, please tear out the sheets and place them in an envelope and address to: SPEAR, Canterbury Christ Church University, Canterbury, Kent CT1 1QU. Please add the name and postcode of the school.
- Please repeat exercise at week six (6), week twelve (12) and then week twenty four (24) but make sure that the children haven't been able to refer to their previous questionnaire; otherwise this might influence their results.

It is a really important part of the evidence we collect for the programme but make sure you take a copy for your own school's evidence!

Club Deliverer Tips to completing 'a bit about me':

- Encourage the children to discuss the questions, but make sure they answer them on their own.
- Always try and build some discussion into the completing of the quiz so that you can gauge the understanding of the group and get a level of consistency in their understanding.
- Make sure that you are able to provide examples of physical activity and the different times of the day when they might do this, i.e. before school, break and lunchtimes, in the park, in the garden etc.
- Make sure you assist the children in understanding the difference between physical and active games and computer or inactive games (board games).
- Assist their understanding in identifying things that make them out of breath and what 'skills' are part of their activities and games.





change
4 life
sports club



nhs.uk/c4lsportsclubs

