

change4life **primary sports** **clubs guide**



Everything you need to know

welcome

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The Youth Sport Trust is passionate about helping all young people to achieve their full potential in life and in sport by delivering high quality physical education and sport. For nearly 20 years we have been working hard to engage more young people in sport and help them to enjoy lifelong participation.

Change4Life Sports Clubs allow us to offer appealing activities in a young person-centred environment and build a smooth and accessible transition from the PE curriculum into extra-curricular activities and community sport.

By building a network of modern new School and College sport clubs, inspired by Olympic and Paralympic sports and values, we believe Change4Life Sports Clubs will be the catalyst for more young people to get involved.

Sport changes lives, and we are delighted to be involved in this partnership and excited about the transformation these clubs will create.

Baroness Sue Campbell
Chief Executive, Youth Sport Trust

Change4Life - working with schools

The Change4Life programme is growing from strength to strength. Its key messages to eat well, move more and live longer are now recognised by 85% of mums with children under 11, with much of that success owed to the work of partners and stakeholders, such as the Youth Sport Trust, bringing Change4Life into schools and into the community in an inclusive and engaging way. The rise in obesity is one of the greatest public health challenges facing our society. With nearly a quarter of all reception-aged children and one third of Year 6 pupils overweight or obese, Change4Life seeks to encourage early adoption of sport and exercise to help improve the lifestyle of the young and build an appreciation of the benefits of regular physical activity that will remain into and throughout adult life.

Change4Life Sports Clubs is an innovative programme that aims to harness the inspiration of the London 2012 Olympic and Paralympic Games to encourage less active young people to do physical activity and engage in school sport. At their heart, the Clubs seek to instil the confidence and competence in children to begin a positive, sustained interest in physical activity and sport.

These clubs will not only encourage participation in '60 Active Minutes' several times a day, including bouts of vigorous exercise important for fitness and bone strength. They will also provide less active young people with a satisfying and fun way to increase their self-confidence, resilience and self-esteem. In addition, this will give them a springboard to become more involved in competitive school sport, and with the School Games programme set to be rolled out across the country, we are keen for as many young people as possible to participate.

The Department of Health is delighted to be working with the Youth Sport Trust on Change4Life Sports Clubs, a programme that will encourage greater participation in sport and enable young people to adopt healthier lifestyle choices.

introduction



why change4life sports clubs?

Change4Life Sports Clubs have been designed around a clear need to increase physical activity levels in less active children in schools through the development of a new type of sports club.

The aim is to create an exciting and inspirational environment to engage these young people in school sport. Over time, we'll ensure that less active young people take part in lifelong sport and physical activity.

With so many social, emotional and physical changes taking place at primary age it is important to make physical activity a habit if we are to reduce the current increase in chronic disease in later life.

The guidelines outlined in the Chief Medical Officer's Report, "Start Active, Stay Active" state:

1. All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
2. Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
3. All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

"If being active as a child positively influences activity behaviour as an adult then childhood physical activity could be said to indirectly influence adult health."

Health benefits of physical activity in childhood and adolescence, Dept. Health 2011



why change4life sports clubs now?

It is time to deliver a new type of club for children in primary schools; a club that starts with children and is genuinely owned by them. A club that is appropriate to both the age of children and their stage in physical development. In developing these unique clubs we want to achieve the following:

- Attract less active Year 3 & 4 children through 'multi-sport' activities
- Build a network of Change4Life Sports Clubs on school sites
- Use the inspiration of Olympic and Paralympic sports and values
- Respond to what children want
- Establish a culture of regular attendance and participation
- Develop a real sense of belonging to the club
- Use the club environment to change behaviours around key health areas (including healthy eating, physical activity and social / emotional development)

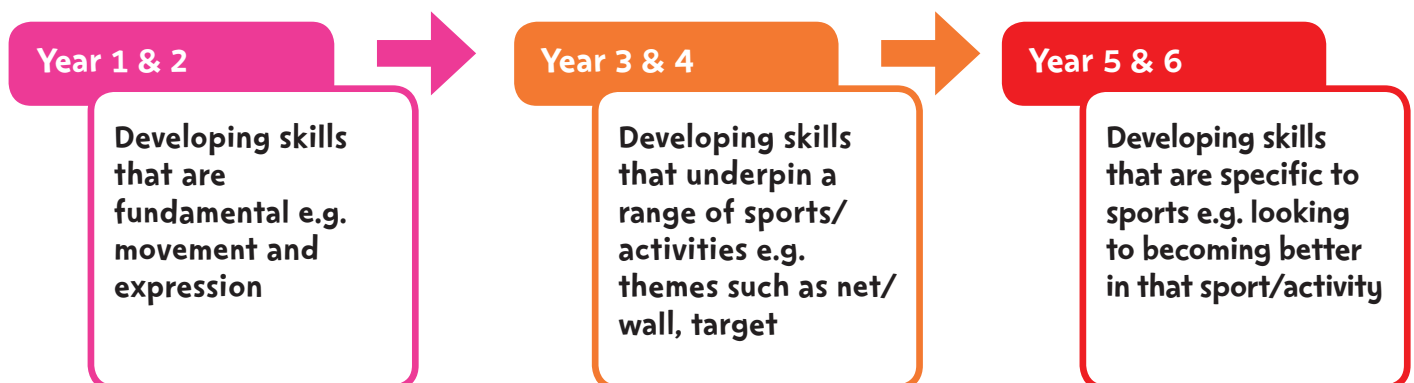
Change4Life Sports Clubs will play a major role in addressing the long standing challenge of helping more children engage in sport throughout their lives. They will help children take that vital first step to develop sports skills, confidence and knowledge in a safe and familiar environment.

why multi-sport activities?

Change4Life Sport Clubs are targeted at the current gap in provision between fundamental movement skill development at age 5 - 7 and sport specific skill development at age 9 - 11.

The new Change4Life Sports Clubs take the principles and specific skills from a range of predominantly Olympic and Paralympic sports listed below and place them in a fun, vibrant and exciting activity club. These clubs need to capture the essence of the sport without directly delivering sport specific content.

The development of children's skills should be suited to their mental and physical abilities rather than their age



purpose of this guide

This guide is designed to support you as a mentor, deliverer or young leader within a Change4Life Sport Club setting. It provides you with useful tools and tips to create a vibrant school-based club that delivers a great sports experience for less active 7-9 year olds.

It will also help you identify and recruit those less active children, encourage them to keep attending a Change4Life Sports Club and motivate them to continue to be active outside the club.

It contains support materials so you can:

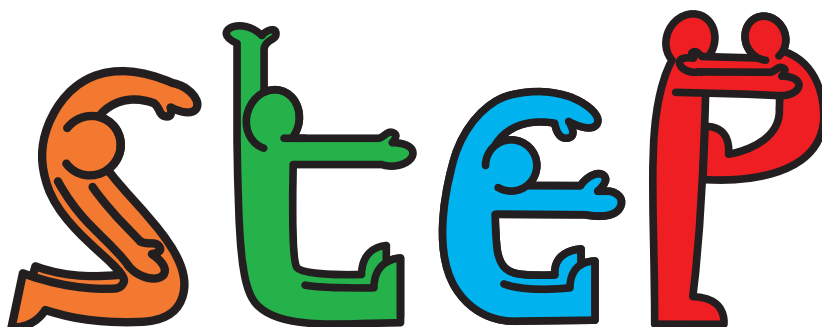
- Position Change4Life Sports Clubs in your school
- Identify key steps to success when starting and running the clubs
- Establish your role as a deliverer
- Be an effective mentor
- Identify, recruit and retain less active children
- Have guidance on young leaders and their role in running the club
- Include health and Olympic/Paralympic messages

it's part of your change4life sports club pack

National Governing Bodies of sport and national physical activity partners have helped the Youth Sport Trust develop a unique pack for you to use in your school. Your Change4Life Sports Club pack includes:

- Promotional film
- Branding pack
- Equipment package
- Activity cards and templates
- Children's logbooks and wristbands
- Electronic resources on a CD Rom
- This guide
- Celebration handbook

These resources have been designed to work together or separately, depending on how children want the club to be designed and any limitations you may face in your school such as:



Space

Task

Equipment

People

S.T.E.P. is a model used to remind you to think inclusively at all times and adapt activity accordingly.

See page 18 for more information.

positioning your club



within education...

Healthy pupils are more likely to be effective learners. PE and sport are fundamental to the development of children and young people's health and wellbeing, and their ability to lead healthy, active lifestyles.

change4life sports clubs can...

Increase attendance	By motivating pupils to attend and by valuing commitment	Raise attainment and achievement
Improve behaviour	By channelling pupils' energy and by valuing discipline and determination	
Increase confidence	By valuing pupils' different abilities and enabling them to take on a variety of roles	
Increase sense of belonging	By developing teamwork skills and by valuing friendship and respect	
Raise aspirations	By valuing excellence and raising pupils' self belief, encouraging and motivating them to achieve their personal best	
Develop life / employability skills	By developing pupils' personal, social, thinking, communication and self-management skills	
Support cross-curricular learning	By providing physical, real life and exciting examples of how sport relates to other subjects	
Increase knowledge of healthy lifestyles	By educating young people on the value of exercise, healthy behaviours and sporting activity	
Create wider support for learning	By engaging parents / carers, community partners and employers in learning	

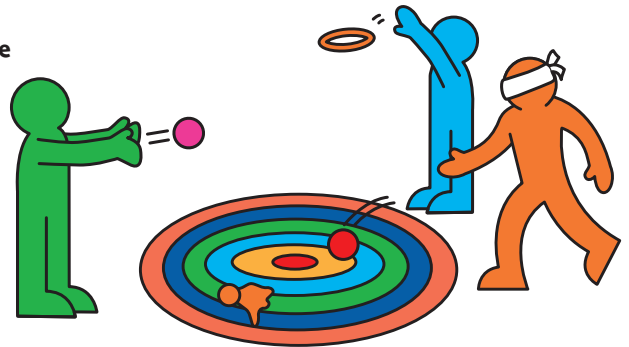
You may wish to consider these points when talking to your Head Teacher or other school staff.

Sport is also a powerful way to develop pupils' wider skills, qualities and aspirations as participants, leaders and organisers, which improve the overall school environment.

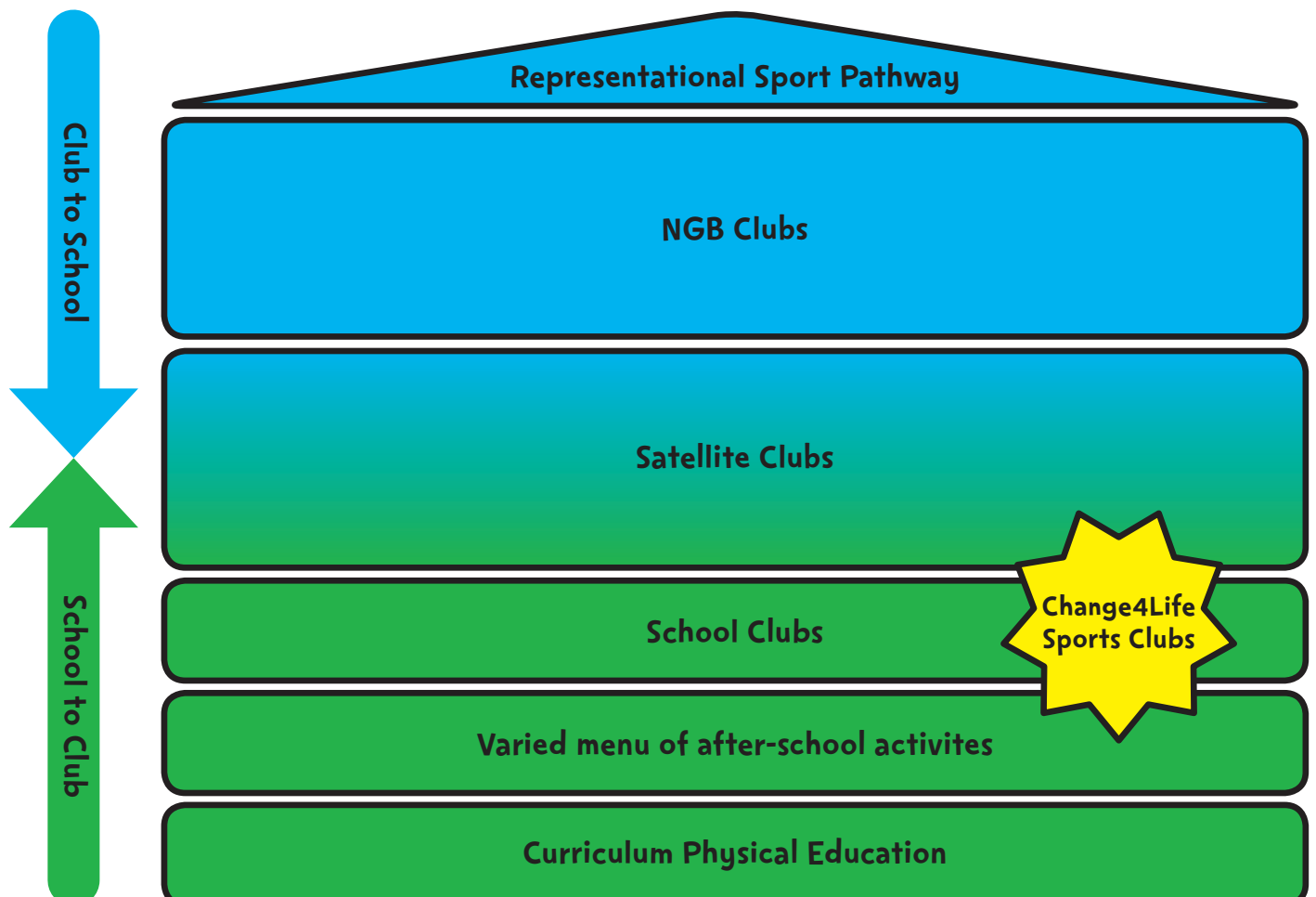
within school sport...

Change4Life Sports Clubs sit at the school club level; they are more than just after-school activity in that they aim to provide an accessible introductory club experience on site in schools. This means they are owned and managed by the school, not by the National Governing Body (NGB) – as satellite and community clubs are. They are unique in the way they are delivered and in making activity less daunting to less active children.

Through Change4Life Sports Clubs we want to build children's confidence and support them to commit to sport and physical activity on a regular basis – so they stay active for life.



school and club sport opportunities for young people



within competition...

Change4Life Sports Clubs have been designed to give children the necessary skills and confidence to be able to take part in School Games opportunities and become comfortable with competing in their school or against other schools.

The School Games have been designed to put competitive sport at the heart of school life and is based on 4 levels of competition.



However, not all young people have the confidence or competence to take part in these competitive opportunities. So Change4Life Sports Clubs have been positioned to ensure that more young people from less active backgrounds are able to take full advantage of all that the School Games have to offer.

This competitive journey may start with children competing within the club and becoming used to challenging themselves and others. Over time this will lead to children competing in other activities and sport within their school and maybe one day leading to competing with other schools.

It is important that the mentor and deliverer of the club understand all that the School Games have to offer and how Change4Life Sports Clubs can be a great introduction.



**delivering
your club**



key steps to the success



making it happen

There are three main elements to ensuring the club is successfully set up, delivered and sustained to meet the needs of the school and children:

- The role of the deliverer
- The role of the mentor
- The role of the young leader

The next section will take you through the roles and responsibilities in making the club successful and introduce some tools for you to use and tips for you to consider.

If you are responsible for delivering a sports club, you may want to give this guide to a group of young students from a secondary school and let them take responsibility for some of the organisation of the club themselves.

recruiting change4life deliverers

The recruitment of the right deliverers of the club (including young people) will be essential to the success of the club. Deliverers could be:

- Teachers
- Teaching assistants
- School administration staff
- Parents
- University Students
- Midday supervisors
- Sports club member
- School sport coaches

A deliverer needs to be able to inspire and motivate the young people who participate. For role of the deliverer go to Page 20.

They need to be respected in the school, have experience of working with children and be committed to organising the club over an academic year.

Here are some knowledge, skills and qualities to look for:

Knowledge	✓	Skills	✓	Qualities	✓
Essential (Before becoming a Change4Life Sports Club deliverer)					
Understanding of the target group of children		Be able to deliver safe / age appropriate activity		Trusting	
Know how to structure sessions / a programme of activities		Ability to change the activity to meet children's needs		Empowering	
Aware of the benefits of health and fitness		Effective communicator		Empathetic	
		Responsive to the needs of children (adaptable)		Confident and Fun	
		Be able to manage behaviour		Engaging	
		Be able to build relationships with parents, children and the school		Committed	
		Be organised			
Desirable (Can be developed as a Change4Life Sports Club deliverer)					
Awareness of safety procedures		Be able to demonstrate activities or skills		Understanding	
Knowledge of school behaviour management policy		Be able to effectively promote the club		Motivated and Inspirational	
Knowledge of health and safety for the environment where the club takes place				Sympathetic	
Knowledge of age related activities to suit physical / mental development				Approachable	
Understanding of Change4Life environment and how to create it					
First aid					

including young volunteers

With a key target of having 50% of the Change4Life workforce as young volunteers you need to consider how secondary age leaders can be included and maybe, at some stage, become club managers.

However, there is also a role to be played by Year 5 and 6 pupils in making your Change4Life Sports Club a success as well as Year 3 and 4 children participating in the club



Below is a summary of the roles that young people can play, but look out for the suggestion boxes:

secondary age volunteers (14-19)	primary Year 5 - 6 pupils	primary Year 3 - 4 pupils
<ul style="list-style-type: none"> • Work towards a Club Manager role • Promote the club • Design activities and structures the session (with the adult deliverer) • Work with the adult deliverer to set the pace and feel of the club • Act as role models • Provide feedback to the adult deliverer from young people in the club • Provide support around activity delivery • Take registers/track attendance • Manage Year 5 - 6 young volunteers • Have an active role in supporting the needs of the less active children in the club 	<ul style="list-style-type: none"> • Support delivery of activities • Become a buddy for Year 3 - 4 pupils – recruiting and supporting them • Run practice sessions at playtime • Set up activities • Help to instruct activities • Role organiser - allocates roles to Year 3 - 4 pupils i.e. equipment monitor • Fair play officer - looks for values/spirit i.e. sporting spirit • Organise and present awards • Collect records from scorers • Warm up/Cool down leader – runs the warm up and cool down sessions 	<ul style="list-style-type: none"> • Use the Change4Life branding to create the look and feel of the club • Equipment monitor (oversees getting out and returning equipment) • Water monitor (makes sure there are regular water breaks to stay hydrated) • Scorers – keeps scores / records • Demonstrators – helps the deliverer with demonstrations • Recorders – everyone keeps their own scores • All vote for fair play award
Who	Who	Who
<ul style="list-style-type: none"> • Step into Sport Volunteers • Duke of Edinburgh Students • Secondary Change4Life club participants • Sport Makers • Volunteers for citizenship agenda • MEND ambassadors • Leadership academy young leaders • Gold and Silver Young Ambassadors 	<ul style="list-style-type: none"> • Young people other than sports leaders • Young people trained through Active Leaders • Playground leaders • Bronze Young Ambassadors 	<ul style="list-style-type: none"> • Club attendees

marketing and promoting the club

Be creative in marketing and promoting your Change4Life Sports Club to children, parents, organisers, head teachers and health partners. Take every opportunity to inform the whole school of all the exciting activities available.

Try the following:

- Use all the posters, stickers and letter heads that are contained in the branding pack to help you promote your club to children and adults
- Place posters in prominent areas to advertise your club to as many children and parents as possible
- Use opportunities such as assemblies, staff meetings, parents' evenings or Parent Teacher Association gatherings to introduce the club, show them the film and supply information
- Use your school website to host information about the club
- Let parents know about what you are doing and how they can help
- Use the school newsletter or email that goes out to young people or parents to include regular information about the club

What is the role of young volunteers within the school and from secondary schools in marketing the club? Could they play an active role in designing posters, presenting to children or recruiting participants?



including the right children

The aim of Change4Life Sports Clubs is to increase participation in sport and physical activity by less active children aged 7-9. However, in some schools, it may be right to include a broader age group.

You may decide that you need to target specific individuals to attend sessions aimed at a wider audience e.g. ensure that less active children are included within a larger group.

Nationally, 'less active' tends to refer to those children who are not taking part in the recommended minimum of 60 minutes of moderate to vigorous intensity physical activity each day.

While these are national recommendations, it's important to identify the less active children in your school. These children will be doing significantly less physical activity than other children in your school and may:

- Regularly bring in excuse notes for PE
- Dislike traditional sport or team games
- Have other interests that take up their time
- Be studious
- Lack parental support to access out-of-school-hours (OSH) opportunities
- Be pressured by parents to participate and succeed in sport
- Have to adhere to religious or cultural commitments and requirements or care for other family members
- Be rurally-isolated and dependent on school transport
- Have additional support needs
- Be seen as 'poorly-behaved' or at risk of being excluded from school
- Lack confidence, self-esteem or social skills
- Have poor co-ordination and movement skills
- Have weight issues, i.e. obese / overweight or under nourished
- Have had a negative experience of PE and sport

For any approach to be effective you need to find out why those children don't currently take part. What are the barriers to their participation?

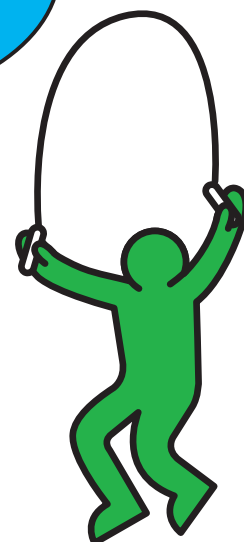
For example:

- Cost of sessions
- Lack of transport or inaccessible venue
- Lack of time or conflict with other commitments
- Lack of appropriate clothing or equipment
- Fear of failure or bullying – by staff or other young people
- Being self-conscious about their body
- Disliking activities on offer or dislike formal structures
- Parents may not have the time or inclination to support them

Often barriers are interlinked e.g. a child doesn't feel they have the right kit because their parents won't support them. Both sets of barriers need to be tackled if the young people are to be encouraged and enabled to be active.

Overcoming barriers starts by really understanding what children think and want.

How do you use your volunteers to recruit the right children?



keeping the club healthy

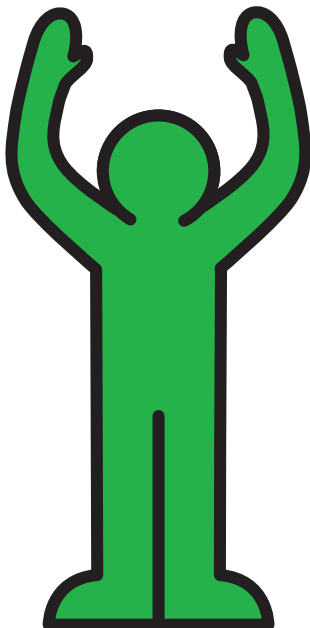
Change4Life Sports Clubs can also help children's health and wellbeing by ensuring:

- Warm ups and cool downs are fun and include everyone
- Water is always available
- Where snacks are available, they are healthy
- Informal healthy eating talks are arranged
- Members are given advice on where they can continue to play away from the school
- The importance of sleep, relaxation and early nights is understood
- The clubs keep sport recreational and not overly competitive or stressful
- They build physical activity into their everyday lives

One of the ways that health messages can be embedded is by using the health related challenges and club activities within the activity cards. You can also choose themed activities: i.e. heart raising activity, muscle group activity, brain train activity or core strength activity.

How can healthy messages be embedded within the club?

Are your young volunteers good role models when it comes to eating and drinking the right foods and fluids? Could they do talks on healthy eating?

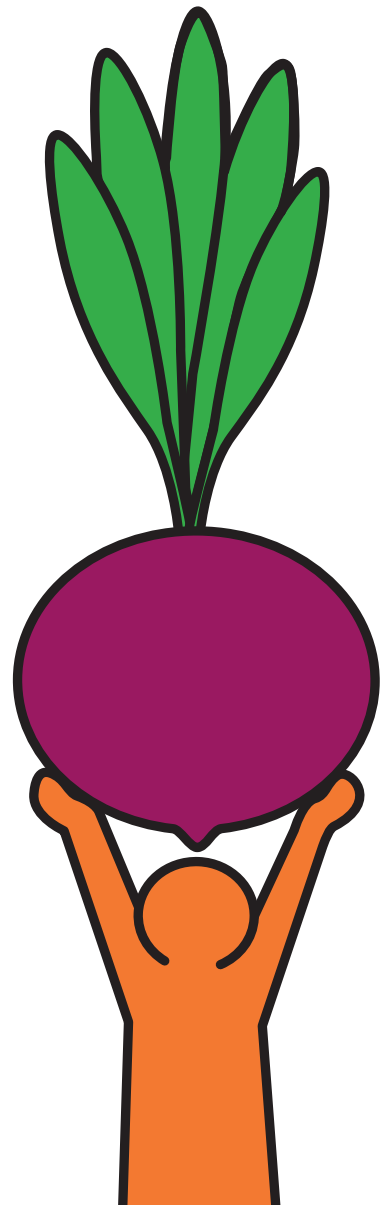


encouraging healthy eating

Change4Life is about making small, easy changes to eat well and move more.

Healthy snacks are a good way of building towards your 5 A Day. So encourage children to bring in and eat healthy snacks like oranges, apples, bananas, raisins, dried apricots or a small glass of fruit juice.

Volunteers can give informal talks about healthy eating. You'll find lots of ideas on areas to talk about, like 5 A Day and Me Sized Meals, plus tips and advice on the Change4Life website. A really good way to start is by introducing children to the eatwell plate – find out more and see what other Key Stage 2 healthy eating resources are available at www.nhs.uk/C4LSchools



being inclusive...

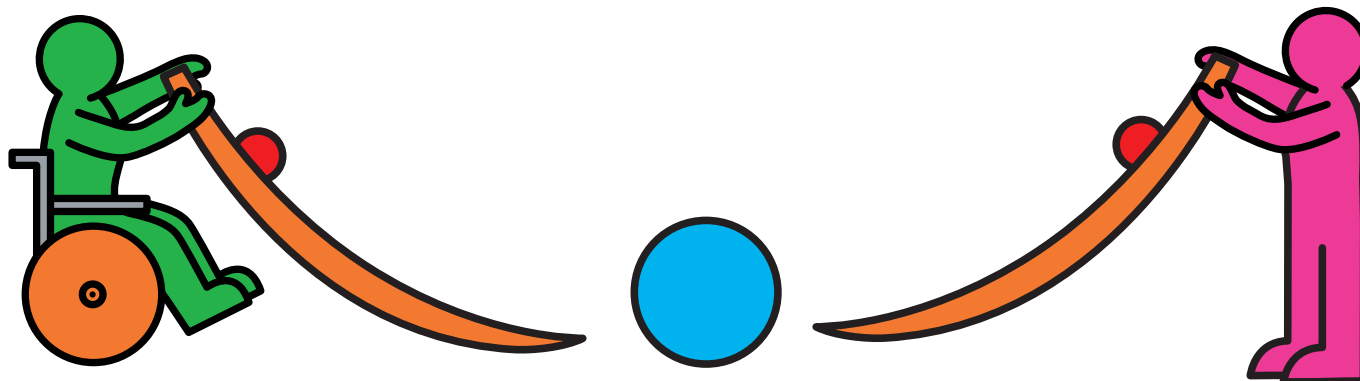
If Change4Life Sports Clubs are to be genuinely different then we must make sure young disabled children are included. We have ensured the activities are suitable for everyone to play. Here are further suggestions on how you can include young disabled people:

- Make a special effort to understand why children with disabilities or special educational needs students do not currently take part in sport
- Consider any limitations they may face in your school such as Space, Task, Equipment and People
- Invite children with disabilities to be part of the club management with tasks around activity design and adaptations
- Adapt activities to make them suitable for everyone and see if you can get any special equipment needed
- Run some activities especially for children with disabilities

- Identify other resources to support leaders of young people with special needs
- Consider running the club at lunchtime or before school so transport isn't a barrier to participation

S.T.E.P. is a model used to remind you to think inclusively at all times and adapt activity accordingly.

**How are you using your young volunteers to support children with special educational needs or disabilities?
Could they provide one-to-one support?**



engaging parents in your change4life sports club

Children may be less active because physical activity isn't a priority within the family or parents may lack the time, capacity, awareness or inclination to support their child in attending sessions.

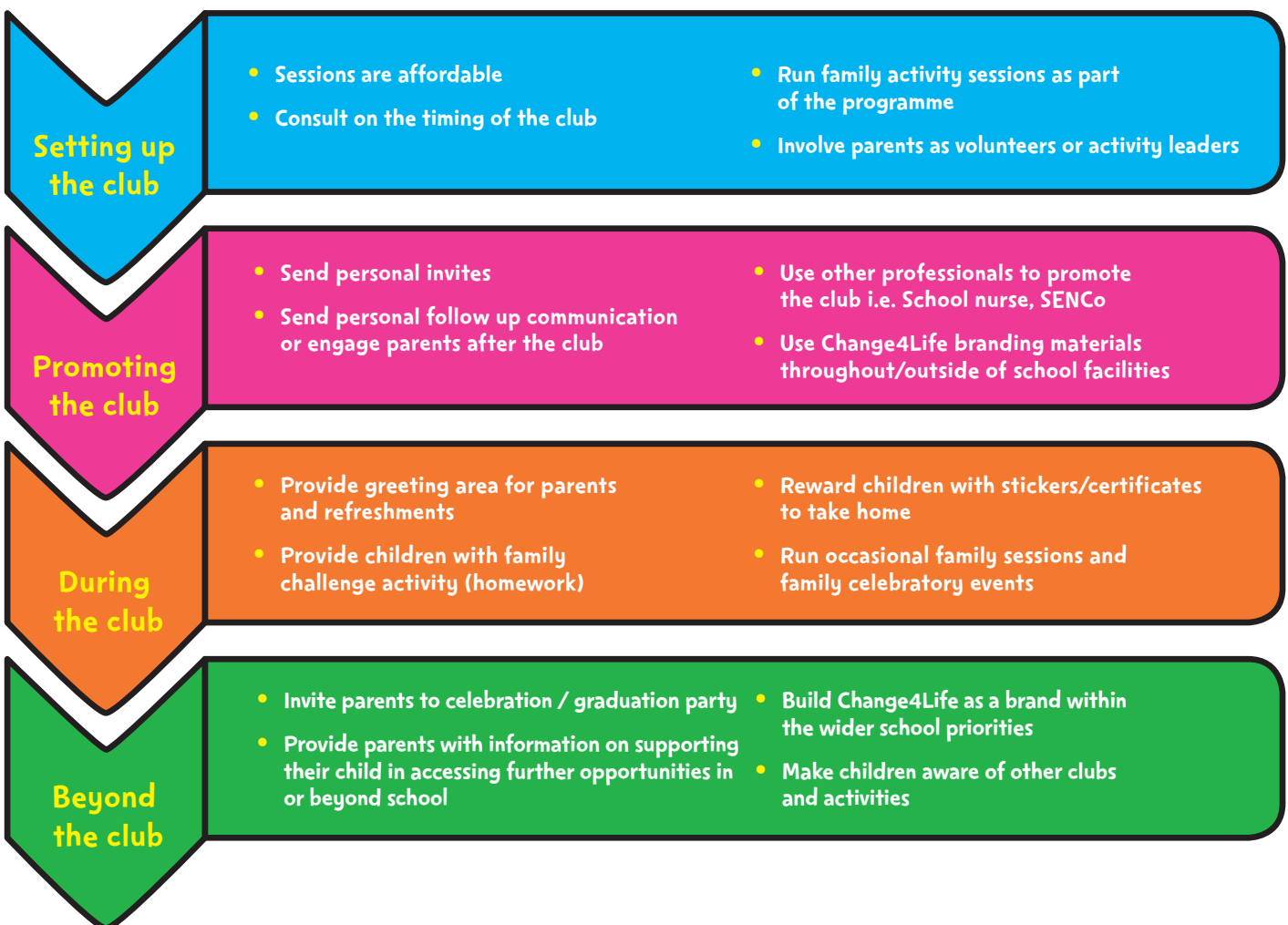
Involving the whole family, especially parents, can be highly effective in enabling children to attend a club regularly and stay active beyond the club.

It may also help to increase activity levels in other family members.

Don't forget the success of your club and children 'sticking at it' could depend on how you involve parents

Use your volunteers to welcome parents and make them feel part of the club

try these ideas to engage parents



your role as a deliverer



your role as an effective deliverer

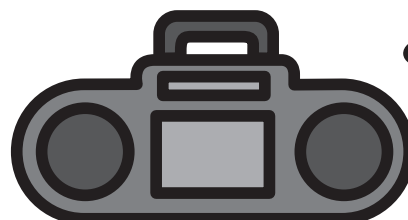
As a deliverer you don't have to be sport orientated or even trained as a coach when you start out; you should just enjoy working with children and help them have fun through your leadership.

Your main role is to create a vibrant and unique club experience that will engage and retain less active children by:

- Making activity fun, growing their confidence and helping them to achieve success
- Involving children in the delivery of the club
- Knowing how to structure and organise your club
- Engaging parents
- Creating a sense of belonging

What is the best way of using the 'club activity' suggestions on the reverse of the activity cards and giving children a sense of belonging?

Maybe use young volunteers to design some of the activities or to plan out a theme of activities based on the sporting spirit values?



planning for delivery

Schools will already have their theme – Adventure, Target or Creative – allocated based on the consultation with Head Teachers. All activities will be based on this theme.

Mentors and deliverers should take a look at the resources in their package including the activity cards, and the 'Sporting me' tasks on the back of the cards.

It is really important that the Change4Life Sports Clubs have a different feel to them, and the club programme will be a huge part of this. Try to organise three to four sessions in advance and then advertise them in a way that generates excitement in the children involved.

Discuss with the school the most suitable time for young people to come and try to make it happen. You also need to consider how best to prepare to make the club a success. You might, for example, want to make the venue look different.

Also, could there always be:

- Something to drink
- Music playing as young people come in and during activities
- Talking, chatting and discussing before each activity starts
- Informal chill out zones so young people can drop in and out of activities without disturbing others
- Club branding around the space being used

checklist: where?

Deliverables	Considerations	✓
The space for the club is matched to needs of the club	<ul style="list-style-type: none"> An available space has been found and branded Change4Life for the club It is a space that young people are comfortable with and is large enough for the activities 	
The club space is child-friendly and vibrant	<ul style="list-style-type: none"> The space looks different from the rest of the school Young people have had an input into its design 	
The club space is accessible by all	<ul style="list-style-type: none"> There are no restrictions on the types of activity that can take place There are no limitations on young disabled people accessing the space 	
The space is safe	<ul style="list-style-type: none"> The space has been risk assessed The space can be known as the Change4Life club space 	

checklist: when?

Deliverables	Considerations	✓
Child engagement	<ul style="list-style-type: none"> The best time for children has been considered i.e. before school, lunchtime, after school, weekends Activity is planned in line with other lessons and activities happening across the school 	
School day	<ul style="list-style-type: none"> Club sessions do not clash with other activities and themes that require the same space Deliverers are not under pressure to deliver the club – they have the time to do so 	
Parent engagement	<ul style="list-style-type: none"> There are no restrictions to parents being involved with the delivery of the club Consider when parents are able to pick up and drop off children 	

Parent engagement is essential to the success of the club so include parents whenever possible.



checklist: what & how?

Deliverables	Considerations	✓
<p>Making the Change4Life Sports Club vibrant and unique</p>	<ul style="list-style-type: none"> • The club is visually different and feels different to a normal extra-curricular activity • It's branded Change4Life and young people use this branding to create the look and feel of the club • There is space for social interaction and music is available • Children learn about being in a sports club • It's planned how parents will be involved 	
<p>Including children in the club</p>	<ul style="list-style-type: none"> • Children have made decisions in the forming and organising of the club • Children have led on the branding, naming and designing club activities • Children involved in the club have leadership roles allocated to them before the club starts 	
<p>Creating an effective Change4Life delivery team</p>	<ul style="list-style-type: none"> • Deliverers are appropriate and prepared for the delivery of the club • Young secondary leaders are clear on their role and have an active involvement in running the club • There are a number of deliverers available to cover the ongoing commitment of club sessions 	
<p>Content clearly matched to the needs of the less active and planned over the school year</p>	<ul style="list-style-type: none"> • Children have had a voice in the planned activity • The first 6 weeks are ready and promoted and the space is available • Themed activity has been chosen using the Spirit of the Games stamps on the activity cards 	
<p>Health and wellbeing is fundamental to the club</p>	<ul style="list-style-type: none"> • Health messages, such as 5 A DAY, me sized meals and walking to school, are embedded within the activities • Children have an opportunity to complete their logbooks and raise questions on content • There are plenty of opportunities to hydrate by drinking water during sessions and in classrooms 	
<p>Clubs are marketed and promoted to the right young people</p>	<ul style="list-style-type: none"> • Buddying systems are in place with the Year 5 & 6 leaders • Branding materials have been used throughout the school using the packs provided • Invitations and parent engagement have been considered and put into action • Children know about the activities and what the Change4Life Sports Club involves 	
<p>Introduction of a competitive element</p>	<ul style="list-style-type: none"> • There is an element of challenge (individual, group or family) built into the programme • There is an opportunity to showcase skills or activities learnt throughout the year • Links to level 1 of the School Games are clear and appropriate 	
<p>Including Young Leaders in the running of the club</p>	<ul style="list-style-type: none"> • Young secondary leaders have an active role in supporting the club and are part of the delivery team • A young secondary leader has been identified as a potential 'club manager' • Year 5 or 6 playground leaders have been invited to assist with the club and have taken on buddying roles 	

equipment list and activity

Change4Life Sports Clubs have been designed to engage less active children in school sport over a period of time to create a change in physical activity habits. To ensure this behaviour change takes place it is important to plan ahead over a 6 week period, term and academic year.

Week	Activity	Space	Time	Equipment	People	Support
1	<ul style="list-style-type: none"> • Not in my Backyard • Slalom Relays • Seated Score 	Playground space or School hall if wet	8.00-8.45	Beanbags, cones, squistle, stopwatch, scoreboard, koosh balls, blindfolds, coloured poles	Groups of 5 Mixed girls and boys	2 x Year 6 2 x Year 11
2						
3						
4						
5						
6						

Think about themes of activities and how they relate to other things taking place in your school.

NB: Further templates are available to download and use from the CD Rom

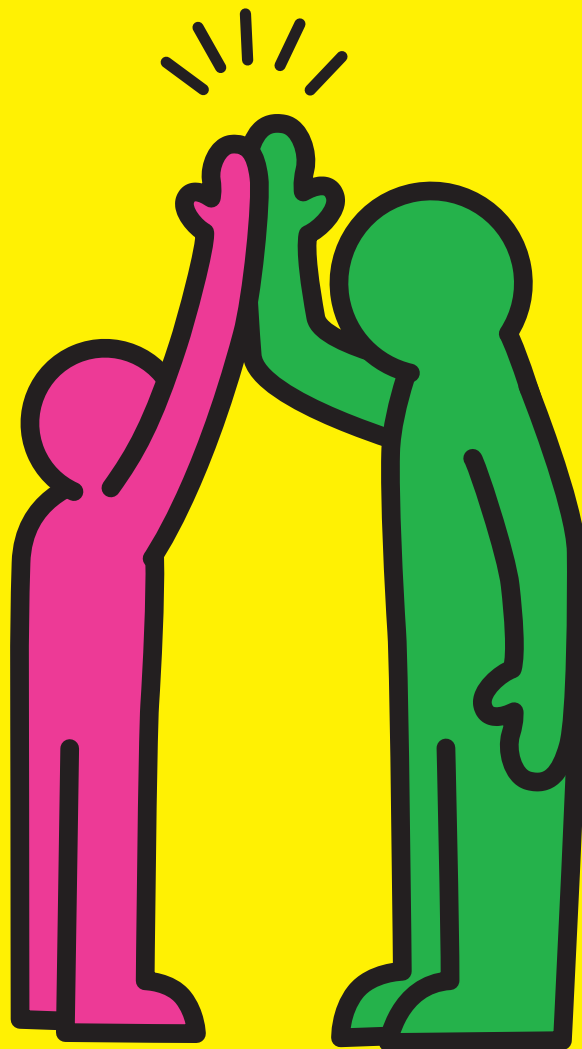
change4life sport club action plan

Here are some areas to consider while setting up your Change4Life Sports Club.

Areas to consider	What ideas do you have?	By when?	What do you need to do to make this happen?	Adult role	Young people role
Example: Making the club inclusive	Working with SENCo to identify all the appropriate young disabled people	January 2012	Speak to teachers and parents of those young disabled children	Get list of young people and ensure they are invited to be part of the club	Buddy all the young disabled children identified and ensure they feel included in the club
Young people's involvement					
Exciting environment for the club					
Marketing and promotion					

NB: Further templates are available to download and use from the CD Rom

your role as a mentor



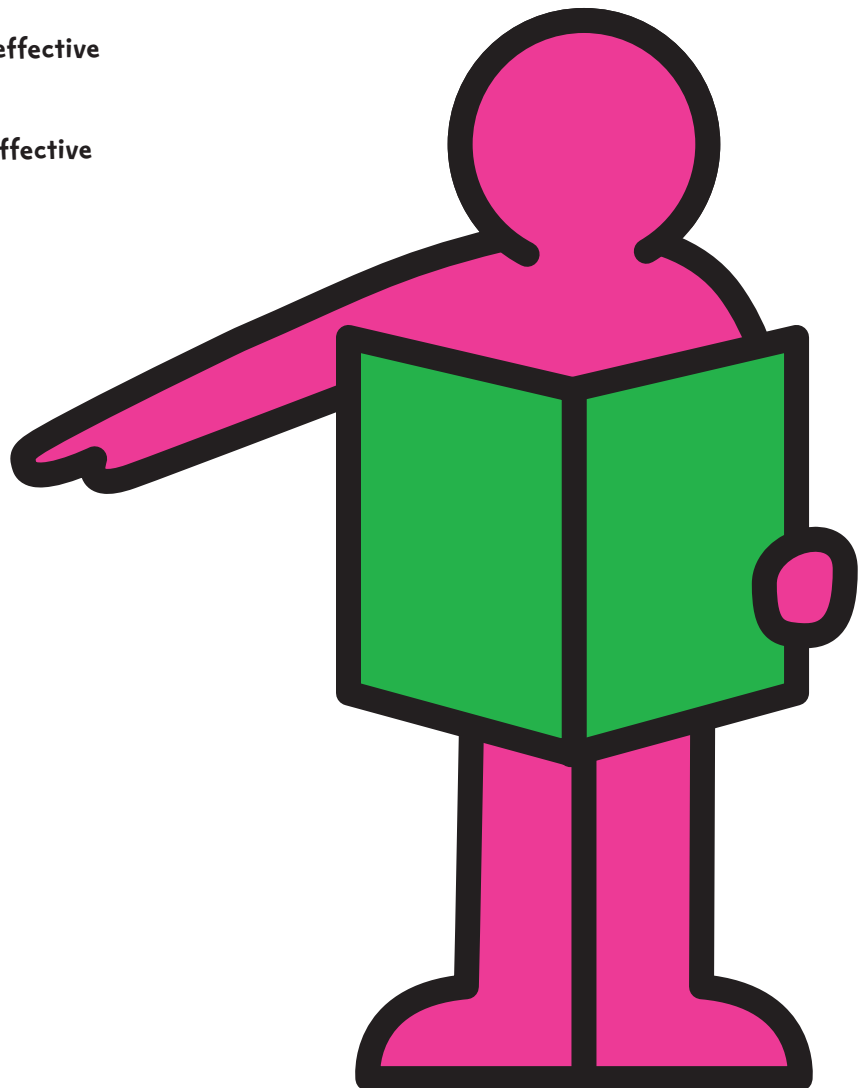
your role as an effective mentor

As a mentor, you'll help set up, deliver and run the Change4Life Sports Club. You need to ensure the Change4Life delivery team feel confident and competent to deliver a fun range of engaging activities in a safe environment where young people feel a sense of belonging.

Self review is an essential factor in being a mentor

This section will help you to:

- Confirm that you are the right person to be a Change4Life mentor
- Be clear on your role and the tasks you need to undertake
- Understand the key components of effective mentor-mentee relationships
- Self review your ability to develop effective mentor-mentee relationships



are you the right person to be a change4life mentor?

A Change4Life mentor will have the following knowledge, skills and qualities. Tick those you have and identify areas where you need to improve, using the table below:

Knowledge	✓	Skills	✓	Qualities	✓
Understanding of the primary school environment		Able to support the adaptation of activities		Enthusiastic	
Understanding of Change4Life principles		Observation skills		Empathetic	
Understanding of multi-activity principles		Able to provide constructive feedback		Approachable	
Knowledge of where to gain further professional development		Able to assess what support other people need		Flexible	
Experience of delivering to 7-9 year olds		Good problem solver		Creative	
Previous mentoring experience		Effective communicator			
		Effective questioning skills			
		Flexible approach			
		Able to help others to self evaluate			
		Able to help others learn			
		Ability to plan effectively			



tasks of the mentor

Change4Life is built on effective mentoring and creating a working relationship between the mentor and deliverer (mentee). The level and type of support you will need to provide to your mentee will depend on the individual deliverer.

Doing self review as a change4life mentor

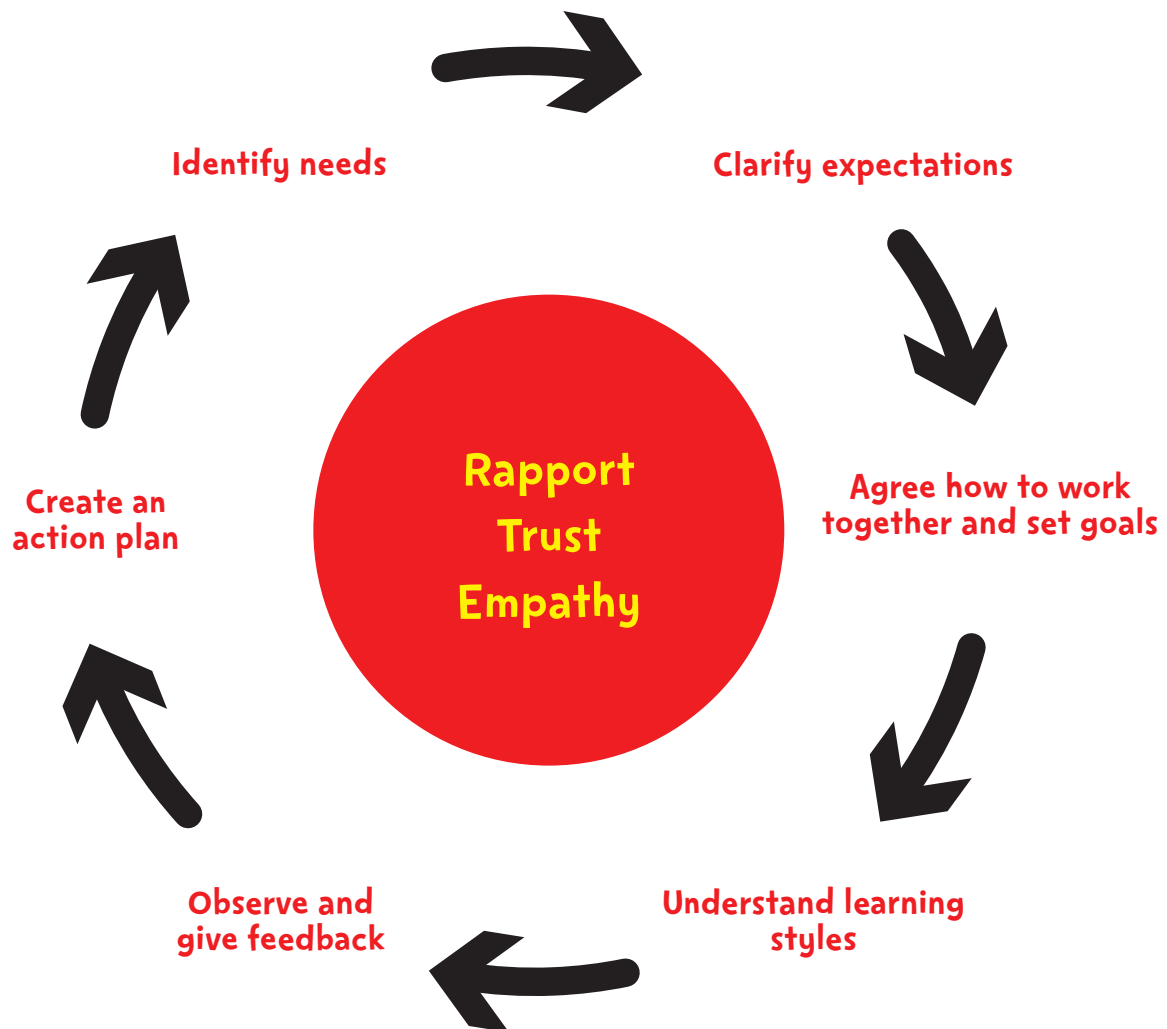
This self review table will help you consider what the needs of the mentee (deliverer) are – and how you’re helping to support them.

task	✓
Orientate deliverers around the activities and resources	
<p>Ensure that the deliverer is able to effectively:</p> <ul style="list-style-type: none"> • Structure and organise the session • Deliver safe, age appropriate activity • Manage groups • Involve young people in the delivery of the club 	
<p>Support the deliverer in their ability to:</p> <ul style="list-style-type: none"> • Adapt activities • Engage children and keep them motivated • Demonstrate 	
Support the deliverer with planning of the first 10 weeks of activities, share ideas	
Helps the deliverer to understand the exit routes from the club for all children for their next steps and prepares the deliverer to run the club with confidence beyond the first 10 weeks	

NB. Further templates are available to download and use from the CD Rom.

developing the mentor/deliverer relationship

Setting up a good relationship between the mentor and mentee from the beginning is key to success in the deliverer's development. To build an effective relationship, you need to:



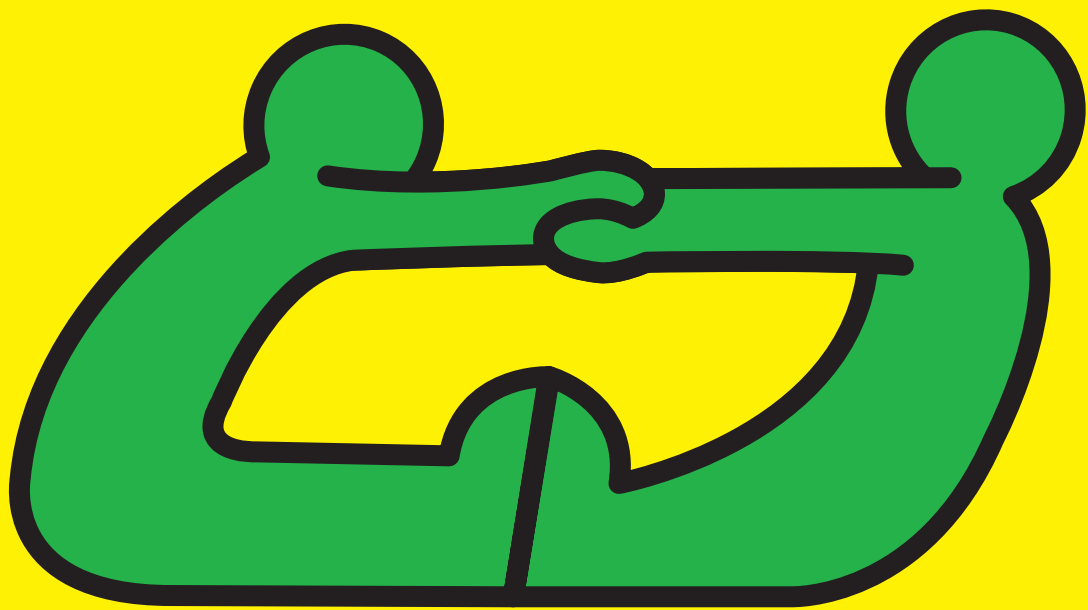
your ability to mentor

To enable you to be the best mentor you can be, it is worth taking the time to self-reflect your ability to:

skill	comment
Actively listen	
Effectively question	
Help the mentee self reflect	
Give constructive feedback	
Demonstrate/model behaviour	
Hold a difficult conversation effectively	
Choose the most appropriate format to support the mentee (face to face, phone or email)	
Celebrate success	
Manage time effectively	

NB. Further templates are available to download and use from the CD Rom.

resources and support



change4life sports clubs and the 'spirit of the games'

Change4Life Sports Clubs are not just about new activities and new sports. They are about inspiring young people to adopt and develop a range of values that are not only important to sport but also to life. The Youth Sport Trust, working with young people, has developed a set of values to motivate and inspire children to take part in school sport.

These values have been designed to:

- Provide a set of sporting values and embed them in school sport (e.g. in the School Games and Change4Life sports clubs)
- Use sport as a tool to encourage children to develop their personal values and ethos
- Achieve excellent standards of sporting conduct in the context of school sport

to help you use these within the change4life sports club...

Each activity has been designed to link to one of the 'Spirit of the Games' values and this in turn links to a reward system in the children's 'Get Going' logbook.

Stickers have been provided and they can also form part of a discussion about the Olympic and Paralympic Games – how those values were developed and remain fundamental to the Olympic ethos to this day.

To make it easy for the children to understand what they have to do to achieve their 'Spirit of the Games' reward there are also a set of descriptions that have been written by young people and they can also be used in the club sessions.

'Spirit of the Games, inspiration through sport'



Teamwork

- Working with my team, not being selfish
- Letting everyone have a go, sharing the equipment and giving everyone a chance
- Showing team spirit – encouraging my team mates and saying well done



Self Belief

- Being brave, taking on new challenges
- Being confident
- Trying new sports or activities



Honesty

- Always telling the truth
- Never cheating
- Admitting when I am wrong



Passion

- Being positive and enjoying the game / activity
- Trying my best
- Keep trying if I don't get it right



Respect

- Being polite, not shouting or losing my temper
- Shaking hands with the other players and thanking them for the game
- Listening to the coach / teacher



Determination

- Never giving up on myself or my team
- Always trying my best no matter what I am doing
- Trying again if something goes wrong

The young leaders involved in the club could be responsible for giving out 'Spirit of the Games' awards during the club session

a guide to your change4life resource

Activity pack

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

Each activity card contains useful information on how to deliver the activity, keep it safe and, if necessary, adapt it to suit the needs of children taking part.

The pack also links in with the children's 'Get Going' logbook, Spirit of the Games values and the tasks associated with being part of a sports club.

CD Rom

This contains the new Change4Life Sports Clubs film for use in assemblies and networking or conference events.

'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, plus reasons to interact with deliverers and ways to monitor progress.

Celebration handbook

This resource gives you some great ideas to celebrate everything that is great about you and your club and shout about your success.

See www.change4lifesportsclubs.org

Wristbands

Our wristbands are designed to achieve two things; 1) provide the young people involved in the clubs with a real sense of belonging and 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.

Branding pack

This contains posters and branding materials. You can use these in your school to raise the profile of the Change4Life Sports Clubs among children, school staff and parents.

Equipment package

Your package is tailored to a theme. The equipment is non sport specific so that any activity can be delivered without extra cost or a lot of storage space.

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. There are also useful templates for planning and delivering your club online at nhs.uk/c4lportsclubs.



change4life sports clubs and activities have been developed to take the principles and specific skills from a range of predominantly olympic and paralympic sports

These have been developed with leading national governing bodies and partners.

Change4Life Sports Clubs - Target

- Golf
- Archery
- Fencing
- Bowls
- Boccia
- Goalball

Change4Life Sports Clubs - Adventure

- Canoeing
- Cycling
- Rowing
- Orienteering
- Outdoor Education
- Sailing

Change4Life Sports Clubs - Creative

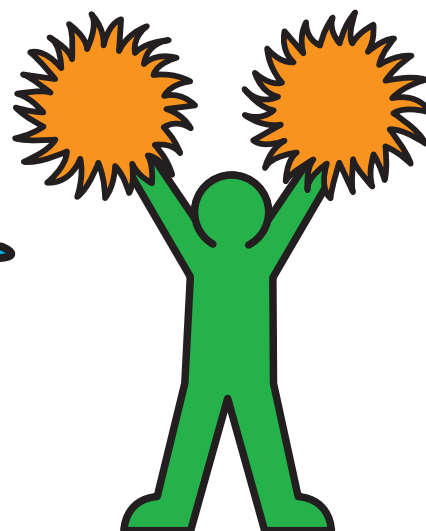
- Gymnastics
- Exercise and Movement
- Jump Rope
- Swimming
- Cheerleading

Change4Life Sports Clubs - Combat

- Taekwondo
- Boxing
- Fencing
- Judo
- Wrestling

Change4Life Sports Clubs - Flight

- Volleyball
- Handball
- Rounders
- Softball
- Cricket
- Ultimate Frisbee



change4life sports clubs themes have been developed with leading national governing bodies and national partners

Adventure themes

Activities designed to develop teamwork, provide challenge and opportunities for risk taking. The fun and exciting Adventure Theme supports the physical skills of balance, core strength and weight transfer along with skills of decision making, cooperation and negotiation that really bring out a sense of adventure.



Creative themes

With a focus on expression of movement, imagination and innovation the Creative Theme enables children to develop hand eye co-ordination, body control, flexibility and locomotion ability. Music, rhythm, movement and innovation activities help to bring out their creative spirit.



Target themes

The Target theme provides challenges, activities and games supporting the development of distance control, aim and focus and upper body control. With fun and stimulating games this theme will help with hand eye co-ordination and judging trajectory, enabling participants to target the stars.



Combat themes

Innovative games and activities focusing on body control, speed of thought and movement form the basis of the Combat Theme. These games help to develop the personal qualities of discipline, respect and concentration, allowing children to rise safely and appropriately to the combat challenge.



Flight themes

The Flight Theme provides exciting games and challenges to develop positive throwing and catching skills in fun and new ways, giving children the chance to explore the characteristics of trajectory, action-reaction and body position & control. The Flight Theme provides opportunities for individual, paired and team play, allowing imagination to take flight.



what next?

For more information about all the National Governing Bodies and partners and the programmes that they run for primary school children, visit their websites below:

Target Sports

Golf Foundation
www.golf-foundation.org

Archery GB
www.archerygb.org

British Fencing
www.britishfencing.com

Bowls England
www.bowlsengland.com

Boccia England
www.bocciaengland.org.uk

Goalball UK
www.goalballuk.com

Adventure Sports

British Cycling
www.britishcycling.org.uk

Bikeability
www.dft.gov.uk/bikeability

British Rowing
www.britishrowing.org

British Orienteering
www.britishorienteering.org.uk

Outdoor Education Advisory Panel
www.oeap.info

Royal Yachting Association (RYA)
www.rya.org.uk

British Canoe Union
www.bcu.org.uk

Creative Sports

British Gymnastics
www.british-gymnastics.org

The ASA
www.swimming.org

Exercise, Movement and Dance
Partnership
www.emdp.org

UK Cheerleading Association (UKCA)
www.ukca.org.uk

The British Rope Skipping
Association
www.brsa.org.uk

Jump Rope for Heart
www.bhf.org.uk

Combat Sports

British Taekwondo
www.britishtaekwondo.org

Amateur Boxing Association
www.abae.co.uk

British Fencing
www.britishfencing.com

British Judo
www.britishjudo.org.uk

British Wrestling
www.britishwrestling.org

Flight Sports

Volleyball England
www.volleyballengland.org

England Handball
www.Englandhandball.com

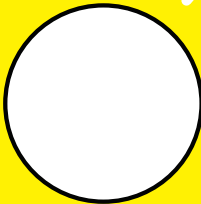
Rounders England
www.roundersengland.co.uk

Baseball Softball UK
www.baseballsoftballuk.com

England Cricket Board
www.ecb.co.uk

UK Ultimate
www.ukultimate.com





change
4 life
Sports club