



# Change 4 Life Sports Clubs



## WHO ARE WE?



The **Youth Sport Trust** is an independent charity devoted to changing young people's lives through sport. Established in 1994, we are passionate about helping all young people to achieve their full potential in life by delivering high quality physical education and sport opportunities. We work to:

- give every child a **sporting start** in life through high quality PE and sport in primary schools,
- ensure all young people have a **sporting chance** by developing opportunities for those with special educational needs and disabilities and
- support all young people to achieve their **sporting best** in school and their personal best in life.

Our values, which are built on trust, integrity, working in partnership and responsibility, run across all of our work – be that with schools, our corporate partners, government, sporting organisations and, most importantly, young people.

## WHY WE EXECUTE THE PROGRAMME

In response to the **Department of Health's obesity policy**, the Change4Life programme was launched in 2009 to improve the nation's health and well-being by encouraging everyone to eat well, move more and live longer. One element of this was Change4Life Sports Clubs aimed at increasing participation and physical activity in young people.

## PRELIMINARY RESULTS AND SUCCESS STORIES

Change4Life Sports Clubs are proving to have significant impact on many whole school priorities such as behaviour, attendance and attainment. They also provide a means of developing a sense of belonging, confidence and competence in young people.

## OUR CHALLENGES

1. Funding for secondary clubs has now ended but focus remains at primary level because of continued Government investment.
2. Help schools understand how the Change4Life Clubs support whole school priorities and inspection expectations .
3. Sustain existing clubs through ongoing training and mentoring and through the replenishment of essential key practical equipment.
4. Promote the success of the programme by developing Young Leaders and more schools to begin a Change4Life Club.
5. Encourage active children to continue to participate in 60 minutes physical activity through more challenging activities.
6. Encourage less active children to maintain 60 minutes physical activity within the Change4Life Club.
7. Schools to ensure a robust monitoring and evaluation process is in place to maximise impact, and to evidence the value of their investment in the programme.

## OUR APPROACH TO SCHOOL AND SPORT SECTOR COOPERATION

**Primary Change4Life Sports Clubs** have been created to increase physical activity levels in less active seven to nine year olds, through multi sport themes. The clubs strive to create an exciting and inspirational environment for children to engage in school sport.

Currently there are five themes that take their influence from a range of sports:

- **Adventure:** canoeing, cycling, orienteering, rowing, sailing
- **Combat:** boxing, fencing, judo, taekwondo, wrestling
- **Creative:** cheerleading, diving, gymnastics, jump rope, swimming
- **Flight:** cricket, handball, rounders, softball, ultimate Frisbee, volleyball
- **Target:** archery, boccia, bowls, goalball, golf, fencing

**Secondary Change4Life Sports Clubs** focus on one of seven Olympic and Paralympic sports to attract less active young people and inspire them to participate in a range of alternative school sports. The aim is to build a network of vibrant extracurricular clubs on school sites that:

- Meets the needs and aspirations of young people
- Helps them to make the transition between school and club
- Trains and deploys a new workforce of coaches, officials and young leaders
- Makes use of under-utilised school facilities
- Changes the attitudes of secondary age pupils towards being healthy and active in their everyday lives

How?

- The chosen sports could easily be delivered on most school sites.
- These sports also lacked capacity in their current community club network.
- New participation opportunities as a legacy of the Olympic and Paralympic Games.
- With the involvement of National Governing Bodies, clubs offer Badminton, Boccia, Fencing, Handball, Table Tennis, Volleyball and Wheelchair basketball.

## FACTS AND FIGURES

**270,000** children have participated in Change4Life Primary Clubs over the lifetime of the programme.

Almost **222,000** (82%) were not achieving at least 60 active minutes every day on joining the clubs.

The number of children achieving at least 60 active minutes every day by week 12 has increased by **69%**, resulting in almost **33,000** additional children achieving at least 60 active minutes every day over the lifetime of the programme.

*Reference:*  
Sport, physical education and activity research, Canterbury Christ Church University (2015)  
Lifetime evaluation of the Change4Life Primary School Sports Club programme.

## CONTACT AND INFORMATION

[www.youthsporttrust.org](http://www.youthsporttrust.org)

<http://www.nhs.uk/change4life/pages/sports-clubs.aspx>

