

## recommendations and actions for 2013/14

The following are some of the recommendations from the research and how the Youth Sport Trust have responded to these to help you and your participating young people get the most impact from the clubs this year.

- 1** Primary schools should be encouraged to maintain focus on the three key aspects of delivery that have been shown to maximise programme outcomes, namely: the provision of a safe space for less active children to play and be active, the opportunity to contribute to club delivery, and the encouragement of small steps toward increasing activity levels.

The Youth Sport Trust recognises that many clubs are already doing this in an effective manner and have built these principles and examples of practice into the new Change4Life Sports Club training packages working directly with new schools coming onto the programme.

- 2** Primary schools yet to develop their Young Leader capacity should be encouraged to do so in 2013/14, particularly as leadership and ownership of activities is influential in developing a sense of belonging which is reported as being linked to observed increases in confidence. Young Leaders also help ease delivery resource tensions and develop a more sustainable environment for the clubs.

The Youth Sport Trust is working with a range of schools and partners to develop a leadership pathway from Year 5/6 to Year 13 with the opportunity to transition into becoming a volunteer or paid Healthy Lifestyle Coach with accredited status. This work will focus on formalising the identification, training and deployment of young leaders and providing opportunities to lead and volunteer on healthy active lifestyles within and beyond Change4Life Sports Clubs.

- 3** Logbooks for primary Change4Life clubs should include content and activities for members participating beyond 12 weeks of the programme. The inclusion of activities that children are required to complete in the logbooks beyond week 12 will be important to sustain engagement and reinforce programme aims.

Recognising the need to influence schools that only run their clubs for 12 weeks has led to the rewriting of the young person's 'get going' logbook with activities and the self reporting questionnaire now extending their engagement with the programme beyond 24 months and these crucial messages being incorporated into the training.

- 4** Clear information should be provided to schools about how additional 'consumable' resources such as logbooks and wristbands can be obtained for new participants in clubs once the initial resources have run out.

Whilst these consumables are available to purchase through Youth Sport Direct; we have made provision of the new logbooks free of charge for all Change4Life Sports Clubs from November 2013 and these will also be available online with the new, simpler guidance for the evaluation process.

- 5** Clear goals and orientations for the secondary Change4Life clubs in each of the individual sports should be established, and consideration should be given to the most appropriate identity for these clubs to ensure that they effectively transition to become part of National Governing Bodies' offer to young people in schools.

The Youth Sport Trust have been working hard with the seven Secondary Sports to ensure the programme is fully integrated into NGB whole sport plans and underpins the work they are doing with school sport clubs and satellite clubs. They have all produced a 'maximising your Change4Life Sports Club' resource to reflect this work.

## change4life sports club evaluation: summary 2012/2013



In 2012/13, the Youth Sport Trust commissioned the Centre for Sport, Physical Education and Activity Research (SPEAR) at Canterbury Christ Church University to conduct an independent evaluation of Change4Life School Sport Clubs in primary and secondary schools. This is the third year that SPEAR has evaluated Change4Life Clubs, and the research concluded that:

Increases across all levels of activity in the primary programme demonstrate that Change 4 Life Clubs continue to be effective mechanisms for increasing physical activity among less active primary children.

Secondary Change 4 Life Clubs have a continuing appeal, and children at all levels of engagement view them as a supportive and enjoyable environment in which to play sport.

Change4Life School Sport Clubs have been highly successful in achieving their core aims. So far, over 8,000 primary and secondary Change4Life Clubs have engaged more than 225,000 children and young people in physical activity and sport.



## secondary change4life school sport clubs

Secondary clubs create an exciting and inspirational environment for young people to participate in a range of Olympic and Paralympic sports: badminton, boccia, fencing, handball, table-tennis, volleyball and wheelchair basketball.

I joined because I thought it was a cool way to learn something new, and it was completely different to other sports  
Change4Life Sport Club participant (fencing)

Over three years the secondary Change4Life School Sport Clubs have delivered an impressive impact on young people's attitudes to and participation in sport.

Since 2010, over **110,000** young people have participated in Change4Life Sport Clubs, and over **98,000** of those now have a positive attitude to sport and choose to play every week.. This represents a **46%** increase since the programme began.

**245,000** sport sessions have been delivered by Change4Life Sport Clubs since they began, and the Clubs have involved over **16,000** Young Leaders.

Change4Life School Sport Clubs have provided experience of Paralympic sport to 8,500 young disabled people.

Taking part in the boccia competitions has really given my confidence a boost. It has been strange, but also nice, to have other kids in the school ask me about what I've done.

The impact on the target group of 'non sporty' participants – those who were not positive about sport and/or played less than once a week – has been particularly significant. As a result of participating in a Change4Life Sport Club:

- 71% of young people who were previously non-sporty (almost 31,000) are now positive about sport and are choosing to play at least once a week
- 94% of young people say they feel more confident doing sport since joining Change4Life Clubs and 91% say they now enjoy PE more.

## primary change4life school sport clubs

The primary clubs are grouped under five multi-sport themes: Target, Adventure, Creative, Combat and Flight. They take the principles, skills and spirit of Olympic and Paralympic sport and place them in a fun, vibrant and exciting activity club.

In 2012/13, over 70,000 children participated in over 4,000 primary Change4Life School Sport Clubs that:

delivered over **50,000** club sessions  
involved over **6,000** Young Leaders  
and over **4,000** adult deliverers

Since the primary Change4Life Clubs started in 2011/12, almost 115,000 children have joined, of whom over 95,000 (83%) were not achieving the recommended 60 active minutes every day.

Since joining the clubs:  
Almost **75,000** children are now achieving 60 active minutes on most days of the week – an increase of 57%  
Almost **38,000** children are now achieving 60 active minutes every day – an increase of 92%

Over **105,000** children feel positive about being active and playing games

Of the 41,500 least active children who entered the programme, almost 20,000 (47%) finished the programme achieving 30 active minutes on most days of the week.

Increases in children's activity levels occurred early in the programme. Changes in self-esteem, which take longer, are linked to the development of a sense of belonging and the opportunity to contribute to club delivery. The research suggests that self-esteem and confidence may be more likely to develop if the clubs continue for more than 12 weeks.

The children love the Change 4 Life Club voting it 10/10 for fun. This is fantastic news bearing in mind it was aimed at the less active pupil. The parents are thrilled too and comment how much their children enjoy the club.  
Teacher and club lead

## what worked well for primary schools and primary children?

Primary teacher ratings were overwhelmingly positive for the impact of the Change4Life School Sport Clubs on:

- Improving positive attitudes to being active and to sport
- Increasing knowledge of healthy lifestyles
- Developing and improving physical skills
- Increasing confidence
- Developing a sense of belonging

Key factors enhancing elements of children's participation associated with a subsequent increase to at least 60 active minutes every day were:

- the provision of a safe space for less active children to play and be active
- the opportunity to contribute to club delivery
- the encouragement of small steps toward increasing physical activity levels.

Children joining the clubs enjoyed being active but did not have the confidence to take up the traditional sport club opportunities already on offer.

By providing these children with a safe, inclusive space where they could play and be active, the Change4Life Sports Clubs provided opportunities to increase physical activity that the children would not have otherwise had.

Children have become very positive about the games they have learned to play at their Change4Life Sport Club, with 9 out of 10 children now saying:

- I look forward to playing games
- I feel happy after playing games
- I think I am good at playing games

Once again, the children have thoroughly enjoyed the club. I cannot get down the corridor without someone asking, "Is it Change 4 Life today?"  
Teacher and club lead



The involvement of older primary pupils as club leaders has more than doubled since 2011/12, with almost a quarter of schools now providing opportunities for their older pupils to contribute to club delivery.