



change
4 life



ACE Change4Life programme

What is Change4Life

These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.

Change4Life @ ACE

We want every child to flourish into the people that God calls us to be – and to do that we believe that eating well and moving more will help us to do this. C4L @ ACE will offer all children the chance to make positive changes to their lives and grow in confidence and self-worth.

Long Term Plan

3 child led initiatives over 3 terms which facilitate children to make positive changes to their health and lives.

Term 1 – 10 minute shake ups available to all children during the school week.

Term 2 – Water bottle challenge where classes compete to increase their water consumption during the school day.

Term 3 – Super snacks where children choose to have healthy snack days during the week where less sugar and salt is consumed

Term 1

Medium Term Plan

Week	Aim	Task	Outcome	Review	Notes
1	Design a C4L programme	Create a weekly overview of the C4L programme for Autumn Term	<ul style="list-style-type: none"> • Medium term plan with dates, tasks, names. • Medium term plan to be shared with LT and TS 		
2	Invite C4L members	Create invites with sport prefects	<ul style="list-style-type: none"> • Selected children receive invites to C4L club 		
3	Design whole school change for life initiatives	Plan an initiative for each term of the school year	<ul style="list-style-type: none"> • Name, dates and resources needed for initiatives identified 		
4	Train sports leaders and members to lead and take part in C4L 10 minute shake ups	Plan C4L 10 minute shake ups	<ul style="list-style-type: none"> • Where, when and who is planned • C4L team will be able to prepare and deliver C4L 10 minute shake ups. 		
5	Train sports leaders and members to	Plan C4L 10 minute shake ups	<ul style="list-style-type: none"> • Where, when and who is 		

	lead and take part in C4L 10 minute shake ups		<p>planned</p> <ul style="list-style-type: none"> • C4L team will be able to prepare and deliver C4L 10 minute shake ups. 		
6	Launch C4L 10 minute shake ups during break times	Children to run C4L 10 minute shake ups	<ul style="list-style-type: none"> • Record the children who attend • Record what activity was used • Take pictures to promote to other children 		
7	<p>Review last week's C4L 10 minute shake up</p> <p>What went well?</p> <p>Even better if?</p>		<ul style="list-style-type: none"> • Record the children who attend • Record what activity was used • Take pictures to promote to other children • Create something that can be share on social media to promote the club 		
8	<p>Review last week's C4L 10 minute shake up</p> <p>What went well?</p> <p>Even better if?</p>		<ul style="list-style-type: none"> • Record the children who attend • Record what activity was used • Take pictures to promote to other children 		

			<ul style="list-style-type: none">• Review the impact of C4L club – have numbers increased? Are C4L team more confident? Has C4L improved their breaktimes?		
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