

CHANGE 4 LIFE FESTIVAL



EVENT / SPORT	Multi-Skills - Change4Life Festival (Spirit of the Games Value Event)
DATE	Wednesday 8 th November 2023
TIME	AM (09:45 – 11:30) or PM (13:00 – 14:45)
VENUE	Eston Leisure Centre
School Games Value	SELF BELIEF
INTENT	Healthy Me
LEARNING OUTCOMES	• Developing Confidence & Competence • Trying your best • Believing you can succeed
What type of children would we like to engage in this experience?	
AGE GROUP	Years 3 & 4
GENDER	Open
TEAM / GROUP SIZE	Schools can bring up to 30 of their most disengaged Year 3 / 4 pupils.
ADDITIONAL INFO	All Year 3 & 4 children, but especially those disengaged pupils and those most inactive - to promote the benefits and enjoyment of an active lifestyle and develop their range of skills. The focus of this event will be on the value of Self Belief.
Full Event Details	
EVENT TYPE	Festival
EVENT FORMAT	EVENT FORMAT: Non-competitive event aimed at introducing children to fun games and activities to engage in an active lifestyle - school groups will rotate around a series of different activities and games. Activity ideas include: • Hit the Target / Reaction Time / Bullseye / Throwmania / Hot Shots / Jack High / Flight Path / Round the Body Secondary School Sports Leaders, with the support of RESSP Staff, will explain and demonstrate each of the activities. All activities will be set up in advance and all equipment provided – sports leaders will lead the activity with the support of your sports leaders (if you have any) and school staff. TEAM / GROUP INFORMATION: • Schools can bring up to 30 of their most disengaged pupils from across Years 3 & 4. • You are welcome to bring a couple of your Year 5 / 6 Sports Leaders to support.
VENUE INFO	This event will take place indoors within a busy sportshall so may be noisy, as activities will be set up across the whole of the space. School groups will stay together as you rotate around the activities. Toilets will be open - please bring adequate staffing to support your school group and supervise toilet trips as the building will be open to the public.
EQUIPMENT	No equipment required. Due to limited space within the sportshall please keep belongings to a minimum where possible e.g. coats / water bottles.
WHAT'S NEW?	New games / activities to help children become more active.
NO SPECTATORS	Sorry no spectators at events this year.