



WHAT?

Our Change4Life training gives your staff and older pupils the skills and confidence to run a range of 'Adventure' or 'Movement' activity sessions at your school.

WHY?

1. Because getting all the pupils in the school involved in activities together helps develop a sense of teamwork and belonging.
2. Giving pupils that are less frequently active or who are inactive gateways into physical activity has numerous physical and mental health benefits.
3. Change4Life Clubs are proving to have a significant impact on many whole school priorities such as behaviour, attendance and attainment. They also provide schools with a vehicle for developing a sense of belonging, confidence and competence in young people. This can translate to other aspects of school life and priorities, such as special educational needs and the Pupil Premium.

WHO IS CHANGE4LIFE FOR?

Relevant to all pupils within the school the 'Adventure' and 'Movement' packages have been designed with the Y3 and Y4 pupils who are less frequently active or who are inactive in mind.

WHAT NEXT?

Please contact us, we would love the opportunity to tell you a bit more about Change4Life and tell you how other schools have used them.

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E3Adventures Ltd is an AALA licensed provider of Adventurous Activities and Ofsted registered provider of childcare. Company No 8601421



CHANGE4LIFE

ADVENTURE CLUB



CHANGE4LIFE

MOVEMENT CLUB



IN SCHOOL TRAINING

We deliver training to your staff and older pupils in running either the 'ADVENTURE' or 'MOVEMENT' Change4Life Club. Giving them the skills and confidence to run a range of activities with pupils in your school.

EQUIPMENT

All the activities can be delivered using common PE equipment or other equipment commonly available to schools.



Activities include:

Team Challenges

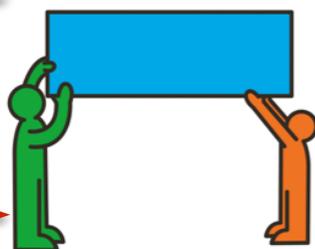
Anchors Away

Balance Pass

Compass Clues

ADVENTURE CLUB

Using Adventure and the outdoors as a hook to attract pupils interest you can now deliver a range of activities that show young people that activity and exercise can happen beyond the sports field.



MOVEMENT CLUB

Using Creativity and performance as a stepping stone into activity you invite pupils to do the 'Hakka' or Cheerleading, these activities build upon pupils sense of creativity and imagination to act as a gateway to physical expression and activity.



Activities include:

Strike a Pose

Cheer Motion

Tribal Dance

Jump Rhythm

Change4LifeClubs have a significant positive effect on the physical activity levels of the young people involved and their attitudes towards being active and healthy. This is contributing to their wellbeing and other aspects of their school and personal life

