

## Change 4 Life Programme

### Leen Mills Primary School

April - July 2017

Change 4 life is a bespoke health and activity programme for schools in Ashfield delivered by Everyone Active. Change 4 Life aims to help targeted children develop a good relationship with food and physical activity, removing the pressure of sport and providing fun alternative physical activities that can be used in the playground or out of school with friends, to create a lasting love of being active. This inclusive, accessible and inspiring programme develops the child's fundamental skills of movement – **Agility, Balance, Co-ordination and Speed**.

From Public Health England – Ashfield Health profile 2016, we can see that the percentage of obese children in year 6 has been getting significantly greater since 2014. This Everyone Active programme works in partnership with Ashfield District Council and Everyone Health towards achieving the key objective of tackling inactivity and reducing obesity in the Active Ashfield Strategy.

Specifically designed to help schools meet the OFSTED requirement of delivering a Change 4 Life programme, this programme is designed to leave a legacy; signposting schools and children into targeted services, which will support the healthy lifestyles of schools, children and their families. It is also sustainable in that it encourages the interaction of teaching staff so that they can continue the good work and incorporate learning into the wider curriculum.

All schools in Ashfield were offered a Change4life programme, funded by Ashfield's School Games Organiser. In this round, 13 schools and 295 children participated in the programme; some groups were mixed ages with mixed abilities and some were classes within the same year group. Each group consisted of approx. 40 minutes physical activity and 20 minutes healthy eating awareness. Leen Mills' Change 4 life programme took place during curriculum time for a group of Year 1 children.

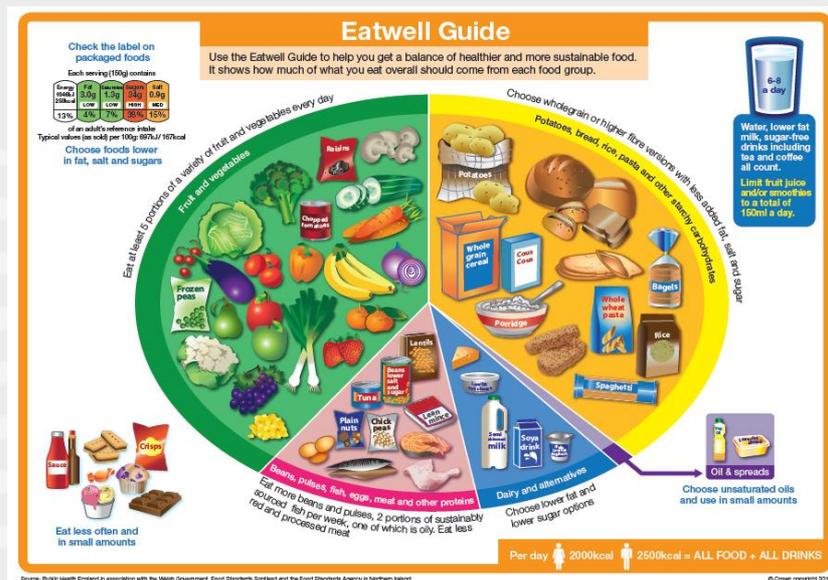
#### Healthy Eating

In partnership with Everyone Health, healthy eating and nutrition were incorporated as part of the weekly physical activity, games, quizzes and worksheets. Children were informed about the major food groups and how eating healthily can impact on their lifestyles, now and in the future. The Eatwell guide and the Change 4 life Sugar App were used to support this information and used as messages to take home to share with their families.

To measure how effective the healthy eating awareness was for the children, a quiz was completed on the first and the last week of the programme. Table 1 below shows that the children at Leen Mills substantially improved their healthy eating awareness by 26%.

Table 1 shows healthy eating and fitness change percentage from the first and last week;

	Healthy Eating	Fitness
Leen Mills	26%	11%



Healthy eating topics covered during the programme included;

- How does food help my body? Knowledge of energy
- Carbohydrates, protein, fats, dairy and salt
- Fruit and Vegetables
- Vitamins & Minerals
- Sugars including the effect on teeth
- Sources of food
- Food labels
- Staying hydrated and the importance of fluids
- Having a balanced Diet - Healthy Lunchbox
- Mindful eating and triggers
- Culture & World Foods including takeaways

As part of the healthy eating awareness, Everyone Health delivered a practical workshop of fruit and veg tasting, where the children were given the opportunity to try a variety of fruits and vegetables from around the world including blueberry, pineapple, pepper, peas, sweetcorn and pomegranate.



It was explained that foods should be tried 12-15 times to gain full exposure to the flavours of the food before they can decide if they like or dislike something. The children were supported to write on a worksheet that showed their preference of the food; 'I loved it', 'I liked it', 'I need to try it again' and to take the sheet home to try other new foods.

### Fitness Tests

To measure the children's fitness levels throughout the programme, fitness tests were also conducted on the first and the last week of the programme. The fitness tests included 30 seconds of star jumps, burpees and shuttle runs. The results can be seen in table 2 below.

Table 2 shows average healthy eating and fitness change broken down by activity;

	Week 1				Week 12				
	HE Quiz	Star Jumps	Burpees	Shuttles		HE Quiz	Star Jumps	Burpees	Shuttles
Total	137	978	316	261	Total	173	1088	373	266
Average	4.566	32.6	10.533	8.7	Average	5.766	36.266	12.433	8.866

Overall, the children improved their fitness levels by 11% (table 1). The highest improvement was seen in the burpees results. This shows that weekly participation in physical activity helped them to improve their stamina as well as their agility, balance, coordination and speed.

As well as the weekly programme, children were encouraged to fill in an activity diary and bring it to the following session to discuss it weekly. The child with the most activity or the most interesting activity for that week received a family roller skating or ice skating pass for a leisure centre of their choice. As part of the programme, children were offered free swimming at any of the leisure centres in Ashfield to support their increase in physical activity.

Feedback from the children suggested that they very much enjoyed the programme. Although the children were of a younger age and a little shy to begin with, they soon increased in confidence and responded well to Paige. They were always enthusiastic and picked things up really quickly. One little girl gave everyone a run for their money as she beat them in every activity. Behaviour was excellent and all the children should be commended on their efforts.

