

**Change 4 Life Club Deliverers Course**

**What are the benefits to the school?**

* A resource for KS2 dedicated to address Physical Activity outcomes within your school
* Promoting Healthy Lifestyles and utilising the C4L brand
* Providing a new and exciting club for your KS2 less active/vulnerable children
* To increase levels of intra school competition and lifelong participation

**What are the commitments for the school?**

* To hold a Change4Life or Healthy Lifestyle club for a group of KS2 pupils within your school
* To keep a record of how many attend your club/how many volunteers/how many delivers. This data will be collected in March 2016
* A member of staff from your school to attend the Change4Life Training course held on **Thursday 21st January 2016 1.30-4.30pm at Cottingham High School**. To book a place please email Ang May on [May.A@cottinghamhigh.net](mailto:May.A@cottinghamhigh.net)

**What next?**

Please book you place on the Change 4 Life training course before **Friday 8th January 2016**. You will receive a confirmation email once you have returned the slip or emailed your request.

**Places will be allocated on a first come first served basis**

### -------------------------------------------------------------------------------------------------------

### Change 4 Life Club Deliverers Application Form

**Full name:** …………………………………………….…………… **School:** ……………………………………………………………………

**Contact number:** ………………………………………………………………………………………………………………………………….

**E mail address:**………………………………………………………………………………………………………………………………………

|  |  |  |
| --- | --- | --- |
| **Venue** | **Date** | **Time** |
| **Cottingham High School** | **Thursday 21st January 2016** | **1.30pm – 4.30pm** |

**Deadline for booking is Friday 8th January 2016 the latest to:**

Angela May, SSP Administrator, East Riding SSP (West)

Cottingham High School, Harland Way, Cottingham HU16 5PX Tel - 01482 469827