

# module 1

## Playing Your Part as a Change4Life Champion

It is important that this session is delivered to ensure that all your Change4Life Champions receive the same background and outline to their role. The remaining sessions can be delivered in any order at varying times, however please ensure that this is your introductory module. It should take no more than 20-30 minutes and works well as an opener before delivery of one of the other modules.

### Aims:

This module aims to enable your Champions to understand the national picture and context of the Change4Life Champions programme, their role within it and the skills and qualities required to perform their role effectively.

### Module outcomes:

In this session Change4Life Champions will be able to:

- Explain the aim of Change4Life Sports Clubs
- Describe the national picture of Change4Life Sports Clubs and Change4Life Champions
- Explain the importance of teamwork
- Describe their role and how they form part of the National Change4Life volunteer workforce
- List skills and qualities required to enable them to fulfil their role effectively.



### Materials required for delivery of suggested activities:

- Flip chart and pens
- Blank cards for key word activity
- Pre drawn flipchart with British Isles and red dots all over to show the spread of clubs (no need to be accurate just to give a visual idea)
- Change4Life Sports Club DVD
- DVD player/screen/projector
- Change4Life posters/leaflets/booklets
- Images of local/national ambassadors.



## Introduction

- Explain the importance of teamwork
- List skills and qualities required by Change4Life Champions to enable them to fulfil their role effectively

Introduce the module explaining it will form a great foundation for them as they move forward in their role. Reinforce to the Champions that their roles will be fun, exciting and different and will provide them with many new skills and new knowledge they can use in their lives both in and out of school.

Use the Change4Life Adventure theme card **All for one one for all** and select an appropriate activity for the size of the group. Try to keep Change4Life Champions together in their school groups even if they buddy up with another team. Let them have a go and discuss with them how they could make the activity easier to achieve. If there's time allow them to have another go putting their ideas into action.

Once they have played, introduce the concept of a 'team'. Ask them what **key skills** and **key qualities** they feel they used as part of the previous team activity. Write each suggestion onto separate pieces of card, display them on the wall and explain these will be used later.

### Remember:

**Skills can be learned and taught.**

**Qualities are innate or can be developed over time.**

**Skills i.e.,** organised, listener, communicator

**Qualities i.e.,** empathy, supportive, caring, approachable, calm, patient

**Emphasise the importance of teamwork in their role and how they will all have different qualities and skills to contribute to make an effective team.**

## notes





## activity 2

- Explain the aim of Change4Life Sports Clubs
- Describe the national picture of Change4Life Sports Clubs & Change4Life Champions

### Play the Change4Life Sports Club DVD.

Ask the Champions if they have seen any of the Change4Life adverts on the TV. Discuss the messages that the adverts promote.



### Highlight the posters/leaflets/booklets

displayed around the room to support the message sharing.

### Display the British Isles diagram

and use a marker pen to note numbers of deliverers, children participating, Champions and Coaches across England.

Describe how the Champions form part of this national picture.

There are 10,500 Change4Life Clubs across the country, 10,500 Leaders/Deliverers trained and there are 250,000 children participating. There will be 4200 Change4Life Champions trained and 500 Change4Life Coaches trained to support clubs in certain areas of the country.

## notes





- Describe the role of Change4Life Champions and how they form part of the National Change4Life volunteer workforce

### Introduce the other sessions

they may take part in and briefly mention what these will cover. This will give a basic introduction to the kinds of activities the Champions may be involved in, i.e.:

- **Creative Champions** - posters, displays, presentations, articles
- **Leading Champions** - supporting activity in Change4Life Sports Clubs
- **Networking Champions** - making connections with individuals, organisations in the community or regionally to help them with their role.
- **Planning Champions** - action planning to help them set achievable goals

(If there is more than one school represented, explain how the roles they may take will be different in each school depending upon needs and priorities).

## notes



### But what is a Champion?

A Champion could be someone “who vigorously supports or defends a person or cause”

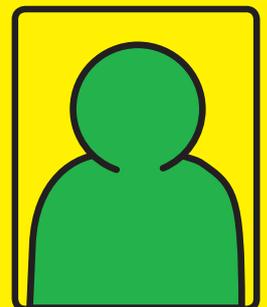
And state this is their role in a nut shell, to vigorously support healthy active lifestyles across their school community.

### In Change4Life Champion groups,

share images of well-known people who are positive Champions for a cause either local or national. Select examples the children will know, these may include:

- **David Beckham** - Football, Active Kids
- **Nelson Mandela** - Peace and politics
- **Lord Sebastian Coe** - Sport, London 2012 Olympics
- **The Queen** - The Country and Commonwealth

Ask the group to select one ambassador from those shared. Divide the key skills and qualities cards the group developed earlier. Ask them to discuss how/when that person demonstrates that quality or may use that skill.



**Summarise and reinforce that the Champions will be supported throughout their journey in their school.**

notes

