Change 4 Life (C4L) Festival

Tuesday 25th June 2019

Change 4 Life is a Department for Health programme designed to improve health and wellbeing through improved lifestyle, diet and exercise.

C4L Primary School Clubs run very successfully across the region using enthusiastic Y5/6 pupils to run clubs for Y3/4 pupils who don't play sport or go to other clubs. The hope is to encourage these semi sporty pupils to dip their toes into more formal clubs, competition and activities.

Our annual C4L festival took place at Spalding High School. The aim was to bring C4L pupils who will have never represented their school or been to a competition to experience an event and have a great time! It was also a great opportunity for the super Y5/6 leaders to come along and volunteer to a larger audience.

The day was a great success! The leaders, nervous at first, did an outstanding job leading a carousel of exciting activities. The pupils had a awesome time and a good workout. Many thanks to Langtoft, Monkshouse, Market Deeping, Thurlby and Moulton John Harrox for coming along.

C4L and School Games hold the values of Determination, Passion, Self Belief, Teamwork, Honesty and Respect at their core so the pupils were rated by the leaders on these values as they worked their way around the activities. They received stickers for demonstrating good values and there were prizes for the highest rated school which was Thurlby Primary who beat Monkshouse by just 1 point.

Huge thanks to Spalding High School for hosting the event and giving up their lovely sports hall for us to use.

Rupert Gibson

School Games Organiser

Lincolnshire South East