

# The Active Club

## Resource Pack for Out of School Clubs



Everything you need to promote physical activity in just one pack!

### What?

A **user friendly** resource providing simple, straightforward advice and practical ideas to help increase physical activity within an out of school hours club. The pack consists of:

- A booklet containing **valuable tips and ideas for introducing physical activity** into out of school clubs
- **65 A4 illustrated activity cards** providing 120 practical activity ideas
- **Templates and worksheets** including certificates, crosswords, word searches etc.
- A **'Useful Information'** booklet which summarises key resources, training opportunities, websites and contact details

### Why get involved?

By attending a **FREE** Tutor Training Day, you/your organisation will benefit from:

- An Active Club Resource Pack (worth £25)
- Access to unlimited **FREE** copies of the Active Club resources Pack for every out of school club represented at your local **Active Club Workshop(s)\***
- **Having a local** trained tutor who can deliver Active Club Workshops
- **A Tutor Training Guide** (worth £20) containing all the information required to deliver Active Club Workshops
- **An Introduction into the NEW Let's Get Active Award and resources**

\*One pack per setting while stocks last

**'Very interesting, informative and thorough. I look forward to involving clubs in my area!'**

*Derbyshire EYDC*

### How?

To ensure that the Active Club Resource Pack has a significant impact on clubs and youth organisations and is being used effectively, it is disseminated through training:

After attending a Tutor Training Day, each tutor sets up and facilitates a local Active Club Workshop(s).

Each out of school club or youth organisation that is represented at an Active Club Workshop will receive their free copy of the Active Club Resource Pack.

**For more information contact :**  
**Anna Chalkley, Active Clubs Project**  
**Manager on 01509 228263 or**  
**[a.e.chalkley@lboro.ac.uk](mailto:a.e.chalkley@lboro.ac.uk)**

### Who?

The following list shows some examples of those who are appropriate to attend a Tutor Training Day and become a tutor to deliver local Active Club Workshops:

- Childcare Development Officers
- School sport Partnership Staff
- Local Authority Training Officers
- Health Promotion Officers
- Sports Development Officers
- Children and Young People Officers
- Extended School Officers



## When?

The following Tutor Training Day will be taking place between approx 9.30 am – 5.00 pm, with registration from 9.00am. If you would like to attend, please complete the registration form below and return it to Anna at the address below.

**London , Park Crescent Conference Centre, 229 Great Portland St,  
Westminster, W1W 5PN  
Wednesday 20<sup>th</sup> August 2008**

## Registration Form

**Name**

**Job Title**

**Address**

  
  
  
  
  
  
  
  
  
  
**Postcode:**

**Contact details**

Tel:

Fax:

Email:

I confirm that I wish to book an Active Club tutor training session & agree that each of those attending will run at least one Active Club Workshop.

Signed:

Date:

**Please return this form to Anna Chalkley, BHF National Centre for Physical Activity & Health, School of Sport & Exercise Sciences, Loughborough University, Loughborough, Leicestershire, LE11 3TU.**

### Data Protection

The personal information provided by you will be held on a database accessed by BHF, BHFNC & 4Children. We will use the information for administration purposes. We may also use the information for marketing purposes  to inform you about news and events run by the charities. Please tick the box if you do NOT want to be contacted further

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