

Name of Case Study: Change4Life Sports Club

CSP: Pro-Active South London

Activity: Table Tennis

Location: Harris Academy South Norwood

Date: April 2012

WHAT IS THE CLUB?

We run two extracurricular clubs, one club on a Friday after school and one on a Wednesday morning before school.

HOW AND WHERE IS THE CLUB DELIVERED?

The Friday club starts 4.00 (1 hour after the school day finishes), Year 11 students stay and attend revision and catch up sessions while they wait for Table Tennis. Some of our Sixth Formers even come in on their day off for Table Tennis.

The Wednesday morning session starts at 7.30, but is only attended by our more dedicated students, mainly Year 11 Boys.

WHO IS ATTRACTED TO THE CLUB?

The Friday club is open to all year groups, we have between 20-25 Key Stage 4 Students (approx 5 girls and 15 boys). We then have between 10 -15 students from the lower years. The numbers vary between 30 and 40, but the important thing is everybody is welcome to come along and play.

The Wednesday morning sessions are attended entirely by Year 11 and Year 10 boys. They take this quite seriously and look to coach each other and the focus is on improving their performance rather than playing simply for fun.

BENEFITS

The Friday after school session is inclusive and pupils from all Year groups mix. The students mainly take responsibility for the running of this club; they take pride in their equipment particularly the new tables (donated by ETTA/Jack Petchey).

In addition, we are attracting students who have never previously attended traditional extracurricular activities offered by the PE departments.

We have also had fixtures against other schools.

HOW ARE YOUNG PEOPLE SIGNPOSTED?

The club is advertised through posters and messages in tutor time, but the most successful way of promoting the clubs is through word of mouth and students inviting their peers. We have also promoted table tennis within our school curriculum and around 30 of our students are have undertaken the Junior Umpire qualification.

SUSTAINABILITY AND RETENTION

We have worked hard to establish this club and have had to work around traditional sports, the Academy only have one indoor space and the club has to sometimes be cancelled or is late starting due to netball and basketball fixtures. Also because of the demand for our only indoor facility the club is unable to start directly after school.

ANY OTHER COMMENTS/INSIGHTS

Some of the students have reached a level where I can no longer help them progress; I just do not simply have the knowledge of the game. But I have been trying to find a local club send them, where they can continue to develop. I would really like to start a link with a local club.