**How to set up an Adventure Club**

**Checklist**

* No more than 16 children attending
* Sport leader/s assisting with the delivery and acting as role models
* Children have been selected to attend using the 1 or more of the selection criteria below
* Club is delivered at lunch time
* The club is FUN and gets the children moving

**Step 1: Work out who needs to attend an adventure club**

Depending on the number of hours and days we deliver at the schools, will depend on the number and types of clubs we offer. Below are some questions to ask yourself when planning your clubs:

1. Who currently is accessing extra-curricular clubs?
   1. Boys/Girls
   2. Year groups
   3. Active/less active
2. What activities are we offering?
3. Who needs to attend the clubs the most?
   1. Do you have children that are overweight and/or less active?
   2. Do you have children that struggle with PE?
   3. Do you enter teams in competitions?

Once you have had a think about the above questions, below are some top tips and the types of children that would benefit from attending.

If you have the capacity to run a couple of Adventure Clubs during lunchtimes, you could have one for KS1 and one for KS2.

Another option would be rotate the club for different year groups every term, impacting different children throughout the year, with the aim of inspiring them to attend other clubs you run at the school

**Step 2: Decide on the day and timings**.

The perfect time for an adventure club is at lunch-time, when you have a captive audience, but as it proved with St Joseph’s after-schools clubs can be just as effective.

Decide on Who are you targeting?

**Step 3: Invite the Children**

Make this special, the children have been specifically chosen to attend a new and exciting club the school is delivering. Your child will be able to experience a wide range of activities, improving their skills and having an amazing time with their friends. It is important to get this bit right, we need to be sensitive to the children attending.

* The wording of the letter to excite them and their parents
* You will know the parents better than me and this letter might be better delivered to the parents after school, with a chat about how amazing it would be for their child to attend. Talk to them about the benefits, eg:
  + Confidence
  + Teamwork
  + Ability
* Create an award for completing their attendance for a whole term or half term. You can download some example certificates at <https://inspiredschools.co.uk/downloads/certificates/>

**Step 4: Deliver**

Who is going to deliver the club? You could use an external sports coaching company, or if you have a member of staff that would head this up, either could be just as effective.

What could make the difference to this club is using sports leaders to support the delivery, role models that the children look up to helping them improve. Moreover, they could build relationships with older children, further building their confidence. We will talk more about sports leaders in a later chapter, but they can be a huge asset to the school and delivery of clubs such as this one.

The delivery of this club is essential and my view again, is to make fun the priority. Plan activities that are accessible for the children attending, if the children love football, then deliver football, but ensure that the skills and techniques are modified so they can achieve success. The learning element is secondary, but if they are having fun then they will be practising and learning in the process. The main thing is to keep them there, enjoying themselves and they will naturally improve through practice and the staff member can facilitate this through questioning and modelling techniques throughout.

For an example lesson plan please visit -