



# HEALTH AND WELLBEING

## ENERGISE CLUB

Energise Club has been designed to encourage KS2 children to engage in higher levels of participation in physical activity. The activities take children on a fun, interactive journey to improve physical and mental wellbeing. Including, healthy eating and relaxation.

During the first session, our Health and Wellbeing Coach met one of the year 4 pupils and noticed she was incredibly shy and anxious about getting involved in the session. She hid behind a pillar for most of the first session so our coach, Jen, couldn't see her. She wouldn't put her hand up to answer questions and didn't want to join in any of the games. She could see how much fun the other children were having but was extremely apprehensive to join in.

Over the 12 week course we couldn't believe the improvement that she had made! She was no longer hiding, she joined in every game, put her hand up to answer questions and most importantly was having fun! It was lovely to see her having such a good time and her PE teacher was amazed by the change in her after partaking in Energise Club. She explained how she now puts her hand up in class, she has become a sports leader and has also joined a football after school! the pupil explained how she had enjoyed the club and that her favourite parts were the parachute and playing stuck in the mud. She said that she feels happier and more confident to try new sports now!

