

Sainsbury's TOP Activity: Hubs of Excellence

Programme information sheet

WHAT IS IT?

Sainsbury's TOP Activity Hubs of Excellence project is an opportunity for school sport partnerships and sports colleges to provide targeted support for their least active 7–11 year olds to engage them in regular physical activity in order to make progress towards achieving the five-hour offer.

It also provides a catalyst to develop the skills and experience of young leaders through appropriate training, new opportunities to gain volunteering hours and meaningful deployment within out-of-school hour's settings.

What will Hubs of Excellence do?

The schools invited to take part in the project will be encouraged to build on the expertise they have previously gained in targeting hard to reach groups through delivery of the Sainsbury's MEND (Mind, Exercise, Nutrition and Diet) programme and other targeted interventions.

They will be need to innovate through providing appropriate training and support to their local team of deliverers in partner primary schools and share their experiences with the wider school sport network through case studies and workshops.

Each Hub is expected to develop and support a team of Sainsbury's TOP Activity trained leaders led by a tutor trained Hubs of Excellence Champion. The Champion attends national training and development opportunities in order to be able to identify, recruit and train lead teachers in 12 local primary schools and a team of young leaders in the delivery of Sainsbury's TOP Activity.

Each of the 12 lead teachers commit to running a Sainsbury's TOP Activity club for a minimum of 18 weeks over the school year with the support of their trained young leader(s). The clubs do not have to be run on school sites or by school teachers but do have to be targeted specifically at the least active 20% of 7-11 year olds and delivered by a trained Sainsbury's TOP Activity leader.

In order to ensure sustained changes in exercise behaviours it is also essential that all the children who do participate in the Sainsbury's TOP Activity clubs are supported to access other appropriate activity sessions either in the school or in the community so that they can continue to exercise regularly after the project ends.

What support is given?

Each Sainsbury's TOP Activity Hub of Excellence will be provided with the following resources:

- Sainsbury's TOP Activity national tutor training for their Hub of Excellence Champion.
- A workshop/briefing for Hub of Excellence Champions.
- Payments to hubs (sports college or school sport partnership) of £2500 per hub in year one and £1250 in year two.
- 12 Sainsbury's TOP Activity equipment bags including deliverer manuals for partner primary schools.
- 13 Sainsbury's TOP Activity Hubs of Excellence specific manuals to support identification, recruitment and retention of inactive young people.

- 12 Sainsbury's TOP Activity exemplar lesson planners and deliverer self-evaluation forms.
- Sainsbury's TOP Activity T-shirts for the Hub of Excellence Champion, lead teachers and young leaders.
- Dissemination of a nationwide evaluation report at the end of year one.
- Regular communication including sharing of good practice case studies.

WHAT DIFFERENCE DOES IT MAKE?

“ The Hubs of Excellence project provides a real opportunity to develop creative solutions to identifying, recruiting and retaining inactive young people in regular physical activity and helping them lead more healthy lives. ”

Sainsbury's TOP Activity deliverer

The Hubs of Excellence project is due to start in its delivery phase from April 2009 but this new project builds on the success of the Sainsbury's TOP Activity programme which has been running since 2006 and the MEND childhood obesity programme which uses Sainsbury's TOP Activity for the exercise elements of the programme.

In this time many schools have used it as an effective resource for engaging children who are not switched on by more traditional sports and games with very positive results.

“ A key outcome was the positive attitude the students displayed towards physical activity and their willingness to attend further activity sessions after the programme had finished. ”

Sainsbury's MEND deliverer

HOW TO GET INVOLVED

In the lead up to the initial delivery phase, sports colleges and school sport partnerships are invited onto the Sainsbury's TOP Activity Hubs of Excellence project on the basis of their previous or current experience of targeting overweight and obese young people through the MEND programme.

In planning to extend the reach of this work we would like to hear from other sports colleges and school sport partnerships who may be interested in getting involved in the future.

To find out more or register your interest in becoming a Hub of Excellence please contact Ali Goodall at alison.goodall@youthsporttrust.org