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Sainsbury's TOP Activity Programme information sheet

WHAT IS IT?

Sainsbury's TOP Activity is an exciting, innovative programme of 'alternative' sport and physical activities designed for use in the informal out-of-school hours club setting. It has been developed by the Youth Sport Trust, through the support of Sainsbury's Active Kids, and appeals to those young people, aged 7 – 11 years, who may not currently access sport and recreational activities through the more traditional routes.

Who is it for?

Sainsbury's TOP Activity may be delivered flexibly to suit young people's needs and local circumstances. It is envisaged that, primarily, this will be:

- through out-of-school hours clubs and sessions e.g. after-school clubs, breakfast clubs, lunchtime activities, community clubs;
- in informal settings e.g. activity clubs, study support sessions, childcare settings, youth clubs, uniformed or faith group settings, play schemes, festivals, holiday programmes;
- on or off school sites e.g. primary, special or secondary schools, leisure centres, community sites, village halls, parks, sports clubs;
- by teachers or adults other than teachers e.g. lunchtime supervisors, learning support assistants, play workers, youth workers, nursery staff, uniformed group leaders, leisure centre staff, parents, coaches, young leaders.



What is the aim of Sainsbury's TOP Activity?

Sainsbury's TOP Activity aims to:

- raise the profile of sport and physical activity for all young people;
- engage those 7–11 year olds not currently participating in sport;
- increase young people's level of participation in physical activity;
- provide access to alternative activities and clubs
- support the delivery of informal out-of-school hours clubs;
- provide support to schools and their local community;
- provide equipment, resources and training for deliverers;
- provide support to schools in relation to the Extended Services agenda.

What does it comprise of?

- training for local deliverers
- a deliverers' handbook
- a series of alternative activity cards
- a DVD demonstrating some of the activities
- a music CD to support some of the activities
- a selection of alternative activity equipment and bag.



“ The bag of equipment is so appealing to young people that they are desperate to get involved, many do not realise they are exercising! ”

Sainsbury's TOP Activity Deliverer

The alternative activities are grouped under four Xciting themes:

- **Xpress Yourself** e.g. dance, jive, salsa, cheerleading, martial fitness.
- **Xercise Highs** e.g. skipping, hula, oppy relays, wake 'n' shake, circuits.
- **Xtra Time** e.g. small-sided games, relays, clapping, number and ball games, parachute, frisbee, and throwing and running activities.
- **Xtreme Challenges** e.g. circus moves, limbo, tri-golf, rock-it-ball, seated volleyball, co-operative games and team challenges.



Express yourself

TOP Activity

Cheer Chant

UP TO 10 PLAYERS

MINUTES 15

No more

For safety reasons balancing moves should always be done on dry flat grass or mats

Stretch before starting a routine.

Routines
This is a simple TOP Activity routine. Young people could choreograph their own routines and have cheerleading festivals.

TOP Activity
High V – clasp – T – half-T – T

It's here for you and me
High punch – high-V – fists down to knees

It's cool as can be
Half-T – table top – high punch

It's TOP Activity
Clap – clap – high-V

Equipment:

Think exercise
Ask young people to practise the routines in their spare time and challenge each other with different moves.

Think INC.
Avoid simply using wheelchair users as support. The motion and grace of wheelchair movement can really add to a routine. For example, can a wheelchair user be pushed from one partner and collected by another?

Sainsbury's Active Kids

YOUTH SPORT TRUST

WHAT DIFFERENCE DOES IT MAKE?

“ We learn lots of new games that we have never played before. ”

Year 5 Sainsbury's TOP Activity participant

Impact of Sainsbury's TOP Activity on participants

From a recent evaluation of the Sainsbury's TOP Activity programme responding staff involved in the programme felt that:

- Sainsbury's TOP Activity had been an enjoyable experience for the young people involved.
- The young people had responded enthusiastically to the resources.
- Sainsbury's TOP Activity had contributed to sustaining young people's enthusiasm to be active.
- Young people's confidence to be active had increased as a result of being involved in Sainsbury's TOP Activity.



“ There's an interesting range of activities appealing to young people not engaged in more traditional sports, especially girls. They enjoy the non-competitive element and it's good for those with low self-esteem. ”

Sainsbury's TOP Activity deliverer

Impact of Sainsbury's TOP Activity on deliverers

Survey findings and case studies supported the following benefits for those delivering Sainsbury's TOP Activity:

- Highly valued training for adults other than teachers such as lunchtime supervisors.
- Development of improved relationships between the deliverers and the young people involved.
- The establishment of new partnerships between the school sport partnerships and informal settings attended by young people.

“ It [the training] was very useful, they told us a bit more about TOP Activity, we looked at the cards as well and we tried out some of the games. ”

Sainsbury's TOP Activity deliverer

HOW TO GET INVOLVED

School sport partnerships are identified for involvement in Sainsbury's TOP Activity by the Youth Sport Trust using data submitted in their Evaluation and Priorities Document (EPD) and information from Youth Sport Trust Development Managers. Please speak to your Development Manager for more information.

For those school sport partnerships who have undertaken Sainsbury's TOP Activity training in previous years, top up resources can be purchased from www.ystdirect.org