

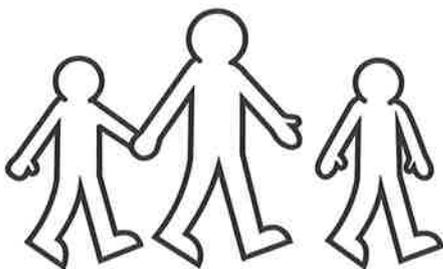
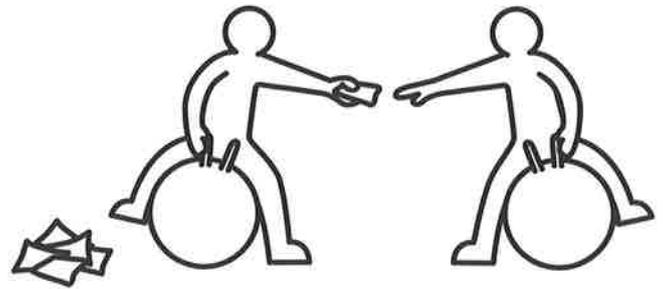
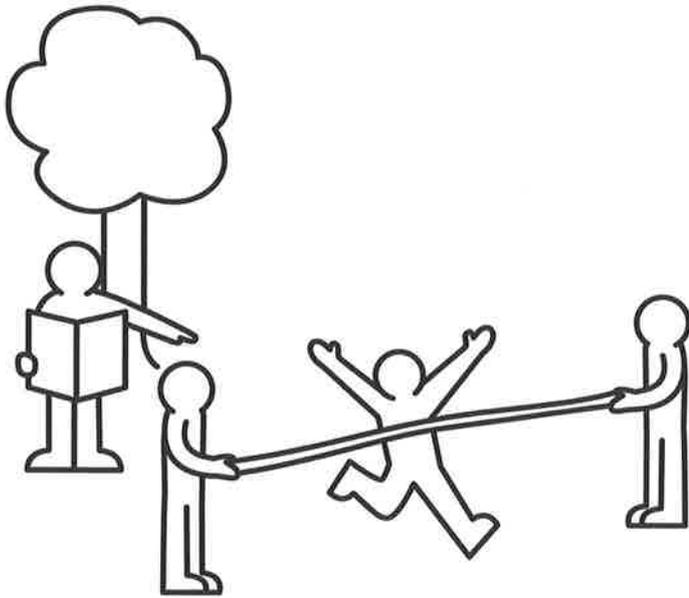
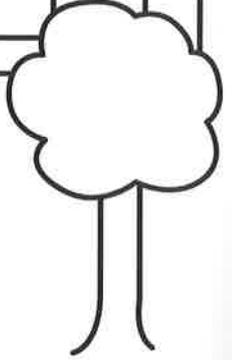
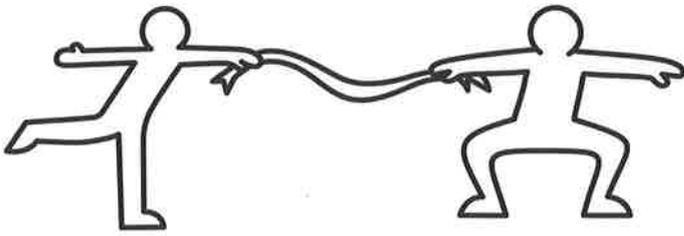
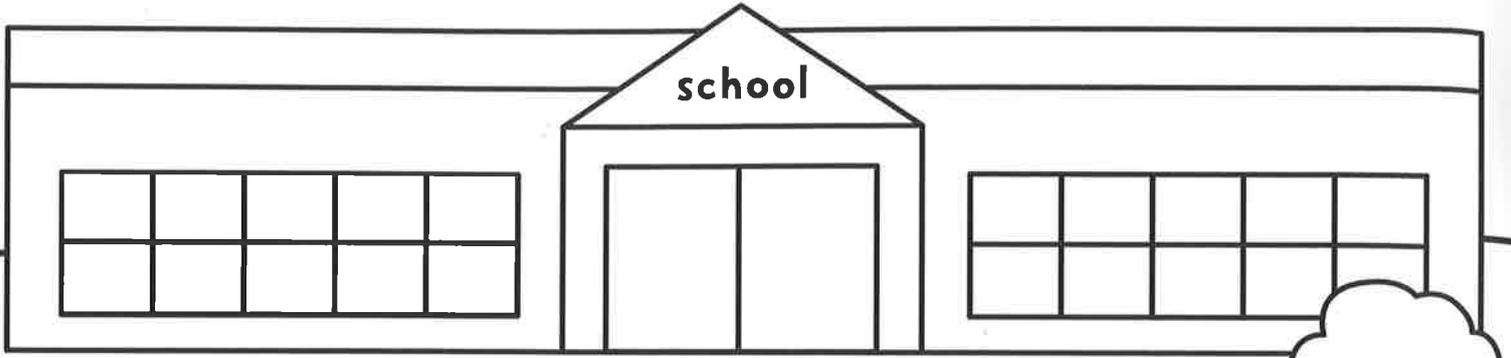
# change4life sports club 'get going' logbook



my name is.....

my school is.....

Colour in all the characters:

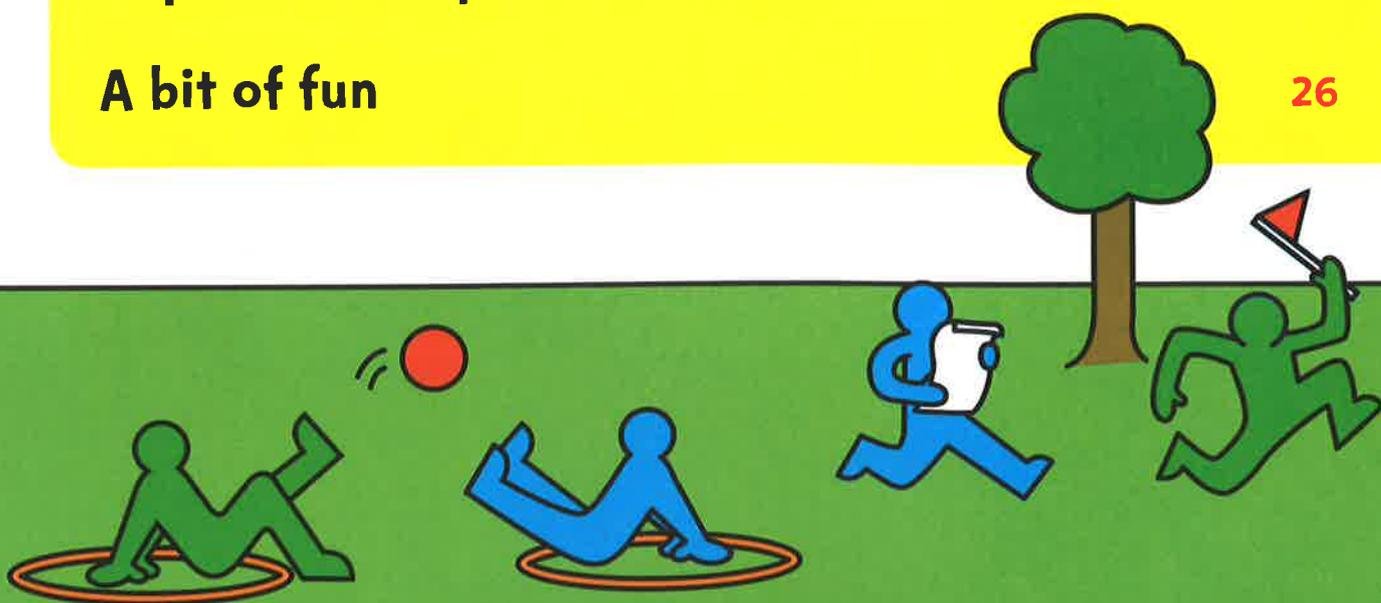


# welcome

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# a bit about this 'get going' logbook...

## What is this 'get going' logbook all about?

This logbook is all about you. It is like a diary, where you can keep a record of all the activity you have done, all the things you have learned and all the things you have tried each week. It will also help you see how much you have achieved. You can even share this with your friends and family.

## How do I use my logbook?

Your challenge is to try and fill it in every day. You will soon be amazed at all the activities you have tried and how exciting it is being part of your Change4Life Sports Club.

On the next few pages you will see there is some information about being healthy and active that applies to everybody. After that, it's all about YOU!

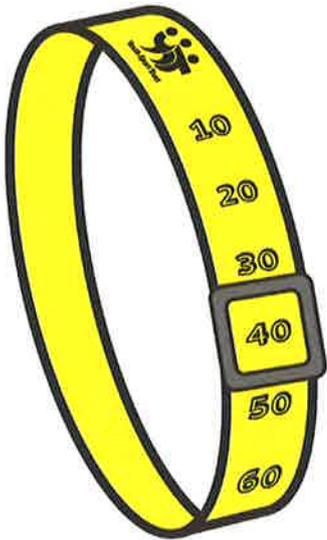
We have included a quick quiz for you to do. It's not too hard and will help you see how you are getting on. You will then be able to see how you are doing when we do the quiz again in a few weeks' time.

## What's the BEST bit about my logbook?

The best bit is 'a bit about my week'! This is where you log how many minutes of activity you have done each day. You can use your 'get going' wristband to help you remember. There's space to make notes if you want and a chance to be awarded stickers for showing great Sporting Spirit. There are enough pages for six weeks of activity to be recorded, but your activity leader can provide you with some more if you need them. Go on, have a look! And have fun!



# a bit about your 'get going' wristband...



## How it works

Your Change4Life 'get going' wristband is a handy little gadget for you to wear on your wrist to help you to track how many minutes of activity you are doing each day. Each band has up to 60 minutes, plus the number of hours, so you can record how many you have done each day.

If you do 10 minutes of activity before school, slide this bit over the 10. Then when you do another 10 minutes, slide it over 20 to show you have done a total of 20 minutes so far that day and so on! When you have completed 60 minutes you can then move the other slider over the 1 hour. Remember, you are aiming to do 60 minutes several times every day - and don't forget to add the minutes and hours of activity in your logbook.

## Who it's for

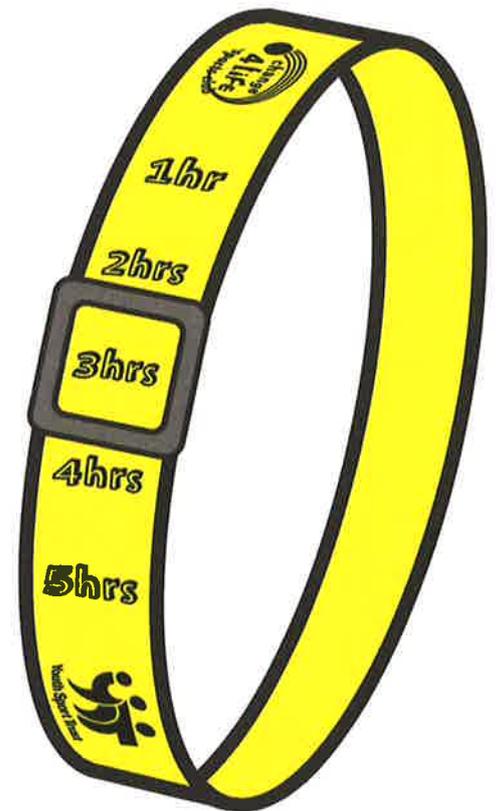
It's for you! Your wristband will help you to record your number of active minutes to add to your logbook. If the band fits, maybe your parents or family members want to try it for a day. Did you know that they should be active for at least 150 minutes a week?

## When to use it

You can wear it every day at any time. Make sure you wear it for your Change4Life Sports Club Sessions and during the school day. You'll be amazed how many minutes of activity you do without even realising!

## Where to use it

You can use it anywhere. Your wristband is waterproof, so you can wear it when it rains, in the swimming pool or playing in the park.



# a bit about being active...

**Did you know... that being active in all sorts of ways is really good for you?**

Not only will it help make your body healthier but will also help to make you feel good too. Having strong bones, a healthy heart and a big smile will all help you to lead a happy life and do well in your class and lessons.

**Did you know... that you should try to do at least 60 minutes of activity several times a day?**

This doesn't have to be all in one go. You can do it in shorter amounts. But this activity does need to make your heart beat faster and will probably make you feel warmer and go a little pink in the cheeks. Next time you are playing, see if you can notice any of this happening - it's doing you good!

**Did you know... that your body is like a car engine?**

It's really important that the fuel (food and drink) you put into your body is the best. Eating healthy food which is low in salt, low in sugar and low in fat is a great start. Making sure you get your 5 fruit and veg a day and drinking plenty of water is really important. It all helps to make your body and brain work the best it can.

**Did you know... there are all sorts of fun activities you can do?**

There's a lot happening for you to try at home, at school or around where you live. These activities may include playing in the garden or park or playing with friends at break or lunchtime. You might also have after school activities at your school or at local sports clubs. How about taking part in school challenges and competitions like the School Games?



# a bit of a change...



There are lots of little ways you can make a change to be more healthy by making sure that you 'move more' and 'eat well'. Try making a change like the ones below and see what you can achieve. Go on... are you up for making a change?

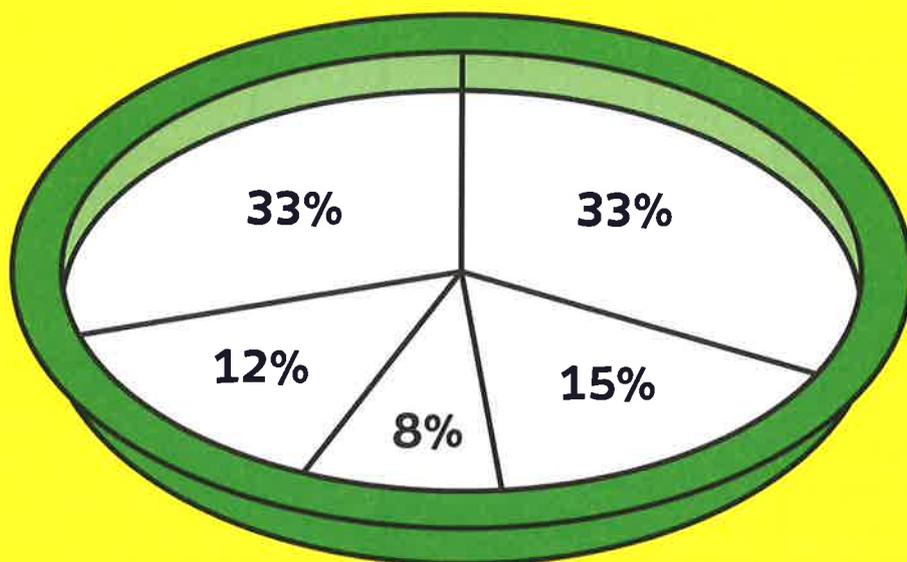
Your 'get going' star chart	1 Day	2 Days	7 Days	2 Weeks	6 Weeks	12 Weeks	☆ 24 ☆ Weeks
Increase the amount of physical activity you do by 30 minutes each day							
Reduce the amount of time watching TV by 1 hour and play outside							
Drink a bottle of water instead of a bottle of fizzy drink every day							
Change one sugary snack for one piece of fruit every day							
Make sure you have had your 5-a-day							
Have three 'me-sized' meals today							

Try and collect as many stars as you can, even if you only choose two things to make a change.

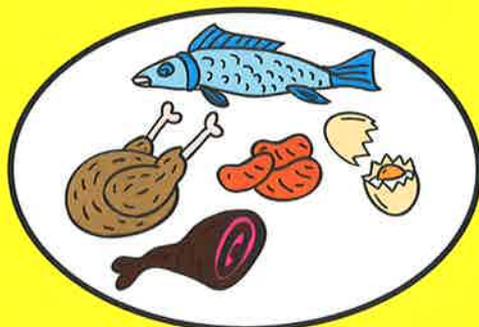


# a bit of a challenge...

There are so many different sorts of food to choose from! Sometimes it is really hard to know just what to have on your plate and how much to have of each thing. Try matching the types of food to the dinner plate below and take the 'eat well plate' challenge! Draw a line from the items to where you think they should go on the plate... quick, get your food on the plate before it falls on the floor!



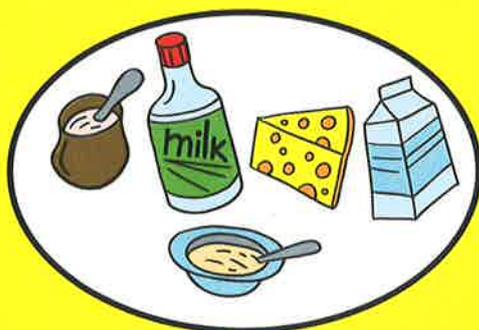
Why not have a chat with your teacher or search for the answers with your family.



Meat, fish, eggs and beans



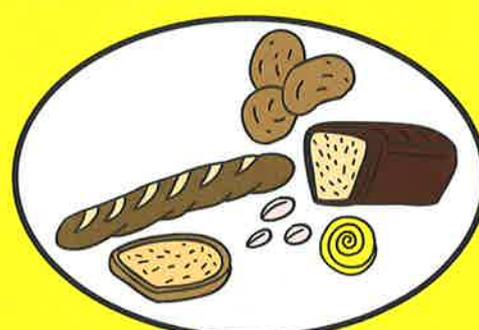
Food and drinks high in fat and/or sugar



Milk and dairy foods



Fruit and vegetables



Bread, rice, potatoes and pasta

# a bit about me...

## week 1

So that you can see how active you are, take five minutes to fill in this quiz (you can ask a grown up to help you if you don't understand anything). Use the other copies of this quiz at the back of the 'get going' logbook to see how you are getting on. Make sure you do this quiz when your club leader asks you to and hand it to them when you have finished.

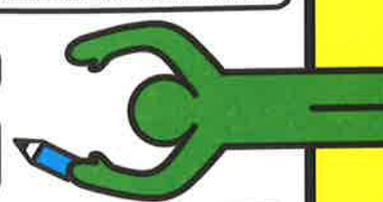
My name is:

I am a:  boy  girl

Aged:

My school is:

I joined the club  this school year  last school year



I do more than 30 minutes of physical activity

every day

most days

some days

never

I do more than 60 minutes of physical activity

every day

most days

some days

never

### Thinking me

I think I am good at playing games

every day

most days

some days

never

I look forward to playing games

every day

most days

some days

never

### Social me

When I play games I help others improve

every day

most days

some days

never

I like playing games with others

every day

most days

some days

never



## Physical me

I play games where I get out of breath

every day

most days

some days

never

When I play games I like learning new skills

every day

most days

some days

never

## Creative me

I make up new games to play

every day

most days

some days

never

I like trying new games

every day

most days

some days

never

## Healthy me

I eat my 5-a-day fruit and veg

every day

most days

some days

never

I feel happy after playing games

every day

most days

some days

never

I drink water before, during and after games

every day

most days

some days

never

I like to be active

every day

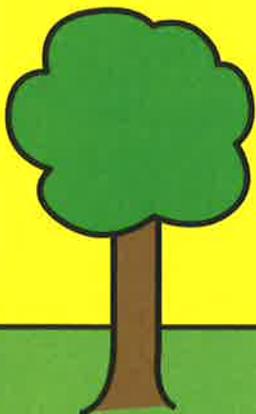
most days

some days

never

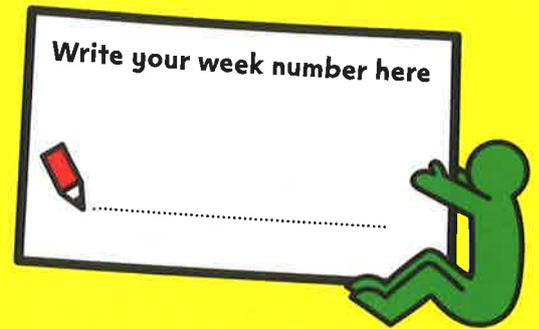
Please return all quizzes to:

SPEAR, Canterbury Christ Church University, Canterbury, Kent CT1 1QU.



# a bit about my week...

Use this page to keep a record of what you have learned and tried while taking part in your club or activities this week. The Chat Zone will help you think and talk about staying healthy and active. Have you earned your Spirit of the Games sticker? If so there is a spot below to put it. Keep a record of your Spirit of the Games stickers and see how many different values you can collect.



This is where you record the amount of activity you have done this week using your 'get going' wristband to help you.

Did you do over 12 hours' activity this week?  
Write the number of extra hours here: .....

## Chat Zone

1. Why is it important to drink plenty of water when doing sport?
2. How many minutes of activity should we all do each day and what can that include?
3. What makes a good teammate?



## spirit of the games

This week I showed:



Honesty while taking part.



Passion and enthusiasm for the activity.



Self belief that I could really do it.



Teamwork to help others so we all do well.



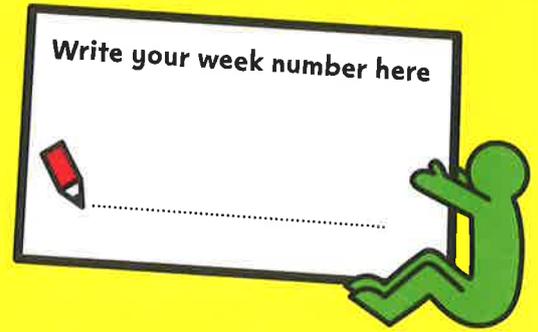
Determination to achieve my best.



Respect for others and the rules.

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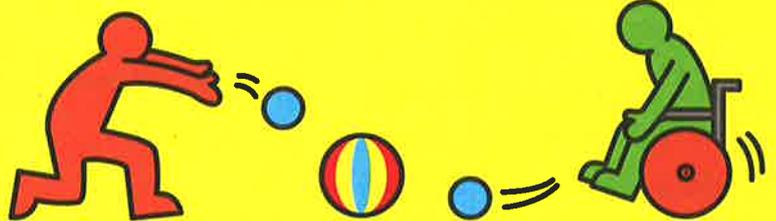


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Did you do over 12 hours' activity this week?  
Write the number of extra hours here: .....

## Chat Zone

1. Why are fruit and vegetables good for us?
2. What are the different ways you can tell if you have been really active?
3. What is a good snack to have after doing our sports club?



## spirit of the games

This week I showed:



Honesty while taking part.



Passion and enthusiasm for the activity.



Self belief that I could really do it.



Teamwork to help others so we all do well.



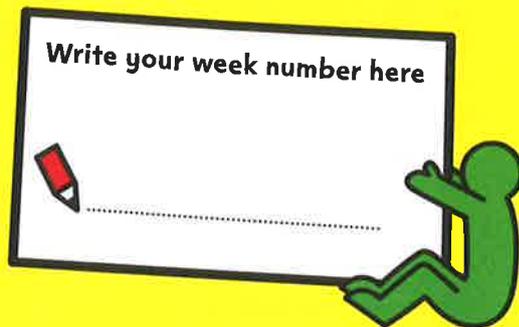
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Did you do over 12 hours' activity this week?  
Write the number of extra hours here: \_\_\_\_\_

## Chat Zone

1. How can you tell if you are getting healthier?
2. When you show other people the new things you have learned, how does that make you feel?
3. What's good about trying a new activity?



## spirit of the games

This week I showed:



Honesty while taking part.



Passion and enthusiasm for the activity.



Self belief that I could really do it.



Teamwork to help others so we all do well.



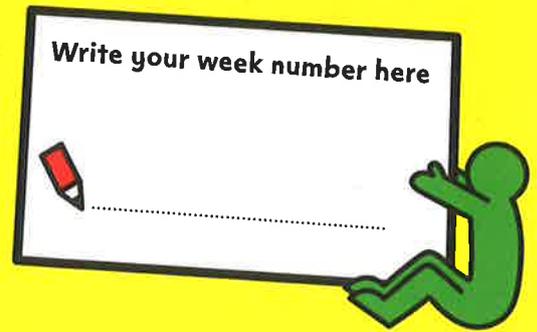
Determination to achieve my best.



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Did you do over 12 hours' activity this week?  
Write the number of extra hours here: \_\_\_\_\_

## Chat Zone

1. How do you feel when you help someone else while you are playing a game?
2. When your family/friends take part in activities with you, how does that make you feel?
3. Why is it important not to have too many drinks with sugar in?



## spirit of the games

This week I showed:



Honesty while taking part.



Passion and enthusiasm for the activity.



Self belief that I could really do it.



Teamwork to help others so we all do well.



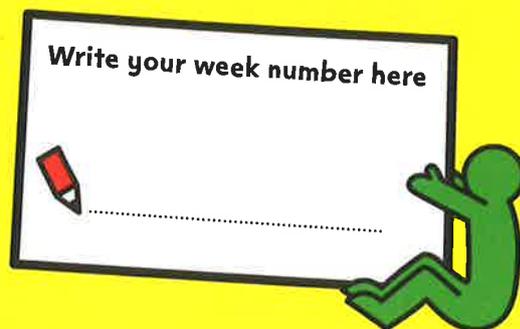
Determination to achieve my best.



Respect for others and the rules.

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This is where you record the amount of activity you have done this week using your 'get going' wristband to help you.

Did you do over 12 hours' activity this week?  
Write the number of extra hours here: .....

## Chat Zone

1. Why is it important to get plenty of sleep?
2. What new skills have you learned this week?
3. Why is it good to try and try again if you don't succeed first time?



## spirit of the games

This week I showed:



Honesty while taking part.



Passion and enthusiasm for the activity.



Self belief that I could really do it.



Teamwork to help others so we all do well.



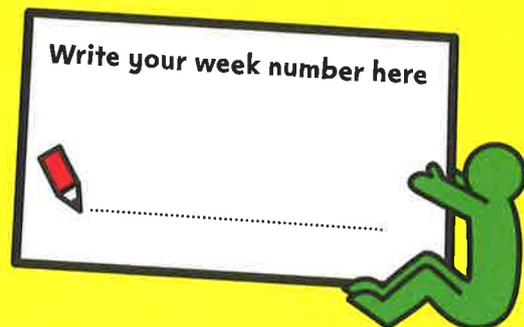
Determination to achieve my best.



Respect for others and the rules.

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This is where you record the amount of activity you have done this week using your 'get going' wristband to help you.

Did you do over 12 hours' activity this week?  
Write the number of extra hours here: .....



## Chat Zone

1. What happens to our bodies when we eat too much junk food?
2. Why is it nice when someone congratulates you?
3. What times of the day do you do most of your activity and what do you do?



## spirit of the games

This week I showed:



Honesty while taking part.



Passion and enthusiasm for the activity.



Self belief that I could really do it.



Teamwork to help others so we all do well.



Determination to achieve my best.



Respect for others and the rules.

# a bit of fun...

Below is a blank space that looks like the activity cards for your club. Could you design your own game? Get creative and share your ideas with your family and friends and see what interesting games you can come up with. You might want to give it to your club leader to use at the next club session.

Name of your game...



.....

Draw your game and explain the rules...



Here are some ideas to help you create your game.



**Space**

Will your activity space be big, small, medium, square, circular or a longer corridor shape?

**Task**

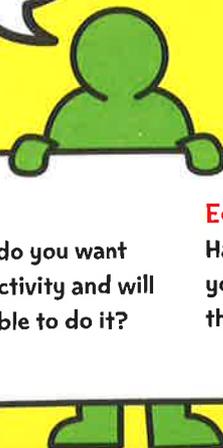
How difficult do you want to make this activity and will everyone be able to do it?

**Equipment**

Have you thought about what you will need and will you find the items in your school?

**People**

Will your activity be for individuals, groups or teams or will everyone play at once?



# a bit about an Olympic athlete...

**Name:** Katherine Grainger  
**Age:** 35  
**Sport:** Rowing  
**Honours:** Olympic Silver in 2000, 2004 & 2008, five World Championship Gold medals, Gold, London 2012  
**Primary School:** Mosshead Primary School, Bearsden, Glasgow



## 1. Did you enjoy sport at primary school?

I didn't think I'd do sport after school. I just had fun most of the time. I remember being really bad at dance and feeling embarrassed when we had to do stuff in front of the class. I realised later that everyone is good and bad at different things and that's ok. I think most people go through the stage of being the last one picked for some activities. But it's not always about being the best; sometimes it's just about getting stuck in, having a go and having fun.

## 2. How much training do you do?

We train two or three times every day for six or seven days a week. When we're on a break we try to do something every other day or so. Training as an athlete is good for me because it keeps me fit and strong, but also it helps me stay alert in other things I do and feel good about myself.

## 3. What do you eat and drink each day?

Because we train so much we have to make sure we eat a lot of the right stuff. So lots of healthy fruit and vegetables, some meat and things like bread, potatoes or pasta to fill us up. Nothing is banned so we are allowed the occasional bit of chocolate or sweets, but not all the time!

## 4. Have you ever been disappointed in your sporting life? What did you do?

The first really tough challenge was when I had an injury at the beginning of an Olympic Year and it was bad enough that it might have stopped me from competing. It was very hard to get over it and I had to put my trust in a lot of people. They not only started to fix my injury but also helped to build my confidence. Afterwards I felt stronger than ever before because now I knew that I was capable of overcoming challenges.

## 5. Can we see what you are up to?

You can follow the Great Britain rowing team at [www.gbrowingteam.org.uk](http://www.gbrowingteam.org.uk)

# a bit about an Olympic athlete...

**Name** Olivia Allison  
**Age:** 21  
**Sport:** Synchronised swimming  
**Honours:** Commonwealth Silver 2010  
**Primary School:** St. Swithun's Roman Catholic Primary School, Portsmouth + St John Fisher Roman Catholic Primary School, St. Albans



## 1. Did you enjoy sport at primary school?

I liked it very much as it was taught very well by the headteacher. I really enjoyed rounders, netball, athletics and tag rugby.

## 2. How much training do you do?

I train a lot – over 42 hours a week! I usually train for 8 hours each week day and then 4 hours on Saturday. As well as getting in the pool to practise synchronised swimming or do lane swimming, I do skipping, lift weights and even practise yoga to improve my core strength.

## 3. What do you eat and drink each day?

I always have a good breakfast as our morning training session is from 7am 'til 1pm, so I need enough energy to give 100% for the whole session. I also have healthy snacks and drinks during the session. I always have a meal or snack within an hour of finishing training. I have to make sure I drink a lot of water too. It's more difficult to remember to do this when you're in the pool as you can't feel yourself sweating.

## 4. Have you ever been disappointed in your sporting life? What did you do?

Coming fourth at the Commonwealth Games in 2006 was disappointing, even though it was my first senior event and I was not a full-time athlete. I made sure I learnt from it by working hard on what I needed to improve on. It worked – in the 2010 Commonwealth Games I came away with a Silver medal!

## 5. Can we see what you are up to?

You can follow the progress of the Great Britain synchronised swimming team at [www.swimming.org/britishswimming/synchro/british-synchronised-swimming](http://www.swimming.org/britishswimming/synchro/british-synchronised-swimming)

# a bit about a Paralympic athlete...

**Name:** Danielle Brown  
**Age:** 23  
**Sport:** Archery  
**Honours:** World Championship Gold in 2007, 2009 & 2011, Paralympic Gold Beijing 2008, European 2010 Team Gold and Commonwealth Gold in 2010, Gold, London 2012 Paralympics (First disabled athlete to compete in an able-bodied event for England)  
**Primary School:** Glusburn Primary School & Lothersdale Primary School, North Yorkshire



## 1. Did you enjoy sport at primary school?

I loved sport at primary school whenever we got the chance to do it. We didn't do much after school sport at my school, but my family are very active and encouraged me to do lots of activities at weekends and in the holidays. When I did get a chance to play sport at primary school I enjoyed football.

## 2. How much training do you do?

It depends on what time of year it is and whether it is in the middle of the season. In the build-up to the Olympic Games I will be training 6 days a week with 1 rest day. I'll do 3-7 hours a day plus 2 swimming sessions. It is really hard work and the training is mainly shooting and practising my skills, but in my sport you have to repeat the same actions time and time again to be the absolute best.

## 3. What do you eat and drink each day?

I am lucky in that I don't have to have eat particular things or have a special diet. But I do eat sensibly and look after my body so I tend to eat cereal for breakfast, fruit, soup and sandwiches for lunch and then for dinner I generally have chicken and pasta with yoghurt or fruit snacks. Although I am not very good at remembering I always try and drink at least 2 litres of fluid a day so that I keep my body hydrated.

## 4. Have you ever been disappointed in your sporting life? What did you do?

I have been really lucky and really determined to be at the top of my sport but things don't always go well so you have to keep working hard, make sure you always prepare and practise in the right way and bounce back from any mistakes or disappointments. That way if it happens again you will always be calm under pressure and more likely to be successful in what you do.

## 5. Can we see what you are up to?

You can follow the progress of the Great Britain archery team at [www.archerygb.org/teamgb/paralympic/index](http://www.archerygb.org/teamgb/paralympic/index)

# a bit about me...

## week 6

So that you can see how active you are, take five minutes to fill in this quiz (you can ask a grown up to help you if you don't understand anything). In 6 weeks' time we'll do it again. Make sure you do this when your club leader asks you to and hand it to them when you have finished. You may be amazed by what you have achieved!

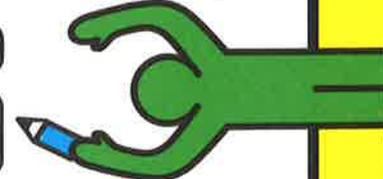
My name is:

I am a:  boy  girl

Aged:

My school is:

I joined the club  this school year  last school year



I do more than 30 minutes of physical activity

every day

most days

some days

never

I do more than 60 minutes of physical activity

every day

most days

some days

never

### Thinking me

I think I am good at playing games

every day

most days

some days

never

I look forward to playing games

every day

most days

some days

never

### Social me

When I play games I help others improve

every day

most days

some days

never

I like playing games with others

every day

most days

some days

never



## Physical me

I play games where I get out of breath

every day

most days

some days

never

When I play games I like learning new skills

every day

most days

some days

never

## Creative me

I make up new games to play

every day

most days

some days

never

I like trying new games

every day

most days

some days

never

## Healthy me

I eat my 5-a-day fruit and veg

every day

most days

some days

never

I feel happy after playing games

every day

most days

some days

never

I drink water before, during and after games

every day

most days

some days

never

I like to be active

every day

most days

some days

never

Please return all quizzes to:

SPEAR, Canterbury Christ Church University, Canterbury, Kent CT1 1QU.

Draw one of the activities you have done:



# a bit about me...

## week 12

So that you can see how active you are, take five minutes to fill in this quiz (you can ask a grown up to help you if you don't understand anything). In 12 weeks' time we will do this for the final time! Make sure you do this quiz when your club leader asks you to and hand it to them when you have finished. You may be amazed by what you have achieved!

My name is:

I am a:  boy  girl

Aged:

My school is:

I joined the club  this school year  last school year



I do more than 30 minutes of physical activity

every day

most days

some days

never

I do more than 60 minutes of physical activity

every day

most days

some days

never

### Thinking me

I think I am good at playing games

every day

most days

some days

never

I look forward to playing games

every day

most days

some days

never

### Social me

When I play games I help others improve

every day

most days

some days

never

I like playing games with others

every day

most days

some days

never



## Physical me

I play games where I get out of breath

every day

most days

some days

never

When I play games I like learning new skills

every day

most days

some days

never

## Creative me

I make up new games to play

every day

most days

some days

never

I like trying new games

every day

most days

some days

never

## Healthy me

I eat my 5-a-day fruit and veg

every day

most days

some days

never

I feel happy after playing games

every day

most days

some days

never

I drink water before, during and after games

every day

most days

some days

never

I like to be active

every day

most days

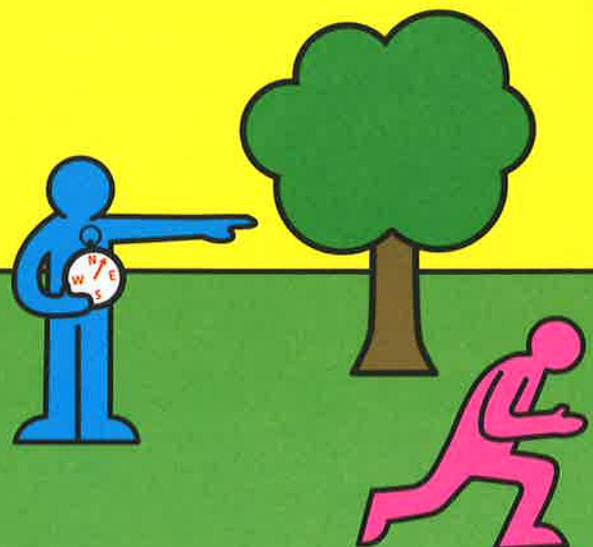
some days

never

Please return all quizzes to:

SPEAR, Canterbury Christ Church University, Canterbury, Kent CT1 1QU.

Draw one of the activities you have done:



# a bit about me...

## week 24

So that you can see how active you are, take five minutes to fill in this quiz (you can ask a grown up to help you if you don't understand anything). This is the final time you will do this little quiz. What do you think has changed during your time in your club? Hand the quiz to your club leader or teacher and make sure you ask what you have achieved!

My name is:

I am a:  boy  girl

Aged:

My school is:

I joined the club  this school year  last school year



I do more than 30 minutes of physical activity

every day  most days  some days  never

I do more than 60 minutes of physical activity

every day  most days  some days  never

### Thinking me

I think I am good at playing games

every day  most days  some days  never

I look forward to playing games

every day  most days  some days  never

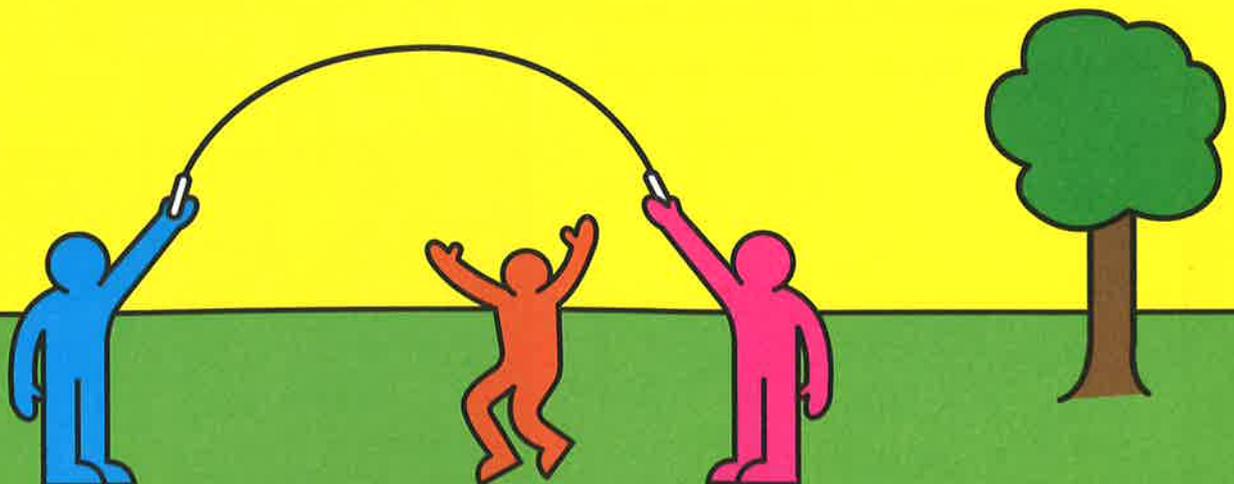
### Social me

When I play games I help others improve

every day  most days  some days  never

I like playing games with others

every day  most days  some days  never



## Physical me

I play games where I get out of breath

every day

most days

some days

never

When I play games I like learning new skills

every day

most days

some days

never

## Creative me

I make up new games to play

every day

most days

some days

never

I like trying new games

every day

most days

some days

never

## Healthy me

I eat my 5-a-day fruit and veg

every day

most days

some days

never

I feel happy after playing games

every day

most days

some days

never

I drink water before, during and after games

every day

most days

some days

never

I like to be active

every day

most days

some days

never

Please return all quizzes to:

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Draw one of the activities you have done:



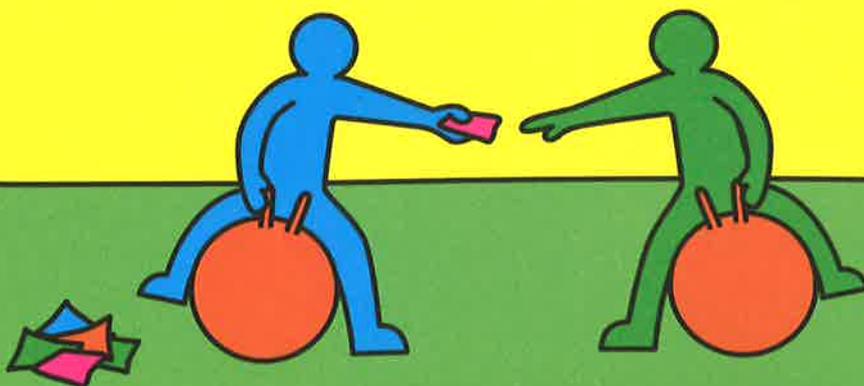
# a bit of fun...

Can you find all the sporty words listed below? Look closely in the grid of letters - the words either run across (from left to right) or down (from top to bottom).

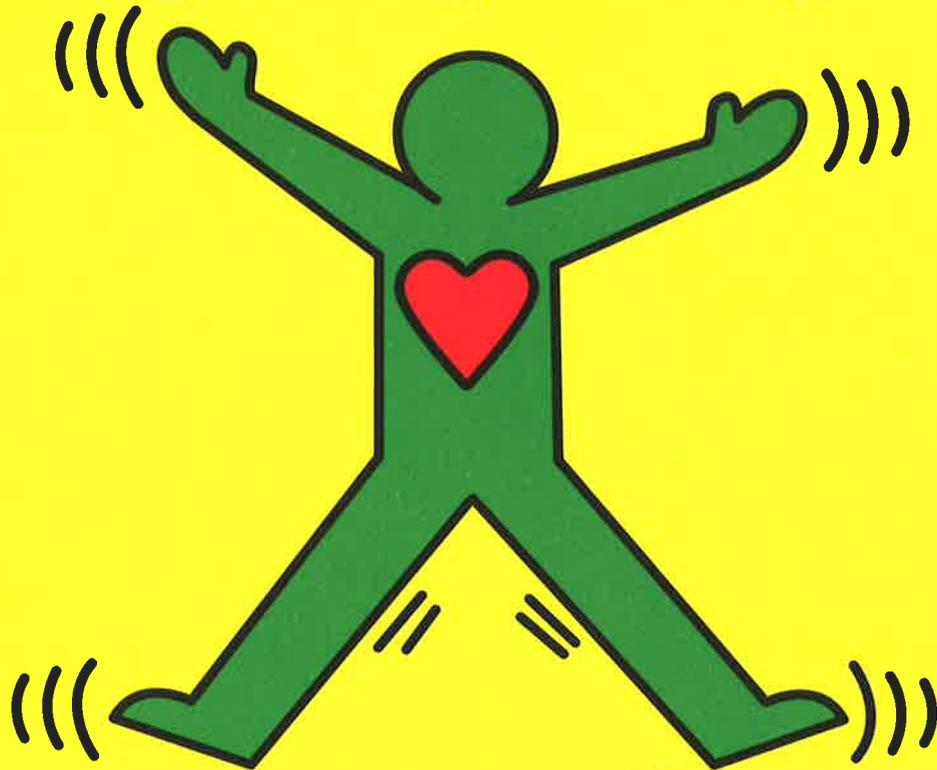
O F E A D L F M R C P S W I M M I N G L  
 G D O M D J V R A H A E Z D K O X J G I  
 G E S A I L I N G E R W F H N C L U B L  
 K T R M O D P S A E A U W O H J I K T E  
 B E T J A W A U P R L U D N V O D J S I  
 W R E T O Q S H R L Y I I E M R F P W R  
 O M Z P S B S I B E M B B S S I F W R E  
 C I A Z M E I J F A P M O T K E T G J S  
 Y N G U A O O M J D I W C Y I N E G Z P  
 C A O M D A N C E I C V C C P T A O M E  
 L T K V N T X P Z N S T I G P E M L B C  
 I I A S T E B Z R G I J A X I E W F O T  
 N O C J G O A L B A L L L P N R O T W I  
 G N O H V K O L Y M P I C S G I R K L H  
 F E N C I N G U G V O D K N X N K R S N  
 Q L R S B E L I E F R O W I N G K I A T  
 G C D S S W A H E V R P D L V Y A Z J N  
 W A B C A N O E I N G M L O N D O N L S  
 E W B E P I H S A A R C H E R Y Z P A G  
 T W Y I Z J E X K D G Y M N A S T I C S



- |              |               |                     |          |
|--------------|---------------|---------------------|----------|
| ARCHERY      | CYCLING       | HONESTY             | RESPECT  |
| BELIEF       | DANCE         | LONDON              | ROWING   |
| BOCCIA       | DETERMINATION | <del>OLYMPICS</del> | SAILING  |
| BOWLS        | FENCING       | ORIENTEERING        | SKIPPING |
| CANOEING     | GOALBALL      | PASSION             | SWIMMING |
| CHEERLEADING | GOLF          | PARALYMPICS         | TEAMWORK |
| CLUB         | GYMNASTICS    |                     |          |



get going



every day



[nhs.uk/c4lsportsclubs](http://nhs.uk/c4lsportsclubs)

