



**BRISTOL
SPORT
FOUNDATION**

WE LOVE SPORT

We Love Sport is a Sport England funded programme which aims to increase the physical activity levels of identified children and their families in areas of high deprivation. We will help children to fall in love with sport and improve their self-esteem to empower the whole family to become Active. Healthy. Happy.

There are three key parts of the programme:

1. WE LOVE SPORT ROADSHOW

The We Love Sport roadshow is a one-off fun and inclusive morning session where we will come to the school and assess the children on the following indicators of physical competence tested in a round robin format:



Agility



Balance



Coordination

A physical competency breakdown for each child will be shared with the school which will identify their strengths and areas for improvement.

2. LUNCH CLUB

Following the Roadshow, we will deliver an intervention lunchtime club for children who have been identified from the Roadshow results and children that the school feel would benefit from the club.

Working in small groups, we will deliver fun sessions to develop the agility, balance, coordination and overall physical literacy of all participants with the primary aim to increase their self-belief to take part in sport and physical activity.

2. FAMILY HOLIDAY CLUB

All children who attend the Lunch Club will be invited to attend our Family Holiday Hub during a school holiday. The Family Holiday Hub will give the children the opportunity to:



Play Sport



Experience new,
healthy foods



Develop cooking
skills

During the Family Holiday Hub, the children and one family member will work with Feeding Bristol's Children's Kitchen to make their own healthy lunch, participate in sports sessions run by our team of experienced and passionate sports coaches, receive a recipe kit to take home and help co-design future Hubs.

4. FEEDBACK

Chris Barratt Principal at Summerhill Academy, St George:

“The We Love Sport programme not only looked great when I was on site, but has also received some amazing feedback from the families involved, so thank you. It fits really well with our Healthy Bodies, Healthy Minds initiative, which is important for our community. OFSTED mentioned it as a strength in our final feedback.”

*Great morning, had lots of fun!
Learned about and tasted lots of
veg & fruit, even ones that my
boys would not usually eat!*

Thanks to everyone!

*Thanks for a lovely morning of
cooking, we really enjoyed the
healthy foods that we made*

Thanks!

*Each part of the WLS
programme is great.*

*Fun, impactful, unique and helps
to shine a light on the
importance of physical literacy*

5. FURTHER DETAILS

We Love Sport is a complimentary programme, for more information please contact Tom Monks, Head of Programmes on tom.monks@bristol-sport.co.uk

OUR PARTNERS



University of
BRISTOL

