

Results

Fit For Football - News

'Thumbs up for FFF!'



Lets get 5 game

Welcome to our new communication, Results!

'Results' is a new initiative to keep everyone who contributes to the achievements of the Fit For Football project informed about its progress. With four years of experience, the success of the fit for football scheme

continues to grow. The key messages of healthier eating, being more physically active and no smoking are getting through, with many project workers reporting that children are often already aware of the '5 A-DAY' just eat more fruit and vegetables recommendation. Fit For Football has now reached over 12,000 young people.

Making the time to talk to the children who had taken part at Riddings Junior School was encouraging too. All the children enjoyed the scheme, some commented on how interesting it was learning about the balance of good health while making 'healthier' sandwiches with the food workers.

The Grabanana game was also mentioned as a favourite physical activity by the children. They were keen to express their

ideas on what the Fit For Football Team could do to encourage other youngsters to lead a healthier lifestyle.

Ideas such as posters connecting healthy lifestyles with famous football players, etc.

'Without a doubt the Community Food Workers and Football in the Community coaches are doing a fantastic job.' Scott Maxfield from Scunthorpe United FITC commented. 'Seeing the children take part in the scheme and the fun they have whilst learning extremely valuable messages makes all of our hard work worth while.'



Who wants to be a millionaire?

Fit For Football is unique in the way it evaluates the effectiveness of its health promoting out of school activity programmes.

A few weeks after the 5 week programme has finished each school is visited and a multi choice answer quiz is delivered to a class of children using a Classroom Performance System (CPS). It is exactly the same piece of equipment as used on the 'Who wants to be a millionaire?' programme and its benefits are numerous.

All of the children get to play with their own personal key pad, some of which have taken part in Fit For Football and others who have not, and their answers are all anonymous so that there is no embarrassment when someone gets it



CPS in action

wrong. When each question is completed just like the hit programme the answer is revealed and this provides an ideal time to

discuss with the children their answer and how they might manage to lead a healthier lifestyle.

When the tests were run in schools last term Fit For Football participants scored on average over 20% better than non-participants.

Also 68% thought they did more physical activity, over 70% thought that they ate more fruit and vegetables and a massive 75% stated that they were less likely to ever smoke cigarettes when they were older.

Fit For Football is effective...That's my final answer!



FFF Funnies

What do you call a girl that stands between two goalposts?
Annette! (a net)

What did the big tomato say to the little tomato when the little tomato started to slow down while running?
Ketchup!