



10 Top Tips for Designing and Implementing Active Breakfast Clubs

Breakfast club provision supports parents and carers with childcare, as well as offering children a healthy, nutritious breakfast and time to socialise with other young people and childcare staff. It can be an ideal way to informally welcome children onto school sites, reducing stress and anxiety, alongside improving attendance and punctuality.

Children enjoy being physical active so including these activities within early morning sessions can provide positive experiences and

engagement, as well as being beneficial for whole school development through improving concentration and focus. A healthy breakfast supported by physical activity can help regulate emotions, improve memory, and cognitive function, leading to better learning.

Here are 10 tips for how to set-up and develop Active Breakfast Clubs to optimise these benefits, which is reinforced by compelling research.



1. Set Clear Objectives

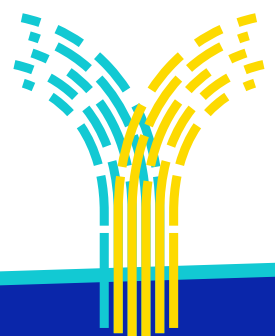
Define the purpose of your Active Breakfast Club. Are you focusing on nutrition, fitness, movement levels, social interaction, attendance, punctuality, parental and carers support, school preparation, or a combination of these? Clear goals will help with planning and delivery (activities and meals) that align with your objectives.

Resources like the [Department for Education's Breakfast Club Set Up and Implementation](#) and [Youth Sport Trust's Simple Ways to Make Breakfast Clubs Active](#) can be helpful.



2. Meet Needs and Secure Buy-In

Talk with key people from the beginning to ensure the club meets everyone's needs and offers a range of physical activity options. This includes consulting with parents and carers, school staff, local health and sport partners, and the crucially young people themselves. The Youth Sport Trust's [Youth Voice Toolkit](#) can support with this.





3. Consider Structure and Routine

Consistent structure and routine can benefit young people, especially if home life is chaotic. Plan arrival times, ensuring this accommodates various needs such as quieter arrival times for those with sensory sensitivities. Decide whether provision of food or activities come first, and create a weekly schedule so young people know what to expect. Clearly communicate the structure and routine in multiple formats (e.g. visual schedules, social stories) to cater to different learning styles.

Finish sessions with reflection and transition time to prepare young people for lessons.

[Youth Sport Trust's Sport's Sanctuaries Activity Ideas](#) have been created to help young people regulate their emotions and prepare for learning.



4. Create the Right Environment and Ethos

Set up a comfortable, inviting, and safe space which helps to build belonging. Use bright, cheerful activity resources and arrange the space to encourage participation and interaction. A positive environment can boost engagement and enjoyment, helping address social anxiety and improve attendance.



5. Vary the Programme of Activities

Plan short, fun physical activities like stretching, yoga, quick aerobic exercises, or short walks. Tailor activities to the age group and fitness levels of young people, and ensure activities are adaptable to offer alternatives for different ability levels.

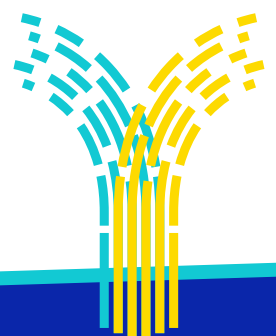
Include activities specifically designed to be inclusive, such as seated exercises or sensory play.

Many free activity ideas are available online, such as those from the [Youth Sport Trust](#).



6. Promote Social Interaction

Clubs provide a great environment in which social mixing between younger people and staff can flourish. Encourage group activities and conversations. Ice-breaker games, team-building exercises, and activities to encourage discussion can build a sense of community and make the club more enjoyable.

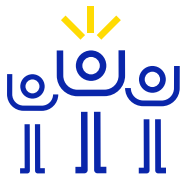




7. Empower Young People.

Get input from young people on menu choices and physical activity ideas. This increases enjoyment and ensures you meet the group's needs. The Youth Sport Trust's [Youth Voice Toolkit](#) can support with this.

Empower older students to support the delivery of activities, enhancing their leadership skills.



8. Equip Deliverers

Support staff and volunteers, including young leaders, with physical activity training and resources to ensure the club's ongoing development and sustainability. Organisations such as the Out of School Alliance offer [Help and Support for Out of School Hour Clubs](#).



9. Incorporate Health Education

Include short educational sessions on nutrition, the benefits of physical activity, or simple cooking and activity demonstrations. This adds value and helps young people make healthier choices and develop positive habits outside the club.



10. Track and Celebrate Progress

Keep track of attendance, activity participation, and improvements in health and happiness. Celebrate milestones and achievements to keep motivation high. Consider small rewards or recognition for regular attendees.

Whilst celebrations can be low-key and small scale, [Kellogg's Annual Breakfast Club Awards](#) exists as an annual national reward and recognition scheme.

By focusing on these aspects, you can create a well-rounded, engaging, and healthy Active Breakfast Club that young people look forward to and that staff and parents and carers value.

