

PRIOR MINDSET

NATIONAL ACTIVITY CLUBS AND PROGRAMS FOR CHILDREN'S DEVELOPMENT

Participation in clubs, sports, Scouts, and similar activities is crucial for the physical, mental, and emotional well-being of children and teens. These activities enhance physical fitness, develop motor skills, and promote overall health.

Mentally, they stimulate cognitive growth and problem-solving abilities while fostering teamwork and leadership. Emotionally, they build self-esteem, reduce stress, and improve social skills, offering a sense of belonging and achievement. Engaging in such structured activities supports balanced development and contributes significantly to a child's holistic growth.

National Activity Clubs for Children PriorMindset Information Resource



Here are some websites where you can explore and search for national activity clubs. Be sure to search within your local area to find specific activities and enrolment options for your child:

- **National Trust - Outdoor Activities:** Offers a range of outdoor activities and educational experiences.
- **YMCA:** Provides a range of activities, including sports, arts, and social programs for children.
- **Scouts:** Engages children in adventure and outdoor activities, community service, and skill development.

- **Guides**: Offers a variety of activities focusing on personal development and outdoor adventures.
- **Activity Alliance**: Provides information on
- **What's On 4 Kids**: A guide to activities and events for children.
- **England Athletics - Find a Club**: Search for local sports clubs.
- inclusive activities and sports for children with disabilities.
- **Club Hub UK**: The UK's largest kids' activity directory.
- **Active Together**: Discover activities for children and young people.

References

1. Sport England. (2021). *Helping children and young people get active over the summer holidays*. https://sportengland-production-files.s3.eu-west-2.amazonaws.com/s3fs-public/2021-07/Helping%20children%20and%20young%20people%20get%20active%20over%20the%20summer%20holidays.pdf?VersionId=vwpSXnb_Y2WsNq_XOIm73EvRRj5WBdeD
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3. YMCA. (n.d.). YMCA. <https://ymca.org.uk/>
4. National Trust. (n.d.). *Outdoor activities*. <https://www.nationaltrust.org.uk/visit/outdoor-activities>
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