activkids

Doing What Comes Naturally

ActivKids Training Workshops Prospectus







www.activkids.co.uk

This prospectus provides you with extensive coverage of the courses we can provide for you and your organisation. ActivKids pride ourselves on providing quality training, either at your venue or a venue near you. Terms and conditions apply, visit our website www.activkids.co.uk

- **Introduction to ActivKids Fitness Adventures – Early Years**
- **Introduction to KS1 Multiskills and Fitness Workshop**
- **Introduction to KS2 Multiskills and Fitness Workshop**
- **ActivKids PE workshops**
- **Child Behaviour Management Distance Learning Workshop**



Forward by the Professional Development Board

The standards that are set out by the Professional Development Board (PDB) are established to ensure high quality provision of professional development activities. To achieve this and receive the PDB Award identifies high quality practice. ActivKids have attained these standards through their continued efforts in the provision and delivery of professional development programmes.

ActivKids understand exactly what they can offer, and only make programmes available to schools services within these boundaries. They have developed an excellent range of multiskills and fitness programmes with specific learning objectives aligned to games and extra curricular guidelines, and provide schools with opportunities to undertake these programmes through training and support.

ActivKids have a rigorous recruitment and deployment process that ensures a high quality workforce in the delivery of training and programmes, so schools can have the confidence that ActivKids staff fully understand their, and their children's, needs.

Many schools throughout the England and Wales have already experienced the benefits of ActivKids. Thousands of children are regularly inspired to enjoy physical activity and fitness programmes designed by ActivKids, helping those children who generally shy away from more traditional sporting activities. More teachers and coaches gain confidence through the ActivKids workshops to deliver multiskills activities. Education establishments understand how essential it is for children to develop fundamental movement skills through multiskills programmes, and the necessity for these programmes in schools. ActivKids can provide these solutions at the high level expected.

2010-2013
Professional Development Board
for Physical Education

November 2011

Workshop title: **Introduction to ActivKids Fitness Adventures:**
Early Years Workshop

Workshop duration: 2 hours

The general objective of the ActivKids Fitness Adventure Programme is to encourage children to start creating a healthy habit. This is crucial at this stage as it is during the first few years of life, when as influencers in young kids and toddlers lives, we (adults) can start laying the groundwork for children to lead an active lifestyle for both now and in the future.

Two and three year olds are already learning the basics of walking, running, kicking and throwing. By encouraging children to do more of these activities through supervised and structured active play, we are helping them to be physically fit.

Kids who are active at a young age tend to stay active throughout their lives. Staying active, can help self-esteem, help maintain a healthy weight and decrease the risk of serious illnesses such as high blood pressure, diabetes and heart disease.

Workshop overview:

The Introduction to ActivKids Fitness Adventures Early Years Workshop focuses on INSPIRING adults who work with children in this age range to deliver fun, engaging physical play sessions. This practical workshop shows early years practitioners how to create engaging, active play for children and grown-ups, using a simple activity kit and exciting games. The programme maps into EYFS learning objectives as well as other national targets (Development Matters and Better Health)

"I think it's valuable for those wanting to do an active session"
Gemma

"Very valuable session. Fast paced and enjoyable"
Sheila

This workshop will look at:

- How the ActivKids content can be used to engage children and their families
- Develop new and exciting ideas in promoting physical activity and fitness
- Inspiring parents and guardians to spend more play time with their children, with the added benefit of helping improve fitness
- Delivery skills of fitness and active games to pre-school children

Workshop aims:

- Learn new fitness and active games
- Learn key delivery skills
- Inspire confidence to deliver activities

Ideal candidate:

This workshop is aimed at early years practitioners working in children's centres, nurseries, after school and holiday clubs, child minders

Certification:

Students receive a certificate of attendance on completion of the course, assessed by completing independent learning activities

Workshop title: Introduction to KS1 Multiskills and Fitness Workshop

Workshop duration: 2 hours

Workshop overview:

The Introduction to KS1 Multiskills and Fitness Workshop provide coaches, teachers, instructors and leaders of children's physical activities, with new ideas for active games, and skills in delivering the ActivKids programme. The workshop identifies key learning objectives and the need for developing fundamental movement skills for children aged from 4 to 7 years. The workshop also focuses on how to ensure that children are fully engaged in the activity and keep coming back! This is never more important when working with children and young children, who have the potential to become distracted and choose to 'vote with their feet'!

"A very good session, well delivered"
Karl Cadman

"Some very good practical ideas and great to have the booklet"
ESSSP

This workshop will look at:

- How the ActivKids programme develops to promote growth in confidence and self esteem for children aged 4 to 7 years
- Identify the benefits of multiskills activities and how to link in active games to fundamental movement skills
- New ideas and games for warm up, tag, base game, team game and cool down activities
- Delivery skills of multiskills and fitness activities to infant children

Workshop aims:

- Identify benefits of ActivKids
- Learn new fitness and active games
- Learn key delivery skills

Ideal candidate:

This workshop is aimed at instructors, personal trainers, group exercise teachers, youth leaders and teachers who wish to deliver fitness and multiskills to infant children

Certification:

Students receive a certificate of attendance on completion of the course, assessed by completing independent learning activities

Workshop title: Introduction to KS2 Multiskills and Fitness Workshop

Workshop duration: 2 hours

Workshop overview:

The Introduction to KS2 Multiskills and Fitness Workshop provide coaches, teachers, instructors and leaders of children's physical activities, with new ideas for active games, and skills in delivering the ActivKids programme. The workshop identifies key learning objectives and the need for developing fundamental movement skills for children aged from 8 to 11 years. The workshop also focuses on how to ensure that children are fully engaged in the activity and keep coming back! This is never more important when working with children and young children, who have the potential to become distracted and choose to 'vote with their feet'!

"Fantastic set of games to match every situation"
Tom Green

"As a TA, it will develop use of PE skills and involvement of children during playtimes"
RA&A School

This workshop will look at:

- How the ActivKids programme develops to promote growth in confidence and self esteem for children aged 8 to 11 years
- Identify the benefits of multiskills activities and how to link in active games to fundamental movement skills
- New ideas and games for warm up, tag, base game, team game and cool down activities
- Delivery skills of multiskills and fitness activities to junior children

Workshop aims:

- Identify benefits of ActivKids
- Learn new fitness and active games
- Learn key delivery skills

Ideal candidate:

This workshop is aimed at instructors, personal trainers, group exercise teachers, youth leaders and teachers who wish to deliver fitness and multiskills to infant children

Certification:

Students receive a certificate of attendance on completion of the course, assessed by completing independent learning activities

Workshop title: ActivKids PE workshops

Workshop duration: 2 hours

Workshop overview:

ActivKids have developed 6-week schemes of work, including activity instructions, for KS1 and KS2 PE lessons. Each 6-week plan is linked to the games (invasion, net and wall, and striking and fielding), athletic activities and outdoor and adventurous activities modules of the PE National Curriculum. The plans follow the principles of ActivKids and use Multiskills to provide a fully inclusive and enjoyable approach to PE for all children

"We all enjoyed the activities and were appropriate for the age group the staff teach. Lots of fun and active games can be seen around the school"
Barnett Wood Infant School

There are five workshops:

- Activ PE – invasion games for KS1 and KS2
- Activ PE – striking and fielding games for KS1 and KS2
- Activ PE – net and wall games for KS1 and KS2
- Activ PE – athletic activities for KS1 and KS2
- Activ PE – outdoor and adventurous activities for KS1 and KS2

These workshops will look at:

- How multiskills activities can be used to deliver a fully inclusive PE Programme to KS1 and KS2 children
- How the ActivKids programme inspires children to enjoy PE and further develop confidence and self esteem
- Ideas and games for warm up, tag, base game, team game and cool down activities

Workshop aims:

- Identify benefits of multiskills activities used in PE lessons
- Learn new multiskills and fitness games
- Learn key delivery skills

Ideal candidate:

This workshop is aimed at teachers and teaching staff who deliver PE to KS1 and KS2 children

Certification:

Students receive a certificate of attendance on completion of the course, assessed by completing independent learning activities

Workshop title: Child Behaviour Management Distance Learning Workshop

Workshop duration: 4 hours (Projected)

Workshop overview:

This distance learning workshop identifies seven child behaviour and learning theories which help students understand behaviour changes when working with children and considerations when delivering programmes. The workshop then looks at child management strategies that students can use to ensure a safe and effective lesson.

"The course was a really useful insight into understanding and engaging children more effectively. The content helped support the coaching that I already do"
Melanie Jones

Workshop aims:

- Identify why children behave in certain ways at certain ages;
- Understand how children learn and how to adapt this knowledge to delivering to children;
- Help students manage and organize children in a physical activity session to result in a safe, successful and enjoyable class for both the children and coach

Ideal candidate:

ANYONE working with children; sports coaches, fitness instructors, holiday supervisors, TA's, Early Learning Professionals

Certification:

Students receive a training manual and certificate of attendance on completion of the course, assessed by completing independent learning activities



Training and Programme Testimonials

"I just wanted to let you know that I have had some very positive feedback about yesterdays training session you ran for us. My staff were full of enthusiasm after the course and have already changed some planning to accommodate some of your ideas in our sessions. We will be looking to run separate physical activity sessions in the future and incorporate your ideas in our existing sessions. Staff said it made them realize how little physical play we offered children at the moment. They also said it was clear that you were very passionate about your work and that came through in the training.

They have done a huge amount of training in the last 7 months so for them to have been so enthused is testament to your skills and the programme you are offering"
Lucy Ellis
Fleet Fireflies Children's Centre Coordinator

"Many thanks for delivering the training today everybody agreed it gives us a useful tool to help families get active and support us to meet our outcomes to help reduce obesity in children"
Children's Centre Manager, Surrey Heath

"Definitely recommend! I would say it's good fun, great training/ideas in an involved, fun, physical way"
Children's Centre Outreach worker, West Sussex

"Thank you James. The girls were absolutely buzzing after the session and said the training had been excellent. They loved the goodies you left for them and were discussing ideas for sessions over lunch. We also gave your leaflet to someone who is working in Northampton. Again, thank you"
Children's Centre Manager, Cambridgeshire

"Pyrford Primary School used ActivKids to deliver a block of six PE lessons during the summer term to both our Reception Classes. Our objective was to use these sessions to observe the children and assess their physical development.

The delivery and structure of theses lessons were ideal for what we wanted to achieve. The management of the children was at a level expected in a school lesson. The content was fun and exciting, achieving all the required learning objectives, and inspiring new ideas for the teachers. ActivKids kindly spent some time with the teachers and provided them with the activity manuals and lesson plans, which have made a positive difference to out PE lessons. We now have a fantastic resource with new ideas which help make our PE lessons more effective and enjoyable."
Mandy Munroe, Pyrford Primary School Deputy Head teacher

"We have been using ActivKids since Summer term 2007, delivering 6-week blocks of multi skills activities. We have found the attendance numbers to be consistently high and and a number of schools continue to use the ActivKids programme once the funding has finished. The ActivKids Leader organises and manages the courses without any additional support required by the partnership. The response and feedback from the schools has been fantastic!"
Jane Simber, PDM, Greenwich School Sport Partnership

"We here at Craigcefnparc are pleased to have the ActivKids programme within our school and value the services that they offer.

We feel that it is assisting our progress throughout our Healthy Schools Award and acts as an enjoyable inclusion to our curricular and extra-curricular physical activities.

The children look forward to their sessions every week and Pete has a great rapport with all year groups throughout the school.

The PE sessions that Peter teaches on a Thursday with all age groups throughout the school complies with and indeed fulfils the physical development areas of the foundation phase curriculum and PE in the national curriculum.

Peter is totally reliable and his time keeping is exemplary, which is invaluable when organising PPA cover for staff.

ActivKids supports PPA cover for 3 full time teachers and 1 part time teacher.

On several occasions we have had to reorganise the timetable and Peter has been accommodating in meeting our school needs.

The children really enjoy their lessons with him, including the after school sports club. Peter has provided to be an effective communicator with all age groups and we consider him to be a valued member of staff"
Mrs. Sarah Jane Phelps, Craigcefnparc Primary School Head teacher

