

Positive Lunchtimes: Excellent Behaviour through Active Play

School-based Training for Young Leaders

THE TRAINING

This package trains Young leaders/ Buddies to provide structured activities for their peers, creating outstanding, active lunchtime breaks. This will support the lunchtime staff whilst developing young leaders' skills, fitness and sense of responsibility.

In line with the new National Curriculum for Physical Education, this course will encourage children within the school to lead healthy active lives and to encourage others to become physically confident in a way which supports their health and fitness. Participants will become familiar with the Top Activity Scheme- designed to provide structured activities particularly for children who are reluctant to engage in traditional sports.

The package includes:

- ❖ A bag of Top Activity equipment and instruction cards to use regularly at lunchtime.
- ❖ One school-based morning training (total 2 and a half hours) for young leaders to:
 - ❖ Participate in the Top Activities and learn to teach them to others.
 - ❖ Develop basic skills to support and enable other children during lunchtime.

There will be a certificate for each participant



THE TRAINING

- ❖ The Young Leaders training program is delivered by **Belle Amooty**, a highly experienced PE teacher and former member of the Haringey SSCO Sports Partnership and **Shirley Rose**, a freelance trainer and author of "The Handbook of Lunchtime Supervision"

FOR FURTHER DETAILS & BOOKINGS CONTACT:

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