

A-life is a leading provider of Healthy Living Workshops. We help **bring the curriculum to life** with hands-on, interactive activities that are accessible for **all ages and abilities** and have been carefully planned and prepared to meet many of the objectives set out in the Science, PE and PSHE curriculum 2014. Our comprehensive coverage, over 12 years' experience and motivational coaches ensure a memorable day for pupils and outstanding feedback from staff.

Our workshops include:

- **Hands-on Healthy Workshop** – a 1 hour hands-on session for up to 60 pupils (Nur-Yr 6) that engages and motivates children as they gain new learning and embed existing knowledge on the topic of the human body and keeping healthy. Topics include: healthy eating, getting active, hygiene, sleep, teeth, smoking, alcohol & drugs and lots more.
- **Fun Fitness Sessions** - designed to give all pupils a full body workout at the same time as reinforcing the key messages of keeping healthy from the hands-on workshop. We provide a fun-packed, non-stop, fast-paced session that motivates pupils to understand that keeping active is a vital part of staying healthy and can be a lot of fun. (Nur-Yr 6)
- **Alcohol & Drug Awareness Workshop** – a safe environment for pupils to begin considering this sensitive subject, which many schools and families find difficult to tackle. Our experienced coaches, with hands-on activities and anecdotal stories, will provide a comfortable and relaxed space in which to explore the issues surrounding drugs and alcohol, as well as the associated issues of peer pressure and knowing how to make informed, sensible decisions. (Yr 5-8 only)

To embed the learning further and achieve maximum impact, we also offer:

- **Staff Training**
- **Parent Sessions**
- **Online 7-day Healthy Challenge**

There is more detailed information on each of our workshops further down in my email, but here are a few reasons why schools highly value what we deliver and continue to book us year after year:

- ✓ **Experience**
 - We have taught well over 500,000 children in more than 750 schools over the last 11 years with outstanding feedback and a 5 star rating almost every time.
 - We are a leading provider of healthy workshops, working with a number of councils and a recognised supplier under the Healthy Schools London programme.
- ✓ **Value for money**
 - We can cater for 60 pupils at a time in each of our sessions (30 pupils for drugs and alcohol workshop)
 - On average, children receive two sessions with an A-life coach in one day for only £2.75 per child (depending on the programme / timetable booked by the school - other options include 1 session only for £1.65 per child)
 - Our extensive curriculum provision ensures maximum impact and reduces the need for further costly providers or trips
 - A day of workshops includes complimentary access to our 7-day healthy challenge, an interactive online quiz with questions and challenges to follow up the teaching
 - We provide letters for parents, a personalised school report after each visit and content to use in your school newsletter or website

- Sessions can potentially be subsidised by using School Sports Funding, Pupil Premium funding or PTA resources
- ✓ **Bringing the curriculum to life**
 - Workshops and fitness sessions cover a large number of curriculum objectives in a one hour session
 - Differentiated activities and tasks have been carefully designed to be accessible for all ages and abilities, from those with severe SEN up to the brightest year 6 pupils
 - Specialist knowledge and carefully researched activities challenge and stretch children beyond their existing knowledge about the human body and healthy living
 - Hands-on, interactive resources are stimulating and educational
- ✓ **Whole school benefit**
 - Long term benefits of the messages we deliver include improvements in pupil behaviour, concentration levels, academic performance and even attendance.
 - Home / school partnership is supported as we invite parents to join in with our '7 day healthy challenge', encourage them to attend the workshops and provide letters to send home explaining what their children have been learning
- ✓ **Ticking all the right boxes?**
 - A-life meets the requirement of the **National Curriculum (2014)** as we contribute towards *'(preparing) pupils...for the opportunities, responsibilities and experiences of later life'* and to teach them *'...the importance of physical activity and diet for a healthy lifestyle'*
 - A-life will contribute towards **Ofsted** expectations that pupils will be offered a *'broad and balanced curriculum that promotes their good behaviour and safety and their spiritual, moral, social and cultural (SMSC) development'*.
 - With safeguarding being a top priority of schools, A-life meets Ofsted's advice to schools that the *'teaching about safety and relationships as part of PSHE education contributes to how schools approach the safeguarding of pupils'*.
 - The **Government** has set out healthy living as a priority, with financial input into local educational authorities and schools with the aim to *'improve the quality of PE and sport'* in schools and to *'reduce obesity'* amongst children.

As promised, here is some further information on our workshops:

Healthy workshops

Session length: 1 hour (approx.)

No. of pupils per session: up to 60

Age suitability: Nursery-Year 6

Our Healthy Workshops are differentiated throughout, increasing in difficulty as pupils progress through the key stages. Pupils are challenged to stretch themselves beyond their existing knowledge and experience of healthy living as they solve problems, answer thought-provoking questions and complete progressively more difficult tasks. The wide range of activities we provide ensures **all pupils can access** our workshops, irrespective of their age or ability. Activities are stimulating and engaging with the key messages of looking after our bodies and keeping healthy infiltrating our whole programme. Topics include: the human body, healthy eating, balanced diet, nutritional values, importance of physical activity, teeth, hygiene, sleep, household safety, alcohol & drugs (yr5/6 only) and making informed choices. Please find attached a break-down of the specific curriculum objectives we cover.

Fitness sessions

Session length: 30 minutes (KS1) 45 minutes (KS2)

No. of pupils per session: up to 60

Age suitability: Nursery-Year 6

Our Fitness Sessions are designed to give all pupils a full body workout at the same time as reinforcing the key messages of keeping healthy from the hands-on workshop. We provide a fun-packed, non-stop, fast-paced, sweat inducing session that motivates pupils to understand that keeping active is a vital part of staying healthy. Our aim is to encourage children to choose active lifestyles and to help them realise that being active and choosing to participate in exercise can be a lot of fun.

EYFS-KS1: Children are taken through a fun, well-paced 30 minutes of active play jungle trails, Olympic activities and short games, combining fitness with numeracy and healthy living facts in a very active and thoroughly enjoyable session.

KS2: A 45 minute circuit fitness session using a mixture of specialist equipment to challenge children's strength, jumping, balance, fitness, flexibility and coordination in a fun but controlled environment. Exposes them to new forms of exercise with circuits including: boxing, trampolining, push-up hockey, the balance challenge, the gym zone and more.

Alcohol and Drugs Awareness Workshop

Session length: 1 hour 15 minutes

No. of pupils per session: 30

Age suitability: Year 5-8

Our unique Alcohol and Drugs Awareness Workshops (years 5 - 8) create a safe environment for pupils to begin considering this sensitive subject. We aim to 'prepare not to scare' as we delve into the issues around the potential dangers and health problems associated with drugs, alcohol and smoking. Pupils find this workshop setting, led by a trained A-life coach, a comfortable and relaxed space in which to explore the issues surrounding drugs and alcohol, as well as the associated issues of peer pressure and knowing how to make informed, sensible decisions. Our experienced coaches will provide a fun and relaxed approach, offering hands on activities and anecdotal stories to help children engage in this serious and important topic which many schools and families find difficult to tackle.

The presentation includes the following topics:

What are drugs?

What does a drug do?

The benefits and dangers of drugs

Medicines and legal drugs

Illegal drugs

Alcohol and units

Binge drinking

Short term consequences of drinking

Long term consequences of drinking

Young people and alcohol

Smoking

The effects of smoking

E-cigarettes

Peer pressure

Legal information

Staff Training

Session length: 1 hour

No. of teachers per session: up to 35

Age suitability: All ages and abilities

CPD is an essential strand of any school's provision for their staff and with the increasing demands on schools to provide pupils with opportunities to participate in high quality, sustained periods of physical activity, many staff are looking for new ideas and activities to help them deliver these expectations. A-life training sessions are packed full of games and ideas for teachers. From basic warm up ideas to team games, to skills sessions, our A-life team will provide plenty of activities and ideas to inspire and equip staff as they go back to their classrooms and deliver PE.

As with children, we find the best way for staff to learn and remember the activities is to join in! Our staff training session is practical and staff may want to bring comfy shoes as we ask them to get involved with the games and activities (participation is, of course, not compulsory). Due to the nature of this practical session, we also find that this CPD training soon becomes a team building and staff bonding session as an extra benefit. After the session, we will provide a pack containing all the ideas (and many others) that we covered in the session.

Parent Sessions

Session length: 30 mins – 1 hour

No. of parents per session: up to 30

Option 1: Healthy workshop

Your A-life coach sets up the workshop (usually Year 6 level) for parents to investigate and take part in some of the hands-on healthy activities. The coach will then talk to the parents as a group about packed lunches and/or any subject of your choice, and finish off with a questions and answers session

Option 2: Circuits fitness session

Your A-life coach will prepare a mini version of the children's fitness session to get the parents hot and sweaty! (Both of these sessions are flexible – they can be adults-only or have children join their parents to learn / get active as a family).

Online 7-day Healthy Challenge

Included with any Healthy Workshop booking is our great fun, interactive online quiz to follow up the teaching from the workshops and provide a sustainable tool to continue the teaching after our visit. Children log their healthy habits throughout the week and print a personalised certificate at the end showing their 'health' score and 'brain' score. The whole family can take part, getting the messages into the home, which we know is key for change to take place. At the end of the term, a customised report is issued to your school with quantitative data results from the challenge, an invaluable resource for monitoring and evaluation purposes, planning interventions and provides data for teachers, senior leaders and governors to use to measure the impact of our visit.