



25/11/2020 13:00 - 16:00

Title: Physical Health and Wellbeing - Workshop 1

Venue: Online training - a link & joining instructions will be sent to the delegates registered email 1 working day ahead of the session

Trainer: Yvonne Hoyland

Gateshead Schools Health & Wellbeing

Physical Health and Wellbeing - Workshop 1

Online Training!

Outline

These half day workshops will explore topical issues related to Schools Health and Wellbeing. The focus will be decided following consultation with the network and in line with school needs and priorities. The workshops are aimed at all primary school staff who teach the focus of these modules. Details of the modules will be published in termly CPD packs that will be distributed to all affiliated schools.

Description

This workshop will explore the issues related to the physical health and wellbeing (PHWB) of your pupils.

We will explore the following:

- The contribution physical activity makes to good physical and mental development particularly in the current climate
- Where/how physical activity fits in the new PSHE curriculum and the new Ofsted Inspection framework
- CMO Physical Activity Guidelines and Government strategies
- Why the lack of physical activity has been described as one of the most serious public health challenges of the 21st Century and the importance of developing regular physical activity behaviours in childhood
- How to develop positive physical activity habits by raising awareness of the importance of regular physical activity

- Share practical ideas for achieving 30 minutes of physical activity a day (including the Daily Mile)
- Share ideas for creating more active environments so that pupils find it easier to simply move more during the day; to include achieving the Government target of 30 minutes of daily physical activity in school; Active Schools Planner; Creating Active Schools Framework

Audience

This workshop is suitable for all primary school staff interested in increasing the physical activity levels of all their pupils.

Booking Information

As this is an online training session, a link will be sent to the delegates registered email 1 working day ahead of the session along with further joining instructions.

Non-Attendance and Cancellation Policy: 2 full working days. Failure to notify re non-attendance within these parameters will result in a £50 cancellation charge or the full cost of the course being charged (whichever is the greater).

*This course can be adapted for delivery in a school setting (for more information please contact YvonneHoyland@Gateshead.Gov.UK)

*2 places on training modules provided FREE of charge to affiliated school; additional places can be purchased at a discounted rate of £40 per place on request to YvonneHoyland@Gateshead.Gov.UK

Programme

25/11/2020 13:00 - 16:00

Title: Physical Health and Wellbeing - Workshop 1

Venue: Online training - a link & joining instructions will be sent to the delegates registered email 1 working day ahead of the session

Trainer: Yvonne Hoyland, Strategic Manager

Code: SHW-1120-T001

Price per delegate: 50.00

Sign up deadline: 23/11/2020