

LUNCHTIME ENERGISERS CPD COURSE



**INCLUDING
RESOURCES!**

**ONLY
£250**

**NON MEMBERS
CHARGED AT £325**

**Do you have daily behaviour issues in your playground?
Is your playground dominated by groups playing football or other games
which may stop others using the space to be active?**

- Support your lunchtime staff to develop innovative ways to encourage active play to engage all children, rather than policing playground issues.
- Support the minimum requirement of 60 active minutes each day for every child in your school through safe, structured and fun lunchtime play activities.
- Develop and support a workforce of young leaders who will gain valuable life-skills whilst supporting others to be active.

Programme Structure

- 2 hour initial training session with Lunchtime staff including a playground mapping exercise and equipment audit plus activity cards for leaders to use
- 2 hour follow up in school to be used to embed the programme, audit delivery or support leaders to feel confident in taking delivery forward.

- Our Inspire Together Lunchtime Energisers programme equips lunchtime staff and young leaders with the tools and strategies to deliver fun and engaging physical activities for children of all abilities during lunch breaks.
- Through interactive training, participants will learn how to organise fun, inclusive games that promote physical activity, teamwork, and positive social interactions during playtime.
- The programme emphasises the use of young leaders as a way to design creative play times, fostering a safe and active environment that encourages children to stay healthy, active and focussed throughout the school day.



**INSPIRE
TOGETHER**
A healthier, happier, future generation



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