

Families Who Play Together (1 day)

Overview

Movement play is a gloriously natural way for children and families to enjoy each other to the full (and a great way to get healthy exercise as well). This day offers lots of simple ideas for running family groups using movement games that put children at the centre. Plus simple reasons to give to parents about why movement play is so important for their children's development.

About the course

All parents are familiar with their children's pleas for the frolicking physical play they crave ... 'spin me round', 'tip me over', 'watch me! watch me!'.

This course offers:

- ideas for movement games for family groups
- ways to make the most of movement games in the midst of everyday life (at home, at the park, on the way to school ...)
- movement games for adults and children 2 – 8
- how adults can support the movement games children play together
- 'watch me!' structures which encourage adults to really see and value children's movement play
- frolicking games and relaxing games
- ideas to support parenting skills

The course will enable you to

- facilitate family groups
- talk to parents about making more of movement play at home

Style of the course

This is a very practical course with lots of opportunity to try out the movement activities for yourself and opportunities to develop ideas with colleagues about how to implement them within your work.

Who the course is for

Family workers, Sure Start and Children's Centre practitioners, Extended Schools services.

Course content

- introduction to the person-centred, spontaneous movement approach JABADAO uses in all its work
- practical ideas
- discussion about implementing these activities in your setting

Attendance and certificate

A certificate of attendance is given to those completing the whole day.

Tutors

All training courses are run by experienced movement practitioners who ground their teaching in practical work with the appropriate client group. Courses combine theory and practice in seeking to give teachers, health and social care workers, as well as parents and families, new understanding that will enable them to integrate movement more fully into their ongoing activities.

What to wear

Come ready to move - loose, comfortable trousers for preference.

To book

To book a place contact **Pat Pickavance** tel 0113 236 3318 email pat@jabadao.org

To discuss hosting the Families Who Play Together... course in your area contact **Linda Neary** tel 0113 236 3344 email linda@jabadao.org

About JABADAO

JABADAO is the national advisory agency that helps people think radically about the role of physicality in child development, education and lifelong wellbeing.

For further information about JABADAO visit www.jabadao.org

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