



Fully Physical

A JABADAO Extended Schools course

Fully Physical (1 day)

For: all those delivering Extended Schools services for 6 -11 year olds, their families and carers, from education, health and community contexts

If we support children to be physical in ways that come entirely naturally to them, they leave the computers and game consoles and become lively and physical for preference. This course shows you how to create this kind of environment. The day offers two distinctly different kinds of movement experience: Fully Physical Frolick, moderate to high energy, spontaneous movement games, amid much laughter; and Fully Physical Chill-Bill, relaxed, slow-paced, quieter body activities for the end of busy days

Cost £80 per person £150 for two people payable in advance
Includes light buffet lunch and refreshments throughout the day

Leeds 12 May 2009 with Kim Glassby
Plymouth 22 June 2009 with Paul Beaumont
Newcastle 1 October 2009 with Catherine Wilks
Birmingham 10 November 2009 with Catherine Wilks

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

To discuss hosting the Fully Physical course for people in your area contact Linda Neary
tel 0113 236 3344 email linda@jabadao.org

