

Fully Physical... ideas for After School Clubs and Extended School Services (1 day)

Full-bodied, whole-hearted

Overview

Exercise is often dull and difficult; this is a romp - a new approach to find ways of encouraging children (and their parents) to be as full-bodied and whole-heartedly physical as human beings need to be, to grow well, stay well and learn well.

The day offers two distinctly different kinds of movement experience. In Fully Physical Frolick sessions, help children (and families) to create and develop their own moderate to high energy, spontaneous movement games, amid much laughter; in Fully Physical Chill-Bill help them to develop ways to get the relaxed, slow-paced, quieter body activities they also need after busy days.

Everyone learns to notice more about what's happening in their own body, what they need and how to get it.

About Fully Physical

This course focuses on ways to put the control for creating the activities in the hands of the participants - offering clear, but open, structures for games that can be developed in many different ways designed to support:

- high quality wrap-around childcare
- a varied menu of activities for after school clubs and families
- parenting support (especially at key transition points)
- a contribution to sport and arts facilities

By focusing on spontaneous movement games (for individuals, pairs, small and large groups), the activities can change endlessly and can be adapted by each person and each group who uses them.

The course offers

- simple physiology to underpin the approach
- lots of activities designed to generate laughter, encourage whole-body physical play and ensure everyone gets puffed
- activities to support different relationships with one another - supportive, empathetic, sharing, as well as competitive, feisty and strong
- ways to encourage participants to focus on 'how do I feel' and 'what do I want'
- ideas for creating movement areas that support different kinds of movement and chilling together
- new ways of using existing resources

Style of the course

This is a very practical course with lots of opportunity to try out movement activities for yourself. We know that adults are often shy about spontaneous movement activities and we promise that we will not ask you to be a tree! The day will allow you to taste of the pleasure of full-bodied, wholehearted movement play, whilst staying within the adult comfort zone.

It will include:

- tutor presentation

- practical movement activities
- whole group discussion and small group work

Who the course is for

All those delivering Extended Schools service for 6 - 11 year olds, their families and carers, from education, health and community contexts.

Course content

1. Theory and context: simple anatomy and physiology facts to help you work with children and their families
2. Working with spontaneous movement: starting points; structuring activities; Frolick and Chill Bill starter activities; how to develop activities
3. Resources and environments: props that support spontaneous movement particularly well - Frolick and Chill Bill; how to encourage people to create the conditions they need for the movement they want to do; adapting to different spaces
4. Safety issues: consideration of working with different bodies; inclusion; safeguarding - child protection; looking after bodies as they move
5. Working with families: ways to involve children, parents, grandparents and carers together

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 Fully Physical 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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