

Courses you can host in your area, for your staff teams and networks

Young People You Worry About (half-day presentation or 1 day)

Overview

A significant number of young people fail to thrive in the school environment. Many young people who we know to be positive, talented individuals have trouble accessing the curriculum and trouble fitting within the way schools organise learning. This can lead to an unhelpful downward spiral that is hard to stop and painful to witness. Many of these young people are what we might describe as 'kinesesthetic learners'.

About the approach

Over 10 years JABADAO has organised a national research project developing evidence-based understanding about the role of early movement in the building of the neurological functioning that underpins learning and wellbeing. This research is being used in early years settings to support positive changes in the curriculum.

The research is about early movement – but, in an increasingly sedentary and adult-oriented culture, many children are not engaging in the kinds of movement that aid development. These children become young people who still have the biological drive to fulfill missing movement experiences – and who lack the development that will support visual and aural learning.

They face challenges in school that their systems are not equipped to meet.

About the courses

About the half-day introduction

This provides theoretical information about the links between early movement and future functioning and makes links with many challenging class room behaviours. Staff often comment that this gives them an entirely fresh perspective on why young people may behave as they do, providing the basis for a new compassion within the on-going challenge of managing the classroom on behalf of all learners.

About the one-day course

The one-day course is designed for those with a remit to develop new strategies to support young people we worry about. It includes discussion, review of simple changes that might make a difference, and ideas for practical work that might benefit young people's development and ability to manage life in a complex visual/aural culture.

Who is the event for

Senior staff responsible for developing policy; staff responsible for developing practical support for young people; those offering practical support to young people.

Style of the course:

Presentation, large and small group discussion, practical work developing activities for young people.

The course enables you to:

Plan and begin new ways of supporting young people.

Course content

Theory

Presentation of a simple theoretical framework exploring how the opportunities young people have for movement affect the way they learn:

- links between movement and learning – how we wire up our brains to enable us to access the curriculum, make relationships, feel compassion for others
- some potential consequences if we don't complete this wiring and the impact this might have on how we learn
- the biological drive to keep seeking the movement experiences that will allow us to wire up fully

Discussion and Practical

- an opportunity to explore the ways in which schools and support settings might integrate some body and movement based strategies to support young people in social, emotional, physical and cognitive development
- consideration of how we might use movement strategies for young people who have trouble meeting the expectations of the classroom, social situations or external expectations and find themselves
- as an alternative to sport, this day will offer games and activities that develop young people's ability to feel their way through life

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.

Certificates and attendance

A certificate is awarded to participants completing the course.

What to wear

Participants need to come ready to move – loose, comfortable trousers for preference.

Hosting this course in your area

To discuss hosting a Young People You Worry About session 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

JABADAO The Yard Viaduct Street Stanningley Leeds LS28 6AU

Phone: 0113 236 3311

Email: info@jabadao.org

Fax: 0113 236 2266

Reg Charity no: 701537 VAT: 607 2941 44 Co ltd by Guarantee: 2371519