

# Engaging Physical Skills to Inspire Learners

New  
Course

in both primary and Early Years settings

- Gain fundamental skills to support and develop physical activities in your school
- Adopt a movement-based methodology
- Unpick the World Health Organization's EU Physical Activity strategy 2016–2025
- Understand the changes in policy

## Helen Battelley



Helen is an EYFS dance and movement trainer with over 17 years' experience in dance and movement education. She offers practical ways to increase children's physical activity and build on their key areas of development in line with the most current frameworks.

*"Emerging evidence suggests an association between being physically active and [better] academic attainment and attention."*

'What works in schools and colleges to increase physical activity', Government guidance

## Step-by-step guide to relevant strategies on physical activity

Review the changes in policy and the requirements:

- Review of the Social Mobility Commission - Helping Parents to Parent
- The World Health Organization - Global Physical Activity Strategy

Unpick research on:

- the impact of movement on learning/learners
- physical development

Engage and support parents in the physical development of their child

## Practical tools to deliver physical activities in the classroom

Methods to incorporate physical activity

Team engagement building ideas

Creative planning strategies

Evidence-based data and research

Simple world dance routines

Storytelling to music

Effective  
strategies  
for PE

*"Very useful course with lots of ideas to use throughout primary, with the reasoning behind it all."*

Isabella Brown, Oakley College

To run this course in your  
school, call 01790 755783



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