

Promoting **physical activity** in out of school settings

To **book your place**, please contact Gill Woodward on: 0121 236 2917 or at gill@bpcn.org.uk

Birmingham PlayCare Network are once again working in partnership with **The British Heart Foundation** to promote physical activity in out of school settings. The session is aimed at playworkers who will be shown new and creative ways of introducing more physical activity into their clubs.

To demonstrate good or outstanding provision to **Ofsted** Out of School clubs need to show they are offering a range of physical activity to children, this session will not only look at skills building but also safely warming up, cooling down and activity across the ability range. Above all we want participants to **have fun**, enjoy the day and have a great time being active and learning new skills to take back to share with the children.

3 sporting elements

Skipping . Dodgeball . Game-making ideas.

**Nechells Community Centre,
Rupert Street, Nechells, Birmingham, B7 5DQ**



Wednesday 24th June 2015

10am-2pm



Places are limited so please book on ASAP. Please remember participants must wear suitable clothing and footwear as they will be participating in games.