

Family Fitness Autumn (age 5+)

Course Code	Venue & Contact Details	
JJ699CGA	Venue Phone Email Website	Kingsley Academy, Cecil Road, Hounslow, TW3 1AX 020 8583 6000 courses@hounslow.gov.uk www.hace.ac.uk

Day	Times	Start date	End date	No of Weeks	Total Fee
Saturday	10.30am- 11.45am	02/10/2022	27/11/2022	8	*Free

About the course

This course will take place in the outside area of our centre. If it rains, the class will take place inside the centre.

Exercising as a family is not only a fun way to improve fitness, it's a way to develop a culture of wellness and introduce positive exercise habits at a young age.

If we wish to create a future of happy and healthy kids, it's time we start practicing what we preach. This course aims to show what exercises can be done together, how to introduce them and progress them for the whole family.

What will I learn?

By the end of the course, you will be able to:

- Warm up all parts of the body safely
 - Perform a range of fun exercises that all the family can participate in
 - Explain which exercises work which parts of the body and their benefits
 - Use and perform balances to strengthen core muscles
 - Cool down and stretch after exercise
-

What are the entry requirements?

- This course is for beginners with little or no previous knowledge of family fitness.
 - The course is suitable for children aged 5 years and above
 - Children must be supervised at all times
 - 1 adult to max 2 children
-

What do I need to bring with me?

- Water to drink, wear loose comfortable clothing and suitable footwear.
 - Face mask if you need to enter the centre.
-

How will my learning be assessed?

This is a non-accredited course with the intent to benefit lifelong learning. Your tutor will give you regular verbal and written feedback to support your progression. You will track your learning in Google Classroom. You will participate in group discussions and receive guidance.

To successfully complete the course your attendance should be a minimum of 85% and course work should be completed by the end of the course.

Devices and digital applications required for course paperwork

We use Google Suite for Education. If you are a new learner with us, we will create an account for you. Details will be sent to your personal email so please check your inbox and spam regularly prior to course start.

What can I do after completing this course?

- WFL - Outdoor Family Fitness Level 2 (5+ Years)
 - At the end of the course your tutor will advise you on your possible next steps.
 - You can call us to find out about upcoming courses on 020 8583 6000
-

Information, advice and guidance for employment

- Call 020 8583 6174 to speak to an advisor
 - Email work@hounslow.gov.uk
 - Visit <http://www.hace.ac.uk/employment-support>
-