

ENERGISE CLUB

CPD COURSE



**INCLUDING
RESOURCE BOX!**

**ONLY
£149**

**NON MEMBERS
CHARGED AT £199**

Energise club is a healthy lifestyle intervention programme aimed at Key stage 2 pupils. It is targeted provision for the least engaged pupils to encourage higher levels of participation in physical activity. The activities take children on a fun, interactive journey to improve physical and mental wellbeing.

We are now offering an Energise Club CPD session for schools which will allow Teachers, PE Leads, Sports Coaches, Teaching Assistants or Health and wellbeing Leads to deliver the Energise Programme in full.



More information

This CPD session comes with an Energise box which includes 15 pupil passports, each with stickers and collectable cards, certificates and activity charts. As well as this, you will receive supporting videos, resource PDFs, and activity cards to support the delivery of the club. We will train your staff to be able to deliver Energise club for themselves which will help to cut costs on being able to deliver energise in your school and create sustainability as staff can deliver programmes year on year. For more information scan the QR code.

Topics of Energise club include:

- Importance of physical activity
- Mindfulness and sleep
- Nutrition and Hydration
- Themed games



BOOK NOW

To book onto this CPD course please email inspiretogether@crownhills.leicester.sch.uk