



Get healthy. Get active. Get A-life.

This month, **Bush Hill Park Primary School**, invited A-life (www.a-life.co.uk) to come in and teach our pupils about the vital lessons surrounding healthy living in a fun and hands-on environment. The day included a **1-hour healthy workshop** and a **30 or 45 minute fitness session** for all pupils.

For the **healthy workshop**, children were split into groups of 4 or 5 and visited around 25 different activity stations around the hall. Different games, puzzles and activities taught pupils about healthy eating, exercise, sleep, hygiene, body awareness, where food comes from and lots more. The coach's interactive sum-up at the end ensured children had taken in key facts from the activities and were able to apply them.

During the **fitness sessions**, FS/KS1 children enjoyed a fun, well-paced 30 minutes of active play jungle trails, Olympic activities and short games, combining fitness with numeracy and healthy living facts in a very active and fun exercise session. KS2 children took part in a well-organised circuit fitness session that used a mixture of specialist equipment to challenge their strength, jumping, balance, fitness, flexibility, coordination in a fun but controlled environment. Circuits included: boxing, trampolining, push-up hockey, football, the gym zone and more.

What our teachers thought:

*All children were able to access the range of activities which were informative, interactive and kept them all engaged. The activities raised awareness on effects they were unaware of. The children had great fun and used a range of equipment and learnt different skills. The coach was energetic and set boundaries that children followed. It was easy for teachers to follow and support, and was fun for us to see a good model of physical activity giving us ideas for further activities. The exercise routine through story telling was enjoyed by all, especially as it wasn't competitive and all could join in. Age appropriate. Clear instruction. Excellent coach. Great music for the children. 5**

Bush Hill Park Primary School, teacher feedback

At Bush Hill Park Primary School, we know that teaching healthy living is an important and necessary part of all pupils' education and we want to make sure our pupils leave us equipped to make informed decisions in the future. A-life has helped us to teach these lessons in an effective and memorable way.

About A-life:

A-life brings the Science, PSHE & PE curriculum to life through an unforgettable programme of:

- Hands-on Healthy Workshops
- Fun Fitness Sessions
- Alcohol & Drugs Awareness Lessons
- Online Healthy Challenge

Plus: Sessions for parents, Staff PE training

We teach all aspects of healthy living, so there's no need to book lots of different, costly providers; we can manage it all for you. Our aim is to bring the curriculum to life with a programme that builds up layers of learning year-on-year throughout the school life (Nursery-Year 8) and involves the whole family, so the lessons stay with the children into their teens and adult life.

If you would like more information on A-life, please visit our website www.a-life.co.uk or contact us on:

Email: info@a-life.co.uk

Tel: 01923 286822