



HEALTHY HEROES



**Health and Fitness Workshops
for Children**

Healthy Heroes provides health and fitness workshops for primary aged children both in and outside of school hours. Our unique and fully inclusive programme of work aims to promote fun and effective physical activity. Our aim is to inspire all children to lead happy healthy lifestyles.



Healthy Heroes workshops allow pupils of all abilities to experience success in a safe, happy and above all, fun environment.

We do this by leading the children through:

- Child friendly, fun aerobics
- Fun, health related fitness activities
- Fundamental multi-skills activities and challenges
- Team and individual competitions

To book a workshop please call: 07951123196

How will the school benefit from Healthy Heroes?

- Provide a programme of study that meets all four strands of the National Curriculum for PE
- Activities that are fully inclusive of age and ability including SEN and gifted and talented pupils
- Workshops that are adaptable to meet the needs of your school
- A programme that uses the ten PE and School Sport high quality outcomes as a basis for continued professional development
- Each workshop is an effective CPD opportunity for all staff
- A programme that is both affordable and effective
- Fully qualified, insured and CRB checked fitness presenters



How will your pupils benefit?

- Improved attitude to towards physical activity and healthy lifestyles
- Discover an increased desire for self improvement
- Improvement in: physical literacy, thinking, co-ordination, movement and body awareness
- Increased confidence, self esteem, assertiveness and behaviour
- Improved speed, stamina and strength
- Increased enjoyment of physical activity



Visit our website at: www.healthyheroes.co.uk

How can the Healthy Heroes programme of work be delivered?

1 and 2 day Whole School Workshops

A Healthy Heroes whole school workshop will provide your children with a powerful and engaging experience that will linger long after the day ends.

An inspirational workshop with a real wow factor!

A Healthy Heroes instructor will lead every class through an exciting series of:

- High energy, child friendly aerobic workouts
- Innovative, multi-skills activities and competitions
- Inventive team and individual challenges



All workshops are punctuated with healthy messages and advice that your children will find fascinating and unforgettable.

To book a workshop please call: 07951123196

PPA / PE time sessions

Healthy heroes **PPA programme / PE time programme of work** provides a 6-12 block of high quality health, fitness and skills sessions matched up to the four strands of the national curriculum for PE.

Sessions include: aerobics, circuit training and multi-skills activities. All are differentiated for both Key Stage 1 and 2.

Each session is based around generic multi-skills activities and games. Our aim is to increase

children's fundamental physical skills such as: thinking,

co-ordination, movement and

body awareness. Sessions

are linked together with child

friendly aerobics routines

that will improve your children's cardiovascular

fitness and add a unique twist

to each and every session.



Visit our website at: www.healthyheroes.co.uk



Extended Schools – After School / Morning Clubs

The government aims, by 2010, to offer all children at least four hours of high quality PE and school sport each week. This will be made up of two hours within the curriculum and *two hours outside of the curriculum.*

To help with these targets, Healthy Heroes offers its workshops as an after school or morning club. These sessions are suitable for all primary ages and will provide children with the same high quality provision as the curriculum time sessions.



Extended Schools – Holiday Programmes

Healthy Heroes also provides high quality school holiday programmes. These can run from a full day up to whole week and are suitable for all primary aged children.

Why not host a Healthy Heroes holiday programme at your school?

To book a workshop please call: 07951123196

FREE Taster Session!

Still not convinced? Then book a **FREE** taster session!

If you would like your school to experience what the Healthy Heroes programme has to offer before purchasing then it's amazingly simple!

Contact us to book your time and day.

Pick a lucky class from either Key Stage 1 or 2.



Set aside your hall and up to 45 minutes and we'll do the rest!

Naturally, there are no strings and no gimmicks – try us you'll love what you see.

Visit our website at: www.healthyheroes.co.uk

Testimonials – Don't just take our word for it!

"A well planned programme which motivates all children and suits all learning styles. All of our children look forward to the sessions. Parents have commented that the children are talking about the activities and practicing them at home. Children who have been reluctant to join in sports are enthusiastic. The programme is fully inclusive. A boy with complex gross motor skills difficulties enjoyed the sessions and his parents are very pleased. I would recommend Healthy Heroes to colleagues! Keeping fit really is fun!"

Janet Lawrence – Head Teacher, St Edwards Catholic Primary, Runcorn

"Healthy Heroes is exercise with a real fun factor-so much so that everyone wanted to join in, including the teachers! By popular demand we have already booked more sessions for Key Stage 1. A thoroughly engaging and worthwhile experience at a reasonable cost!"

Sue Banister – Head Teacher, St Joseph's Catholic Primary School, Warrington

For more information or to book the Healthy Heroes programme of work please contact:



HEALTHY HEROES

Mike McGreal, Fitness Presenter

M. 07951123196

E. info@healthyheroes.co.uk

Or visit us at:

W. www.healthyheroes.co.uk

Inspire your children to be fit and healthy for life...