

## Cre-ACTIVE Me - let the fun begin!

Cre-ACTIVE Me is a super-exciting, interactive and creative workshop that turns learning into a physically active, dynamic, fun and inspirational experience.

Obesity is a growing crisis and children from the poorest backgrounds are at the highest risk. But did you know that there are many physically active techniques that can boost academic attainment too?

In this workshop, non-stop active learning results in all of KS2 benefitting from increased levels of self-belief, enthusiasm for learning and heightened aspiration. Students AND staff will leave the session equipped with a wide range of cre-ACTIVE learning techniques that they can apply straightaway!



### Learning outcomes

- Develops creative learning skills through physically active techniques
- Increases enthusiasm for learning
- Builds self-belief and raises aspirations
- Demonstrates powerful memory techniques
- Shows pupils quick and easy ways to absorb and retain information
- Teachers learn new and effective tools and techniques

### Key topics

- Multi-sensory Learning
- The Story Technique
- The Journey Technique
- How the Brain Works

### Course details

- Years 5 & 6 – 2 hour workshop
- Years 3 & 4 – 1.5 hour workshop
- Flexible timings
- Groups of up to 150 in your school hall
- Parents are welcome to attend

### Benefits

- Ideal for Sport Premium use
- Encourages academic learning through physical activity
- All of Key Stage 2 can be targeted in one day, including staff
- All types of learners will benefit regardless of ability
- It will increase levels of self-belief, enthusiasm for learning and aspiration

**For more information or to book please contact Resilient Me**