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States of Guernsey



## Developing a more active island

### The Be Active training morning: Thursday 22 June 7.00am – 2.00pm at Les Cotils Centre and Beau Sejour

One year since we were formed it's time for our second Be Active Training. Our three events will be part of the Generali coaching Development week. We will send out joining details in a few days but here's a taster of events. All are free and colleagues are welcome to attend any number of sessions:

#### 7.00am – 8.00am Start the day with Yoga. at Les Cotils Centre

There's nothing better than a bit of activity to start the day so why not join us for a spot of yoga. Weather permitting we will be holding our session outside.

#### 8.00 – 9...15 am The Be Active Forum - One year on. Breakfast and discussion at Les Cotils Centre

Join us for a breakfast as we reflect on the activities of the Be Active Forum and we consider what lies ahead.

We will also be joined by Richard Cheetham MBE, a Senior Fellow in Sports Coaching at the University of Winchester. Richard has a wealth of knowledge about how communities can become more active. He will be speaking to us about how fundamental movement skills in early years can impact on everyone throughout their lives

#### 9.30 – midday: An active workshop to consider Developing Fundamental movement skills through children's stories at Beau Sejour

Richard Cheetham will lead a practical workshop, open to all Be Active Forum colleagues, which will consider how we can use children's stories to encourage young people to be active and develop fundamental movement skills by using children's stories. The session will include practical sessions for children to be led through stories

## 12.30-2.00pm; Creating a healthy kids reportcard for young people in Guernsey (and Jersey) at Les Cotils

Guernsey is considering becoming part of a global programme that measures levels of activity of young people. This programme could provide Guernsey with a useful benchmark for assessing activity levels. Ollie Dowding and Alun Williams, alongside colleagues from the Jersey Sports Foundation, will consider the programme and how it can be applied to Guernsey. See the Scottish Scorecard for more information

[www.activehealthykidsscotland.co.uk](http://www.activehealthykidsscotland.co.uk)

## Booking form

I would like to attend the following:

	<b>07:00 – 08:00</b>	Yoga	Les Cotils
	<b>08:00 – 09:15</b>	Be Active Forum – 1 year later. Breakfast and Discussion	Les Cotils
	<b>09:30 – 12:00</b>	An active workshop to consider Developing Fundamental movement skills through children's stories	Beau Sejour
	<b>12:30 – 14:00</b>	Creating a healthy kids report card for young people in Guernsey (and Jersey)	Les Cotils

**1 Supply cover per school – Central (Curriculum)**

**Course Number: 78/17**