

Children's Activity Professionals: Training and Development



Fit For Sport - a leading training provider:

Fit For Sport are the UK's leading 'healthy lifestyle' activities provider and are experts in engaging and educating children, young people and families through activity.

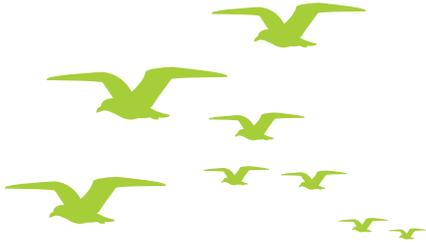
We believe in the role of the multi-skilled 'Children's Activity Professional', and our Training Academy offers a range of different courses, qualifications and development programmes for those working in physical activity settings, at all levels and across a range of sectors.

Our team of highly qualified and experienced tutors, assessors and internal verifiers enable blended learning approaches including: direct learning workshops, online modules, and distance learning; so that you can learn and achieve at your own pace and according to your individual lifestyle needs.



Did you know...

Fit For Sport engaged over 700 school teaching staff through the 12 month Engage to Compete programme; providing them with training and guidance relevant to their roles as physical activity leaders. An amazing 14,500 children took part in some form of school games thanks to this same initiative, with over 8,400 parents also getting involved!



As a Founding Partner of ukactive Kids, Fit For Sport are working alongside other experts from the UK's children's activity sector, to help shape and improve provision of children's activities across the nation. Our involvement will help us to champion the role of the fully trained Children's Activity Professional as key to the new strategies and policies being devised by the government and by the leisure industry.

introduction:

Our Training Academy offers a range of courses, qualifications and CPD for anyone working with children and young people within physical activity settings.

Our range of programmes is as diverse as your training needs; aiming to provide relevant, fit for purpose programmes that have the specific needs of children and young people as their central focus.

At Fit For Sport, we strive to provide training that is learner-centred, fully interactive and thoroughly engaging. For this reason, we draw on our own experiences, as well as detailed feedback from those who have trained with us, to continually enhance and improve our offering.

We are also able to tailor courses around the specific needs of the organisations that partner with us to train their teams, and can provide full or half-day on-site training sessions as required.

Courses and programmes available through the Fit For Sport Training Academy include:

- ★ Accredited qualifications (including Awards, Certificates and Diplomas at levels 1 to 3)
- ★ Continued Professional Development support and training
- ★ Sports Leadership Employability programmes
- ★ Apprenticeship programmes
- ★ HeadStart Youth Support programme
- ★ Specialist training for those working with children & young people with disabilities
- ★ Bespoke employee training courses
- ★ School/Education seminars, forums and inset day support
- ★ Safeguarding and inclusion



Children's Activity Professionals:

Fit For Sport believe in the role of the dedicated and specialist Children's Activity Professional. We're working hard to educate and inform schools, activity providers and the wider population on the value of specialist training for those working with children.

When it comes to physical activity, children and young people have very different needs to their adult counterparts: their motivation to participate, along with age-specific physical and psychological characteristics, needs to be properly understood by their activity provider. There are also the additional considerations of safeguarding and inclusion when planning any type of activity for children.

Through carefully designed training programmes, Fit For Sport provide an in-depth understanding of these considerations and of how to engage and educate children through activity. Courses are ideal for individuals and employers who wish to enhance their Children and Families activity delivery and programmes.

The benefits of Fit For Sport training:

- ★ **For those building a career as a sports instructor/ activity leader:** Specialist training to become a Children's Activity Professional can provide a boost to your employment prospects and take your skills to a new level.
- ★ **For those already working with children and young people:** Individual training programmes and ongoing CPD can ensure your skills are continually updated and that you are equipped to provide the best quality activity provision, appropriate to the ages of children and young people that you come into contact with.

- ★ **For those seeking to engage and motivate their activity team leaders:** Providing them with best possible tools to do their jobs will also boost their confidence and commitment, enabling them to deliver outstanding Children and Family activity programmes.
- ★ **For those wishing to expand their leisure services:** Providing specialist training for Children's Activity Professionals within your organisation will ensure that you are offering your customers the best possible level of service; raising customer retention levels and rounding out your service offering.

Fit For Sport believe that the long term benefits of creating specially trained Children's Activity Professionals are significant and wide ranging, with knock on effects for our communities, our businesses and our future. Children who have positive experiences of activity are more likely to go on to become active adults, with all of the social, health-related and economic benefits that this brings.



accredited qualifications:

Fit For Sport have partnered with carefully chosen awarding organisations to provide a programme of accredited qualifications.

All qualifications are designed specifically for those working with children and young people in a physical activity setting. Courses available through our Training Academy include:

- ★ L1 Award in Active Healthy Living (QCF)
- ★ L1 Award in Assisting Health Related Activity Sessions (QCF)
- ★ L2 Certificate in Leading Health Related Activity Sessions (QCF)
- ★ L2 Award in Adapting Fitness Instruction for Adolescents (QCF)
- ★ L2 Certificate in Delivering Behavioural Management & Physical Activities to Children Under 5 (QCF)
- ★ L2 Certificate in Supporting Learning in Physical Education & School Sport (QCF)
- ★ L2 NVQ Certificate in Activity Leadership (QCF)
- ★ L2 Certificate in Fitness Instructing (QCF)
- ★ L3 Certificate in Supporting the Delivery of Physical Education and School Sport (QCF)
- ★ L3 Diploma in Supporting the Delivery of Physical Education & School Sport (QCF)
- ★ L3 Award in Education & Training (QCF)
- ★ L3 Certificate in Assessing Vocational Achievement (QCF)
- ★ Paediatric First Aid

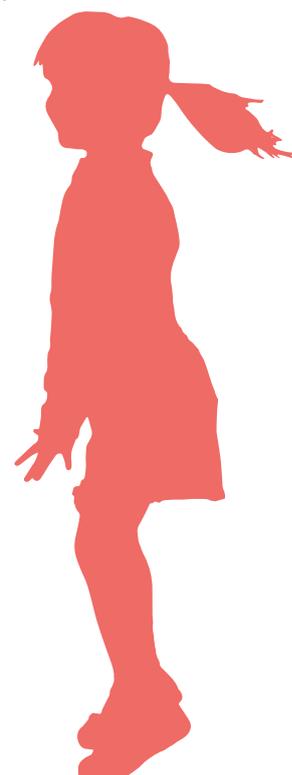
(QCF vocational courses are fully funded by the European Social Fund for those eligible. If you are currently employed full or part-time and don't hold an NVQ at the assessed level, course costs may be covered).

In partnership with Active IQ and 1st 4 Sport.

Fit For Sport Apprenticeships

Fit For Sport has partnered with a wide range of employers to deliver an impressive number of apprenticeship programmes. Such programmes are ideal for employers wishing to give something back to their local communities, or fill gaps within their own skills base.

Most recently, Fit For Sport are proud to have partnered with Lifetime Fitness to deliver the Activity Leadership Apprenticeship programme. The apprenticeship is a great opportunity for those with a passion for working within a sports coaching environment across a broad range of age groups. Learners are equipped with the skills, knowledge and confidence to plan, deliver and review a safe, progressive and fun activity programme. The course includes Behaviour Management, SEN (Special Educational Needs) and Safeguarding training to ensure the learner has the tools to adapt to a variety of employment environments.



Continued Professional Development and training:

Alongside our accredited qualifications, we offer a range of additional CPD and training courses, which cover in detail specific topics of relevance to those working with children and young people.

Thoughtfully structured by experts with knowledge and experience of working in the sector, these courses are an ideal way for those planning and delivering activities in a school or leisure setting to build skills and enhance confidence. Courses available through our Training Academy include:

- ★ Children's Healthy Lifestyle Activity Planning & Delivery
- ★ School Services Healthy Lifestyle Training
- ★ Children's Behaviour Management

- ★ Health & Safety Requirements when working with Children and Young People
- ★ Engagement - The FUN Factor 'Putting the Fun into Children's Activities'
- ★ Active PE
- ★ Safeguarding Children and Vulnerable People
- ★ Active Birthday Parties
- ★ Creating an Active Playground
- ★ Delivering Inclusive Activities

e-learning portal:

The Fit For Sport e-learning portal is a valuable tool for distance learners and those who need to fit their training around other commitments.

Currently used by the Fit For Sport team of Children's Activity Professionals to complete ongoing CPD, the portal can also be made available to organisations who wish to provide employees with online resources as part of a bespoke training package.

How it works:

The portal contains valuable training resources and allows for distance learning and on-line completion of CPD modules. Topics currently covered provide a rounded knowledge base for those developing their career as a Children's Activity Professional:

- ★ Development of children and young people
- ★ Safeguarding children and young people
- ★ The nature and importance of multi-agency working
- ★ The importance of information sharing
- ★ The principles of effective communication and engagement
- ★ Understanding different types of transitions

bespoke training and consultancy for educational and leisure organisations:

Fit For Sport believe in a flexible approach to training and are happy to discuss your specific requirements. Together we can formulate a plan, building upon our tried and tested techniques and core themes, to structure and deliver bespoke training to your team.

Training can be delivered at Fit For Sport's regional training centres or on site at your school/leisure centre. Courses are delivered through a combination of direct learning workshops, online e-learning modules, pre-course reading resources and distance learning material - supported by on-site observational support visits and timely progress reviews.

Fit For Sport Support programmes:

★ Family & Community Learning Programme

This bespoke learning programme provides operators with the tools to up-skill teams, achieve PSA targets, implement quality assurance programmes and evaluate results.

★ Kids Activity Management Programme

The Kids Activity Management Programme provides leisure operators with the tools required to implement and manage a Children and Family activity programme that is engaging, cost effective, safe and rewarding.

★ Fitter Kids Programme

Fitter Kids is designed to support activity in children and young people (11 to 17 yrs) who are inactive or at risk of obesity; providing tracking, achievable programmes and support so that children are engaged and educated in the values of a healthy lifestyle.

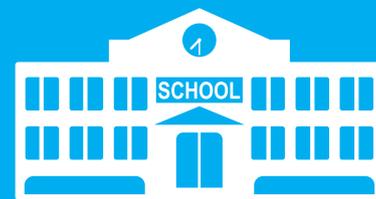
Did you know...

Life, a leading leisure management organisation, recorded a 46% increase in children's participation and revenue through Fit For Sport management Support.



case studies & testimonials:

Schools:



Grand Avenue Primary School: Providing CPD and training for teaching staff.

What we did:

Fit For Sport were enlisted by Grand Avenue Primary school in Kingston to provide training and CPD to their teaching staff. The school's objective was to ensure that all staff responsible for the delivery of physical activities to pupils in their care had been provided with relevant, "fit for purpose" training and felt confident in their own abilities.

How we did it:

Over the course of a year, Fit For Sport delivered its bespoke Active PE on-site training and relevant CPD modules to the team at Grand Avenue, covering topics such as PE Core Activities, Assessment for Learning, Planning and Delivering an Active PE session, Creating an Inclusive PE Session and Adapting Lessons to Meet Individual Needs of Children. The training saw Fit For Sport supporting the school's PE Coordinator and provided staff at the school with the tools they needed to confidently lead children through an engaging and diverse range of inclusive activities, whilst also consistently ensuring their safety and well-being.

Fit For Sport also provided a range of training materials including PE audits, self-reviews, impact evaluations, lesson plans and trackers, core tasks, Active Schools manuals and online learning modules.

Outcomes:

Throughout the year, Fit For Sport trained 18 teachers, 18 Teaching Assistants and more than 20 Lunchtime Supervisors; to enable the school's 540 pupils to participate in a minimum of 60 minutes of activity each day, as well as accessing 2 hours of core PE and School Sport. The continuous support from Fit For Sport assisted Grand Avenue in their mission to up-skill their teachers, giving them the confidence and the knowledge to deliver high quality sessions across the school.

Head of PE, Grand Avenue Primary School:

"The PE support we have had through the Active Schools programme has been fantastic and as a school we feel much more confident with not only the delivery of good PE sessions but also how to utilise opportunities to promote physical activity. As the PE coordinator, I have a clear direction for the subject and goals I am confident we are going to achieve in the following year thanks to Jack and everyone at Fit For Sport. Thank you!"



health:



David Lloyd: Supporting the development of the DL Kids programme.

What we did:

Fit For Sport were proud to support David Lloyd through the development and enhancement of their DL Kids programme. David Lloyd wanted to be sure that their children's activity programme continued to offer their members high quality, innovative and family friendly opportunities across all UK sites. They chose Fit For Sport as their perfect partner to support them through the process of updating and improving their DL Kids membership offering. With Fit For Sport's help David Lloyd were able to revamp their activity programme and optimise staff engagement.

How we did it:

David Lloyd has their own team of trained sport professionals and a well-respected programme of activities for younger members, including: pre-school play sessions, Club Active for 5-11s, and a Fitness Into Teens programme for 11-17year olds.

Fit For Sport delivered a 2 day training course to all DL Site Managers, enabling them to explore what was working well with the current DL Kids provision and what was less successful, before going on to find ways in which strengths could be built upon and coaching improved. The course involved interactive and practical workshops, as well as the development of a new activity programme for the year ahead.

A new coaching formula was also introduced, designed to help coaches gain better engagement with younger members and inspire them towards regular and sustained use of facilities and increased participation in sports programmes.

Site managers were given the tools they needed to roll out the new ideas to all staff and implement the new concepts developed during training.

Outcomes:

Of those David Lloyd employees who attended this stage of training, all agreed that they would like to participate in further Fit For Sport courses in the future. Feedback was consistently good, with all attendees grading the provision of practical training and resources as either excellent or outstanding.

Stage two of Fit For Sport's partnership with David Lloyd took place six weeks after the initial Site Manager training days: Fit For Sport consolidated the positive outcomes of the training by visiting sites across the UK and training 80 of David Lloyd's Activity Coaches to fully utilise the new session plan which had been developed.

The valuable support offered by Fit For Sport to David Lloyd during their improvement of services has ensured that the UK DL sites are able to continue their good work as a pioneer of inclusive family leisure provision.

Sinead Johnson, Group Family Manager:

"At David Lloyd Leisure we are passionate about active children and families. Fit For Sport were our ideal partner for our recent training as they share this passion."

"The team at Fit For Sport spent time listening and getting to know us, working with our DL Kids Managers to develop a training programme that was delivered with professionalism, enthusiasm and boundless energy across all our clubs. The kids in the clubs really notice the difference! I'm looking forward to working with them again and again."

Everyone Active: Delivery of Level 2 Qualification in Adapting Fitness Instruction for Adolescents.

What we did:

Everyone Active needed its large national team of Fitness Motivators to have specialist training in activity leadership for the 13-18 age group and specifically to be qualified to Level 2 in Adapting Fitness Instruction for Adolescents. Their aim was to provide the very best support for young adults using their facilities and to encourage ongoing gym use and activity attendance in what is typically a poorly engaged demographic. As experts in educating and engaging young people through physical activity, Fit For Sport were the natural choice to deliver this accredited qualification across the team.

How we did it:

Fit For Sport delivered training in Adapting Fitness Instruction for Adolescents to the Everyone Active team, travelling to conduct sessions nationwide and within a tight timescale. This Level 2 award is designed to educate sports professionals in the different psychological and physiological issues faced by 13-18 year olds and how this affects their ability to exercise. It's the perfect course for anyone already qualified in fitness instruction who requires a deeper understanding of instructing this particular age group; covering everything from keeping them motivated to teaching them to use equipment properly.

Once the planned training schedule was completed, Fit For Sport provided a Training Masterclass to three Everyone Active employees, enabling the organisation to ensure that in-house training could be provided to any new "Fitness Motivators" joining the team.

Outcomes:

Over the past two years Fit For Sport has trained more than 250 members of the Everyone Active team in Adapting Fitness Instruction for Adolescents. The training ensures that young adults using Everyone Active's centres receive supervision from appropriately qualified "Fitness Motivators", who can deliver instruction in a way which is engaging and fun, as well as safe. Everyone Active has seen retention rates rise in the young adult age group and has confidence that it is consistently delivering the best possible service to adolescents across its centres. With extremely low percentages of those in the 13-18 year age range getting enough physical activity each week, the importance of engaging more adolescents in the use of sports facilities was a driving factor in Everyone Active's implementation of this training scheme.

Fit For Sport was able to provide the specialist knowledge required to deliver the training scheme, and the enthusiasm to inspire the Everyone Active team; ensuring through its professional delivery that those who attended the course understood the importance of their training and went on to put their newly acquired skills to the very best use.

Harvey Gosling – Group Training Manager, Everyone Active

"The Fit For Sport training has provided our Fitness Motivators with new-found confidence when dealing with our Young Adult users and has helped us to create a sustainable system, in which new team members can be qualified to provide instruction to adolescents as standard. We would not hesitate in recommending them as training providers or as project partners"

get in touch!

If you would like to find out more about any of the training opportunities covered within this guide, or would like to chat to a Fit For Sport team member about providing bespoke training to your employees, please get in touch:

www.fitforSport.co.uk
Tel: 0845 456 3233
training@fitforSport.co.uk



“^{FP} have a
chat
with us...”

www.fitforSport.co.uk
Tel: 0845 456 3233
training@fitforSport.co.uk

