

Course Title:		Family Exercise (ages 7-14)					
Course Code:		F6008PGF	Centre:	Sutton	Tutor:	TBA	
Day:	Sat	Start Date:	15/01/11	Length:	12 wks	Time:	11:00 -12:00

Course Content/Syllabus

Family Education courses are **FREE** and are designed to provide parents/carers and their children an opportunity to learn together. No more than two children per adult.

Every Child Matters Outcome:

- Stay safe
- Be healthy
- Enjoy & achieve
- Make a positive contribution
- Achieve economic well-being

An opportunity to get off the sofa and do some exercise as a family. Gentle aerobic exercise routines and use of equipment – mini trampolines, weights, skipping ropes etc.

After completing the course, students should be able to:

Be fitter and closer as a family

Assessment Methods

Continuous informal assessment.

Home Study

Attendance

Regular attendance is expected in order to get the most from your course.

Entry Requirements

N/a – all welcome

English, Maths & IT Skills Required

Ability to understand spoken English

Exam Fees

N/a

Additional Costs (eg course materials & textbooks)

- N/A

You are advised not to purchase text-books or equipment until the course is confirmed.

For your first session, please bring:

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Extra Help With Your Learning

For details of additional support, please request the learning support leaflet and indicate your needs on the enrolment form.

Progression/Further Opportunities: