



## The Active Ability Workshop

*A new Active Club Tutor course for 2010!*

### What is it?

A FREE and practical **half-day training course** to provide additional ideas to Active Club Tutors and to disseminate the **new Active Ability material** regarding engaging all children and young people in physical activity.

Specifically it will include;

- An introduction to the principles of inclusion.
- An introduction to the inclusion spectrum as a tool for practice.
- An opportunity to practice delivery of activities linked to the spectrum approach.
- Exploration of activities linked to the Active Club activity themes.

### Why get involved?

By attending one of the **FREE** Active Ability workshops you will benefit from;

- An overview and opportunity to practice of some of the **practical delivery techniques**, approaches and activity ideas for engaging all children and young people.
- A dedicated **new resource** around inclusion, to build on the information within the Active Club pack.
- **Tutor resources** to facilitate the cascade of the new material to clubs/settings during Active Club workshops.

### When?

The following free workshops will be taking place as follows;

Monday 18 <sup>th</sup> October	Fownes Hotel' <b>Worcester</b>	9.00am -12.30pm
Friday 22 <sup>nd</sup> October	K2 Centre, <b>Crawley</b>	9.00am -12.30pm
Monday 25 <sup>th</sup> October	Lagan Valley Leisure Centre, <b>Lisburn</b>	10.00am -1.30pm
Thursday 28 <sup>th</sup> October	The Britannia Hotel, <b>Manchester</b>	9.00am -12.30pm
Friday 29 <sup>th</sup> October	St George's Hotel, <b>Llandudno</b>	9.00am-12.30pm
Monday 1 <sup>st</sup> November	Taunton Racecourse, <b>Taunton</b>	9.00am-12.30pm
Wednesday 3 <sup>rd</sup> November	Crowne Plaza Hotel, <b>Cambridge</b>	9.00am-12.30pm
Thursday 4 <sup>th</sup> November	The Britannia Hotel, <b>Nottingham</b>	9.00am-12.30pm
Monday 8 <sup>th</sup> November	Thistle Hotel, <b>Glasgow</b>	10.00am-1.30pm

## **Active Ability Workshop Booking Form**

Please reserve me a place on the following Active Ability Workshop:

**Venue:**

**Date:**

**Name:**

**Job Title:**

**Organisation:**

**Address:**

**Postcode:**

### **Contact Details**

**Tel:**

**Mobile:**

**E-mail:**

### **Please return this form to:**

Anjna Nagar, Active Club Administrator, by fax: 01509 22 3972 or post to: BHF National Centre for Physical Activity and Health, JJ 1.03a John Beckwith Building, School of Sport Exercise and Health Sciences, Loughborough University, Loughborough, Leicestershire LE11 3TU.

If you have any questions please call the Active Club Project Manager, Anna Chalkley on 01509 226423 or email [a.e.chalkley@lboro.ac.uk](mailto:a.e.chalkley@lboro.ac.uk).

