



HEALTHY HEROES[®]

Get physical...have fun!



School Brochure

Dear School

Thank you for taking the time to discover Healthy Heroes, the only provider of its kind to deliver unique, health and fitness programmes to primary schools.

Here at Healthy Heroes our aim is simple:

'To give every child the opportunity to enjoy, achieve and be inspired by Health and Fitness'.

To do this, all of our programmes follow our three E's principle:

Extend children's learning by challenging them with new and exciting activities.

Enrich children's learning by providing them with activities and experiences not normally offered within the curriculum.

② *Enable* children's fundamental movement skills, improve their physical literacy and give them the skills needed for a lifetime of physical activity.

From a single *Health and Fitness* day to a full year of *PPA cover*, you're sure to find a programme your children will love.

So get physical and have fun!

Kind Regards

M. Mc Greal

Mike McGreal, BSc (Hons),
PGCE
(Director)



"Fast, well paced with exciting warm ups and games..."

Y1/2, Teacher – Hale CE School, Liverpool

Why choose Healthy Heroes?

Healthy Heroes is not just another coaching company. Our cross curricular programmes of work are unique to us and are linked to:

- The Primary Curriculum
- QCA schemes of work
- S.E.A.L
- EYFS Goals/Profile
- Foundation Stage Profile

Covering more than just the PE curriculum means that we can reinforce other work that is already being done in your school and encourage wider thinking, participation and enthusiasm.

Our Services

We are extremely proud of the work we do in schools and regularly work with Healthy Schools Teams, School Sports Partnerships and extended services providers. We are sure you will find a Healthy Heroes programme to meet your individual needs, time scale and budget. We currently offer:

- PPA/Enhanced Provision Programmes
- Early Years Programmes
- After School/Breakfast Clubs
- Health and Fitness Days
- Holiday Provision

We are always adding new programmes and activities, log on to www.healthyheroes.co.uk to find out more.



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"Great activities well delivered!"

Y6 Teacher – Woodside Primary School, Widnes

PPA / Enhanced Pro



Health Related Activity

An engaging and innovative unit focusing on developing children's knowledge of their own health related fitness. Includes activities such as: aerobics, circuit training and super box; our child friendly, non contact boxing sessions.

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Character Education

In this ground breaking unit, your instructor will take your children through a carefully planned programme of team and individual challenges that will enhance social interaction skills, self esteem and team work qualities.

All programmes are fully assessed and match

Teaching your PE curriculum

We can also deliver and assess your PE curriculum, to find out m

To book a workshop please call: 01925 596190

Division Programmes



Multi-Skills

A non-sports specific physical education unit that is focused on challenging and developing essential fundamental movement and sports skills.



Multi-Sports

This unit of work provides children with experiences of games and activities not normally offered within curriculum time, such as Dodgeball, Ultimate Frisbee and Handball. This is for schools who want fun and innovative PE lessons that are a break from the norm.

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ed to the National Curriculum.

more visit www.healthyheroes.co.uk



Visit our website at: www.healthyheroes.co.uk



Little Heroes is our physical literacy programme developed by Healthy Heroes for the foundation stage. Unlike other foundation programmes that are scaled down versions of games for older children, Little Heroes is specifically designed to develop key fundamental skills through age appropriate activities and games.



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Health and Fitness Days

'Give your Health Week the wow factor!'

Many schools use Healthy Heroes to give their Health Week a real wow factor! We can provide your school with several lively, energetic health days, that will inspire everybody long after the day ends.

Activities include:

- High Energy Aerobics with team challenges and competitions
- Multi-skills circuit training
- Super Box
- Team Building activities



"What a great PE lesson should be!"

PLT – Sacred Heart Primary, Warrington

After School / Breakfast Clubs

'Enhance your out of hours provision with a Healthy Heroes club...'

Everything that we do during curriculum time can be delivered as either an after school or breakfast club. The experience and flexibility of all our instructors means that we have the ability to offer your school a host of exciting clubs in many different areas. Don't hesitate to contact us for more information.

Holiday Provision

'Use our experience to deliver a holiday programme in your area...'

Our experienced and highly qualified staff have worked extensively with schools and extended schools coordinators to deliver quality holiday provision to hundreds of children. Our professional, friendly and flexible approach means that we can always be trusted to deliver a programme that is just right for the children in your school or area.

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Child Protection

Of course, all of our instructors are:

- Fully Insured
- CRB checked
- First Aid trained
- Child protection trained



"Absolutely fantastic sessions!"

Y2 Teacher – Fairfield Infant School, Widnes

Testimonials – Don't just take our word for it!

"A well planned programme which motivates all children and suits all learning styles. All of our children look forward to the sessions. Parents have commented that the children are talking about the activities and practicing them at home. Children who have been reluctant to join in sports are enthusiastic. The programme is fully inclusive. A boy with complex gross motor skills difficulties enjoyed the sessions and his parents are very pleased. I would recommend Healthy Heroes to colleagues! Keeping fit really is fun!"

Janet Lawrence – Head Teacher, St Edwards Catholic Primary, Runcorn

"The content and delivery of the sessions were excellent. The children thoroughly enjoyed the sessions and stayed on task throughout..."

Mrs Morgan – Head Teacher, St Clements Catholic Primary School, Halton

"Thanks for the wonderful sessions you have delivered during the Autumn term for so many of our children. They have been great fun, very energetic and motivational."

Louisa Aldridge – Head Teacher, Astmoor Primary School, Widnes



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Mike McGreal, Director

T. 01925 596190 M. 07951123196

E. info@healthyheroes.co.uk

Or visit us at:

W. www.healthyheroes.co.uk

