



Re-Shaping Generations

Registered Dietitian & Physical Activity Specialist

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Fatchance UK is an honest, professional and qualified partnership of a Registered Dietitian (Cirian-Marie Beddoes) and Physical Activity Specialist (Leigh Spatcher), to support lifestyle change for both children and adults.

We aim to make long term changes to both physical and mental health through food, activity and above all, fun.

Bounce is the first of 3 classes we have created aimed at children (7-11) to engage them in fun activity with real results. The emphasis of all FatchanceUK activity classes are for inclusive fitness and participation for all. Mixing together play, games and recognised exercises to achieve the programme objectives.

The programme is designed so that whatever a child's level of ability and fitness, they will be able to successfully progress step-by-step.

The programme is designed to encourage participation and give confidence to those children who do not currently participate in activity or sport. FatchanceUK fitness classes also reinforce values and good exercise practice to those children who already play for sports teams or lead an active lifestyle.



Overall objectives of The Fatchance Activity Programme:

1. Maintain the key principles of childhood; 'fun, play and learning'.
2. Increase the number of children between the ages of 7 - 11 years and 11+ who participate in enjoyable and sustainable activity that will lead to a more active lifestyle.
3. Provide children with the opportunity to learn, specifically about nutrition, energy balance and the importance of activity.
4. To support the children we come in contact with, to experience the physical, social and psychological benefits of these activities through play, games and structured, safe activity
5. Increase levels of confidence and self-esteem in all children through physical activity, especially inactive children.
6. Work alongside the school to support the physical activity, nutrition and PSHE elements of the curriculum.



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Structure of **Bounce** classes

Introduction & Registration

The principle role of this time is to register the children on arrival. **Physical Activity Instructors** have a register and will collect relevant medical and personal details including collection arrangements. The purpose of the introduction is to bring all the children together, seated with the P.A.I, and explain what will be done during the session to follow.

The primary role of the P.A.I during this time is to raise awareness of health and safety, and to ensure the children are as comfortable as possible.

Classes are 45 min - 1 hour.

Warm Up

The warm up for all age groups will be a combination of pulse raising activities e.g. tag games, general aerobic activities and stretching. The aim is to prepare the children for the physical activities that they will be doing, and reducing the risk of injuries.

The main emphasis of the warm up is fun. Emphasis is placed on educating by using the correct names for the exercises. The primary roles of the P.A.I during this time is to give clear and concise instructions, and to motivate and encourage the children.

Fitness Phase

The primary role of the P.A.I during this time is to give clear and concise instructions, and to encourage and praise the children individually to raise confidence, motivation and self-esteem.

The class will be conducted using 'PonPons'. These are very similar to space hoppers but are safer as they have handles instead of 'ears'. They are fun to use and enable us to create both aerobic activity and anaerobic as they can be used to perform exercises like an exercise ball (Swiss Ball).

Children are encouraged to both play and learn about muscles and body movement. Bounce presents a very informal and friendly class using a piece of equipment that changes the dynamics of formal exercise.

Cool Down

After approximately 45 minutes of physical activity, it is necessary to cool down the body's core temperature and to reduce the heart rate. This is done through reversing the warm up process, e.g. moving from intense activities to less active.

Progression.

Classes will progress as the children's confidence and fitness levels improve. We will add more exercises and change the structure of the classes to challenge the children further.

Adaptations and options to change the level to work at each individual's capabilities are always offered and delivered with constant encouragement.