

SCHOOLS PROGRAMMES AT BURNLEY LEISURE & CULTURE

FUN-PACKED SPORT AND PHYSICAL ACTIVITY FOR YOUR STUDENTS

At Burnley Leisure & Culture (BLC) our school programmes provide quality education to students on the importance of leading a healthy and active lifestyle.

Our wide variety of activities, whether it be indoor or outdoor create an environment which aims to improve emotional, mental and physical well being for all.

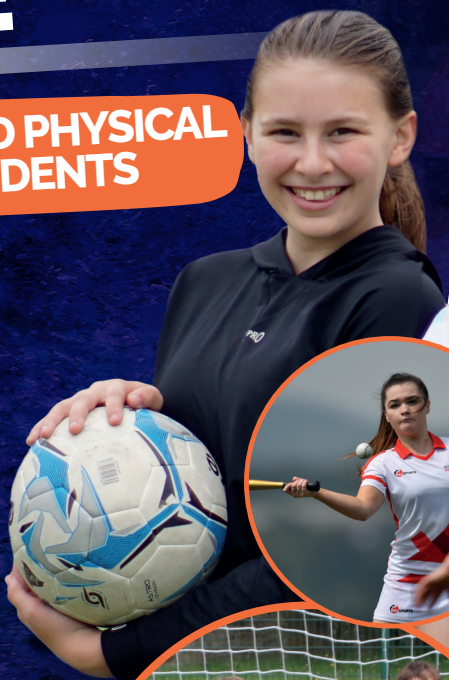
We've got sessions from multiskills for key stage 1 to sport specific, outdoor adventure and Healthy ELF programme for Key stage 2. All of our curriculum delivery sessions are developed and delivered in line with the Lancashire County Council 'Scheme of Work'

For further details on any of our programmes or any general enquiries please speak to

Sam Dixon

sdixon@blcgroup.co.uk

01282 664444 ext:03228



OUTDOOR ADVENTURE DAYS AT BLC

We offer two different types of activity days at BLC and guarantee a fun packed day for your students

Our adventure days aim to help with physical and social development along with teaching valuable key skills such as; resilience, independence and communication.



Water based activities

- › Kayaking
- › Canadian Canoes
- › Row Boats



Activities

- › Xplorer & Nature Hunt
- › Soft Archery
- › Problem solving



Waterbased
Activity +
one activity
9.30am-12pm

£400
per class

Waterbased
Activity +
two activities
9.30am-2pm

(includes
45 minute lunch)

£500
per class

(option to book
until 3pm for an
extra £50)

For further details or to make a booking, speak to Ben Heap who will also be your contact on the day.

Ben Heap

bheap@blcgroup.co.uk
01282 664444 ext:03249

SCHOOL SPORT AND DANCE SESSIONS

Our sports and dance sessions teach the basic principles of each sport whilst getting students active, motivated and having fun.

Sport Activities £32 per hour per class

CURRICULUM PE:

- Multi-Skills (KS1)
- Athletics (KS2)
- INVASION GAMES
(through either Football,
Netball or Handball)
- STRIKING & FIELDING
(through Cricket or
Rounders)

AFTER SCHOOL CLUBS:

- Multi-Skills (KS1)
- Athletics (KS2)
- Football
- Netball
- Handball
- Cricket
- Rounders
- Dodgeball

Dance Activities £45 per hour per class

- Street Dance
- Cheer
- Jazz

Please note that we take a maximum of 20 children for our after school clubs.

For further details or to make a booking, speak to Sam Dixon.

Sam Dixon

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HEALTHY EAT WELL LIVE WELL FEEL WELL

6 week programme which aims to:

- ✓ Improve mental well being
- ✓ Improve physical activity levels
- ✓ Improve knowledge on making healthier choices



£240
per programme

	CLASSROOM ACTIVITY (30 minutes)	PHYSICAL ACTIVITY (30 minutes)
Week 1	Importance of being healthy	Linked to classroom activity messages
Week 2	'Eat Well' plate & information on food groups	Linked to classroom activity messages
Week 3	Energy Balancing	Linked to classroom activity messages
Week 4	Sugar Content/ healthy swaps	Linked to classroom activity messages
Week 5	The 'Human Body' and importance of physical activity	Linked to classroom activity messages
Week 6	Evaluation quiz/ Healthy ELF graduation	Linked to classroom activity messages

Each child will receive a certificate and graduate as a 'Healthy ELF'.
Each class will receive a plaque and graduate as a 'Healthy class'.

Led and designed by our Nutrition and Exercise Science qualified member of staff. For further details or to make a booking, speak to Sam Dixon.

Sam Dixon

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