

Embrace

Physical

Education



Who are we and what we aim to achieve

By using Physical Education as a catalyst we aim to facilitate young people with the knowledge and desire for a healthy enriched lifestyle.

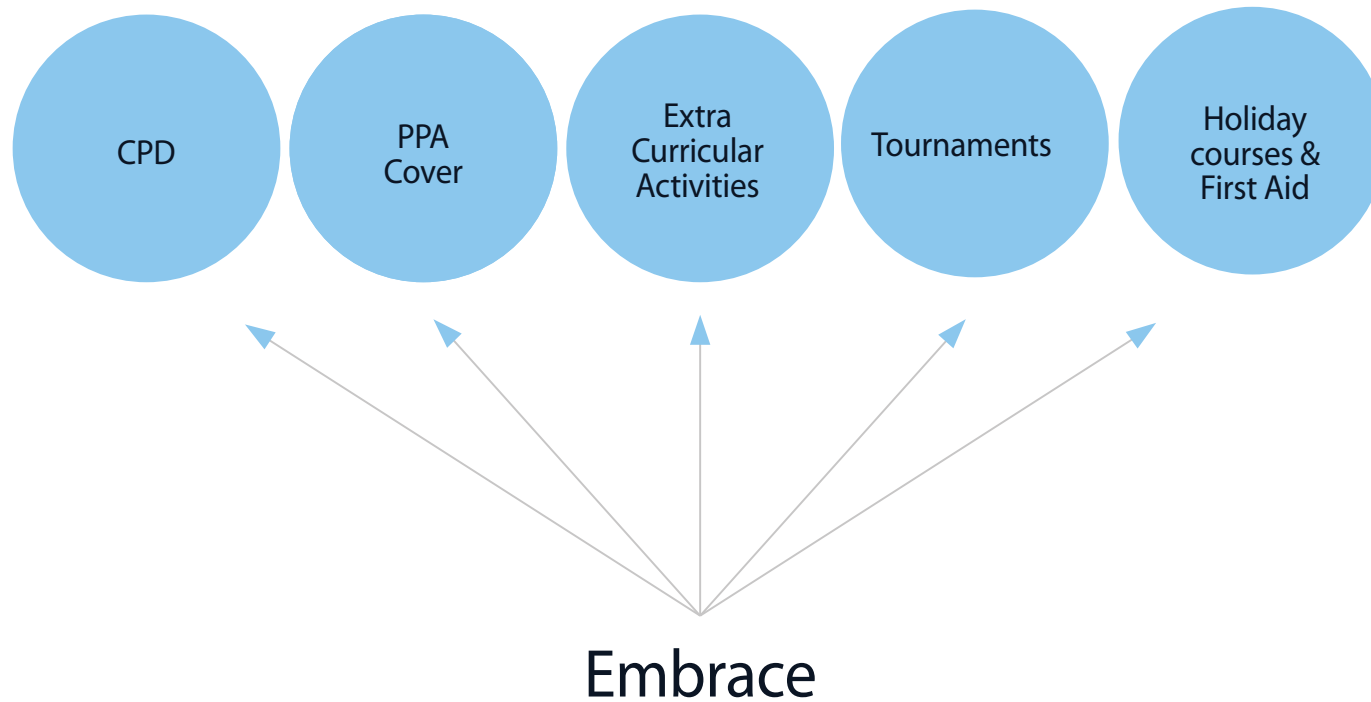
With Shropshire's growing child obesity figures our aim is to deliver engaging physical activity to facilitate the development of young people and help them to choose a healthier lifestyle, thus reducing health related diseases.

More than just Sport

Why Embrace Physical Education?

1. Lessons are planned by qualified PE teachers and delivered alongside the national curriculum
2. Identity attainment levels in physical education
3. More than just sport

What we can offer



CPD delivery



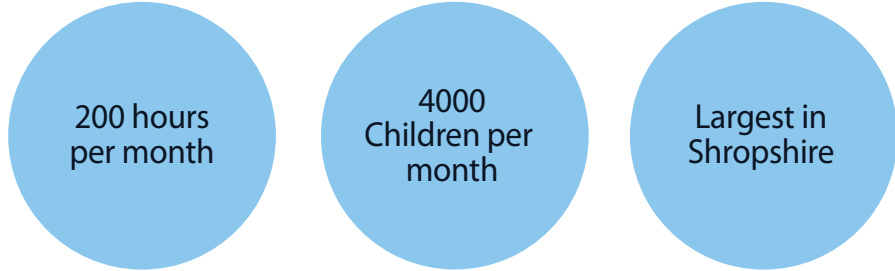
CPD delivery

Our team of qualified Physical Education Teachers can deliver CPD sessions at your school. As the largest on site Physical Education CPD provider in Shropshire this can be organised on request in a range of sports for all ages.

This can be organised in a specific area and ages at a time that suits your school needs.

Nutrition

We have a team of qualified tutors in childrens nutrition. This can enhance parental, pupil and staff knowledge of the importance in living a healthy lifestyle.



200 hours
per month

4000
Children per
month

Largest in
Shropshire

PPA – Physical
education /
Extra curricular
activities



PPA - Physical education / Extra curricular activities

* Embrace qualified teachers and specialist coaches offer the following:

Dance	Gymnastics	Swimming	Athletics
Martial arts	Football	Rugby/Tag Rugby Hockey/Quick Sticks	
Cricket	Tri-Golf	Rounders	Free Style Gymnastics
Orienteering	Netball/High 5	Basketball	Cheerleading
Tennis	Multi skills	Team building	Alternative sports

* All these sports are a vehicle to facilitate physical education and the development of individuals:

Knowledge, skills and understanding

Acquiring and developing skills

Selecting and applying skills, tactics and compositional ideas

Evaluating and improving performance

Knowledge and understanding of fitness and health

* All of these sports can also be offered in the form of extra curricular activities.

A blurred photograph of a track and field race. In the foreground, a young male runner in a green and white jersey and red shorts is running towards the right. Behind him, other runners in various colored jerseys (blue, white, green) are also running, but they are out of focus. The track is red with white lane markings. The background shows a crowd of spectators and a green field.

Tournaments
– Inter and Intra
competitions

Tournaments – Inter and Intra competitions

Intra

In-house school
competitions

I.e. House v House



Inter

Schools competing
regionally

I.e. School v School



First aid training,

Sports leaders,

Holiday clubs



First Aid training

A highly qualified member of our team can deliver the following qualifications:

- * First aid at work (3 day course)
- * Pedelectric first aid (2 day course)
- * Emergency first aid (1 day course)
- * Activity first aid (1 day course)

The above qualifications are available to staff and parents.

Sports Leaders

Simon Evitts is a qualified tutor to deliver Sports Leaders level 1 and 2. These are recognised qualification for candidates aged 13+ to aquipt them with skills and motivation to create and run sporting activities.

Holiday Clubs

Embrace holiday courses can be ran from your school campus. This offers your pupils the chance to take part in sporting activities, during the school holidays, in a familiar and safe environment.

How to get in touch...

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