

GOOD MOVE

Wee Play

Our fun, interactive Wee Play classes have been designed especially for families with children aged 2 – 5 to become more active together. Taking part in the classes not only helps wee ones to get active, it also develops their balance, coordination and movement skills through fun games and activities.



Wee Play are offering nurseries a unique training opportunity to upskill their staff to deliver the programme in their centres.



For further information:
www.goodmoveglasgow.com

What is Wee Play?

Wee Play is designed especially for families with children aged 2 – 5 to become more active together and for children to develop physical literacy. Sessions are designed to encourage parental/carer involvement through a range of fun games and activities and take-home resources.

What are the benefits of the training?

The Wee Play activities can be used by nurseries in various ways:

- Help encourage parental engagement with nursery through delivery of Wee Play activity sessions
- Staff can deliver aspects of the programme directly to children in the nursery setting to compliment existing physical activity lessons
- Staff will gain knowledge of the programme and its content which will empower them to discuss the programme with parents/carers - signposting opportunities to local community sessions.
- Aligned with 24 Health & Wellbeing outcomes in Curriculum for Excellence
- All session resources provided FREE including equipment, session plans and take-home packs - worth over £200!

How much does it cost?

The training lasts 6 hours and, for a limited time only, there will be funded places available to cover the cost of the Wee Play Training. This is in return for a pledge to deliver the content and report attendances.

Paul McLean
Good Move Development Officer
Glasgow Sport
Emirates Arena and Sir Chris Hoy Velodrome
1000 London Road
Glasgow G40 3HG
Email: paul.mclean@glasgowlife.org.uk

For more information or to arrange training of staff in your centre contact Paul McLean on the details above.

GOOD MOVE
Sit Less, Move More

0141 287 3578

www.goodmoveglasgow.com

