



Wood End Park Academy

A-Life Workshop sessions

Children

The children really enjoyed the healthy living workshops in the morning, by having all the practical activities they were engaged throughout the sessions and the level of language use was great. Some of the comments made by children included 'we liked working together to find out about healthy food', 'it was really fun doing all the activities', 'I liked finding out how to keep healthy and what healthy food we can eat'

The PE session in the afternoon was also positively received by the children. They still talk about it now! The children enjoyed the various physical warm-ups and the acting out of the story has been taken into their own play.

Staff

The sessions were well organised and run appropriately for the children age. By having the children in small groups we were able to get high quality observations from the children. It was great seeing all the children engage, discuss and further their knowledge on the subject of being healthy. The leader of the sessions was very engaging and kept the children captivated throughout the sessions.

Parents

The parents have commented on how their children started discussing healthy living and what is healthy at home. We had some parents talk to us about children trying new food for the first time after this session. One parent told us her child asked for a new water bottle so she could drink more water to make her healthy.

Regards
Emma Knight

Early Year Leader.