

## **Overview of Summertime with Recreate-U**

Recreate-U will be providing a holiday club for St Paul's Peel CE Primary School Year 2 children with lunch provided by Citywide.

### **Overview of the programme**

#### **Aims :**

- To have fun and provide a memorable experience.
- To help children understand the importance of healthy food choices and engaging in physical activity by becoming lifestyle leaders.
- To provide the children with lunch over the summer holidays (Mon/Tues/Fri).

#### **How we will achieve this:**

- Recreate-U will teach the children in our fun and engaging way all about:
  - healthy food
  - physical activity,
  - overall wellbeing in a fun and engaging way.
  - Children will become lifestyle leaders where they encourage their community to make healthy choices through posters and social media campaigns.
- Recreate-U will take the children and families on a visit to RHS Bridgewater where they can see plants growing and plant their own food.
- Recreate-U has organised a special visit from two Dinobabies, one herbivore and one carnivore, to link to our lifestyle leaders programme.
- Recreate-U will teach the children simple phrases in French and Chinese so that they can speak to the dinos.
- The children will learn all about Recreate-U and how to use our CalmChildren techniques.

#### **Requirements to participate in the programme:**

- Signed photo consent form
- Completed attendance form and contact details
- Completed food requirements/ allergies form
- Completed volunteers form
- Participation on feedback/evaluation of programme

## Summary of Summertime with Recreate-U

The project will be fun and engaging. The first three weeks of activities will take place at St Paul's Peel Primary. This is a safe and secure environment for the children and allows them to feel comfortable and confident. We will be able to serve hot food and complete arts and crafts projects to promote healthy eating and physical activity which the school can use if they wish. This will promote healthy choices to the rest of the school.

The second half of the programme will take place on Peel Park, where we will engage in sports and physical activity linking with the BMX track and Sale Sharks. We will also participate in fun outdoor activities such as rounders, teddy bear picnics etc. We may have another dinosaur visit.

### Brief overview of weekly activities

**Week 1 (school)** - Introduction to the programme. Fun, engaging activities where children learn how to be lifestyle leaders and start learning French and Chinese in preparation for meeting the DinoBabies.

**Week 2 (school)** - Arts and crafts to promote a healthy lifestyle. Learn about and participate in relaxation and mindfulness activities.

**Week 3 (school)** - Family trip to RHS (coach permitting). Map reading skills, discussion about the trip.

**Week 4 (park)** - Physical activity games: rounders, tig, cat and mouse, teddy bear picnics.

**Week 5 (park)** - Connecting in with local physical activity offers and discovering ways we can encourage others to be lifestyle leaders too. Social media campaign.

**Week 6 (park)** - Last week. Celebration of becoming a lifestyle leader, visit from dino babies, certificates.

*(Activities may change depending on the weather and availability of provision. We reserve the right to change the programme delivery if covid restrictions/ guidelines change or if there is a positive case within the bubble)*