



6 week family programme which aims to:

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

| | Family Learning (30 minutes) | Family Physical Activity (30 minutes) |
|---------------|--------------------------------------|--|
| Week 1 | The importance of being healthy | Hula Hoop Games |
| Week 2 | The Eatwell Guide | Running & Dodgeball |
| Week 3 | Calories | Cone Games |
| Week 4 | Sugars in foods & drink | Ball Games |
| Week 5 | The human body and physical activity | Family fitness games |
| Week 6 | Quiz week! | Family Dodgeball match! |

Families will receive certificates and goodie bags on completion of the programme.

To book contact your school

Healthy E.L.F is a unique way for families to learn and have fun together!