



FREE ADULT EDUCATION COURSES

Ignite Sport, in partnership with Activate Learning, are pleased to offer courses fully funded to participants over the age of 19 who live in the counties of Oxfordshire, Surrey or Berkshire.

Qualifications are designed to encourage activity leaders to recognise health benefits and structure engaging and challenging sessions whilst developing simple transferable skills. Our online programme allows participants the flexibility to complete courses in their own time. For groups of learners, we suggest a face-to-face kickstart workshop followed by a mixture of online and face to face.



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We offer a Level 2 certificate in ‘Leading Health Related Activities’ within a variety of courses:

Course	Suitable for
Workplace Wellbeing	Managers, leaders, wellbeing officers, HR leads. Support the health and wellbeing of your team and in turn, create a more motivated, happy, engaged and high performing workforce. Learners will learn how to facilitate physical activity and wellbeing sessions within the workplace.
Active Living	Perfect for those with a passion for maintaining or improving their own health and that of their household and for individuals who are striving to make their way into the fitness industry to lead group activity. Learners will exit the course with a comprehensive understanding of planning and leading small to large group activity sessions.
Active Fun (Child-focused)	Schools, Nurseries, Childminders, Pre-schools, Toddler Groups, Wrap around care, Holiday Clubs, Teaching Assistants, youth & community group staff. Learners will enjoy developing a range of activity sessions to engage infants and young people in active sessions with fun as the core theme!
Active Wellbeing	This course is ideal for those working with individuals and groups with an aim to improve mental health and wellbeing through sport. It's no secret that by participating in physical activity we can keep our body fit and healthy but how about the mind? In this course we explore the facts around the improvement of mental health with physical activity and how this can help those who live with depression, anxiety and may lack motivation. Learners will explore how to ensure realistic goal setting and application through a holistic approach.
Step up in Coaching (Football)	Suitable for level 1-3 Football Coaches or those who have no formal coaching qualifications yet have an interest/are involved with coaching grassroots through to elite football. The programme will provide the tools to create a positive impact in your session planning, ideas, analysis of players/team, and coaching performance.



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