



# BIGFOOT'S HEALTHY SCHOOLS PROGRAMMES

Two engaging programmes designed to excite young learners about what they can do today to live long, healthy and happy lives in future!



## best foot forward eight small steps to make one big change

These days 'modern life' can mean that we're a lot less active- we often don't move about as much, or eat as well, as we possibly could. But making a Change4Life doesn't need to be difficult .

With a little help from Bigfoot and our World Renowned Master Chef Bakewell, students will discover how fun and rewarding it is to create their very own 'Healthy Long Life Pie' by taking part in the cookery show 'A Slice of Life'!! And as a registered partner of Change4life, Bigfoot are fully committed to their approved behaviours and seek to provide young people, their families and schools, with an accessible and enjoyable means through which to explore and learn about these key initiatives:

- Sugar Swaps
- Meal Time
- 60 Active Minutes
- Cut Back Fat
- 5 a Day
- Me Size Meals
- Up & About
- Snack Check

Following the assembly, selected class groups will take part in more specific drama or dance workshop sessions aimed to further explore what they can personally do to make healthy choices and changes in their lives to eat well and move more.



# SUPER HEALTHY ME!

**Professor Plum is on a mission; to find out exactly what it takes to be a real life Super Human. Do such people really exist? Join in the discovery to unearth the answer and explore how we can create our own super humans by following a simple magic formula.....**

This programme aims to explore the importance of having a balanced diet, regular exercise, enough sleep, an effective hygiene regime, drinking the recommended intake of water, and maintaining a happy and positive attitude. Students are therefore encouraged, using the vehicle of drama, to discuss and explore all the above issues in order to understand how and why they are so necessary to our wellbeing.

Participants will work with the professor to embark on an exciting challenge and experimentation of what makes us healthy whilst simultaneously questioning;

- How does the environment impact our health?
- What can we do to look after our minds and bodies?
- How can we challenge and change our unhealthy habits?

Following the assembly, selected class groups will take part in a series of more specific workshop sessions that will provide the students with further subject knowledge regarding healthy living.

## THE RESOURCE PACKS

Both programmes are accompanied by a comprehensive resource pack, which includes detailed plans of the session and worksheets, making the programme completely sustainable.

## REQUIREMENTS

Please note that the workshops are strictly designed for a maximum of 30 students (excluding assemblies) A member of staff must be present during all sessions. Please note that workshops are a minimum of one hour in length, although wherever possible we will tailor make the format to accommodate your specific needs.



**For more information please contact:**

**t: 0800 644 6034 e: [info@bigfootartseducation.co.uk](mailto:info@bigfootartseducation.co.uk)**

**[www.bigfootartseducation.co.uk](http://www.bigfootartseducation.co.uk)**

'Professor  
Plum'

