

LLDD Health: Movement for Fun and Health

Course overview

Movement helps us to feel better. Movement and exercise can help with low moods and lack of sleep. When we move our bodies, we have more energy, become healthier and sleep better at night, but not everyone wants to go to an exercise class or to the gym. On this course we will move together in a fun way to loosen our bodies, become more flexible and healthier.

What will I study?

You will:

- discuss how movement helps your body
- stretch and move your body in a comfortable way
- move to a rhythm
- use some simple dance moves to get you moving

Assessment method

- Take part in movement activities and discussions to confirm your understanding
- Self assessment of how your body is feeling
- Your tutor will give you verbal and written feedback throughout the course

Entry requirements

You should be able to:

- take part in group discussions
- recognise signs & symbols
- follow instructions

What should I bring with me?

An A4 folder, A4 notepad and a pen. You will need loose clothing and trainers or soft shoes.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
8711CP	Friday 15 January 2021 to Friday 26 March 2021	1pm to 3pm	Dagenham	£12.00	£12.00

Possible next steps

You may want to go on to Dance for Fun and Health, following the successful completion of this course. You will be supported to enrol on to other LLDD Health and LLDD Life Skills courses that suit your level.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722