

# LLDD Health: Movement for Fun and Health

## Course overview

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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?

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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

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- 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

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

## What should I bring with me?

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

## Key information

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Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams or via a remote learning pack.

## Possible next steps

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Following the successful completion of this course, you will be supported to enrol on to the most suitable level course for you.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)

call: 020 8270 4722

