

## LUSU Activity Activator course

The LUSU Activity Activator course is aimed at those who are supporting and enabling people with a disability to be Active or move more, such as personal assistants, support workers, volunteers and parent and carers, or anybody who is activating physical activity.

An Activity Activator may operate in the home, in the community, the park, outdoor spaces, activity sessions, a structure activity session or a sports club.

This course aims to boost confidence and to help support a disabled person to be active and see the importance of moving more and making movement a part of everyday life and it being a success. We equip you with resources, activity cards, ideas and inspiration to build your capacity and capability to include a person with a disability to be active with you.

### Who It's For

- Teaching assistants
- Volunteers
- Support workers/PA'S /health and social care staff
- Parent, carers, family members and siblings
- Young leaders
- Leisure and activity assistants

### Course Aims

- Develop the knowledge, skills and confidence of individuals supporting disabled people to be physically active.
- Increase understanding of the importance and benefits of physical activity for disabled people in everyday life.
- Equip and inspire participants with practical ideas to enable, adapt and initiate inclusive physical activity in a range of environments.
- Promote the use of activity to support improved communication, interaction, wellbeing, and sensory support.
- Encourage and support Activity Activators to create positive, enjoyable and meaningful movement experiences.

### Learning Outcomes

- Increased confidence to engage disabled people in activity, taking initiative, utilising ideas and equipment to create success in being active together.
- Utilise a range of equipment and ideas to support the interaction with a disabled person, adapt sessions, modify them in the moment and skills to reflect, evaluate and plan for success.
- Inspired delegates to build rapport interaction and communication through being active with the person you are supporting, exploring what works to create success, in developing an effective relationship, meeting needs, sensory and regulation, understanding behaviour, providing person centred support.
- Inspired, empowered, enabled to be an activity activator anytime, anywhere, with anyone.

- **Cost of course - £350**
- **Group size minimum of 6 people maximum 12**
- **3 hours face to face, interactive, training course.**
- **Theory, examples from practice and demonstration of activity cards and equipment.**
- **LUSU start up Activity activator equipment pack included for each delegate.**
- **Activity card starter pack for each delegate.**
- **Unique, dynamic post course follow up and support of delegates.**