



HOLIDAY ACTIVITIES AND FOOD

TRAINING PACKAGE



Background

Sporting Communities have been influencing and delivering Holiday Activity and Food (HAF) programmes over the last 7 years, helping children and their families to better understand how they can enjoy having a healthy, balanced diet on a budget.

Having directly supported over 10,000 families, our Cook, Eat, Play programme has not only won the 'Play Award' from Children and Young People Now and 'A Big thank You' from Children in Need, but it has also been instrumental in developing the Department for Education's Holiday Activity and Food (HAF) programme, StreetGames' national Fit&Fed campaign and has featured in academic research conducted for universities across the country. Sporting Communities' HAF programme even formed part of the Department for Education's 2021 independent summer research, engaging more participants in the feedback than any other representative.

Whether you already delivering activities for children, or are wanting to expand your services to support children throughout the out of school holidays, we can upskill your staff and volunteers to effectively deliver a high quality service based on current best practice and Department for Education (DfE) requirements.

With our practical experience and academic expertise, our training package will equip you with all of the skills and knowledge you will need, ensuring that your team is prepared and able to confidently deliver an outstanding HAF programme to the children and families that you are supporting.



Training to deliver a high-quality service that meets DofE requirements

Your organisation may or may not already be delivering sport, craft, or club related activities for children, young people and families throughout the out of school holidays. Through our training, you could become a confident, high quality HAF provider, able to effectively deliver HAF provision that meets the DfE requirements.

These courses have been specifically designed to support groups to deliver HAF programmes.

HAF Readiness - Play (online) 2 hours

This 2 hour course provides an introduction to play leadership. It will:

- Provide learners with an overview of what children's play is
- The benefits of children's play
- Tools of engaging children, young people and families in play
- How to structure play and free play activities

This course will last for 2 hours and is accredited through our Sports Leaders UK Academy. It also includes a module on supporting providers and young volunteers to conduct Covid-19 safe activities.

£50
Per Learner
on one of
our courses
or
£500
to arrange a
course
(Up to 20
learners)

HAF Readiness - Food (online) 2 hours

This 2 hour course will provide organisations with the knowledge and skills to:

- Educate children and families on how they can safely prepare food
- Create fun, healthy balanced meals
- Encourage families to include children in their food shop and meal preparation
- Support families to make healthy, fresh meals on a budget

Providers will learn about the the aim of the Holiday Activities and Food programme, alongside the most current best practice in relation to nutrition and the importance of eating together.

They will discover simple, fun and creative methods of engaging young people in food choices and food preparation. Learners will also explore how diet affects behaviour and school readiness. It will also include a module on how to conduct Covid-19 food based activities.

£50
Per Learner
on one of
our courses
or
£500
to arrange a
course
(Up to 20
learners)

If you want to book both of our HAF Readiness courses for your team, we can offer it for the discounted price of

£900

Essential HAF Training

In addition to our HAF Readiness training, we also offer out a number of training programmes that are essential for any HAF deliverer, or anyone delivering activities to others.

First Aid (online)

This online First Aid course is essential for everyone in every workplace. Using high quality videos alongside written guidance, this online course will provide you with all the information needed to be able to recognise emergency situations, treat conditions and reactions and ensure that you can take appropriate action at the time of an incident. You will also learn how to safely administer first aid during the COVID-19 pandemic and the additional measures that are necessary, including personal protective equipment (PPE) and thorough cleaning.

£25

Per Learner

Level 1 Safeguarding Children Training Course (online)

Safeguarding is everybody's business, we all have a responsibility to keep children safe.

This Level 1 Safeguarding Children course provides you with the knowledge and skills you need to safeguard children. It describes the common types of abuse, how to recognise them, and how to respond to your concerns. It also explains how to correctly report your concerns. The course uses a variety of written text, interactive activities, and real-life case studies to help you understand your responsibilities.

£30

Per Learner

Level 2 Food Hygiene Training (online)

This course, often referred to as the basic food hygiene certificate, is for anyone who works in a setting where food is cooked, prepared or handled. All food handlers can satisfy their legal requirement by taking this course.

£20

Per Learner

Effective Resources

In addition to our high class training, we also have a number of educational resources that are perfect for both providers to use as a delivery aid and to offer to families, so that they can replicate the food and activities that you are providing through your HAF programme.

Cook, Eat, Play book

This 60 page booklet is based on our award winning Holiday Activity and Food programme 'Cook, Eat, Play'.

This child friendly book includes:

- Key nutritional information
- How to create healthy, balanced, low cost meals
- Play games for all group sizes
- Activities when eating together

This is the ideal guide for providers, families and children.



£9.99
Per Book

Cook, Eat, Play book: World Edition

Following the success of our 'Cook, Eat, Play' book, comes the World Edition. This book explores nutrition and play from around the world.

Building on the foundation of the first book, this is the ideal guide for those with a more culturally diverse audience, or for those looking to explore new worldwide meals and activities.



£9.99
Per Book

Fun food cards - Pre-order yours now!

Our new A5 food cards will soon be available to purchase.

This pack of cards has 29 fun ways of preparing healthy, balanced meals based around landmarks, flags and animals. Perfect for HAF delivery, or to hand out to families.





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