

Family literacy, language and numeracy

Family learning impact funding – Wider Family Learning



Course Title: Keep Moving, Keep Healthy		Level of Learning: E3/L1	Length of Session: 6.5 hours
Course length: 20 hours (3 x 6.5 hour sessions plus entry time to prison)		Start Date: 21.02.09	End Date: 23.05.09
Date & Time: 21.02.09, 25.04.09 and 23.05.09 10 a.m. to 4.30 p.m.	Location: H.M.Prison Ford		Age range of children: 3 months to 9 years
ECM Outcome:	Stay safe <input checked="" type="checkbox"/> Be healthy <input checked="" type="checkbox"/> Enjoy & achieve <input checked="" type="checkbox"/> Make a positive contribution <input type="checkbox"/> Achieve economic well-being <input type="checkbox"/>	Curriculum Focus: (WFL)	Sustainable development: <input type="checkbox"/> Community cohesion: <input checked="" type="checkbox"/> Arts & culture: <input type="checkbox"/> Health & well-being: <input checked="" type="checkbox"/>

Assessment and IAG

Course to include IAG, skills and knowledge check relevant to course content and SfL screening as appropriate to individual learners using e.g. Smart Move Skills Check

<http://www.toolslibrary.co.uk/standard.htm>

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West Sussex Adult and Community Learning Service (WS ACLS)

Scheme of work

FLIF 20 hour Wider Family Learning course

Venue: HMP Ford

Tutors: Aleta Blackall (Northbrook College) Bill Symington (Northbrook College)
Ruth James (WS ACLS Family Learning)

Aim of course: The course is designed to enable prisoners and their families to find out about healthy eating, emotional well-being and vitality (exercise) together, while developing some maths, English and ICT skills.

Risk assessment: All prison buildings risk assessed by HMP Ford.

Health and Safety: Outer door of venue to be staffed at all times to ensure children do not leave building unaccompanied. Kitchen door to be kept closed to ensure children do not gain unaccompanied access. Regular breaks to be taken from using PCs. Flexes to be covered. Buggies, bags, coats etc to be stored safely. No refreshments to be taken in same room as PCs.

All three sessions will run from 10 a.m. to 4.30 p.m. with the inmates having 30 minutes for lunch. The morning sessions will run from 10 a.m. to 12.30 p.m. with the inmates. The afternoon session will run from 1 p.m. to 4.30 p.m. and will include the wives/partners and children of inmates.

Session One

Session Outcomes:

- Identify food groups and know how much of each makes up a balanced meal
- Recognise and give examples of portion sizes
- Use ICT skills to make a game and/or recipe card with their child/children
- Use appropriate language to write a recipe, story or game instructions

Morning session

10 a.m. – 11.15 a.m. Topics to be covered with men – healthy eating, food groups, portion sizes. Materials taken from WS ACLS Looking after Ourselves course and from Skilled for Health materials.

Activities to include: food groups card game, portion quiz.

BREAK

11.30 a.m. – 12.30 p.m. Preparation for afternoon session: Outline afternoon activities for families – fruit identification and tasting, make fruit kebabs, make

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recipe card on PC and laminate, use PC to make reusable shopping list and laminate, devise and draw a healthy lunchbox, cutting and sticking food groups game. These are core activities. There will also be a book corner, a craft table and children's DVDs available at each session. Children can also make a name plate for their rooms on the PC, using WordArt. The aim of this session is to prepare the men to support their children in these activities.

Afternoon session

1 p.m. – 1.15 p.m. Families arrive and meet fathers.

1.15 – 1.45 p.m. Explain and outline purpose of afternoon and range of activities available. Encourage parents to allow children to lead activities.

1.45 – 2.45 p.m. Families to try two different activities supported by tutors and ICT support staff.

2.45 – 3.05 p.m. **BREAK**

3.05 – 3.45. Families to do one or two more activities.

3.45 p.m. – 4.15 p.m. Plenary and story

4.15 p.m. – 4.30 p.m. Families to say goodbye to fathers.

4.30 p.m. Finish.

Session Two

Session outcomes:

- Use open and closed questions appropriately in conversation with their children
- Play games to build positive relationships with their children
- Make a calendar using Microsoft Word or Publisher
- Use knowledge gained in previous session to make a healthy pitta sandwich

Morning session

10 a.m. to 11.15 a.m. Topics to be covered with men – mental and emotional well-being for children, positive conversations – master builders or demolition workers? Speaking and listening activities – listen well, listen badly game. Playing games with children to encourage good speaking and listening skills, turn-taking, learning to lose etc. Materials taken from WS ACLS Looking after Ourselves course and from Skilled for Health materials.

BREAK

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11.30 a.m. – 12.30 p.m. Preparation for afternoon session. Outline afternoon activities for families – focus is on speaking and listening skills to raise children's self-esteem and self-confidence. Make games appropriate to age and ability of child, laminate game and play with own child and possibly with other families. Make a calendar with a favourite poem/rhyme of the child's on it, using Word or Publisher. Make sandwiches using mini pitta breads and healthy ingredients. These are core activities. There will also be a book corner, a craft table and children's DVDs available at each session. Children can also make a name plate for their rooms on the PC, using WordArt. The aim of this session is to prepare the men to support their children in these activities.

Afternoon session

1 p.m. – 1.15 p.m. Families arrive and meet fathers.

1.15 – 1.45 p.m. Explain and outline purpose of afternoon and range of activities available. Encourage parents to allow children to lead activities.

1.45 – 2.45 p.m. Families to try two different activities supported by tutors and ICT support staff.

2.45 – 3.05 p.m. **BREAK**

3.05 – 3.45. Families to do one or two more activities.

3.45 p.m. – 4.15 p.m. Plenary and story

4.15 p.m. – 4.30 p.m. Families to say goodbye to fathers.

4.30 p.m. Finish.

Session Three

Session outcomes:

- Understand the importance of activity/vitality in keeping children and adults healthy
- Try out some simple, enjoyable activities to keep fit with their children
- Understand the importance of raising heart rate in exercise to be healthy
- Make up a rhyme or poem about being healthy

Morning session

10 a.m. to 11.15 a.m. Topics to be covered with men – importance of vitality/exercise for adults and children. What does exercise do for us? What is exercise? How much exercise do children and adults need? Suggestions for games and activities that fit into everyday life. Materials taken from WS ACLS Looking after Ourselves course and from Skilled for Health materials.

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BREAK

11.30 a.m. – 12.30 p.m. Preparation for afternoon session. Outline afternoon activities for families – focus is on physical fitness and its effect on mental well-being. Games and activities to keep fit at home – bucket/box golf, bean-bag challenge, skipping rope challenge, rounders (as a whole group). Make up a rhyme/poem or story about being active and healthy. A food activity (possibly nests with mini-eggs – not particularly healthy, but fun!) These are core activities. There will also be a book corner, a craft table and children's DVDs available at each session. Children can also make a name plate for their rooms on the PC, using WordArt. The aim of this session is to prepare the men to support their children in these activities.

Afternoon session

1 p.m. – 1.15 p.m. Families arrive and meet fathers.

1.15 – 1.45 p.m. Explain and outline purpose of afternoon and range of activities available. Encourage parents to allow children to lead activities.

1.45 – 2.40 p.m. Families to try two different activities supported by tutors and ICT support staff.

2.40 – 3.00 p.m. **BREAK**

3.00 – 3.35. Families to do one more activity.

3.35 p.m. – 4 p.m. Plenary and story

4 p.m. – 4.15 p.m. Evaluation

4.15 p.m. – 4.30 p.m. Families to say goodbye to fathers.

4.30 p.m. Finish.

Sessions two and three may be swapped over, depending on which part of prison we can use for each session. One area is more suitable for activity session, as it has access to an outdoor area. All planning is subject to change to take account of needs of learners and prison restrictions on activities.