



Level 4 Qualification in Supporting Pupil's Wellbeing Through Physical Education

We know that the wellbeing of children and young people is just as important as their physical health. Good emotional wellbeing enables children and young people to develop the resilience to cope with whatever life throws at them and to grow into well-developed, healthy adults.

What is the qualification and who is it aimed at?

The **Level 4 Qualification in Supporting Pupils' Wellbeing Through Physical Education** is a nationally recognised qualification that enables delegates to become specialists in supporting the emotional and social wellbeing of pupils through physical education.

The qualification is open to both **primary** and **secondary** school teachers with QTS involved in the teaching of physical education.

"Physical health and mental wellbeing are interlinked, and it is important that pupils understand that good physical health contributes to good mental wellbeing, and vice versa." - Department for Education (2020)

The timing of this qualification could not be better in terms of supporting students returning from lockdown and the recovery curriculum.

The Enfield PE Team are pleased to be able to offer this qualification as an online course at 3.45pm to 5.45pm on the following dates:

Tues 18th May
Tues 15th June
Tues 29th June
Tues 14th September
Tues 5th October

Course Tutors: Kim Henderson and Fiona Hathaway
Session will take place on Zoom.

The cost is £200 for Enfield schools who have bought back into the Enfield PE service. Use your Sport Premium to pay for the course.

£350 for non buy back and out of borough schools.

Details of the course can be found on the Sports Leaders UK website:

<https://www.sportsleaders.org/afpe-l4>

Course Tutors: Kim Henderson and Fiona Hathaway

Kim Henderson is a PE Consultant (previous PE Advisor for Barnet LA) with over 35 years of experience supporting schools to develop highly effective Physical Education, Physical Activity and School Sport. She currently works as a National Tutor for the Youth Sport Trust, a Quality Mark Validator for the Association for Physical Education and as a PE Consultant in a number of London Boroughs and neighbouring counties as well as work in Kenya and Malaysia.



Contact Kim Henderson

E: consult@kimhenderson.co.uk
M: 07803 131060

Fiona Hathaway is a member of the Enfield PE Team, supporting schools with CPD in PE and delivering PE training to NQTs and trainee teachers at Middlesex University. She is also an experienced primary school practitioner and continues to enjoy teaching and learning with children of all ages across the primary curriculum.



Contact Fiona Hathaway

E: fiona.hathaway@enfield.gov.uk
M: 07971 072126

Want to book a place on the course?

Complete the application form and return to
paula.felgate@enfield.gov.uk

Contact **Paula** on **07961 994682** if you wish to discuss further.