



EVERYDAY LESSONS

# FLEXZEE

## SPORTS



### PRE AND POST 16 RE-ENGAGEMENT PLAN

Everyday Lessons offers an entry-level qualification designed to help learners re-engage with education, build relationships with peers and staff, and develop the confidence to progress to higher-level qualifications, such as a Level 1 award, certificate, or diploma. The Flexzee programme provides a flexible, blended learning experience, allowing learners to study primarily online with the support of a qualified tutor until they feel ready to transition into a classroom environment. This programme lays a solid foundation for further progression to a Level 2 qualification while promoting social inclusion and introducing learners to the sports industry.

The YMCA Level 1 Award in Fitness and Physical Activity has no prior knowledge requirements.

### PROGRESSION

- RE-ENGAGED IN EDUCATIONAL SETTING
- FURTHER EDUCATION
- SELF EMPLOYMENT
- WORKING IN A SPORTS ENVIRONMENT
- APPRENTICESHIP
- EMPLOYMENT

### THE QUALIFICATION

Entry level - L1 award in fitness and physical activity.

Regulated.

### COURSE CONTENT

- EXERCISE AND FITNESS
- UNDERSTANDING OF THE HEALTH AND FITNESS INDUSTRY
- EXPLORATION OF PERSONAL FITNESS
- PHYSICAL ACTIVITY
- DELIVER A PT SESSION
- UNDERSTAND HEALTHY EATING
- WORK READY
- HEALTH AND SAFETY
- PRESENTATION OF A PROFESSIONAL IMAGE
- COMMUNICATION TECHNIQUES
- WORKING WITH OTHERS
- OPPORTUNITIES IN THE SPORTS SECTORS
- PREPARING FOR A JOB INTERVIEW
- PROMOTING YOURSELF
- GATSBY BENCHMARKS EMBEDDED
- LIFESTYLE MENTAL HEALTH AND WELLBEING
- SOCIAL CONNECTION



No prerequisites required.

### WHERE ARE WE?

ONLINE  
IN A GYM SETTING  
OUTREACH



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