



Top Tips day 2 real PE

- Remember to liaise with your partner to send pre-course email and ask delegates to bring or send any photos and videos.
- By using the delegate journeys at the beginning of the day you can adjust the day accordingly to suit the delegates' needs.
- Facilitate and share light bulb moments. Some will need to be drawn out of delegates at different stages of the day.
- Reinforce at the beginning of the day the delegate journey and ensure everyone knows the importance of going at their own pace.
- Allow lots of formal and informal time for delegates to share experiences.
- Adapt your choice of lessons and activities to model depending on the length of time between Day 1 and Day 2.
- Have some good "beaty" music ready for Shape up.