



CACHE UNIT EYAP2 - Physical Activity and Nutrition Provision

What does the unit cover?

- The benefits of physical activity and the importance of diet to the health and wellbeing of babies, children and their families.
- Statutory requirements, local and national initiatives and wider international perspectives that are instrumental to the health and well being of babies and children.
- How to be an 'agent of change' and support a cycle of continuous improvement in your setting, working closely with colleagues, parents/carers and other professionals to make positive changes.

When can I start?

Date	Time	Venue
Friday 27 th September 2019	9.30am – 4.00pm	Flitwick Football Club Ampthill Rd, Flitwick, Bedford MK45 1BA

Who is it suitable for?

Experienced workers who wish to make a long term commitment to reflecting on, leading and developing practice in physical activity and nutrition. You will want to be a positive role model to children, colleagues and parents/carers in promoting health and wellbeing.

What are the entry requirements?

You must be 18 or over, hold a full and relevant Level 3 or higher qualification and employed by your setting in a position where you are able to lead and develop practice in this area.

How is it completed?

After attending the taught session detailed above, you will build a portfolio of evidence showing changes and developments made and highlighting the positive impact this has on children and families.

How long does it take to complete?

3 months.

What can I do next?

- Level 4 Certificate for the Advanced Early Years Practitioner.
- Level 5 Diploma in Leadership for Health and Social Care and Children and Young People's Settings
- Apply for PANCo roles

How much does this qualification cost?

- £195.00

Payment by instalments can be arranged

[Please click here to apply](#) or for further information, contact The Academy Team:



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