









# CONTENTS OF ACTIVATE 7

Preface .....	7	
Physical Education Curriculum Objectives .....	10	
Curriculum Outcomes For Activate 7 .....	11	
Acknowledgements & music.....	12	
Introduction to ACTIVATE 7 .....	14	
Background to the Activate programmes.....	15	
The Benefits of the Activate Programme .....	16	
The Structure of Activate 7 .....	18	
Levels of Progress.....	19	
DVDs .....	21	
Practical Tips For Delivery .....	24	
Understanding the importance of good posture, efficient breathing and the physical benefits of “Activate” exercises.....	26	
Assessing Movement Development .....	31	
Scoring .....	32	
ACTIVATE - PHYSICAL FLUENCY OBSERVATION ASSESSMENT .....	33-34	

## Val Sabin, DIP.PE, BED.Hons., MA

Val Sabin initially trained as a Physical Education Specialist at Bedford College and has worked with children of all ages, students and teachers for over 35 years on all aspects of Physical Education. Val is internationally known for the quality of her teaching and her ability to enthuse. Many children taught by Val have succeeded in team and individual competition at local, regional and national levels. Val Sabin was a teacher, a Head of Department, and Advisory Teacher in Northamptonshire, a Senior Lecturer in Physical Education at De Montfort University in Bedford, is the author of over 20 teaching manuals and has been an OFSTED Inspector for both Secondary and Primary phases. Currently her main work is as Consultant, Advisor and Trainer delivering gymnastics, games, dance, Positive Play, PE Administration, Activate and Action Kids Foundation Stage physical development with fun courses for teachers and teacher trainers throughout the UK.

