



Online Family Learning



Lancashire Adult Learning

# Sessions for Parents/Carers and Children

FREE COURSES

Looking for fun, engaging and educational activities to do with your children during lockdown? Why not sign up to some of Lancashire Adult Learning's Family Learning events? All sessions are FREE, and where resources are needed you will be sent these in the post prior to the activity.

COURSE	VENUE	DATE	DAY	TIME	DURATION
Yoga for Families (Taster session)	Online Classroom	22nd January or 12th February	FRI	1pm - 2.30pm	1.5 hours
Yoga for Families	Online Classroom	30th January	SAT	10am - 11:30am	3 weeks
Big Family Bird Watch Extravaganza	Online Classroom	28th January or 29th January	THU/ FRI	1pm - 3pm	2 hours
STEM-tastic Family Challenge	Online Classroom	9th February	TUE	1pm - 3pm	2 hours
Let's Do LEGO Family Challenge	Online Classroom	4th February	THU	1pm - 3pm	2 hours

To enrol click on the course titles or dates





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# Homeschooling for Parents

FREE COURSES

Lockdown is back. Have you tried Google and YouTube but still don't know your phoneme from your grapheme? Still wondering why they don't teach maths the same way you were taught at school? This is your chance to talk to one of our families learning specialists. Join us for a 2-week course providing you with essential information and up to date teaching methods so you are better equipped to support your child's learning at home.

ACTIVITY	VENUE	DATE	DAY	TIME	DURATION
Year 1 and 2: English	Online Classroom	1st February	MON	12:30pm – 3pm	2.5 hours
Year 1 and 2: English	Online Classroom	2nd February	TUE	9.30am – 12.30pm	3 hours
Year 3 and 4: English	Online Classroom	18th January	MON	12.30pm – 3pm	2.5 hours
Year 3 and 4: English	Online Classroom	2nd February	TUE	5.30pm – 8pm	2.5 hours
Year 5 and 6: English	Online Classroom	19th January	TUE	9.30am – 12pm	2.5 hours
Year 5 and 6: English	Online Classroom	19th January	TUE	5.30pm – 8pm	2.5 hours
Year 1 and 2: Maths	Online Classroom	4th February	THU	9.30am – 12pm	2.5 hours
Year 1 and 2: Maths	Online Classroom	22nd January	FRI	9.30am – 12pm	2.5 hours
Year 3 and 4: Maths	Online Classroom	21st January	THU	9.30am – 12pm	2.5 hours
Year 3 and 4: Maths	Online Classroom	3rd February	WED	5.30pm – 8pm	2.5 hours
Year 5 and 6: Maths	Online Classroom	20th January	WED	5.30pm – 8pm	2.5 hours
Year 5 and 6: Maths	Online Classroom	5th February	FRI	9.30am – 12pm	2.5 hours

To enrol click on the course titles

For more information:  0333 003 1717  [www.lal.ac.uk](http://www.lal.ac.uk)





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# Accredited Courses

**FREE COURSES\***

We have a range of accredited courses to help you gain knowledge of working in a school or childcare environment.

COURSE	VENUE	DATE	DAY	TIME	DURATION
CACHE Level 1 Award: Preparing to Work in Schools	Online Classroom	23rd February	TUE	12:15pm-2:45pm	12 weeks
Fast-track CACHE Level 1 Award: Preparing to Work in Schools	Online Classroom	FLEXIBLE - available from 25th Jan	MON	Flexible Course	8 weeks
CACHE Level 2 Award: Support Work in Schools and Colleges	Online Classroom	28th January	THU	12.30pm - 3pm	19 weeks
CACHE Level 2 Award: Support Work in Schools and Colleges	Online Classroom	21st January	THU	9:30am - 12pm	20 weeks
CACHE Level 1 Award: Caring for Children	Online Classroom	28th January	THU	9:30am - 12pm	12 weeks
Fast-track CACHE Level 1 Award: Caring for Children	Online Classroom	FLEXIBLE - available from 25th January	MON	Flexible Course	8 weeks
Level 2 Introduction to Caring for Children & Young People	Online Classroom	26th January	TUE	9:30am - 12pm	21 weeks

**To enrol click on the course titles**



\*The courses are FREE if you are unemployed, earn under £17,000 per year or are on qualifying benefits.

For more information: 0333 003 1717 [www.lal.ac.uk](http://www.lal.ac.uk)





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# Family Wellbeing

**FREE COURSES**

Our Family Wellbeing Courses will give you plenty of 'hands on' ideas to keep your children's body and mind healthy and engaged during this lockdown period. These include fun fitness in the home, getting your children involved in healthy cooking, and we'll even have a go at therapeutic messy play! We'll also be providing the grown ups with some well-needed tips to improve their own wellbeing; such as building self-esteem and learning how to relax on demand.

COURSE	VENUE	DATE	DAY	TIME	DURATION
Family Wellbeing	Online Classroom	21st January	THU	12.15pm - 2:45pm	2 hours 30mins
Family Feel Good	Online Classroom	28th January	THU	12.15pm - 2.45pm	3 weeks

To enrol click on the course titles

