



GALS Project: Specialist Physical Activities for Schools

The Girls Active Lifestyles project targets school-aged girls and aims to improve confidence, self esteem and levels of participation in physical activity.

Michelle Rennie is an experienced fitness instructor with specialist qualifications. She is trained and certified to plan and deliver exercise and physical activity to children between 5 and 15 years old.

With enhanced clearance, Michelle has worked with a number of Leicestershire schools teaching both junior and senior school pupils. Private, bespoke sessions have included the creation of a 'samba workshop' for KS2 that complemented the classroom curriculum on Brazil.

Michelle's forte is teaching dance fitness to groups. Using basic ballroom and latin steps, she can create and choreograph routines that don't require a partner and which can be learned and performed in under an hour.

This type of session has proved to be very popular with schools participating in the 'GALS' project (Girls Active Lifestyle Project as part of the Learning South Leicestershire School Sports Partnership membership package). <http://learningsouthleicestershiressp.org.uk/girls-active-lifestyles/>

Whether it be a one-off workshop or longer term scheme, each project is designed in conjunction with the school, tailored for the specific group or groups and delivered onsite within a pre-agreed budget.

For more information please contact Michelle Rennie:

Email: michelle@michelle-rennie.com

Telephone: 07976 741280

Website: <http://www.michelle-rennie.com/>

