



Premier[®] Transition

Inspiring healthy changes on the lives of children, parents and the wider community. From pre-pregnancy nutrition through to adult fitness via one of our 3 healthy lifestyle programmes.



play
-TRITION[®]

Play-Trition

For Early Years Providers &
Children Centres



fün
-TRITION[®]

Fun-Trition

For Schools &
Pupils



FIT
-TRITION[®]

Fit-Trition

For Adults & Schools
(Parents & Teachers)

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You're never too young to learn about healthy living!

Two exciting new Health and Wellbeing programmes for Children Centres and Early Years providers.

Play-Triton for Early Years Providers

Play-Triton is a play-based learning resource developed around the principles of the EYFS, supporting young children to begin to understand and make healthy lifestyle choices. 2 x 6 week programmes based around our **Play-Triton characters Joe & Emma**, children experience and explore foods, find out where they come from and learn what's healthy (and what's not!). They'll discover how what you eat affects your body.

Why breakfast is important, how food gives you energy, and how to keep teeth healthy. Fun, play-based learning opportunities that complement the EYFS and your existing Early Years provision.

Introducing Joe & Emma!



How does Play-Triton benefit my setting and improve outcomes for children?

It complements the early year's outcomes in all areas of learning, with a specific focus on the prime areas of Physical development and Personal, Social & Emotional development.

What we provide?

We provide all the resources and staff members to deliver the programme, as well as weekly home learning opportunities to engage parents.





Play-Triton for Children's Centres

Play-Triton is a 6 week programme designed especially for parents. It gives parents opportunities to engage in a variety of nutrition and physical activity sessions to support their understanding of how they and their families can lead healthier lifestyles. All sessions give families practical, fun and money saving tips on how to achieve this.



How does Play-Triton benefit my centre and improve outcomes for families?

The programme has been written to support the Children's Centre Ofsted criteria as well as the key performance health related indicators. Each session gives families practical ideas for lifestyle changes that are free or low cost.

What we provide?

All course materials and delivery, before and after evaluations for each session, and analysis of these sessions to support the centre's self-evaluation.





A 'WHOLE SCHOOL APPROACH' to health and wellbeing.

Fun-Trition for Schools



Fun-Trition is a cross-curriculum based programme for KS1 and KS2 children that will not only **teach food education**, but help increase your school meal uptake, and engage parents in the health and wellbeing of their children.

With the introduction of Universal Free School Meals, School Food Plan, cookery/nutrition additions to the D&T curriculum and Ofsted inspectors now monitoring and evaluating the **'whole school approach' to healthy eating**, the demand for schools to deliver on health and well-being is moving up the agenda.

What do we provide?

Lessons are delivered by qualified tutors, not only to provide food and wellbeing education, but to provide practical cooking skills, homework tasks to engage with parents, and also help support schools to increase school meal uptake. A fully interactive online evaluation tool enables teachers to monitor progress of their classes and measure the impact of Fun-trition for the whole school.



What is Fun-Trition?

The Fun-Trition programme supports schools with meeting these new requirements, by providing a progressive, delivered, 12 week, cross-curriculum (Science, D&T, SMSC, PHSE, Maths, English, and Geography) based healthy lifestyle programme for each year from KS1 through to KS2.

Fun-Trition aims to inspire children, parents, teachers, friends and families to make healthy lifestyle choices, through a series of interactive, practical, fun and thought provoking lessons. These lessons are based around the main principles of keeping healthy – eating well, drinking well, moving well and sleeping well.

Research shows that children that eat a healthy school lunch concentrate and behave better in lessons and, over time, achieve higher academic attainment. We believe that the Fun-Trition programme offers schools, when delivered consistently year after year, the opportunity to improve behaviour and academic achievement within the school, while reducing school absence due to poor health, and improving family engagement.





Fun-Trition for Pupils

The Fun-Trition programme delivers a series of **fun and inspiring lessons for all year groups (years 1-6)** based around the fundamental principles of staying healthy; eating well, drinking well, moving well and sleeping well. Children will gain food and nutrition knowledge, cooking skills and physical activity knowledge. Children will also be involved in food science experiments and emotional health lessons that will help motivate and empower both themselves and their families too.



What's the benefit?

For children: A better understanding of food, and the confidence to make healthy choices – as well as influence and inspire those around them.

For parents: Healthier, happier children – and fewer food battles at home!

For your school: Provides evidence to support the new Ofsted requirements for creating an ethos and culture of healthy eating within your school. Research shows that significant improvements in health and well-being can lead to improved concentration, behaviour and academic attainment in schools.

The Fun-Trition Fun-damentals:

Eat well 
Drink well
MOVE well
Sleep well 



A photograph of a group of people, including children and adults, sitting on a grassy field and looking at a tablet together. The scene is outdoors with a bright sky.

A healthy lifestyle for you and your family.

Fit-Triton for Parents

Working in collaboration with local schools, **Fit-Triton offers busy parents everything** from fitness classes following the school drop-off, to nutritional advice and motivational facts, as well as fitness sessions within the community.

Fit-Triton works simply and seamlessly with families by providing the tools to ensure the wheels of family life run smoothly, whilst maintaining convenient, healthy and active lifestyles.

Fit-Triton classes offer familiar, convenient fitness activities designed for parents and adults, to provide a functional, practical and a convenient opportunity to exercise, underpinned by a whole family approach to nutritional guidance.

Every parent wants a healthy lifestyle for their family, and every school would like to support them with a whole school approach. That's where Fit-Triton can help.

Fit-Triton for Teachers

Why not set a shining example **with your school staff...**

Due to the nature of the exercise sessions and the location, it provides the perfect opportunity for the staff within YOUR school to have their own group training sessions, specifically for teachers. This really does provide the opportunity for schools to promote **THE WHOLE SCHOOL APPROACH** to health and wellbeing, with the teachers leading the way and setting a shining example to the pupils and parents, that their school is a healthy place to be.

Timings are flexible to meet your needs, allowing time for marking and lesson preparation for the next day, and parents and pupils have left the school grounds.

What's the benefit?

Healthier, happier, more active parents means healthier homes and healthier, happier children, with less absence due to illness. By getting involved with Fit-Triton, parents are more likely to engage with the school on other fronts.

How does it work?

By hosting Fit-Triton events you'll be promoting a **WHOLE SCHOOL APPROACH** to healthy, active living. Run by qualified Fit-Triton instructors, classes fit around parents' daily routines, assisting weight loss, improved body posture & muscle tone – all in a friendly, non-competitive, supportive and familiar environment. Parents will also receive practical and easy nutritional advice to keep the whole family healthy.

Fit-Triton for Adults in the Community

Fit-Triton classes offer familiar, convenient fitness activities designed for adults, to provide a functional, practical and a **CONVENIENT** opportunity to exercise, underpinned by a whole family approach to nutritional guidance.

Held in a community setting, **a 12-week course is divided into 2 blocks of six sessions**. Each individual block follows a different style of training, using a different timing and loading system with ultimately the same impact.

The bespoke fitness sessions focus on time-based exercises adapted to challenge the individual for a specific period of time, rather than completing a set number of reps. **The sessions are designed to test and motivate, allowing for different levels of success while providing an increased sense of achievement and satisfaction.**

The exercises are designed to be progressive and empower the participant to try the new exercises under the guidance of the instructor. The timings are designed in such a way that the participants work solely against their own personal best. This means they can work through the different options for each exercise allowing for maximum success and impact. **Everyone has the chance to be successful.**



What's the benefit?

Making a lifestyle change, interacting with like-minded people who share a passion for self-improvement in a safe, fun and social environment.

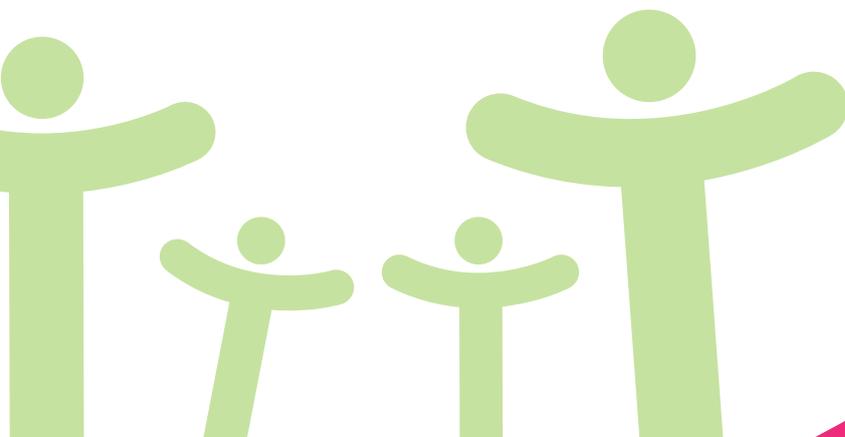
- Improve muscle tone (not building muscle but having improved body posture)
- Improved body composition (lowering percentage body fat).
- Provide parents with simple nutritional guidance to improve their own wellbeing and more importantly their family. Allowing for a whole life approach to health and fitness, at home and in school.
- Practical, useable, convenient nutritional advice for the whole family.
- Top tips for helping make small, long-lasting changes that will have a big impact on the adults and their families.

How does it work?

The two training systems are:

- HiPER (High Intensity Power Exercise Routine)
- Back To Basics

The systems are individually different but based around the same principles. The timings and overloading of the exercises in each session, allow for maximum impact in a shortened period of time. Both workouts are designed using high intensity interval training methods. This simply means working hard for short periods of time, then taking a short rest before going back to the high intensity exercise. The exercises are stacked up against each other creating an overload effect, maximising the impact of the session over a shortened period of time.





**Premier[®]
Transition**



All Premier Transition programmes are designed to complement each other through consistent health messages using the main principles of keeping healthy; eating well, drinking well, moving well and sleeping well.

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Please contact us if you have any enquiries or if you want to know more about Premier Transition.

Name of school: _____

Address: _____

Contact Name: _____

Phone Number: _____

Email Address: _____