

The main image of the poster features Coach Carel, a Black man with a beard, wearing a black cap and a black t-shirt. He is holding two soccer balls, one yellow and orange, and one white and blue. He is standing on a green grass field. The background is a photograph of the field with some trees in the distance. There are decorative geometric shapes on the left and right sides of the image: a green and pink triangle on the left, and a teal triangle on the right.

 **BIG CREATIVE
EDUCATION
APPRENTICESHIPS
TRAINING
ACADEMY**



**Scan the QR code
to choose your
activities and
sign up today!**

Join Coach Carel - Health & Fitness Club

It's more than exercise – find your level and bring your energy

**Mondays, Tuesdays and
Thursdays 4pm – 5pm**

Monday – Common Room, Uplands House
Tuesday and Thursday – Dance Studio, Digital Futures
Outdoor activities – Location confirmed in advance



BCE – Health & Fitness – Enrichment Programme

The *Coach Carel Health & Fitness Club* helps learners strengthen their **mental and physical wellbeing** while developing lifelong skills such as **discipline, resilience, and self-awareness**.

The club will run **6 themed sessions** each half term, each meeting learners at their own level of competitiveness.

The BCE joint football club is now in its 3rd year and is a positive area of cross BCE collaboration that is highly valued by our students

First Half Term

1. **Box Exercise** – Builds confidence, coordination, and discipline
2. **HIIT Training** – Develops perseverance and mental toughness
3. **Team Bonding Games** – Strengthens teamwork and communication
4. **Sports Science: How the Body Works** – Links physiology with mindset and behaviour
5. **Yoga & Mindfulness** – Improves focus, calm, and balance
6. **Pass the Baton** – Promotes peer motivation and shared goals

Second Half Term

- Week 1: 🔥 **Dodge-a-Ball**
- Week 2: 💪 **Calisthenics: Build Your Own Strength**
- Week 3: 🎵 **Dance Club: Move, Express, Feel Good**
- Week 4: 🥊 **Box Exercise**
- Week 5: 🧠 **Think Like an Elite Performer (Chris Hoy Visualisation Technique)**
- Week 6: **Smoothie Lab – Fuel Your Body, Power Your Mind**

IMPACT SO FAR

Football Club

BCA students attended **22**

BCT student attended **13**

3 staff – Carel, Jake & Randall

High level with players on trial at Tottenham Hotspurs, Boreham Wood & Barnet FC

Approved to join the inter college league - Sep 26

Partnership opportunity - access to 'Ballers League' and 'London Lions' collaboration & tickets

Health & Fitness Club

78 total sign-ups via QR code

- **35 new faces** who had not previously engaged in enrichment activities
- Average attendance: **18–26 learners per week**
- Both **male and female learners** actively involved
- Positive behaviour changes, friendships formed, and improved confidence reported

Learner Voice:

“The *Peer Konnect* activity gave me the confidence to speak with people at the Black Fest event.”

“I’ve made new friends, had fun, and feel better about myself. It’s not just exercise its energy.”

Learner Testimonial & Highlights Video (5:26)

 A short film capturing the spirit of the *Coach Carel Health & Fitness Club*



What BCT needs from BCA

- . Access to **Gym + Astro** (Mon, Tues, Thurs)
- . Ability to run mixed-campus sessions
- . Shared promotion + media support

What BCA gets:

- . Wellbeing impact for their students
- . Marketing content created by media students
- . Increased engagement & attendance through sport
- . A “BCE Sport & Wellbeing” identity that attracts applicants

Coach Carel Health & Fitness Club

Sport is not just competition.

It's confidence. Discipline. Belonging.

What makes **Coach Carel Health & Fitness Club** different is that it meets learners at their level.

Not everyone wants the pressure of competing against others.

That's why the model is built on a **3-tier system**:

- **Highly Competitive** – for students who want to challenge others through sport
- **Moderately Competitive** – for students who want high-intensity challenges without the pressure of “winning”
- **Non-Competitive** – for students who prefer to compete only with themselves, focusing on mindset, health, and personal growth

Thank you for watching!!

