

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning
- You will learn the forms and exercises by following the tutor, and with practice be encouraged to perform the movements you have learnt in a group. You will also be encouraged to practice at home.

What kind of feedback can I expect from the tutor?

- You will have opportunities to discuss your progress with your tutor
- The tutor will give encouragement and indications to the whole group and individuals if corrections are needed. The tutor will also from time to time provide handouts, helping the student to achieve a better understanding.

What else do I need to know? Is there anything I need to bring?

- Wear loose comfortable clothing that does not restrict movements. Wear flat comfortable footwear, not just socks. You may wish to bring a drink.

Pre-course work, reading and information sources

- No pre reading or pre course work is required
 - You will be given names of free websites to view the forms as a memory guide.
- Video's and books may be purchased through the tutor if required.

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Continued practice will help maintain levels of fitness and many health benefits.

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your course.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees, learning support and financial support. As part of your course you accept our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB
Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk



Education & Skills
Funding Agency



European Union
European Social Fund

The Workers' Educational Association (WEA) is a charity registered in England and Wales (number 1112775) and in Scotland (number SC039239) and a company limited by guarantee registered in England and Wales (number 2806910). Registered Office: Workers' Educational Association, 4 Luke Street, London, EC2A 4XW