

# REACT Training Learning Schedule

Mid-morning and mid-afternoon breaks included

## DAY 1 REACT Face to Face Training

09:00	<b>Welcome's and getting off to a good start</b> – managing expectations
09:15	<b>What Is React? Who is it for? Timescale of ReACT. Roles &amp; responsibilities</b>
10:15	<b>Warm up theory recap</b> , demo, observe and small group practice, better conversations to support behaviour change (over time)
11:30	<b>Cardiovascular/aerobic curve theory</b> recap, demo, observe and small group practice, better conversations to support behaviour change (over time)
12:30	LUNCH
13:15	<b>Balance component</b> , theory recap, demo, observe and small group practice, better conversations to support behaviour change (over time)
14:15	<b>Strength component</b> , theory recap, demo, observe and small group practice, better conversations to support behaviour change (over time)
15:30	<b>Flexibility theory recap</b> , demo, observe and small group practice, better conversations to support behaviour change (over time)
16:00	<b>Pre assessment and inclusion criteria. Behaviour Change and structure of education sessions</b>
16:30	<b>Set independent learning tasks for day 2</b>

## DAY 2 REACT Face to Face Training

09:00	<b>Welcomes and day 1 learning review</b>
09:15	<b>ReACT, making it happen</b> - Behaviour Change. Implementation <b>H&amp;S Venue Risk assessment and recap</b> on scope of practice/referral and moving on to other programmes
09:45	<b>Skills practice</b> - leading a planned conversation
10:30	<b>REACT and circuit formats</b>
11:15	<b>REACT leading skills practice</b> – to assessment criteria & reflective practice
12:45	LUNCH
13:30	<b>REACT leading skills practice</b> – to assessment criteria & reflective practice
15:15	<b>Circuits Practical workshop</b> - skills and group management
16:15	<b>Reflective practice. Candidate action planning. Assessment instructions</b>

## DAY 3 or 4 (Skills Assessment Day) REACT Face to Face Training

Timings will vary depending on number of candidates. All candidates are required all day.  
The day will run from 9am-4.30pm but timings will vary depending on the number of candidates