

"Putting the theory into practical scenarios"

[Sign up for Thrive Learning](#)

The Thrive Learning Programme helps organisations use physical activity or sport to achieve a range of outcomes.

Thrive Learning is:

- free (for a limited time!)
- a downloadable toolkit
- a self-directed Lite programme
- a full training programme
- delivered several times a year
- delivered online or in-person
- person-centred towards your organisation, project, and users

Participants will learn how to:

- **PLAN** the *use of* physical activity or sport, and the *evaluation of* this activity in relation to your outcomes
- **DO** the delivery and evaluation of your activity
- **REVIEW** the successes and challenges you met along the way, and act on your learning

"[...] just to express my appreciation for the range of resources that we have been able to access throughout the course - putting the theory into practical scenarios has been really useful for my own learning, and I am sure that I will continue to use these resources as I work on future projects"