

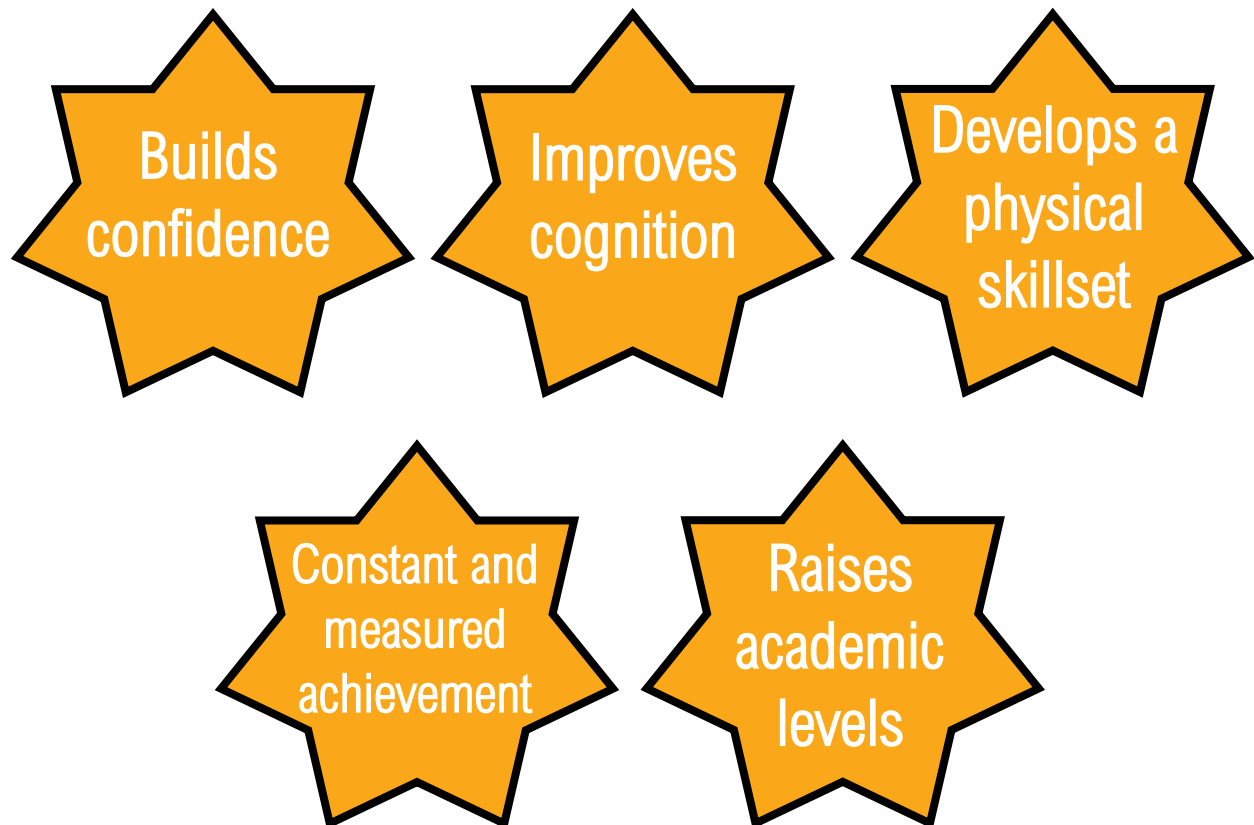


National Institute for Youth
& Therapeutic Approaches

Innovative, active, therapeutic education

Fusion Tutoring

Smart-body, smart-mind!



Attention State Training



National Institute for Youth
& Therapeutic Approaches

Exercise to Improve Cognition



Up-Grade understand that martial arts and exercise can and will *boost your child's brain cognition!*

Researchers say that there are two ways to *improve attention*; through attention training (AT), and through attention state training (AST).

AST is what we strive for as it is about getting into a specific state of mind that allows a *stronger focus* on academic tasks –this is the **Up-Grade** way!

Martial arts are a main form of AST, and supporting this, recent research has shown a link between practice and improved alertness. Further promoting this idea, an additional study showed that martial arts practice is linked with *better performance* on attention tasks.

This *heightened state* of attention can be achieved through exercise, martial arts or yoga, among other things, and this is why we combine academic work with peppered physical workouts and tasks throughout our two-hour sessions.



What, who & how?

What is Up-Grade Fusion-Tutoring?

At Up-Grade Training, we believe that developing self-esteem and self-confidence through measurable achievement is the key to unlocking a young person's highest potential. We know that emotional and physical development go hand in hand, and so apply our deep knowledge of physical skill-building, therapeutic treatment and academic education to develop the 'whole-child'.

Through many years of experience in the field, and as a member of the National Institute for Youth & Therapeutic Approaches Trust, we at Up-Grade understand the range of behavioural and emotional challenges posed with young people in school today, and so have developed our unique therapeutic approach to learning which helps transform challenges to positive outcomes.



The sessions will be **split between physical training and academic education**. With the guidance of professionals who are inspiring, qualified teachers as well as accredited sport's trainers, young people will have entire, specific units of work planned out according to the **National Curriculum** or **Functional Skills Curriculum**. Each unit of work will be specifically tailored to their level of academic ability.



The courses are designed to introduce and foster the value of developing the **growth mind-set**. Smart body and smart mind are promoted throughout **to ensure** all young people truly experience the value in managing and truly valuing their personal, educational and developmental journeys.

In association with **The Institute for Youth & Therapeutic Approaches**, **Up-Grade Training** implement the practice of active-academics with a strong focus on behaviour management and behaviour improvement. Therapeutic practices underlie and scaffold all that we do, contributing to the overall positive experience that Fusion-Tutoring is to so many young people.



Who is Up-Grade Fusion-Tutoring for?

Up-Grade Training offer every child the opportunity to develop specific skills and receive tangible, meaningful rewards – both extrinsic and intrinsic - at every milestone. As well as general fitness and physical well-being, countless scientific studies have shown time-and-time-again that physical challenge will raise endorphins which provide:

- Stress relief
- All-round improvement in mood
- Increased energy
- Increased mental alertness



Through careful consideration of the physical, social and emotional aspects of the whole-child, **Up-Grade** offer a range of **therapeutic approaches** that reach the young person on a deep and meaningful level, and at a time where they're most available to be reached. Providing the inspiration to achieve and succeed through personal empowerment is at the core of everything we do at Up-grade – all stemming from the sincere belief that every child has greatness within them.



Up-Grade's Fusion-Tutoring is really **ideal for anyone looking for a boost in confidence, skill or attainment**. However, this particular approach has proven ideal in one-to-one (or small group) environments, aimed toward young people with **challenging behavioural difficulties, low self-esteem** and/or **aggressive tendencies**. For those who may be struggling in a traditional educational environment, the professional guidance through active-academics keeps young people achieving and focused in a fun, safe and vibrant environment, with the goal of rebuilding the confidence to reintegrate with more mainstream education.



How does Up-Grade's Fusion-Tutoring and Active-Academics work?



Entire units of work are planned around the individual young person with the aim of achieving specific and achievable goals. Alongside the academic goals, the young person's growth and development in kickboxing will rise, **boosting confidence** and improving overall **focus**. Opportunities for significant, measurable and real achievement (both physical and academic) will be facilitated during every session, keeping the young person engaged, excited and always developing as a young learner.

The switch of focus between two very manageable yet very positive areas of growth (physical and academic), helps the young person stay focused, engaged and performing optimally throughout the shorter sessions. Too many times, tutoring sessions run longer than is necessary or worthwhile, leaving minutes and minutes of 'dead' time. With Fusion-Tutoring and Active Academic, the whole-child is developed optimally ensuring every moment is moving towards real growth, development and achievement.

This approach is not only designed for real, **AQA endorsed** achievement, but as a gateway to the restoration of the young person's faith in the education system and a route back into the more traditional school environment.

By developing their **growth mind-set** and **encouraging self-reliance** and **resilience**, these courses provide all the right tools for learning and personal development as a student and young person.





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Fusion Tutoring is a new approach to *learning...*

...so we find the right framework for your young person.

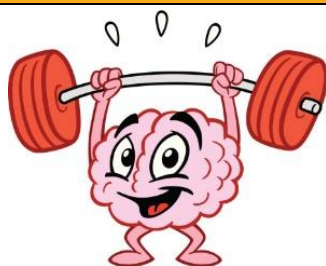
Some examples of our alternative courses are right here:

Early years 'learning to read' programs



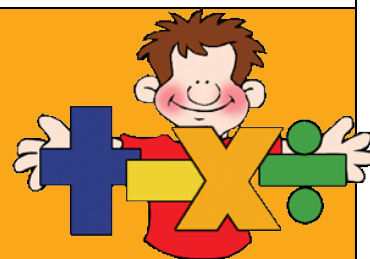
Understanding story-telling and self
through movement and expression

Non-contact Kickboxing courses for skill-
development and anger-management



General fitness courses with games
and healthy living education

SATs Busters, Functional Skills
and GCSE programs



****Contact us directly** to discuss your young person's needs and we will shape a program around them!**



Key Stage 1 English & Maths Home Tuition with Kickboxing Coaching or alternative 50-minute sessions.

25 minutes academics – 25 minutes action!

10 completed sessions = guaranteed academic sub-level increase
plus fully accredited and endorsed upgrade in kickboxing (belt and
official certificate awarded free of charge)



Key Stage 2 English & Maths Tuition with Kickboxing Coaching or alternative

1-hour sessions.

*30 minutes academics – 30
minutes action!*

10 completed sessions = guaranteed
academic sub-level increase plus fully
accredited upgrade in kickboxing (belt and
official certificate awarded free of charge)





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Fusion Tutoring Options

Key Stage 3 & GCSE

Key Stage 3 English & Maths Tuition with Kickboxing Coaching or alternative

1.10 - hour sessions.

40 minutes academics – 30 minutes action!

10 completed sessions = guaranteed academic sub-level increase plus fully accredited and endorsed upgrade in kickboxing (belt and official certificate awarded free of charge)

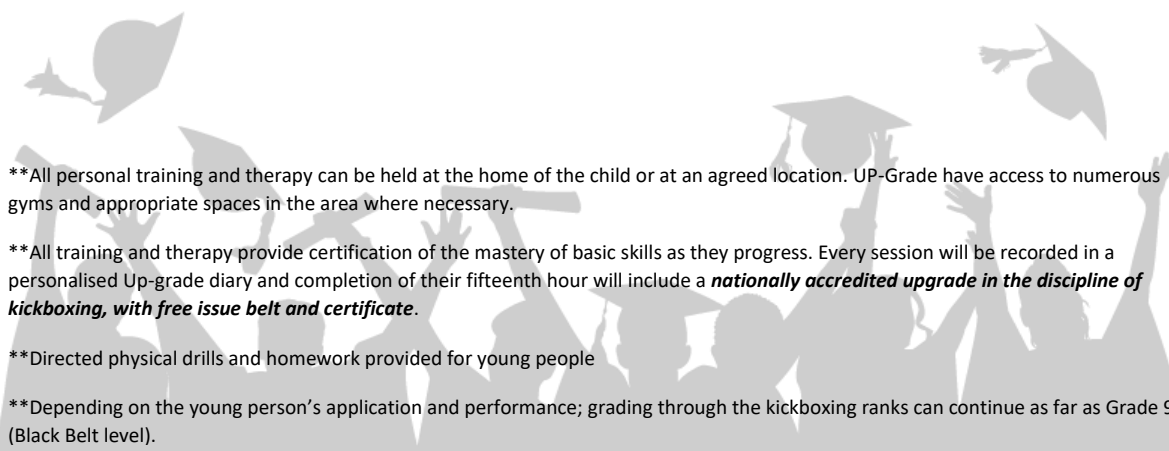


GCSE Tuition with Kickboxing Coaching or Alternative

1.10 - hour sessions.

40 minutes academics – 30 minutes action!

10 completed sessions = guaranteed academic sub-level increase plus fully accredited and endorsed upgrade in kickboxing (belt and official certificate awarded free of charge)



**All personal training and therapy can be held at the home of the child or at an agreed location. UP-Grade have access to numerous gyms and appropriate spaces in the area where necessary.

All training and therapy provide certification of the mastery of basic skills as they progress. Every session will be recorded in a personalised Up-grade diary and completion of their fifteenth hour will include a **nationally accredited upgrade in the discipline of kickboxing, with free issue belt and certificate.

**Directed physical drills and homework provided for young people

**Depending on the young person's application and performance; grading through the kickboxing ranks can continue as far as Grade 9 (Black Belt level).



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Your head tutor:

Daniel Barfoot

- BA Hons in Education
- CPCAB Accredited Counsellor
- ASMAA Sports Coach - Level 3
- Life coach and yoga instructor
- First-Aid trained and certified
- 1st degree black-belt kickboxer
- Southern area ICO kickboxing champion
- English Revolution kickboxing champion

