



Alternative Provision at CrossFit Shropshire

Fitness, Education & Wellness

Providing students with tailored mental health and well-being support
to help them reach their full potential.

Welcome to CrossFit Shropshire

A Specialist SEMH Setting for Students Aged 11-16

At CrossFit Shropshire, we offer a unique alternative provision that combines physical fitness, emotional wellbeing, and academic support. Our **Empower Programme** is specifically designed to support students who are struggling with mental health challenges such as low self-esteem, anxiety, and emotional regulation difficulties.

Our approach integrates fitness, emotional intelligence, mindfulness, creativity, and outdoor activities to nurture personal growth, enhance mental resilience, and empower students to succeed both in and outside the classroom.

Empower Programme:

A Holistic Approach to Student Wellbeing

Our Empower Programme is tailored to support students through a carefully designed curriculum of physical activities and emotional support strategies, creating an environment where students can thrive. **Key elements of the programme include:**

- ✓ **Qualified Teachers:** Designed and led by fully qualified Teachers
- ✓ **Physical Fitness:** CrossFit, Yoga, Pilates, and Boxing to improve strength, mood, and confidence.
- ✓ **Emotional Intelligence:** Educating students on emotional awareness, regulation, and healthy coping strategies.
- ✓ **Mindset Coaching:** Building self-esteem and resilience to foster positive self-worth.
- ✓ **Personal Mentoring:** One-on-one sessions for support, progress tracking, and guidance.
- ✓ **Mindfulness & Meditation:** Practices that enhance focus, stress reduction, and emotional regulation.
- ✓ **Creativity & Self-Expression:** Activities such as painting, clay work, and crafts to encourage emotional processing.
- ✓ **Outdoor Grounding Activities:** Time in nature, including gardening, construction projects, and rural walks to reduce stress and promote mental clarity.
- ✓ **Tailored Teaching:** Work tailored to match the current schools curriculum maps, ensuring students do not fall further behind.





Testimonials

“Things don’t affect me like they used to. I’m actually doing alright in school now. I want to do well.”

— L, Age 15

“I like coming here. I can talk and you actually listen to me, like really listen to me! I feel calm and pumped, and it feels good! I always sleep great after CrossFit.”

— D, Age 12

The Science Behind Our Approach

Our holistic programme is grounded in scientific research that demonstrates the power of physical activity, emotional intelligence, mindfulness, and outdoor engagement in improving mental health and cognitive function.

1. Fitness & Emotional Wellbeing

Regular exercise, particularly through CrossFit, has been shown to enhance mood, reduce anxiety, and promote resilience. It also stimulates neuroplasticity, improving learning, memory, and focus.

2. Emotional Intelligence & Mentoring

Emotional Intelligence (EI) training supports students in recognizing, expressing, and managing their emotions. This, coupled with empathetic mentoring, fosters a sense of safety and support that enhances student engagement and success.

3. Mindfulness & Stress Reduction

Mindfulness practices improve focus, self-awareness, and emotional regulation. Research indicates that mindfulness reduces anxiety and boosts academic performance.

4. Nature & Mental Health

Time spent outdoors has a proven connection to reduced anxiety, improved mood, and enhanced concentration. Outdoor activities also increase serotonin and dopamine, promoting a positive outlook.

5. Creativity & Self-Expression

Creative activities foster self-expression and problem-solving skills. They also support emotional processing, building confidence and motivation.



The Combined Impact on Learning & Wellbeing

By integrating fitness, emotional intelligence, mindfulness, nature, and creativity, we provide a well-rounded approach that supports both the mental and physical development of each student. **This leads to:**

- ✓ **Higher self-esteem** through personal achievement and emotional support.
- ✓ **Improved emotional regulation** through structured practices and mentorship.
- ✓ **A positive attitude toward learning** by enhancing focus, resilience, and cognitive flexibility.
- ✓ **Overall wellbeing** through a supportive, nurturing environment.

Our evidence-based programme empowers students to succeed in education and life, providing the tools and mindset necessary for long-term success.

Our Unique Offer

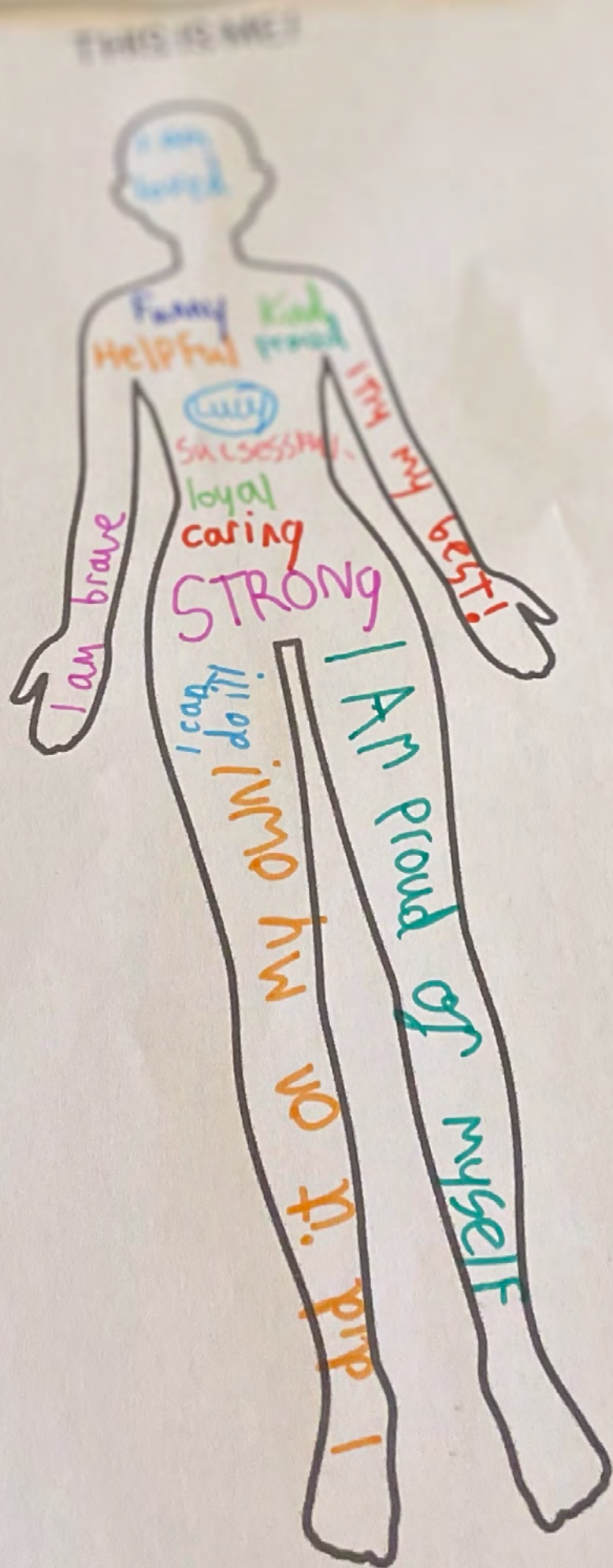
- ✓ **Comprehensive feedback:** Weekly reports to schools and parents/carers.
- ✓ **Progress Reviews:** Half-termly student evaluations with school staff.
- ✓ **Safeguarding Protocols:** Same-day reporting of any safeguarding concerns.
- ✓ **Expert Staff:** Qualified coaches for fitness sessions and certified Emotional Wellbeing Mentors for SEMH support.
- ✓ **Tailored Empower Programme:** Developed by Kate Thomas, our Education Lead, who is a qualified teacher, experienced youth mentor, and mindfulness instructor.

A Safe, Secure Environment

Located in a rural setting, our facility offers a combination of indoor and outdoor spaces to facilitate a variety of activities that promote student wellbeing.



A Typical Day at CrossFit Shropshire



9:30am	Welcome and check-in.	9:45am	Team warm-up games to enhance focus, problem-solving, and cooperation.
10:15am	CrossFit (or yoga, boxing, pilates) for fitness and personal achievement.	11:00am	Mind Gym session focusing on emotional intelligence and regulation.
12:00pm	Lunch break.	12:30pm	Creativity & mindfulness activities.
1:00pm	Personal mentoring, team-building, or outdoor activities.	2:00pm	Meditation and stretching.
2:15pm	Tidy-up and review.	2:30pm	Collection.

Child-Centered Approach

Our programme is designed with each student's unique needs in mind, ensuring that every activity and session contributes to their personal growth and wellbeing.

For further information, or to discuss how our programme can support your students, please contact us at CrossFit Shropshire.

To book a Teams call or phone call for further information please email us at:

education@crossfitshropshire.com