

Program	Objective	Topic Coverage	Frequency	Assessment	Program Partner & Administrator
English	To teach the mothers how to speak, read and write English	<ul style="list-style-type: none"> • Language development (grammar and extensive vocabulary learning) • Writing skills • Reading skills • Listening skills • Speaking skills (using general, social and professional language) 	3 times per week	<ul style="list-style-type: none"> • Individual group and oral presentations • Oral interactions (including pair work) • Role play • Writing assignments of varying length • Reading projects • Translation of simple texts • Listening and comprehension exercises • Skills development testing (guessing unknown words from context, distinguishing between fact and opinion) 	Maximo Nivel
Nutrition	To teach the importance of nutrition for themselves and the healthy development of their children	<p><i>Level 1</i></p> <ul style="list-style-type: none"> • Food supply chain • Energy intake • Metabolism and how food is used by the body • Macronutrients and why they are important • Micronutrients and why they are important • The role of sugar and fluids <p><i>Level 2</i></p> <ul style="list-style-type: none"> • How to follow a balanced diet • Daily nutrition requirements for adults and children 	2 times per month	<ul style="list-style-type: none"> • Individual and group presentations • Written assignments 	Anna-Maria Quispe – Qualified Nutritionist

		<ul style="list-style-type: none"> • How the body is affected by under-nutrition and over-nutrition • Nutrition through pregnancy • Baby and infant nutrition <i>Level 3</i> <ul style="list-style-type: none"> • Geographic factors relating to diet • Diets from around the world and their respective benefits • The science behind nutrition and risk of disease • Food allergy and intolerance 			
Cooking	To teach the mothers how to cook traditional Peruvian meals as well as dishes from around the world	Practical cooking classes teaching the importance of: <ul style="list-style-type: none"> • Quality fresh produce • Cooking times • Knife skills • Food hygiene and safety as well as traditional cooking methods and international dishes	2 times per month	<ul style="list-style-type: none"> • Practical delivery of recipes given • Written exercises • Delivery of own cookery demonstration (under supervision) 	To be confirmed
Sport	To promote the development of fine and gross motor skills, improved coordination, healthy living through exercise and to reinforce the importance of teamwork	Practice of a range of skills including, but not limited to: <ul style="list-style-type: none"> • Catching • Throwing • Kicking • Running • Racket handling by playing sports such as basketball, volleyball, soccer and frisbee	2 times per week	Undertaking of prescribed drills and games / matches	Volunteer led
Early Learning Activities for Babies	To promote healthy child development using physical, social and emotional approaches to learning, thinking, communication and language	<i>Zero – 6 months</i> <ul style="list-style-type: none"> • Programs designed to improve physical well-being, health and movement skills such as reaching up high, moving legs in a cycling motion, playing on the floor and 	1 time per week	Program Director to make quarterly written assessments	To be confirmed

		<p>body awareness exercises like moving fingers and toes</p> <p><i>6 – 12 months</i></p> <ul style="list-style-type: none"> • Balance exercises such as sitting up, learning to share with toys, reading to and reading with the children <p><i>12 – 24 months</i></p> <ul style="list-style-type: none"> • Reading books, singing songs, walking exercises and playing with simple puzzles 			
Self-development	To teach the importance of self-esteem and sexuality. Affective support program and role of early stimulation and maternity. Programs of healthy lifestyle and healthcare.	<p>Classes / workshops on:</p> <ul style="list-style-type: none"> • Body image and self-esteem • Mindfulness and wellbeing • Mental attitude • Overcoming adversity and understanding neglect • Effective decision making • Personality types • Recognising and overcoming abuse • Stress management • Assertiveness • Healthy relationships <p>Talks / presentations from prominent figures on the above.</p>	1 time per week	Oral presentations and group discussions	To be confirmed
Women's Rights	To teach the principles of women's rights and this history of women's rights movements around the world	<ul style="list-style-type: none"> • Case studies on prominent female figures from Peru and around the world • The evolution of economic and social rights of women in Peru and around the world • Protection of displaced women • Challenging obstacles undermining women's rights 	1 time per month	Oral presentations and short written assignments	University Women's Rights Group

		<ul style="list-style-type: none"> Economic, social and political factors affecting women's rights <p>Providing access to women's rights campaigners in Peru.</p>			
Dance	To provide a creative way for the mothers to express themselves through dance, to improve coordination and enjoy the benefits of being physically active	Attendance at a dance school to learn a range of different dance styles such as freestyle and salsa dancing	2 times per month	Performance of end-of-class routines	To be confirmed
Art	To enable the mothers to creatively express themselves through a range of different art forms and develop new skills	<ul style="list-style-type: none"> Drawing and sketching Painting Famous Peruvian artists and traditional techniques Art from around the world Elements of art (line, shape, form, tone, space, texture and colour) 	2 times per month	<ul style="list-style-type: none"> Practical assignments Class discussions Recognition tests of various techniques 	Volunteer led / specialist
Music	To expose the mothers to music as a way of personal expression	<ul style="list-style-type: none"> Singing Song writing Traditional Peruvian music and instruments Music from around the world Understanding and exploring how music is created (pitch, tempo, duration, etc) 	2 times per month	<ul style="list-style-type: none"> Practical assignments Delivery of full songs / tunes Instrument sound recognition tests 	Volunteer led / specialist
Yoga	To help the mothers develop self-discipline and self-control, leading to higher levels of awareness, concentration and consciousness. Briefly, the aims and objectives of yoga education are: 1) To enable the student to have good health 2) To practice mental hygiene 3) To possess emotional stability	1 hour yoga classes	2 times per week	Quarterly written reports following feedback interviews with students	To be confirmed

	<p>4) To integrate moral values</p> <p>5) To attain a higher level of consciousness</p>				
Handcraft Weaving	To teach the mothers how to make hand-craft products, giving them the opportunity to develop this skill into a profitable enterprise in future	<p>Practical workshops covering:</p> <ul style="list-style-type: none"> • Hand-weaving • Stitching • Clothing and accessory creation • How and where to source materials 	1 time per week	<ul style="list-style-type: none"> • Creation of hand-craft products • Written assignments on optimal techniques 	To be confirmed
Finance	To build a core foundation of mathematics, develop knowledge around basic finance, engage with the concept of money and become comfortable with practical, relevant everyday financial matters in order to make informed money management decisions	<p><i>Core skills</i></p> <ul style="list-style-type: none"> • Addition, subtraction, multiplication, percentages, money and its significance, currency and exchange rates <p><i>Intermediate</i></p> <ul style="list-style-type: none"> • Peruvian wages and tax system, government spending, forms of payment, budgeting (short term), how banks work, saving and interest <p><i>Advanced</i></p> <ul style="list-style-type: none"> • Investment, borrowing, bank accounts, banking terms, credit, debt, sources of income, reading bills, household costs, budgeting (long term), setting goals 	1 time per week	<ul style="list-style-type: none"> • Case studies • Role play • Problem solving exercises 	University students
Computer Skills	To teach the mothers the foundations of how to use computers, email, the internet and Microsoft Office programs such as Word and Excel, with the aim of equipping the mothers with the necessary technical skills transferable to a future job or independent enterprise	<ul style="list-style-type: none"> • Computer and keyboard navigation skills • Mouse and typing skills • Basic functions (e.g., copy and paste, creating and moving files, renaming and editing files, saving and deleting files, etc.) • Collecting and presenting information 	2 times per week	<ul style="list-style-type: none"> • Successful delivery of practical activities and independent projects • Production of Word and Excel documents • Oral presentations • Research tasks • Presentation of findings 	Volunteer led such as Maximo Nivel, or university students

		<ul style="list-style-type: none">• Introduction to Microsoft Word and Excel• Information technology terminology• Navigating the internet• Sourcing information• Staying safe online			
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