



AFFILIATION PACKAGES FOR PRIMARY SCHOOLS



ENHANCING PHYSICAL EDUCATION,
SCHOOL SPORT AND HEALTH FOR
YOUNG PEOPLE IN HAMPSHIRE

SEPTEMBER 2018 – AUGUST 2019

SOLENT SCHOOL SPORT PARTNERSHIP

The Partnership was created in 2004 as part of the original School Sport Partnership government initiative. As we approach our 14th year of working within physical education and school sport, our team continues to explore innovative ways to support schools and help them meet the needs of their pupils.

Evidence shows that education and health are closely linked, and that pupils with better health and wellbeing are likely to achieve better academically. This emphasis can be seen in Ofsted which will be evaluating the new healthy rating scheme for schools, incorporating a thematic review on obesity, healthy eating and physical activity. With the doubling of the PE Sports Premium, schools are accountable for ensuring there is more emphasis on health and wellbeing for all pupils.

Our programmes are designed to support you to engage young people in PE and School Sport while promoting health and wellbeing. This is further enhanced by inspiring them to develop an active and healthy lifestyle, giving them the tools to be successful in life. Our programmes will support schools to make sustainable improvements to the quality of PE and school sport that will not only benefit the current pupils but also those pupils joining the school in future years.

Exclusive for Southampton schools, we have developed – in collaboration with Succeedin – our new free online register module for extracurricular activities, including competitions. Our vision is to have all Southampton schools using this product as a way of capturing and evidencing pupil participation.

Register here: <https://online.succeedin.co.uk/registration>



We think that all young people should receive high-quality physical education within school. We provide confidence, support and guidance for teachers while improving their knowledge and teaching of the subject.

At the centre of our Partnership is a core team of professionals providing a key link in the chain between local needs and national policy.

We look forward to working with you.

Julia Tucker-Blackford
Partnership Development Manager
Julia.Tucker-Blackford@solent.ac.uk





"The Solent University sports package has had an excellent impact on our school. The enriching variety of opportunities – such as CPD sessions, after-school clubs, special sports days, dance mats, inflatable fun and regular competitions covering all sports – has allowed our pupils to gain a wealth of sporting experience. The teachers have also benefited from inspiring CPD sessions with skilled sports practitioners and experienced sports teachers.

Since being a part of the Solent University package we have seen an increase in attendance at our after-school club programme, as well as a marked improvement in competition participation and success. On the whole the pupils' attitude and enthusiasm for physical education and movement have become a lot more positive since we have been a part of this Partnership."

Jez Harris
PE teacher, Newlands Primary School





STAFF TRAINING AND SUPPORT

REAL LEGACY – AN AMBITIOUS TWO-YEAR PROGRAMME, PERSONALISED FOR YOUR SCHOOL TO MAKE A REAL DIFFERENCE AND CREATE A REAL LEGACY FOR EVERY CHILD



Outcomes include:

- sustainable progress and impact
- outstanding learning
- cultural change
- whole school development.

Note: Flexible payments over two years are available. The savings shown represent programmes bought separately over the same period.

Primary School

Cost: £7,450 (Savings: £1,495)

Junior School

Cost: £5,250 (Savings: £815) – as above but does not include real play (only for EYFS and KS1).

Infant School

Cost: £6,400 (Savings: £906) – as above but does not include real leaders (only for KS2).

Programme content

real PE CLC	Three days training, personalised resources including Scheme of Work for one year group, fully aligned curriculum map, assessment framework and tools.
Whole school real PE	One day inset, personalised resources including Scheme of Work for ALL year groups, fully aligned curriculum map, assessment framework and tools, and an impact report.
real PE refresher	One day inset and supporting resources.
real Gym CLC	One day inset, real Gym cards, dice and matrix poster for your year group.
Whole school real Gym	One day training, real Gym cards, dice and matrix poster for ALL year groups.
real Play CLC	One day training for two staff and supporting resources.
Club pack	Giant physical activity board game, posters, DVD, session plans, A4 First FUNS pack (storybooks and A4 cards), access to an online portal and impact report.
10 home packs	Magical resources including: interactive DVD, active storybooks, physical activity board Game and mini-challenge cards.
Whole class bundle	EYFS: 30 sets of storybooks; Year 1: 30 sets of mini challenge cards; Year 2: 30 physical activity board games.
Whole school support	Four days school-based support.
Digital platform licence	Your real learning platform: teaching and learning aids including interactive, enhanced lesson plans for ALL programmes. Two-year licence.

"real PE has had a big impact in our school. Not only are staff now more confident in teaching PE, but the engagement and behaviours that the children are learning are now being displayed in other areas of the school. The approach has transformed our views on PE, and the support we receive from Create Development has been fantastic and thorough."

Simon Arthur

EY leader, PE leader, Sholing Infant School

REAL PE – GIVING EVERY CHILD
THE PHYSICAL LITERACY,
EMOTIONAL AND THINKING SKILLS
TO ACHIEVE IN PE, SPORT AND LIFE



Three-day training course

£594 inclusive of VAT (per teacher)

One-day inset

£1,800 inclusive of VAT (resources for all year groups)

real PE is a philosophy and approach which helps ALL children develop the physical literacy, emotional and thinking skills to achieve in PE, sport and life. It places the learner at the heart of practice, with the ultimate goal of children feeling valued, included, challenged and supported in their learning. It transforms how we teach PE through the development of agility, balance, coordination, healthy competition and cooperative learning. It supports teachers and other practitioners to make small changes that will have a significant impact on their learners.

real PE provides:

- longitudinal and comprehensive training
- newly enhanced market-leading resources of interactive lesson plans and tools (36 weeks)
- clear learning journeys for children
- simple solutions to assessment without levels in PE
- ongoing support via an online portal.

To find out more, visit www.createdevelopment.co.uk/real-pe



REAL GYM – ENABLING EVERY CHILD TO STRETCH THEMSELVES

One-day training course

£294 inclusive of VAT (per teacher)

One-day inset

£1,674 inclusive of VAT

A vibrant and holistic approach that makes gym relevant, meaningful and challenging for every child.

Building on the approach of real PE to develop children holistically through gymnastics activities, real Gym is an innovative, vibrant, inclusive scheme which supports teachers to become competent and confident to deliver gymnastics activities and create rounded learners. The schemes of work provide ideas and themes from warm-up right through to skill application, including sequence work (with music), large apparatus, hand apparatus, pair and group work, and partner balances.

real Gym provides:

- progressive real Gym skill cards
- a real Gym introduction booklet
- a USB stick containing an interactive 12-lesson programme (split into 4 x 3 blocks) for specific year groups
- a dice matrix poster and six high-quality skills dice to support lesson delivery.

To find out more, visit www.createdevelopment.co.uk/real-gym

"real Play has helped Aiden by developing his listening and attention skills, and it has helped him build relationships not only with his mum but with other children and staff. He's gone from not being able to sit and listen at all to managing lots of five–ten-minute intervals of focused work or concentration."

Vicky Turner

Reception teacher, Gaskill Community Primary School

REAL PLAY – FAMILIES PLAYING AND LEARNING TOGETHER

**One-day training course plus twilight
£714 inclusive of VAT (for up to two staff)**

A captivating programme that supports families through the power of play. real Play is a unique programme that brings schools and families together, ensuring consistent messages and promoting positive parenting habits to develop essential learning behaviours.

real Play provides:

- training for up to two members of staff (ELSA, Year R/1 teacher ...)
- delivery resources for the club (giant board game, First FUNS cards and storybooks, interactive Family FUNS DVD)
- session plans and supporting resources
- simple impact monitoring resources and post-project impact document
- five sets of Family FUNS home packs for participating families to keep (additional packs can be purchased in the future, ensuring long-term sustainability of the programme)
- an impact report.

To find out more, visit

www.createdevelopment.co.uk/real-play

REAL LEADERS – ENABLING EVERY CHILD TO DEVELOP LEADERSHIP FUNDAMENTALS

**One-day training course
£294 inclusive of VAT**

A flexible and sustainable programme that develops and enhances the self-confidence of every child. The revolutionary one-day training empowers teachers to draw out Year 5/6 pupils' understanding of what great leadership looks, sounds and feels like, while giving teachers the tools to support the development of leadership fundamentals in pupils. It provides pupils with a clear learning journey and opportunities to lead and deliver small events and competitions to practise their skills.

real Leaders provides:

- one day of training
- a range of resources to run the programme including 10 leaders' booklets, leaders' posters and an interactive 10-module programme
- a Key Stage 1 competition festival pack, eight review dice and other supporting tools
- a personalised impact report to evidence and celebrate impact.

To find out more, visit

www.createdevelopment.co.uk/real-leaders



SUPPORT FOR TEACHERS

12 hours of support (two hours x six weeks)
From £498 inclusive of VAT

Solent School Sport Partnership employs a number of qualified teachers and specialist coaches who can support the development of your teaching staff by providing blocks of CPD support in gymnastics, dance, real PE, real Gym and a range of sports.

We will work alongside your teachers in lessons to help increase their knowledge and confidence in PE and improve the quality and breadth of PE and sport across the school. This would be scheduled and planned to ensure that maximum impact for the school is achieved.

PLANNING, PREPARATION AND ASSESSMENT COVER PE LESSONS (PPA)

£40 per hour inclusive of VAT
£185 full day inclusive of VAT

The cover can be as little as a morning, an afternoon or a full day, or one to five days a week.

A team of qualified teachers, PE specialists and coaches, who have worked on our programmes and in schools for a number of years, can deliver gymnastics, dance or games sessions. Their sessions are structured, progressive and have lesson plans that meet current Ofsted standards.

"We have been extremely impressed by the quality of provision and professional development offered by Solent School Sport Partnership. Our staff have been trained in how to deliver real PE, which has dramatically improved our planning, teaching and assessment of PE."

Sarah Ahmed
Headteacher, The Crescent Primary School

"The Primary School Sports Funding has been used to improve teachers' skills and confidence to teach physical education. Mentors work alongside teachers and pupils to develop skills across a range of sports. This has led to an increase in the number of pupils enjoying sports to keep them fit and healthy."

OFSTED inspection, 2017



AFPE-ACCREDITED TEACHER SUPPORT PROGRAMME



18 hours' CPD per teacher, per academic year
From £648 + VAT per teacher (minimum two teachers)

The PE Curriculum Support programme (PECS) is a sustainable and effective way for your school to use your Primary PE and School Sport Premium. The tailored work-based programme uses mentors who help increase the skills, knowledge and confidence of your teachers in the planning, delivery and assessment of physical education. This programme can be delivered alongside real PE. PECS has been developed by Aspire Training Solutions and is recognised by the Association for Physical Education (afPE) as a programme that assures high-quality learning for teachers. Planet Education proudly delivers this programme in partnership with Aspire Training Solutions and Solent University, exclusively across the south of England.

To help your staff grow both professionally and as individuals, the PECS mentoring process focuses on:

- identifying your teachers' individual needs
- observing and mentoring delivery
- setting goals and challenging your staff to move beyond their comfort zone through their own personal development folder
- reviewing progress and giving constructive feedback using a variety of teaching methods
- demonstrating and teaching good practice
- employing proven planning and assessment methods
- coaching specific skills.

Upon completion of the programme, your staff will be expected to be able to:

- deliver high-quality PE lessons
- have a thorough understanding and increased knowledge of the PE curriculum
- set targets, and monitor and assess the progress of your pupils in PE
- differentiate lessons to enable pupils to fulfil their potential and make rapid progression.

We continuously measure and evaluate the impact that this programme has on your staff. This provides you with valuable evidence to demonstrate your Primary PE and School Sport Premium spend to Ofsted. To find out more, visit **www.planeteducation.co.uk**



EDUMOVE CPD SUPPORT

Programme 1 – Physically Active Teaching and Learning (PATL) – An Introduction

**Two-hour twilight and ongoing support
£250 (10% discount with over 10 school
staff members)**

This CPD introduces teachers to the Physically Active Teaching and Learning (PATL) or EduMove methodology. It also highlights the support and resources available to them to effectively implement PATL with their pupils.

Programme 2 – Mile + Initiative CPD

**Two-hour twilight and ongoing support
£250 (10% discount with over 10 school
staff members)**

This CPD provides the teachers with the skills, resources and confidence to use existing Golden Mile, Copper Mile or Daily Mile initiatives to promote revision and/or learning of core curriculum topics in maths, English and PSHE. Mile + has already been effective in schools that see Golden Mile, Copper Mile or Daily Mile initiatives as competing with curriculum time or as isolated and tedious curriculum activities.

Programme 3 – Whole School Physically Active Teaching and Learning (PATL) Training and Support

**Four-hour CPD – can be delivered
over two weeks
Price: see below**

Includes supporting EduMove resources/ programmes

Our whole school PATL training and support programme provides all EduMove resources and programmes in the attempt to empower teachers to embed physically active teaching and learning (PATL) into the curriculum.

This course is accredited by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and the Association for Physical Education (AfPE).

The programme includes these benefits from programmes 1 and 2:

- full CPD training for all teachers and support staff (£480)
- EduMove online platform and CPD (includes MoveClass) (£200)
- EduMove mobile apps (for all school iPads/ tablets) (£300)
- Mile + CPD and support (£200)
- five EduMove support visits (for both KS1 and KS2) (£300)

For more information, visit
www.edumove.co.uk



ENRICHMENT OPPORTUNITIES

SCHOOL GAMES ROADSHOW

£575 inclusive of VAT

The School Games Roadshow is a full day of intra competitions at your school. This event can be tailor-made to meet the needs of individual schools. Selected pupils are encouraged to take on the role of young sports journalists, photographers, reporters and commentators. Data can be recorded and presented to the school, showing overall house winners. The event can also be part of fundraising activities.

DANCE MATS

**£325 per day inclusive of VAT
(including staffing)**

The Dance Mats virtual league competition allows every young person within your school to take part in an exciting city-wide competition. Data across the city is collated and celebrated at the end of the academic year. There are separate competitions for KS1 and KS2.



"We have signed up for the service-level agreement for a good number of years and the first activity I always apply for is Dance Mats.

"It provides a fun-packed 30-minute session for nine of our KS2 classes, offering a great workout, good coordination and an opportunity to compete against their classmates! The enthusiasm displayed by Lee and Cynthia, who nearly always seem to run it, rubs off on the children, as well as adding some dance to our curriculum.

"I would highly recommend this to any primary school and know that all our children who have been lucky enough to participate over the years would echo my words. Equating to less than 90 pence per child, it is fantastic value for money."

Mike Cowap
PE coordinator, Springhill
Catholic Primary School

"Solent School Sport Partnership ran a basketball after-school club for our children during the Autumn term. The children not only enjoyed the sessions, but they all made great progress and went on to win their local Level 2 competition. This is the first time as a school that we will have a team at the Hampshire Games. The coaches have been very enthusiastic, reliable and professional in their approach to the children."

Nicky Silcox
PE subject leader,
The Crescent Primary School



Education
through
movement

OUT OF SCHOOL HOURS LEARNING (OSHL) CLUBS

10 hours' delivery
15 pupils maximum per session
£400 per club, per term inclusive of VAT

The Partnership gives you the opportunity to access qualified coaches (NGB Level 2 or equivalent) with Disclosure and Barring Service (DBS) certificates to deliver after-school clubs for one term.

Clubs range from dance to gymnastics, tag rugby to basketball, and fencing to multi-skills.

EDUMOVE AFTER-SCHOOL CLUB

10 hours' delivery
15 pupils maximum per session
£470 inclusive of VAT

This after-school programme offers opportunities for children in KS1 and KS2 to revise and complete maths and English homework via a wide range of fun, physically active movement games using the EduMove approach (Move – Enjoy – Engage – Learn). This programme is delivered by trained EduMove practitioners. Resources include EduMove mobile apps and MoveClass (classroom app).

For more information, visit
www.edumove.co.uk



CHANGE4LIFE

10 hours' delivery

12 pupils maximum per session

£400 per club, per term inclusive of VAT

Change4Life sports clubs are designed to increase physical activity levels in primary schools by using multi-sport themes, responding to what children want, establishing a habit of regular participation and developing a sense of belonging.

A Change4Life club aims to assist with children who are disengaged, using qualified coaches to deliver behaviour change relating to key health outcomes.



LINK UP PLAY AFTER-SCHOOL CLUB

Now available from Year 2 to Year 6

10 hours' delivery
12 pupils maximum per session
£400 inclusive of VAT

Link Up Play is a cross-curricular teaching and learning enterprise which uses football as an enjoyment tool to attempt to engage children within curriculum-specific learning.

Our aim

Link Up Play aims to create a positive teaching and learning environment by using innovative resources alongside physical activity to increase engagement and confidence. Link Up Play aims to make learning environments fun through contextualising generic text into football-related text. Furthermore, our resources are mirrored on the curriculum to enable students to develop understanding and knowledge to then apply to their curriculum-specific school work or SATs examinations.

Typical one-hour lesson:

Independent booklet work (25 mins) – booklets are in a football context to promote engagement and concentration, mirrored on the school syllabus to promote transferability.

Physical learning session (20 mins) – football-based games incorporating previously learnt topics, used to reinforce learning but also to make learning more inclusive, activating VARK (visual, auditory, kinaesthetic and reading) learning styles.

Fun football game – used to reward the participants' learning, but to also try and make learning fun.

The following programmes are on offer:

- Link Up Play's literacy football programme
- Link Up Play's mathematics football programme
- Link Up Play's rights and respect football programme
- Link Up Play's healthy living football programme



GIANT INFLATABLES

From £450 inclusive of VAT

The pirate assault course comes in two sections measuring 14.5 metres by 3.7 metres that you can use independently. This is an all-day challenge – from 9am to 3pm – for both young people and teachers that will test your skills, stamina, teamwork and bravery.

Our 17 metres by 12 metres versatile inflatable pitch is great for football, volleyball, tag rugby, dodgeball and much more! Children can work on their teamwork, communication and officiating skills while taking part in an intra-school competition. This is a great addition to any fete or special event at your school.

Our bungee run – aimed at all Key Stages – is an exciting educational activity that combines movement and learning skills. It will test children's mental and physical skills while allowing them to work within their abilities. Pupils will work as a team solving numeracy and literacy puzzles. All puzzles coincide with the current Key Stage National Curriculum.

INSET ACTIVITY DAYS

**One day between 8:30am and 3:30pm
Up to 60 children
£575 inclusive of VAT**

Delivered in your school while your staff are on an inset day. Let Solent School Sport Partnership provide your families with an alternative childcare opportunity.

The day will be packed with fun activities, which could include dance mats, inflatables and an opportunity to try various sports.

A hassle-free booking system will allow your staff to enjoy their inset day without any disruptions.



TEACHING AND LEARNING, ASSESSMENT AND PLANNING

WHOLE SCHOOL STAFF SURVEY ASSESSMENT

£175 inclusive of VAT

This survey assesses your current PE and School Sport provision and evaluates the school's current strengths and weaknesses in PE and sport. It also allows the school to measure the impact of the PE primary school funding and demonstrate to Ofsted how effectively the funding is being used.

A report identifying areas of excellence and recommendations for improvement is provided to each school.

Two full days of support £380 inclusive of VAT

Assessment in all subject areas ensures that teachers have high expectations of children by using challenging targets to raise standards, thereby eliminating low attainment.

Baseline assessment is necessary to drive and secure improvement in PE. Solent School Sport Partnership can offer a twilight session with teachers to explain the process and recording of the assessment tasks. A baseline assessment using the real PE documents will determine current levels and highlight next steps and gaps in children's learning.

This can be carried out during PE lessons, with a PE specialist carrying out assessment with the cooperation and support of teachers and teacher assistants. Next steps and continuing assessment that can be tailored to your school's needs will be discussed with your school's representatives.





SUCCEEDIN PE

SUCCEEDin PE is working with Solent School Sport Partnership to allow all schools the ability to capture pupil participation data online. This free programme is designed to save both schools and our School Game Organiser's time in capturing and evidencing pupil participation.

To sign up today, free of charge, visit
www.succeedin.co.uk/registartion



LITE PACKAGE

No cost, but optional set-up fee of £250*

Consolidate, manage and evidence your PE curriculum. This package will allow you to share with your whole school a weekly timetable of PE lessons (excluding lesson content) that notifies teachers on a weekly basis what activities they are delivering.

You can also build your long-term overview, including SGO competitions and festivals, giving you a complete overview of your school's PE strategy, including access to our documents area.



STANDARD PACKAGE

£499, with one-off set-up fee of £250*

Gain access to all of the options from the Lite package with the added value of SUCCEEDin's full scheme of work. With over 900 lessons in the system, the platform provides you with a base for building your school's PE journey.

You can upload videos to an existing bank to support the development of teachers. With this package you can also monitor teachers' activities.



PREMIUM PACKAGE

£649, with one-off set-up fee of £250*

This combines benefits from both the Lite and Standard packages, with added functionalities including an assessment and attainment module, a reporting and evidencing capability, as well as a feedback module that allows you to capture pupils' and teachers' feedback to ensure that the needs of your staff and children are being met.

*All prices are per annum, excluding VAT and gym and dance which will be charged at £99 each. Upgrades are available between packages.



INCLUSION, ENGAGEMENT AND SCHOOL CULTURE



EDUMOVE IN-CURRICULUM BOOSTER SESSIONS

Twelve hours' delivery. Two hours x six weeks
(24 pupils per session)

£470 inclusive of VAT

These interventions are designed to cater for KS1 and KS2 pupils who struggle to learn via traditional teaching methods. The booster sessions are delivered in curriculum time during the school day for small groups of children, using the EduMove approach/PATL (Move – Enjoy – Engage – Learn) where children get to learn and revise maths and English via a wide range of fun movement games.

Sessions perform better when a school uses our online resources. The annual licence for EduMove online and Moveclass is £595.

For more information on our products, visit www.edumove.co.uk

"I was very impressed with the EduMove team's organisation and enthusiasm. When we started our programme the coaches and I discussed the maths learning needs of my pupils. I was pleased they took an interest in the methods we use in school and planned a scheme of work to meet the targets I had set."

Carl Anning
PE subject leader

"The Young Ambassador initiative has enabled children to develop leadership skills and raise the profile of PE across the school."

Nicky Silcox
PE leader, The Crescent Primary School

YOUNG AMBASSADOR PROGRAMME

Up to six pupils per half-term session
£425 inclusive of VAT

This programme helps the development of young leaders and volunteers, providing them with the responsibility of being an ambassador for PE and School Sport. In many schools the role is held in the same esteem as a member of the student council, head boy or head girl. This is a privileged position and the Partnership will ensure that the young ambassadors make the most of this role.

A recruitment and selection day can be held to identify up to six children to represent your school. Each half-term the young ambassadors will receive information and ideas on how to raise the profile of PE within their school, while being supported by the Partnership.





LINK UP PLAY

12 hours' delivery (two hours x six weeks)
24 pupils per session
£470 inclusive of VAT



Now available from Year 2 to Year 6.

This programme aims to create a positive teaching and learning environment by utilising innovative resources alongside physical activity to increase young people's engagement and confidence.

The programme aims to make learning environments fun and at the same time contextualises resources towards specific areas of the curriculum, allowing participants to gain understanding and knowledge that they will apply to their school work.

All participants will receive a hardback booklet that contains subject-relevant areas encompassed within a football context. Link Up Play's new feature for 2018/19 enables schools to design a booklet relevant to the teaching and learning needs of that specific school (syllabus must be submitted before the start of Autumn 2 term).

Following the delivery of a Link Up Play programme, each school will receive a monitoring and evaluation report, perfect for identifying the needs of the participants and documenting the use of PE and School Sport Premium funding.

The following programmes are on offer:

- Link Up Play's literacy football programme
- Link Up Play's mathematics football programme
- Link Up Play's rights and respect football programme
- Link Up Play's healthy living football programme

"I love playing football and I'm starting to enjoy literacy."

**Year 5 student,
The Crescent Primary School**

"This is a great way of using resources to benefit learning."

**Year 5 teacher,
The Crescent Primary School**



PLAYGROUND ACTIVITY LEADERS

10 hours' delivery
£580 inclusive of VAT

Around two in ten children aged 5–15 years meet the government's recommendations for physical activity.

This programme will ensure that your playtimes are active and enjoyable.

Your lunchtime staff will receive training that will take them through:

- how to successfully zone the space you have within your school
- how to utilise the equipment to provide safe and engaging games
- a repertoire of suitable games for all year groups
- techniques to get the lunchtime training up and running.

To ensure that your lunchtime staff feel supported, this programme will also provide training for your young leaders, who will in turn make your playtimes active and enjoyable.

The leaders will be supported through a six-hour leadership programme, either through the National Playmaker Award or the real Leaders Award, depending on your personal choice. The pupils will have an opportunity to develop their personal fundamental leadership skills, as well as the chance to become Playground Activity Leaders.



HEALTH AND WELLBEING



PHYSICAL ACTIVITY TARGETING CHILDREN'S HEALTH (PATCH)

Two hours' delivery
Six sessions with resources
24 pupils maximum per session
£425 per club inclusive of VAT

This is a health and fitness programme aiming to motivate and engage with children of all ages to adopt healthier eating habits, and to encourage physical activity in a fun and exciting way. It will help change behaviours at an age when responsibility is gradually moving from the parent to the child and can be run with parental/adult involvement or as stand-alone children-only sessions.

DYNAMIC MOVEMENT SKILLS PROGRAMME

12 hours' delivery (two hours x six weeks)
Two classes of 30 pupils (5–11-year-olds)
£400 inclusive of VAT and resources

Movement skills education and practice are proven to be just as important as reading and writing for the development of our brain cells. Not all children have the same level of coordination or fitness –some may develop more slowly than their peers and have difficulty mastering specific movements. As a consequence, many children lose confidence and are put off participating in games and sport at an early age.

This programme aims to develop, improve and refine gross motor skills and through this help to develop coordination, quick feet, balance and body control, which are important components in all sporting activities.



FREDDY FIT ROADSHOW

240 pupils maximum per day
£550 inclusive of VAT

The Freddy Fit Project is a sustainable, highly motivational scheme of work that addresses the core strands of PE and PSHE while having a whole school impact.

Freddy Fit presenters carry out fantastic fun fit workshops in curriculum time that are high in both energy and participation.

A great start is the taster session – children and staff find this day both fun and educational. Groups try out unique exercise routines, skills, competitions and fun challenges.

On completion of the workshop the presenter will discuss your individual needs as a school and lay out a possible Freddy Fit plan.

To find out more, visit **www.freddyfit.co.uk**

"We have invited Phil from Freddy Fit into our school several times over the last few years. We never tire of his exciting, innovative sessions, both on the yard with children and parents, and with classes. There is a real buzz around school when Freddy Fit is on the timetable."

Mrs Hewitt-Lee
Headteacher

"We would highly recommend his sessions for a fun way to keep fit and promote a healthy lifestyle."

Miss T. Millington
PE coordinator



HEALTH, WELLBEING AND ACTIVE SCHOOLS COORDINATOR

Six full days support throughout the academic year

£1,110 inclusive of VAT

A proactive healthy school is one which actively promotes, protects and embeds the physical, mental and social wellbeing of its pupils and community through positive action.

Schools have statutory duties to promote young people's wellbeing that is balanced and meets the needs of all pupils. This must:

"Promote the spiritual, moral, cultural, mental and physical development of pupils at school and of society, and prepare pupils at the school for the opportunities, responsibilities and experiences of later life."

The Chief Medical Officer for England stated: "promoting physical and mental health in schools creates a virtuous circle reinforcing children's attainment and achievement that in turn improves their wellbeing, enabling children to thrive and achieve their full potential."

The health, wellbeing and active schools coordinator works with the school to develop and implement a wellbeing engagement plan to build a positive and healthy approach for the students.

The coordinator delivers health, wellbeing and activity days in the school.

These could include:

- Fitness Taster – for motivation and inspiration
- Nutrition – Sugar Smart app, Eatwell Plate and How Food Is Used
- Yoga
- Mindfulness
- Active 30:30
- Change4Life



YOGA RESOURCE

**Half-day workshop, plus full resources for all year groups
£250 inclusive of VAT**

The PE Suite is a fresh and innovative teaching resource that challenges children to a greater depth of learning and a higher quality of physical literacy than typically achieved in schools.

Research has shown that children are transfixed and 100 per cent engaged with this programme. They will absolutely love taking part. All children love the music, colourful imagery and storyline – they become totally engaged with yoga.

SEN children and those with behaviour difficulties particularly benefit, both during and shortly after the yoga sessions.

The yoga stories will take the children on a journey through a series of films. Children copy the yoga movement extracts through a themed story.

This programme includes a half-day workshop which will give you all the resources for your school.

SOLENT UNIVERSITY

COACH EDUCATION COURSES

OPEN UP A WORLD
OF NEW OPPORTUNITIES

As a qualified coach, you'll inspire people and
help them to fulfil their sporting aspirations.

What's on offer?

- recognised and accredited coaching qualifications
- continuous professional development (CPD) courses
- courses open to students, staff and the general public.



@SolentCoachEd

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coach.education@solent.ac.uk

www.solent.ac.uk/coached



FEEL FUTURE CONFIDENT

NOW'S THE TIME

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Gain the advanced knowledge and practical and critical skills to underpin a rewarding career with our postgraduate courses:

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PGCert Youth Sport and Physical Education
MA Sport Development and Management
PGCert Sport Development

For more information:

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T. 023 8201 3039

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