

GET ACTIVE, FEEL GOOD, THINK BETTER, LEARN WELL

PROFESSIONAL DEVELOPMENT, TEACHING, PUPIL
& FAMILY ENGAGEMENT, LEADERSHIP, EVENTS



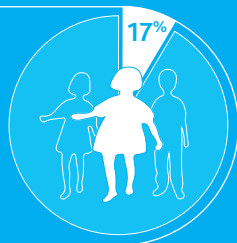
PHYSICAL EDUCATION
SPORT & PHYSICAL ACTIVITY

About Us

At a critical time for health and wellbeing for children and young people, Physical Education, Sport and Physical Activity is perfectly placed to make a vital contribution to the most prominent agendas on the Health and Wellbeing agenda.

Obesity

Only **17%** of primary pupils are reaching the Chief Medical Officers guidelines of **60** minutes of physical **activity** a day.



"The latest figures show that 35% of 11-year olds are overweight or obese. It is predicted that by 2020 this figure will have risen to almost 50%. Children aged 5 and from the poorest income groups are twice as likely to be obese compared to their most 'well off' counterparts and by age 11 they are three times as likely." NCMP, 2018

Mental Health and Emotional Wellbeing

1 in 10 children have a diagnosable mental health disorder – that's roughly 3 children in every classroom.

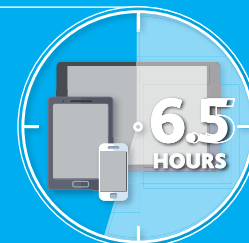
Almost 1 in 4 children and young people show some evidence of mental ill health (including anxiety and depression).

"I am a paediatrician and meet a lot of children with mental problems. It is absolutely important that we use physical activity as a tool for prevention and also for treatment for... mental diseases such as depression."

The Role of Physical Education, Sport and Physical Activity

The physical benefits of PE and Sport are well known and are vitally important as both the amount of sedentary time and young peoples' screen time increases.

Young People aged between 5-16 average **screen time** of **6.5 hours** a day



Less well known is the link between physical activity and positive mental and emotional wellbeing. National and International research has established a clear link between the emotional wellbeing of young people and the amount of physical activity they do. We firmly believe in utilising the power of being active to develop the whole child. All of our Physical Education lessons, activity sessions and programmes focus on how being physically active can support the physical, mental and social and emotional wellbeing of the children.

Poor MENTAL HEALTH can lead to:

- Poor Diet
- Overweight and Obesity

Poor PHYSICAL HEALTH can lead to:

- Low confidence and Self Esteem
- Anxiety and depression



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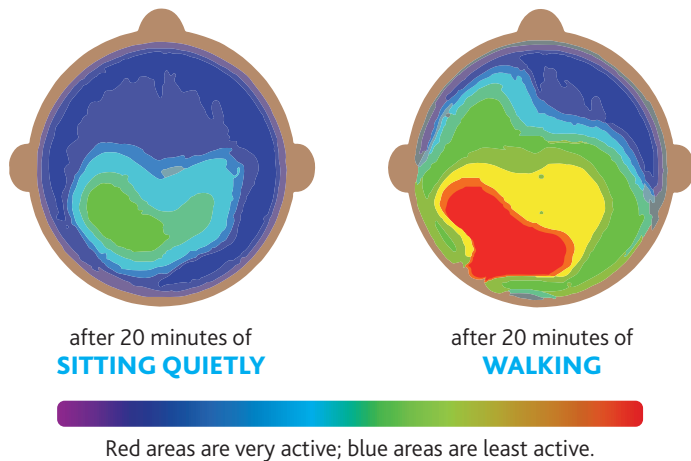
Why Invest in Physical Education, Sport and Physical Activity?

- 1 Children become less active with increased age and the decline is greater amongst girls than boys.
- 2 Girls are less active than boys across all Countries and all age groups.
- 3 Children from the lowest socio-economic groups are less active than those from the highest.

“274 children took Personal Best Programme during the 1st part of the Autumn Term 2018. At the end of the 6-week programme, 80% of children said they always feel confident, compared to 46% of children before the start of the programme.”

Physically Active Kids Learn Better

BRAIN SCANS OF STUDENTS TAKING A TEST



High-quality physical education provides regular participation in physical activity for children aged 5-18, which is associated with:

- Improved cardiovascular health
- Improved bone health
- Reduction in body fat; maintaining a healthy weight
- Improved cardiorespiratory fitness
- Stronger muscles
- Improved self confidence
- Improved social skills
- Reduced symptoms of anxiety and depression.

AfPE Health Position Paper 2017

“99% of young people feel more confident and 100% more resilient following the Personal Best Intervention.”

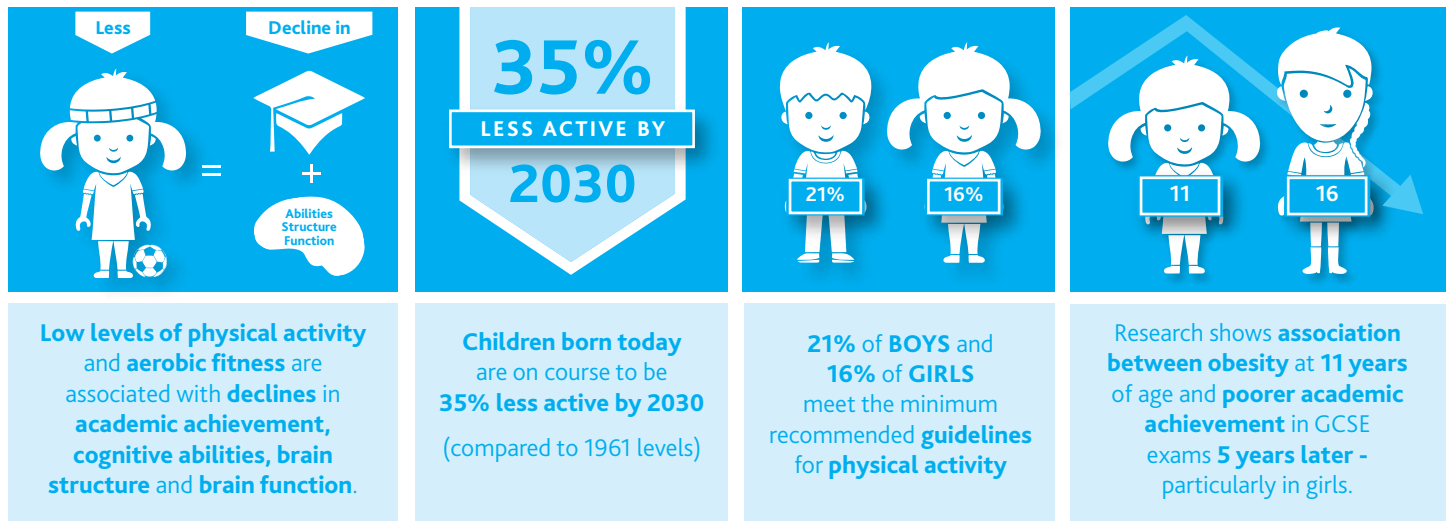
Sept 2017 - Jan 2018

“I feel well supported. My confidence has grown. I have lots of practical ideas for progression.”

Class Teacher, Mount Primary
following Professional Development Programme

The Current Picture ...

► **The Problem** - too many children have inactive lifestyles limiting children's ability to succeed at school and in life.



► **The Consequences** - current levels of inactivity are damaging children's physical and emotional wellbeing



*statistics provided by Youth Sports Trust: Unlocking Potential document.



Professional Development

Physical Education Curriculum Support

This Programme Supports

1. Raising standards of teaching and learning in Physical Education
2. Attainment of pupils in Physical Education, including physical, cognitive, social and emotional aspects
3. Effective and sustainable use of the PE and Sport Premium

Why a School Should Buy?

National research shows that the best and most effective form of professional development involves teachers becoming actively engaged in learning. Our 6 week professional development programme for curriculum Physical Education follows a specific format that allows the teacher to observe, support, team teach and lead a lesson.

Our team will provide a supportive programme that focuses on the specific needs of the teacher and encourages them to develop their own style of teaching PE.

Includes:

- Pre-programme discussion
- Ongoing support via email during and following the programme
- A programme report detailing agreed focus, strengths and next steps for development

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

Duration and Cost

6 x ½ days

Working with two different class teachers

£840

"Lots of positive ideas – the Curriculum Support model is a great supportive tool which has developed my teaching of PE!"

Teacher – Hillside Primary School

"Very beneficial, lots of assistance and support in all areas of need. Helpful and kind approach from the Edsential staff member with a vast knowledge in the subject area. I am now more confident with how to challenge and stretch all children and how to include all, even those on a bench without kit."

Teacher – St Peter's Primary School

PE Subject Leader Support Programme

This Programme Supports

1. Effective Leadership and Management of Physical Education, Sport and Physical Activity
2. Effective and sustainable use of the PE and Sport Premium
3. Raising the profile of PE and School Sport across the whole school

Why a School Should Buy?

This programme provides support for Primary PE Subject Leaders in their continually changing and challenging role. A termly school visit will allow for a review of current provision and a discussion of upcoming plans. Our team will provide details of updated national and local initiatives, policies and news.

Can include:

- PE and Sport Premium advice, action plans, learning walks and observations, curriculum planning, policy writing and school website guidance.

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

Duration and Cost

1 x ½ day per term

£600

"As a new subject leader, the support I have received this year has been invaluable in helping myself to develop into the role and understand the multi-dimensional aspects of PE and Sport in schools."



Professional Development Training Calendar

TITLE	OVERVIEW	TUTOR	VENUE	DATE & TIME	COST (PER DELEGATE)
Midday Staff Training 1	Active Playgrounds Practical ideas to support midday staff and other staff to develop a more physically active playground at break and lunch times.	Alex Barnes	Tarporley CE Primary School CW6 0AN	20/11/19 9.15am-11.15am	£40 for each session or £65 for Sessions 1 and 2
			Little Leigh Primary School CW8 4RN	16/10/19 9.15am-11.15am	
Midday staff Training 2	Behaviour Management Ideas and strategies to effectively manage behavior on the playground.	Alex Barnes	Tarporley CE Primary School CW6 0AN	27/11/19 9.15am-11.15am	£65 for Sessions 1 and 2
			Little Leigh Primary School CW8 4RN	06/11/19 9.15am-11.15am	
PE Subject Leader Network Event 2020	A networking event for all Primary PE Subject Leaders focusing on sharing good practice and provides updates on local and national agendas.	N/A	Holiday Inn Ellesmere Port CH65 2AL	17 th March 2020 1.30pm-3.30pm	£20
ASA Swimming Level 1	The course content for the 2 day course provides delegates with in depth knowledge, skills and confidence in leading a swim programme for groups of children. Both practical and theoretical experience for skill development in a wider range of strokes for both beginner swimmers and improving swimmers.	ASA Tutor	Europa Pools Conway Street Birkenhead CH41 6RN	Wednesday 16/10/19 & Thursday 17/10/19 9.30am-4.30pm Wednesday 05/02/20 & Thursday 06/02/20 9.30am-4.30pm	£130
Edsential PE Passport	Overview and guidance to ensure schools make the most of the new PE and Sport reporting system. Including planning, assessment and reporting of pupil data.	Alex Barnes	St Paul's Catholic Primary CH43 7TE	19 th September 2019 4.30pm-5.30pm	FREE

Active Learning

This Programme Supports

1. Effective Leadership and Management of Physical Education, Sport and Physical Activity
2. Effective and sustainable use of the PE and Sport Premium
3. Raising the profile of PE and School Sport across the whole school

Why a School Should Buy?

This programme provides support for Primary PE Subject Leaders in their continually changing and challenging role. A termly school visit will allow for a review of current provision and a discussion of upcoming plans. Our team will provide details of updated national and local initiatives, policies and news.

Options:

■ Active Learning Day (Maths or English)

A full day of Active Learning support for class teachers focusing on a range of different age groups and themes. A bespoke day designed in line with the priorities of the school. Ideal for Health and Wellbeing weeks.

- Working with up to 7 classes throughout the day
- A great opportunity for professional development within your own school
- Each class will take part in a different type of lesson which staff can then share with other year groups
- Age appropriate, active learning opportunities

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

Costs

Active Learning day £370

Staff Twilight £200

Both (on the same day): £450

■ Staff Twilight

This Programme Supports

1. Raising standards of teaching and learning in Physical Education
2. Engaging all pupils in a high quality and relevant Physical Education curriculum
3. Attainment of pupils in Physical Education, including physical, cognitive, social and emotional aspects

Why a School Should Buy?

Bespoke whole school staff training delivered by our team of specialists.

Can include:

- Subject specific practical training (Dance, Gymnastics, Games, etc.)
- National Curriculum, Planning and Assessment in Primary PE
- Teaching high quality physical education
- Examine how the changes to the National Curriculum have effected planning, teaching and assessment in Primary PE
- Safe Practice in PE, Sport and Physical Activity.

Options:

- Active Literacy
- Active Maths
- OAA using the curriculum
- Maths interventions for Teaching Assistants





Whole School Improvement

Edsential PE Passport

This Programme Supports

1. Effective Leadership and Management of Physical Education, Sport and Physical Activity
2. Raising standards of Teaching and Learning in Physical Education
3. Effective and Sustainable use of the PE and Sport Premium

Why a School Should Buy?

- Efficient and effective system for the assessment of Physical Education
- Digital reports and analysis of all aspects of physical activity: Including extra-curricular clubs, competitions and events and curriculum PE
- Set whole year timetables and plans for PE and Sport
- Identify and report key trends and gaps in provision
- Easily track and monitor data to allow prompt interventions

Includes:

- 12-month subscription to the Edsential PE Passport App
- Ongoing technical support and online guidance
- Personal support to ensure maximum impact of the App

To Book

Visit www.edsential.com/PE

For further information contact

Alex.Barnes@edsential.com

Costs

12 month subscription from £500



Physical Education PPA & Teacher Replacement

This Programme Supports

1. Engaging all pupils in a high quality and relevant Physical Education curriculum
2. Attainment of pupils in Physical Education, including physical, cognitive, social and emotional aspects
3. Social and emotional wellbeing, including resilience, confidence, problem solving and leadership

Why a School Should Buy?

Edsential will provide an experienced member of our team to deliver the Physical Education curriculum directly to pupils. Delivery will include use of Edsential's Scheme of Work and regular pupil assessment if required. Regular communication with the class teacher and PE Subject Leader will ensure pupils are engaged in a relevant and challenging curriculum.

Includes:

- Extra-curricular activity club
- Regular Pupil Voice data
- Access to Edsential's weekly competitions programme

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

Duration and Cost

Costs ½ day £4650

Full Day £9150

The Power of PE

We firmly believe in utilising the power of being active to develop the whole child. All of our Physical Education lessons focus on how PE can support the physical, mental, social and emotional wellbeing of the children. This is embedded within the resources we use and linked to weekly and termly objectives.

FAN (Fitness-Activity-Nutrition) Programme



MAD Fitness UK

This Programme Supports

1. Tackling the national obesity crisis
2. Meeting Chief Medical Officers' guidelines for 60 minutes of physical activity each day
3. Promoting and raising the profile of being physically active and maintaining a healthy balanced diet

Why a School Should Buy?

In partnership with MADFitness, Edsential are able to offer a range of individual programmes and packages to support schools in the areas identified above.

All programmes aim to engage, excite and educate pupils and staff in the benefits and importance of being physically active and maintaining a healthy, balanced diet. Ensuring a sustainable plan is key with all the programmes delivered and schools will be supported in monitoring impact.

- All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.
- All children and young people should minimise the amount of time spent being sedentary (sitting) for extended periods.

Reception pupils under weight, over weight or obese –
CWAC = 21%, Wirral = 25.5%, National 23.4%

Year 6 pupils under weight, over weight or obese –
CWAC = 34%, Wirral = 37%, National = 35.7%

Options:	Duration and Cost
<p>Whole School FAN Day</p> <p>1 x session for each class in the school focusing on Fitness, Activity and Nutrition. Also includes a before school session for pupils, parents and staff and a whole school assembly. The theme for the day can be adapted to focus more on one of the three aspects of FAN.</p>	<p>£380</p> <p>Please note: The FAN Staff Training and Wellbeing Session can be added to this day for just £180</p>
<p>FAN Staff Training and Wellbeing Sessions</p> <p>These twilight sessions will enable school staff to integrate the messages and principles delivered through the FAN Programme into their own teaching. The sessions will also focus on staff wellbeing and encourage staff to use physical activity to promote their own wellbeing. A typical session may include: A team warm up activity, teamwork challenges, high(er) intensity workout (boxercise, body combat or similar), discussion around nutrition and a balanced diet, relaxation, stress reduction and mindfulness.</p>	<p>1 x twilight session £275 2 x twilight session £480 Any additional sessions £200</p>
<p>Fitness Challenge Days x 2</p> <p>A fitness challenge day will allow a school to accurately monitor the improvements made in relation to 4 x simple fitness challenges. Pupils are encouraged to challenge them selves to be the best they can throughout the sessions with a clear focus on personal achievement and not class leaderboards! It is recommended that there is at least 6 months between the two challenge days. Also includes a full post programme report detailing identified trends.</p>	<p>£750</p>
<p>Healthy Lifestyles</p> <p>A full school day linked to the National Curriculum, packed with learning around leading healthy lifestyles! Throughout the day, up to 6 classes can take part in: a range of active and engaging workshops - ranging from sugar swaps, balanced diets, active lifestyles and much more; a wake-up shake-up assembly and a parental engagement session after school. .</p>	<p>£380</p>

To Book

Visit www.edsentia.com/PE



Personal Best – Mental Health through Physical Activity

This Programme Supports

1. Disengaged pupils with low confidence and esteem
2. Engagement of the least active in regular physical activity
3. Social and emotional wellbeing, including resilience, confidence, problem solving and leadership

Why a School Should Buy?

This programme utilises the power of being physically active and achieving their own Personal Best to make positive changes to the emotional, social and mental health of young people.

Each group takes part in a carefully designed activity that focuses on social, emotional and mental health. The physical activities are generally not traditionally competitive; the key message is always about each young person challenging themselves to be the best they can be.

At the start of each programme young people set themselves personal goals that they self-assess against at the end of each week.

Targeted groups may include those who struggle to engage, have increased anxiety, a lack of confidence or self-belief and a lack of enthusiasm towards being active.

Poor MENTAL HEALTH can lead to:

- Poor Diet
- Overweight and Obesity

Poor PHYSICAL HEALTH can lead to:

- Low confidence and Self Esteem
- Anxiety and depression



Duration and Cost

½ day per week for 6 weeks
(3 groups per ½ day)
£840

Key Objectives

RESILIENCE – “I can keep trying when things become difficult”

CONFIDENCE – “I feel confident”

PHYSICAL ACTIVITY – “I like taking part in Physical Activity”

Who is this programme for?

Children and Young People who:

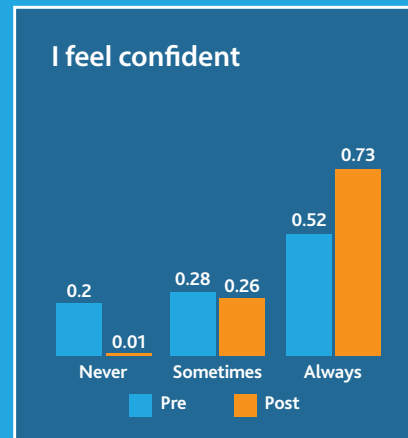
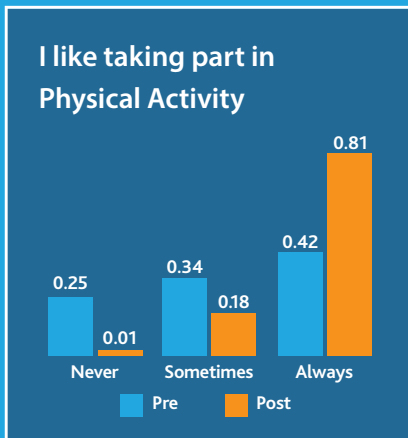
- Are currently inactive or disengaged with Physical Activity
- Are lacking confidence in all areas of school and/or personal life
- Are lacking resilience
- Have a physical condition which is preventing them from fully accessing a schools PE and sport offer
- Are struggling with weight management
- Are displaying behaviour issues linked to confidence and/or resilience

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com



IMPACT

Following the programme more than 80% of pupils 'always' feel like taking part in Physical Activity. A 100% increase from the start.

At the start of the programme 20% of pupils 'never' felt confident. This dropped to just 1% following the programme.

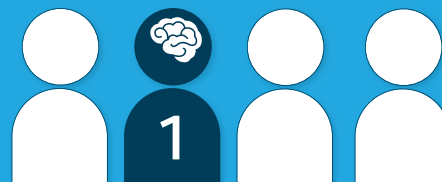
Following the programme, ALL pupils feel like they can keep trying at least sometimes and almost 75% feel like they can do this all of the time.

Numbers of Pupils: 850+

One in four

children display evidence of

Mental ill health



STAFF QUOTES

"I just wanted to thank you for the fantastic personal best programme you ran this half term. The feedback from the children and the staff has been really positive. Now, over half of the children who were not engaging in an after school club are hoping to join a club next half term. Great news!"

Subject Leadership

This Programme Supports

1. Effective Leadership and Management of Physical Education, Sport and Physical Activity
2. Meeting the Chief Medical Officers' guidelines for 60 minutes of physical activity each day
3. Raising the profile of PE and Sport across the whole school

A member of our team will take the role of PE and Sport Subject Leader for your school.

This can include:

- Action planning and evidencing
- Learning walks, staff professional development and training
- Organisation of PE and sport in your school, alongside extra-curricular activities (after school clubs and competitions)
- Specialist interventions (motor skills, active learning)
- Governors reports, ensuring best use of PE Premium funding and applications for awards

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

Cost

Half day per week £4600

Full day per week £9000

"Children aged five to 16 now spend an average of six and a half hours a day in front of a screen compared with around three hours in 1995."





Competitions and Events

Virtual Competitions

This Programme Supports

1. Engagement of the least active in regular physical activity
2. School Games Mark criteria
3. Raising the profile of PE and School Sport across the whole school

Why a School Should Buy?

In addition to the termly virtual competition, each school will receive an additional competition per term to run in their school.

These events and competitions are an excellent way to engage all pupils within your school from year 1 through to year 6. The aim is to engage pupils who would not normally take part in competitions or be selected for the school team. The emphasis is placed firmly on ensuring the children taking part enjoy themselves and go back to school and home to parents full of enthusiasm.

The Edsential events and competitions allow for flexibility. Schools are encouraged to turn up regardless of previous experience, team sizes or ability. Rules and competition format are often adapted on the day to make sure it is a safe and positive environment for pupils to learn and compete in.

There are a wide variety of events available throughout the year and we ensure all abilities are catered for.

For further information

Visit www.edsential.com/PE

Cost
£200

"The virtual competitions this year have really helped our children to learn how to compete in a friendly and non-threatening environment. They have become an important part of each term and something the staff and pupils look forward to"



F2 and KS1 Physical Activity Festivals

This Programme Supports

1. Development of physical literacy and fine and gross motor skills
2. Engagement of pupils in a range of sports and activities
3. Meeting Chief Medical Officers' guidelines for 60 minutes of physical activity each day

Why a School Should Buy?

The F2 and KS1 Physical Activity Festivals Programme has been successfully running for the past 5 years. It was designed to create opportunities for younger pupils who have traditionally been overlooked when sports competitions and events are organised. With over 220 events delivered and more than 18,000 4-7 year olds engaged, the programme has evolved to ensure a wide range of high-quality opportunities are available.

The Format

Each 1/2-day event allows for 3 groups (maximum of 30 per group) to take part. Each group will take part in 3 x 40-minute activities. Activities may include: karate, various dance styles, badminton, tennis, multi skills, trampolining, cricket and football.

For further information

Visit www.edsential.com/PE

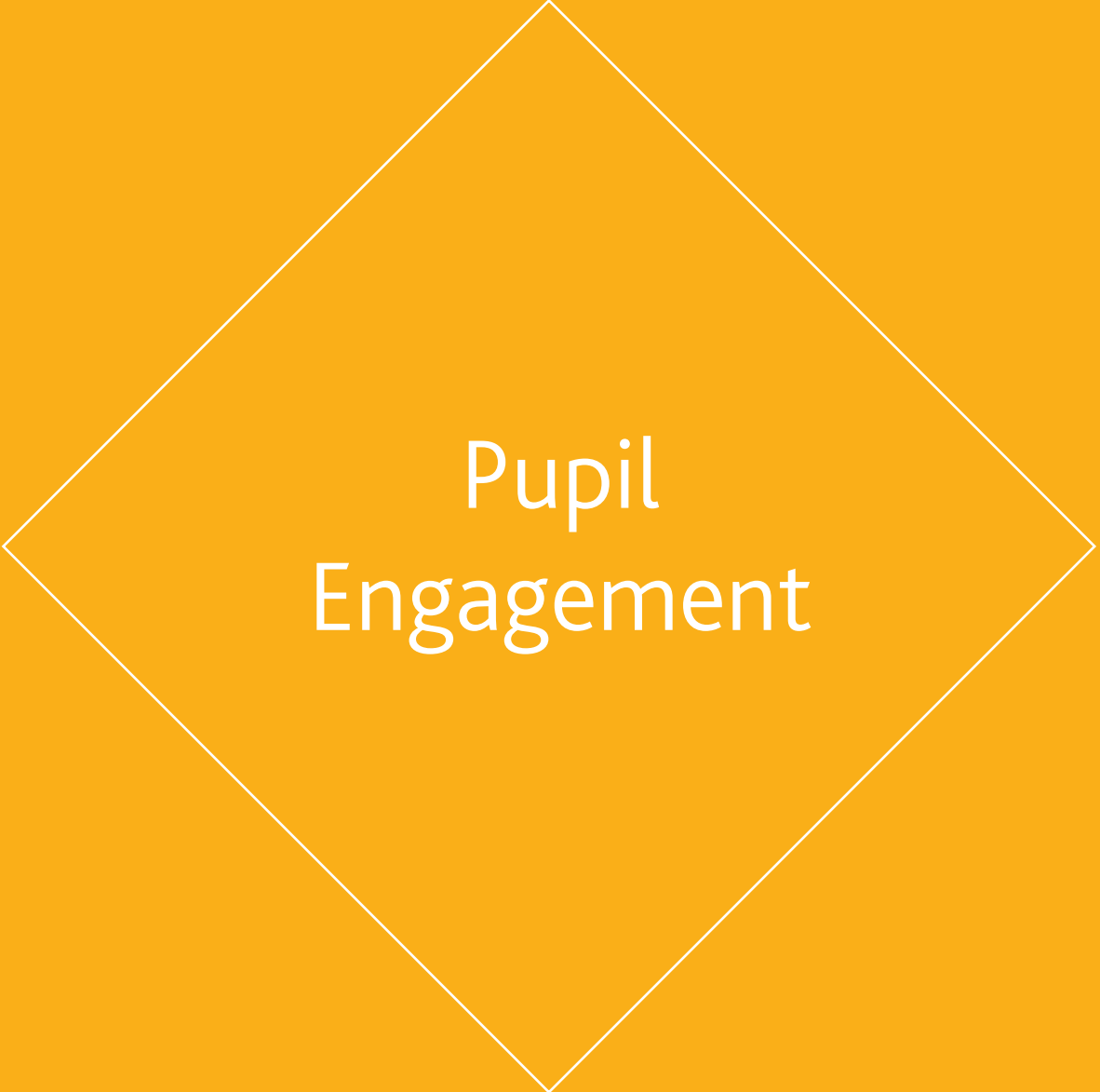
Cost

1 x group (max. 30) per ½ day session
£230

"The children loved getting a taste of new sports which we currently are not able to offer in school."

"The atmosphere at the Festival meant that the children got to sample a large sporting event without it being a competition."





Pupil Engagement

PlayMaker Award

This Programme Supports

1. Early Years Physical Development (ELG) and school readiness
2. Development of physical literacy and fine and gross motor skills
3. Sustainable and effective use of the PE and Sport Premium

Why a School Should Buy?

Pupils will take part in practical learning through leadership activities, allowing them to continually develop their skills and knowledge through practice. All skills can also be applied and built on through leading activities within the classroom or in an extra-curricular setting, such as Energy Club sessions.

Primary Leaders is an annual licence that enables primary schools to develop leadership skills in their pupils. This licence will provide you access for 1 academic year to the PlayMaker Award and Energy Club resources.

This Programme includes:

- Energy Club Resource Cards
- Leadership Journals
- End of Programme Certificates
- Expert Delivery
- National Accreditation

Cost

Cost from £575

"The PlayMaker award is a great way to develop the leadership skills of pupil's in years 5 and 6. Our expert delivery will provide your school with a team of playground leaders that are able to deliver playtime activities to younger children with the help of the energy club activity cards. The playmaker award aims to develop many soft skills and character traits of pupils including confidence, resilience and communication."

- Energy Club Resource Cards
- Focuses on core areas of leadership: participants, area, communication and equipment
- Easy to use and accessible resources for school staff and PlayMakers
- Recognition of achievement through downloadable certificates
- Supports Key Stage 2 curriculum for English, Physical Education, PHSE and citizenship

To Book

Visit www.edsential.com/PE



ENERGY CLUB - SESSION 19

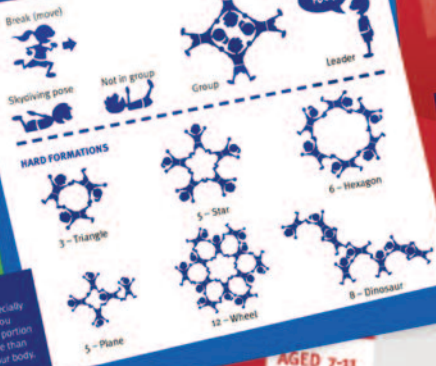
AGED 7-11

WARM UP GAME SKYDIVING

- Use a large area, roughly 20m x 20m.
- Players are a skydiving team that are going to make some shapes before they release their parachutes.
- Demonstrate the skydiving position (lying on fronts, knees bent 90 feet are in the air, arms raised off the floor).
- To start, ask the players to run around the area. After a few seconds start using the following commands:
 - Shout a number – players must get in to a group of that size, formed as shown in the diagram.
 - “Break” – players can move around the area again.
 - “Fly” – the entire group in one skydiving circle.
 - “Release parachutes” – players must move slowly towards an area you would like them to land.
- Players that cannot find a group must lie on their backs with arms and legs in the air until “break” is shouted.

B Energetic Crew member Zach is going to take you on his favourite day out... a trip flying in an airplane. Zach loves being on an airplane, as well as watching people skydiving and parachuting. Are you ready to join Zach as he flies through the sky?

B Energetic Crew Member
 Name: Zach
 Likes: Tag
 Favourite food: Rice
 Favourite trip: In the skies



PROGRESSION! SKYDIVING SHAPE SHIFTER

- Start off with your team sitting in a circle. The teacher starts by shouting out a number and the group must get into that shape.
- Using a ‘groupwork shape poster’ for example, introduce a new shape and allow the group to try to make it.
- Split the group into groups of four or five. Give each a ‘teacher’ role. They will give instructions to their group and be able to change the group.

Equipment Needed:
Cones (to mark out area)

ENERGY IN

How much energy could rice give you?
 = A little energy
 = A little more energy
 = Lots of energy



ENERGY

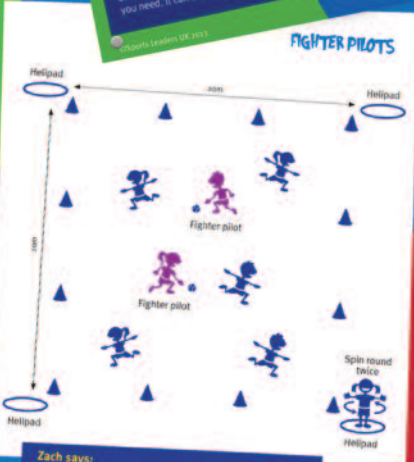
GAME FIGHTER PILOTS

- Set up the area as shown in the diagram.
- Select two players (three or four for a group of more than 20 players) to be the fighter pilots. Give them a ball and two balls each as their missiles.
- The remaining players are jet planes that are to dodge the fighter pilot’s missiles.
- On ‘go’ the fighter pilots have to try to under-arms roll their missiles at the jet planes. Only hits on the legs count as hits.
- It is the fighter pilots responsibility to retrieve the missiles once rolled.
- When a jet plane is hit, they must fly to the helipads and spin around twice to regenerate. They may re-enter the area after they do this.
- Play for a set period of time and then change over the fighter pilots.

Equipment Needed:
Cones, Balls, Missiles

IMPORTANT REMINDER FOR SESSION 20

Make sure you download, print and prepare the Energy In, Energy Out Snap cards from the Sports Leaders UK Association.



Zach says:
Playing tag is great fun. There are loads of different tag games and you do not need any equipment to play it.

AGED 7-11

PROGRESSION!

- Split each player into four groups of four. Players have to be the owner of the playing area and a missile is thrown.
- Make it harder:
 - Make it a tag game where they ‘generate’ balls.
 - On ‘generate’ the player ‘rolls’ the ball.
- Make it easier:
 - 2 fighter pilots control three balls – other jet players can’t get them away!

FINISHING THE SESSION ENERGY OUT

How much energy could playing tag use?
 A little energy could be enough for 10 minutes playing tag.
 A little more energy could be enough for 20 minutes playing tag.
 Lots of energy could be enough for 30 minutes playing tag.

ENERGY POINTS

12

Breakfast and After School Activity Clubs

This Programme Supports

1. Meeting Chief Medical Officers' guidelines for 60 minutes of physical activity each day
2. Engagement of ALL pupils in regular physical activity
3. Tackling the national obesity crisis

Why a School Should Buy?

Our experienced team of coaches and instructors can provide a high quality addition to your school's extra-curricular programme. Delivery is available in the following areas:

- Badminton
- Tennis
- Dance (Various Styles)
- Cricket
- Basketball
- Health and Fitness
- Athletics
- Dodgeball
- Rounders
- More available on request

To Book

Visit www.edsential.com/PE

Duration and Cost

1 hour session per week for 1 x ½ term
£260

Karate

This Programme Supports

1. Social and emotional wellbeing, including resilience, confidence, problem solving and leadership
2. Development of pupil's leadership skills, motivation and improved behaviour
3. Improved concentration, motivation and readiness to learn

Why a School Should Buy?

Our experienced team of karate instructors have a proven track record of using karate to meet the varying needs of the schools they work in. The development of resilience, self-esteem, determination and discipline, physical strength and fitness are key components of the programme.

High quality sessions before and after school are designed to engage and inspire pupils and attract a new audience to your schools out of hours programme. All pupils and parents will be invited to an end of term Karate showcase event.

Half day curriculum sessions are a popular way of broadening the range of activities delivered as part of a school's curriculum programme. Each lesson will demonstrate a clear progression in physical skills whilst also focusing on other important aspects of the national curriculum such as social and emotional awareness and cognitive abilities.

To Book

Visit www.edsential.com/PE

Duration and Cost

After School and Breakfast Session

– 1hr session per week

£325 per ½ term

"The difference in the children following the karate sessions is amazing! They are much more focused in the classroom and seem to be productive even at the end of the day".

Class Teacher





Family Engagement

Family Activity Programme

Overview objectives of Family Activity

This Programme Supports

1. Development of positive relationships between parents and their children
2. Parents lack of confidence (relating to being active)
3. Social and emotional wellbeing, including resilience, confidence, problem solving and leadership

Why a School Should Buy?

Our team of specialists deliver a programme that focuses on developing relationships which will impact on the whole family. The sessions provide a vehicle to bring children and families together and engage with each other away from everyday distractions allowing them to bond. By engaging families in regular, positive, active play in school and home environments, they will play and learn together while supporting children to develop skills to achieve in PE, school and life.

- Social
- Emotional
- Physical
- Mental Wellbeing

Provides ideas for games, allows time for families to spend together developing relationships, allows positive relationships to be formed in school and set physical challenges trying to encourage families to become more active.

Encourages children and parents to challenge themselves and work out of their comfort zone to develop new and refine existing skills. Developing and unlocking skills to ensure all young children can reach their potential, this is done through looking at key areas social, cognitive and emotional along with agility, co-ordination, balance.

To Book

Visit www.edsential.com/PE

Duration and Cost

6 x 1-hour sessions
£600



Family Activity Clubs

This Programme Supports

1. Development of positive relationships between parents and their children
2. Meeting Chief Medical Officers' guidelines for 60 minutes of physical activity each day
3. Maximising impact of the PE and Sport Premium on pupils – more active, more often

Why a School Should Buy?

These after school sessions focus on engaging parents/carers and their children in high intensity physical activity. The sessions are delivered in a fun but challenging way that allows all children and parents, regardless of age, ability or physical fitness to take part. Families are encouraged to attend for the duration of the club to allow them to fully appreciate the benefits.

Activities include:

- Zumba
- Soccercise
- Karate
- Fitness Circuits

To Book

Visit www.edsentia.com/PE

For further information contact

carl.sutton@edsentia.com

Duration and Cost

6 x 1-hour sessions

£260





Service Level Agreements

Premium ♦ Standard ♦ Basic

Service Level Agreements

	PRODUCT	PREMIUM £6600	STANDARD £5100	BASIC £2500	BESPOKE
Professional Development	PE Curriculum Support	X2	X2	✓	✓
	PE Subject Leader Support Programme	✓	✓		✓
	Active Learning				✓
Whole School Improvement	PE Passport	✓			✓
	Physical Education Teaching (PPA/Teacher Replacement)				✓
	FAN (Fitness-Activity-Nutrition) Whole School Day	✓			✓
	FAN Challenge Days				✓
	FAN Staff Twilight	✓			✓
	Personal Best – Mental Health and Physical Activity	X2	✓	✓	✓
	PE Subject Leadership				✓
	PE, Sport and Physical Activity Health Check				✓
	Competitions and Events	Virtual Competitions	✓	✓	✓
F2 and KS1 Festivals		X6	X4	X2	✓
Pupil Engagement	Breakfast and After School Clubs	X2	X2	✓	✓
	Play Maker Award (ADD Sports Leader UK Logo)	✓			✓
	Karate	✓	✓		✓
Family Engagement	Family Activity Programme				✓
	Family Engagement Clubs	✓			✓
Additional Services	Learning Walks and Observations	✓			✓
	Edsential Competitions	✓	✓		✓
	PE and Sport Premium Review	✓			✓
	Unlimited advice, guidance and support	✓	✓		
	Pre Ofsted Support Visit	✓			

Bespoke/Build your own package

Some schools may want to create a bespoke package that meets the specific requirements of their school. A bespoke package may still allow a school to benefit from the additional services that are currently available exclusively as part of the Premium, Standard and Basic packages. If you are interested in developing a package specifically for your school, please contact: carl.sutton@edsential.com to arrange a visit.







Other Services

Other Services

PE and Sport Twilight Training

We can deliver staff training in a range of areas including:

- Teaching and Learning (including Planning and Assessment)
- Subject knowledge in a specific area of the PE curriculum
- Active Learning

Cost:

From: £200 per session

PE and Sport Premium Review

A full report into your schools current and future plans will be provided using up to date guidance on the PE and Sport Premium. This includes ensuring a school is compliant with statutory requirements and sharing examples of good practice.

www.edsential.com/products/pe-sport-physical-activity-health-check/

Cost:

From: £150

PE and Sport Consultancy

Range of support including, self-reviews, learning walks/observations, PE and Sport Premium guidance, Ofsted preparation.

www.edsential.com/products/pe-and-sport-consultancy/

Cost:

From: £70

Outdoor Curriculum Enrichment

Bespoke on-site activities supporting teachers to use the school's outdoor space to raise pupil attainment in Maths and English. ½ day a week for 6 weeks.

www.edsential.com/products/pe-and-sport-consultancy/

Cost:

From: £800

PE, Sport and Physical Activity 2 Day Health Check

Our Team can undertake a 2-day Health Check to establish your school's current position in relation to your provision of Physical Education, Sport and Physical Activity. This will include observations, discussion and a full report.

www.edsential.com/products/pe-sport-physical-activity-health-check/

Cost:
£600

Competition Programme

Edsential Competitions are designed to provide an inclusive atmosphere for children of all ages. The focus of these events is to provide opportunities and experiences across a range of high-quality sport and physical activities in a safe and stimulating environment.

www.edsential.com/products/high-quality-physical-education/

Please note:

These competitions are only available as an additional service for schools opting into our Standard and Premium SLA or the PPA options (or an equivalent bespoke SLA)

Skills in Motion

A great opportunity for staff to develop their knowledge of delivering effective fine and gross motor skills sessions. The programme will be delivered over 3½ days, working with two different classes (Early Years or Year 1). Pupils will take part in a fine and gross motor skills session each week, featuring practical activities and resources to support the development of fine motor control and fundamental movement skills.

www.edsential.com

Cost:
£410

JASS

The Junior Award Scheme for Schools (JASS) is a holistic accredited learning programme endorsed by, and very similar to, the Duke of Edinburgh Award. It has been designed for children and young people with a progressive increase in commitment, learning and challenge with the aim of developing confident individuals. The four sections of the Award are: Me and My world; Get Active Stay Active; My Interests; Adventure.

Cost:
Start from £12.50 per pupil

All services except for Physical Education
(PPA/Teacher Replacement)
within this brochure meet the guidelines
for PE & Sport Premium funding



*For further information about any of the
services in this brochure:*

Visit: www.edsential.com

Email: hello@edsential.co.uk

Call: 0151 541 2170

@EdsentialUKH_WB

