

RESET, RE-IMAGINE, RESTORE

CURRICULUM, MENTAL HEALTH & PHYSICAL ACTIVITY,
ONLINE SOLUTIONS, EVENTS & ENRICHMENT



PHYSICAL HEALTH
& WELLBEING

Introduction

Being physically active has always been vitally important for children and young people. The impact that being active can have on learning, physical health, mental wellbeing including confidence, resilience and the development of social skills is clear through extensive research and our own evidence. Is it more important now than ever before? Maybe. But what has become apparent is that there is now an opportunity like never before to:

Reset

Go back to what you believe in as a school and the fundamental reasons for PE, Sport and Health.

Re-imagine

Introduce the ideas that have always seemed too far away or rephrase how key terms are used. Physical activity and wellbeing instead of school sport?

Restore

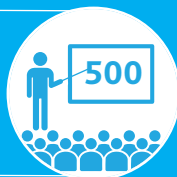
The confidence and self-esteem of young people as they return to full time education, the physical fitness and skills of children after missing both in school and out of school activity for large parts of the past year and the wellbeing of staff who have faced challenges they never thought they would.

This is our promise to all schools. We will support, engage and empower the young people and staff to make positive changes and realise their true potential.

Impact 20/21/20

Throughout the 2020/ 2021 academic year, we have continued to support children, teachers and schools:

Over **500** teachers have accessed our PE Scheme of Work to support the delivery of high-quality PE.



Headline Support

▶ Rainbow Programme (page 19 – 20)

Uses Yoga Therapy and Mindfulness to contribute towards stress reduction, develop resilience, raise self awareness and promote positive mental health. Includes programmes designed for EYFS and KS1, transition, staff wellbeing, Pre-Sats and families.

▶ Competitions and Events

The lack of opportunity for face-to-face competition over the past year has left a huge gap in the work we do with young people and the ability of these young people to fully express their talents, develop their social and emotional skills and increase their confidence. We are all excited to get started again with a full programme of fully inclusive competitions that support schools in getting more children engaged.

▶ School Activity Challenge (page 27)

Our 'School Activity Challenge' is the perfect addition to any school looking to increase physical activity levels. With 100% of schools so far reporting that 'children are more motivated to be active' during the week, the data speaks for itself!

Supporting over **15,000** children across the academic year through high-quality PE, competitive sport opportunities and physical activity sessions.



1,500+ children taught remotely during the period of school closures.



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All prices are excluding VAT. Further details of costs are available at www.edsential.com/PE



Edsential School Swimming

School swimming has hit many barriers in the last year and so it is more important than ever that we get children back in the pools and learning to swim; a skill that could potentially save a life.

Our school swimming team provides schools with an efficient and cost-effective coordination service that promotes a much-needed increase in the number of children who are leaving primary school as competent swimmers, something which is particularly important now, given the current climate.

One point of contact for all swimming enquiries, 9am-5pm
5 days a week support via phone and email

Termly data reports showing progress against the
National Curriculum requirements

Inclusive training for school governors on their role
in supporting School Swimming

Access to latest health and safety guidance

A Quality Assurance Officer will visit pools on a regular
basis to monitor standards of teaching

Booking of all instructors & lifeguards, pool hire and
transport arrangements with only one termly invoice

Access to top up and additional swimming sessions

69% of our pupils **leave primary school as competent swimmers**
(predicted figure for 19/20 academic year compared to less than 50% nationally)



The National Curriculum

Before leaving Year 6, it is expected that children achieve all three aspects of the National Curriculum:

- Swim 25m unaided
- Swim using a Range of Strokes
- Perform a Safe Self-Rescue

For those children who have reached this level of swimming, they will receive a draw-string bag to celebrate their success.

Certificates are also available from our website to celebrate the effort and achievement of swimmers.



Water Safety Activity Booklet

Available to **download for free from our website**, this activity booklet has been created to promote an awareness of how to keep safe around different water-based environments as well as what to do in a dangerous situation. We are hoping that children will gain the knowledge and understanding to keep themselves and others safe.

Our plans to get more children swimming

As many children have missed out on opportunities to swim, our school swimming team will be looking at innovative ways to facilitate additional lessons to ensure the highest number of children leave school with the basic swimming skills, whether that be through top-up lessons in the holidays or more training for teachers and school staff.

Curriculum

Curriculum Design

This Programme Supports

1. New Ofsted Framework
2. Delivery of a progressive curriculum

Why a School Should Buy?

The Curriculum Design support provides a supportive approach to the design and development of an individual PE and Sport Curriculum that matches the specific needs of your pupils. In response to the Ofsted Framework (September 2019) and feedback from Ofsted visits since September 2019, schools are being asked to show how their curriculum meets the needs of their pupils through the logical planning of curriculum intent, matching intent with curriculum implementation and ensuring the curriculum impact is in line with the vision and aims of the subject. This process will support subject leaders in reflecting on their current curriculum and ensuring their future curriculum meets the needs of the school and its pupils.

Includes:

- ½ day subject leader meeting to establish the curriculum Intent, Implementation and Impact.
- Use of curriculum mapping tool to identify priorities, gaps in provision and to write a curriculum vision
- Design and printing of a curriculum map poster (see opposite)

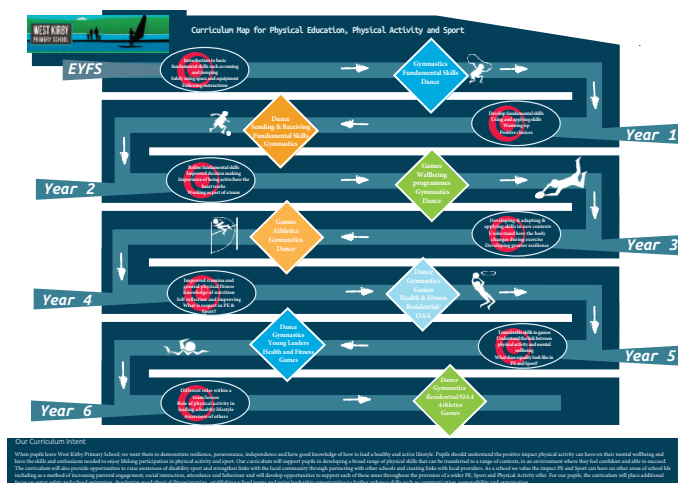
To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

Cost
£600



You may also be interested in...

PE Subject Leader Support Programme – [Click here](#)

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

Options ranging from: 6 weeks intensive support with 2 x teachers to 1-hour focus sessions with up to 12 staff
£890

"I have really enjoyed these sessions! Working with specialist teachers is brilliant. It has refreshed my ideas and allowed me to develop a range of strategies and games that I wouldn't necessarily have thought of myself. I feel more confident implementing teaching strategies and techniques"

Teacher, Bidston Village Primary School

"A really supportive process. Useable teaching methods and knowledge that I can use in my practice. Pitched perfectly to my own competence and clearly explained. Amazing advice throughout."

Teacher, Brookdale Primary School

You may also be interested in...

Edsential PE Passport – [click here](#)

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. New OFSTED Framework

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.

Includes:

- PE and Sport Premium advice, action plans, learning walks and observations, policy writing and school website guidance and compliance
- Termly in school/online update meeting

Termly newsletter including 'Tasks for the Term', useful resources and updates on national and local 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 – £675

"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."



You may also be interested in...

Curriculum Design – [click here](#)

Active Learning Programme

This Programme Supports

1. Physical activity being used as a tool for whole-school improvement
2. Meeting Chief Medical Officer's 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?

Over the last 5 years, 'Active Learning' has grown into an increasingly important tool for learning. Its potential is so vast, yet in many schools, so under-used! Our Active Learning CPD Programme aims to ensure that teachers have the knowledge and confidence to deliver active learning across the curriculum.

Includes:

Step 1

1 x Full '**Active Learning Day**' with Staff Twilight – A bespoke day planned for your school. Each session will model key active learning concepts to teachers and support staff across a range of curriculum areas.

Step 2

2 x ½ day follow-up visits:

Visit 1: Planning workshop with staff.

Step 3

Visit 2: Subject Leader support to look at impact and next steps

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

Cost

£875



You may also be interested in...

School Activity Challenge – See page 27.

PlayMaker Award – See page 24.

Curriculum Subject Leadership

This Programme Supports

1. Effective Leadership and Management of Physical Education, Sport and Physical Activity, including sustainable use of PE Premium funding
2. New OFSTED Framework – Personal development, behaviour and welfare
3. Raising the profile of PE and Sport across the whole school

Why a school should buy

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

Can include:

- Curriculum development - Intent, Implementation and Impact written for PE in-line with other areas of the curriculum
- Staff professional development and in-house staff training (6 x ½ days focused support for teaching staff)
- Staff Twilights (1 x per term)
- Increasing levels of physical activity across the whole school day through supporting school staff to establish and run an active playground
- Organisation of PE and sport in your school (curriculum), alongside extra-curricular activities (afterschool clubs and competitions)
- Specialist interventions (motor skills, physical literacy and active learning)
- Governors reports, website compliance, 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

Duration and Cost

Half day (3.5 hours) – £4950

Evidence from schools so far:

- Increased participation rates (competitions, events and extra-curricular clubs)
- PE Curriculum designed bespoke to each school
- Sustainable systems now embedded across the school (active play times, curriculum assessment, tracking participation and engagement)
- Increased staff confidence with teaching PE
- All school staff regularly delivering PE lessons each week

You may also be interested in...

School Activity Challenge – [click here](#)

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
- Termly update summarising teaching and learning, assessment and progress

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

Duration and Cost

½ day – £4850

Full Day – £9300

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.

“We are now into our third year using Edsential to cover our PPA afternoons. As with the last two years, the children have made consistently good progress within curriculum PE - particularly those in EYFS, who have really benefitted from the high-quality PE lessons.”

The Edsential team have supported us from September with the key aims of our ‘recovery curriculum’ – rebuilding relationships, increasing levels of self-esteem and supporting the overall health and wellbeing of our children.”

Headteacher April 2021

You may also be interested in...

Edsential PE Passport and Scheme of Work

Edsential PE Scheme of Work

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. Raising standards of teaching and learning in Physical Education

Why a School Should Buy?

Launched just over 12 months ago, our PE Scheme of Work will help to support school staff in delivering high-quality outcomes within PE for all children.

Dynamic – The structure of the Scheme of Work allows schools to teach in a way which suits their needs and aims. All units of work are structured to allow for teaching to be either skills based, or games based.

Adaptable – Being hosted online ensures that we can constantly change and adapt our Scheme of Work to meet the changing needs of the schools using it.

Collaborative – 'Request Tokens' allow for schools to request bespoke content to be created for them each year. This content is then added for all schools to use, allowing a collaborative approach across schools towards teaching and learning.

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

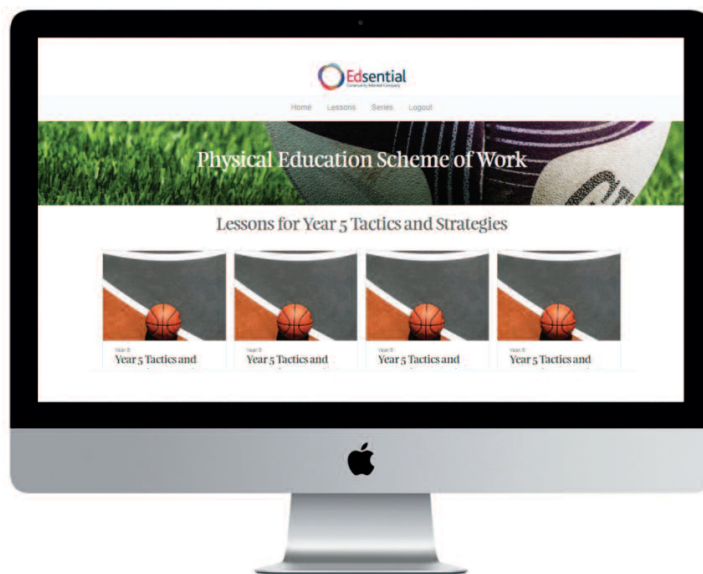
Duration and Cost

12 month subscription – £240

Includes:

- 12-month subscription to Edsential PE Scheme of Work (online platform)
- FREE Assessment system for all year groups
- Adaptable whole-school Long-Term Planning tool
- Progression of skill documents for all key areas of learning (Physical, Thinking, Social and Emotional and Healthy Active Lifestyles skills)
- 5 'Request Tokens'

See below or visit <http://lessons.edsential.com/>





Mental Health and Physical Activity

Fitness and Nutrition Workshops

This Programme Supports

1. Tackling the national obesity crisis
2. Meeting Chief Medical Officer's 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?

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

Fitness and Nutrition Workshops aim to engage, excite and educate pupils and staff in the benefits and importance of being physically active and maintaining a healthy, balanced diet.

Options for purchasing:

- 2 x workshops
- 1 x workshops each half term

(All delivered over ½ days)

To Book

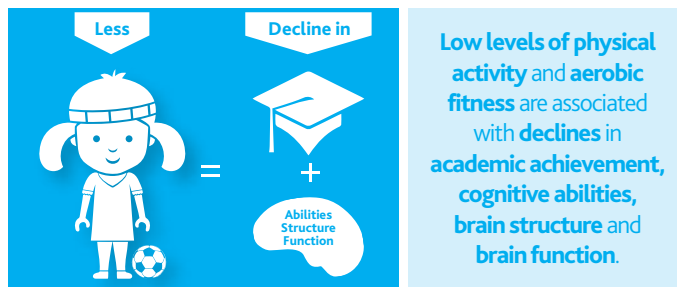
Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

Duration and Cost

2 x 1/2 day workshops – £420



You may also be interested in...

Fitness and Nutrition Workshops – See page 15.

Fitness and Nutrition Workshops – Options



Cardiovascular System and Nutrition:

A theme based around children understanding how their heart works before, during and after exercise, alongside learning about nutrition for a healthy heart.

Outcomes:

- Know how to check heart rate
- Understand that raising heart rate is good for the body
- Know what foods help maintain a healthy heart



Fitness and nutrition (Sugar Swaps):

A theme based on fun ways for children to stay fit and eat healthy, while also enjoying food and lowering sugar intake.

Outcomes:

- Know how long it takes for an effective workout
- Understand which foods contain high amounts of sugar



Physical Activity and Mental Well Being (Morning movers):

A theme based around how physical activity can improve mental wellbeing.

Outcomes:

- Know that there is a correlation between physical activity and mental wellbeing
- Understand how moving in a morning can help your day

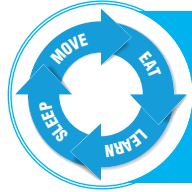


Physical Activity and Technology:

A theme based around how technology can effect physical activity in both positive and negative ways.

Outcomes:

- Understand how some technology and exercise can work together
- Know the dangers of believing everything you read about exercise on social media



Move, Eat, Learn, Sleep:

A theme based around how movement, food, education and sleep all link to help create healthy and active lifestyle.

Outcomes:

- Know that to move well, children need to be fuelled
- Understand that food helps with learning and education
- Know how sleep can help re-energise the body so that we are ready to learn
- Which foods can help with sleep



Strength (Body and Mind):

A theme based around how a strong body can help to create a strong, resilient mind.

Outcomes:

- Understand how strengthening your body can be fun
- Know that mental resilience can be built through creating a strong body

Personal Best – Supporting Mental Health Through Physical Activity

This Programme Supports

1. Disengaged pupils with low confidence and self-esteem
2. Engagement of the least active children in regular physical activity
3. Social and emotional wellbeing in children, including building resilience, developing problem solving skills and decision making

Why a School Should Buy?

A bespoke 6-week programme focusing on social, emotional and mental health through being physically active.

This programme utilises the power of being physically active and achieving their own personal best to make positive changes to the wellbeing of young people.

Centred around 3 key concepts:

- Resilience (I can keep trying when I find things difficult)
- Self-esteem (I feel confident)
- Attitudes towards physical activity (I like taking part in physical activity)

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.

The impact of the programme is measured based on the three key concepts and is shared with schools following the programme.

Duration and Cost

6 x ½ days – £890

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

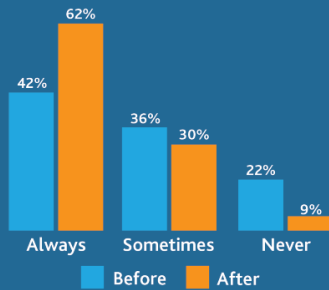
For further information contact

carl.sutton@edsential.com

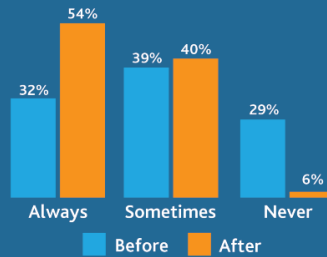
You may also be interested in...

Rainbow Programme – See page 19.

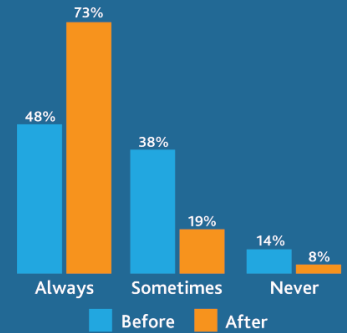
I can keep trying when things become difficult?



I feel confident



I like taking part in physical activity



IMPACT

Following the programme being delivered:

- Since September 2018, over 3000 children have taken part in the Personal Best Programme
- 94% of children now say they either 'always' or 'sometimes' feel confident, compared to 71% of children before the programme.
- Over 2,700 children felt like their resilience levels had increased as a result of the programme.

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!"

FUNdamentals Programme

This Programme Supports

1. Pupils with poor gross motor skills
2. Physical literacy of less active pupils
3. Early Years Physical Development (ELG) and school readiness

Why a School Should Buy?

This programme combines the KS1 PE Age Related Expectations with Early Learning Goals physical development and aims to develop pupils with low gross motor skills. Each group takes part in carefully designed activities that focus on developing physical literacy. As a result of this, children should begin to develop resilience, confidence and a love of physical activity. The activities are not competitive; the key message is always about each young person developing physical literacy and improving their gross motor skills. At the start of each programme young people complete a baseline assessment relating to the Age-Related Expectations for EYFS and Key Stage 1. The programme will be designed bespoke for each school based on this initial assessment.

Targeted groups will include those who struggle to with gross motor skills or have gaps in their physical development from Early Years.

Who is this programme for?

Children and Young People who:

- Are demonstrating poor gross motor skills.
- Are less active outside of school and struggle with their Physical Literacy.
- Will struggle to meet ARE at the end of Key Stage 1
- Are lacking confidence within PE
- Would benefit from sensory stimulation (sensory circuit)

To Book

Visit <https://edsential.com/products/fundamentals-programme/>

For further information contact

carl.sutton@edsential.com

Duration and Cost

6 x ½ days – £720



Rainbow Programme

This Programme Supports

1. Promoting mental wellbeing in young people
2. Promoting the importance of physical activity and maintaining a healthy balanced diet in relation to overall wellbeing
3. Providing support systems and strategies for staff and young people

Why a School Should Buy?

The positive impact of yoga and mindfulness is widely reported, with many schools now beginning to use these powerful tools to support the children in their care.

Key Outcomes:

- Stress reduction
- Develop resilience
- Raise self-awareness
- Promote positive Mental Health



Cost

Prices from £50 per session.

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com



You may also be interested in...

Personal Best Programme – See page 16.

Rainbow Programme

Rainbow Programme

A 12-week programme designed for Key Stage 1 and 2 children focusing on self-awareness and self-management.

Duration and Cost
Prices from: £1700

Pre-SATS Programme

A 6 week programme designed for Year 6 pupils and staff focusing on stress reduction, management and coping techniques. Each session will support pupils in ways to manage their emotions in the lead up to and during tests.

Duration and Cost
6 x 1/2 day sessions – £850

1:1 Interventions

Yoga therapy sessions delivered to support all young people experiencing mental health problems, psychological injury or with neurodevelopment differences. Tailored to individuals needs & delivered using yoga, meditation, counselling & therapeutic play skills.

Duration and Cost
1/2 day session – £140

Pupil Transition

Transition to the next adventure: A 6-week programme primarily designed for Year 6 pupils focusing on transition to secondary school and the feelings and emotions this will bring. This can also be used with Year 5 pupils.

Duration and Cost
6 x 1/2 day sessions – £875

Staff Wellbeing

Bespoke wellbeing sessions delivered after school to support staff in the self management of their physical well being and mental health. This therapeutic approach includes mindfulness, yoga, breath awareness and relaxation.

Duration and Cost
6 x 1 hour sessions – £300

The Power of Reading

Combining yoga, mindfulness and movement with the power of books. The sessions aim to support staff and pupils to gain a deeper insight into texts being used in the classroom.

Duration and Cost
6 x 1/2 day sessions – £875

Pupil Enrichment Tracker (P.E.T)

This Programme Supports

1. New OFSTED Framework – Personal development, behaviour and welfare
2. Engagement of the least active children in regular physical activity

Why a School Should Buy?

Edsential's new Pupil Enrichment Tracker, known as P.E.T, has been developed to provide schools and other groups with an effective system to track, record and reward the engagement of young people in additional activities.

Young people are encouraged to engage in a range of activities in 4 categories:

- Health and Wellbeing
- Cultural
- Community
- Personal Development.

To Book

Visit <https://edsential.com/pet-2/>

For further information contact

carl.sutton@edsential.com

Duration and Cost

From £500 for a 12-month subscription

How does it work?

- Schools add their activities for children and young people to complete based around the 4 categories
- Young people log into the app via their own/ adults' device to see the activities that have been set for them
- Young people complete the activities and upload evidence to the APP. They are then rewarded with coins allowing them to upgrade their virtual avatar.



You may also be interested in...

Personal Best Programme – See page 16.

Pupil Enrichment Tracker – Outcomes for Young People

Interaction



with their own families, others in the local community through engagement in activities that encourage social skills and cooperation

Health and Wellbeing



Encourage young people to become more physically active in a way that suits them. Developing confidence and an understanding of how to lead a healthy active lifestyle including healthy eating

Engagement



in a range of new and exciting activities leading to longer term participation

Social and Emotional Development



Provide opportunities for young people to develop resilience, courage, confidence and self esteem through facing challenges and learning new skills

Website link: <https://edsential.com/pet/>



Events, Experiences and Engagement

PlayMaker Award

This Programme Supports

1. Meeting Chief Medical Officer's guidelines for 60 minutes of physical activity each day
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?

This programme aims to develop young leaders within your school who will be able to deliver high-quality physical activity sessions for younger children across break and lunch times.

Pupils will take part in practical learning through leadership activities. All skills can also be applied and built on through leading activities within the classroom or in an extracurricular setting, such as Energy Club sessions. Programme is suitable for children in Year 5 and Year 6.

This Programme includes:

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



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.
- To start, ask the players to run around the area. After a few seconds start using the following commands:
 - "Check a number" - players must get into a group of that size, formed as shown in the diagram.
 - "Break" - players can move around the area again.
 - "All" - the entire group in one skydiving circle.
 - "Release parachutes" - players must move down to the ground on each you would like them to land.
 - Players that cannot find a group must lie on their back with arms and legs in the air until "Break" is shouted.

Zach says:
Rice is a tasty part of evening meals, especially when served with a curry or chili dish. The rice you need with a curry is a bit more than if rice with your meals. If you eat more than you need, it can be stored as fat in your body.

PROGRESSION! SKYDIVING SHAPE SHIFTER

- Start introducing more difficult shapes like those shown in the diagram (you might need to show/explain the diagrams).
- Using a "group size shape format". For example a 4-square, introduce other commands you can think of.
- Split the group into groups of four or five. Give them a couple of minutes to try to make some other shapes. They can then demonstrate them to other groups and be added to the game.

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 CLUB - SESSION 19 AGED 7-11

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 bib to wear 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 touch arms roll their missiles at the jet planes. Only hit on the legs count as hits.
- It is the fighter pilot's responsibility to retrieve the missiles once rolled.
- When a jet plane is hit, they must fly to the helipad 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, Bibs, Hoops

PROGRESSION! REVERSE THE SESSION

Make sure you download, print and prepare the Energy in, Energy Out Swap cards from the [Energy Club website](#).

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

PROGRESSION! FIGHTER PILOTS

- On each player two lives. Once hit twice, players must sit to the side of the playing area until a rescue is found.
- Make it harder:
 - Make it a tag game rather than throwing balls.
 - Introduce more fighter pilots.
 - Fighter pilots cannot throw balls closer than 2m (approximately).

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

NEW Play Maker Award ft. Take the Whistle

The Play Maker Award now features a 4th day for young leaders. Our team has developed an award to help young leaders to officiate level 2 competitions. This has been designed to tie in with helping schools to achieve the Platinum School Games Mark. The session focuses on four key areas of officiating:

- Knowing the rules
- Where to position yourself
- How/When to use the whistle
- Being decisive

This is done two through different activities, typically Netball and Athletics, where the young leaders taking part will all get the opportunity to officiate and assess their performance using whistles and stopwatches provided by Edsential.



Cost

Cost from £600

"The PlayMaker award is a great way to develop the leadership skills of pupils 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

For further information contact

carl.sutton@edsential.com



Edsential PE Passport

This Programme Supports

1. Effective and efficient Leadership and Management of Physical Education, Sport and Physical Activity
2. Raising standards of Teaching and Learning in Physical Education
3. New OFSTED Framework – Personal development, behaviour and welfare

Why a School Should Buy?

Edsential PE Passport is an efficient and effective tracking, assessment and reporting tool for PE, 'Personal Development' opportunities and physical activity.

- Central evidence hub for all 'Personal Development' activities across the school
- Efficient and effective system for the assessment of Physical Education
- Easily track and monitor Curriculum and Extra-curricular data to allow prompt interventions
- 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 – ensuring progression across the school
- Identify and report key trends and gaps in provision

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 <https://edsential.com/edsential-pe-passport/>

For further information contact

carl.sutton@edsential.com

Cost

Prices from £500

"It has honestly made my life as PE Subject Leader so much easier". – PE Subject Leader, Mount Primary



You may also be interested in...

Staff Training and Twilights – See page 31.

School Activity Challenge

This Programme Supports

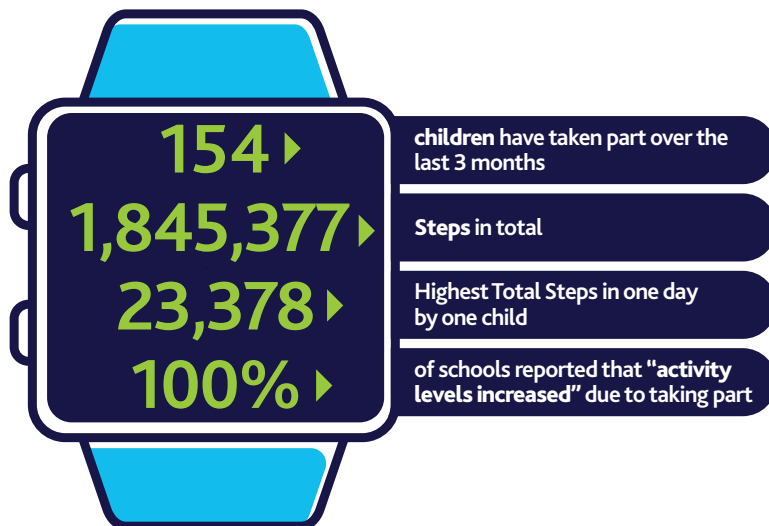
1. New OFSTED Framework – Personal development, behaviour and welfare
2. Raising the profile of PE and Sport across the whole school
3. Engagement of the least active children in regular physical activity

Why a School Should Buy?

Schools are great at providing a range of opportunities for young people to be active throughout the school day - active lessons, daily initiatives such as The Daily Mile, active lunchtimes, and after school provision. However, we feel there is a need for further understanding of when pupils are most active and which pupils are least active.

How does it work?

- A class of pupils will wear a set of activity bands for a whole week.
- The bands will track pupil activity before school, at lunchtimes, after school and out of school.
- This will highlight the particular times pupils are more or less active
- At the end of the week schools will receive a report outlining their data



Duration and Cost

1-week hire (including: setup, collection and report)
£250

Outcomes

Ownership – Young People to take ownership of the physical activity that suits them in an environment that encourages long term engagement

Remove barriers – Create opportunities for ALL young people to become more active in a non-threatening environment.

Sustainability – Young people want to maintain newly improved levels of activity.

Whole Family – Impact on a whole family's approach to activity such as: walking to and from school, influencing siblings and parents to join in activity and links to further opportunities for activity.

To Book

Visit www.edsential.com/PE

For further information contact

carl.sutton@edsential.com

You may also be interested in...

PlayMaker Award – See page 24.

Breakfast and After School Clubs – See page 31.

Suggested Themed Offers

Our suggested packages are tailored to meet the specific needs of the schools we work in and provide a cost effective way of purchasing multiple services and support.

We have carefully selected a range of products to suit each area of focus.

Curriculum package

- Curriculum Design (Page 6)
- Curriculum Support (Page 7)
- Subject Leader Support Programme (Page 8)
- Premium Advice and Guidance' (Page 9)
- Edsential PE Passport (Page 26)

Price from: £2800

Wellbeing package

- Rainbow Programme (Page 19)
- Rainbow Programme - Staff Wellbeing (Page 20)
- Personal Best Programme (Page 16)
- Fitness and Nutrition Workshops (Page 15)

Prices from: £3250

Pupil Engagement and Physical Activity package

- **FUNDamentals Programme** (Page 18)
- **PlayMaker Award** (Page 24)
- **Fitness and Nutrition Workshops** (Page 14)
- **Extra-Curricular Clubs** (Page 31)
- **Edsential PE Passport** (Page 26)
- **School Activity Challenge** (Page 27)

Price from: £3000

**Access to Edsential Competitions Programme will be included with this package*

Advice and Guidance package

- **Unlimited advice guidance and support – including lesson observations, learning walks, staff training sessions, PE and Sport Premium Review, Ofsted advice and guidance**
- **Subject Leader Support Programme** (Page 8)
- **Curriculum Design** (Page 6)

Prices from: £1450

Service Level Agreements

Premium ♦ Standard

Service Level Agreements

PREMIUM COST FROM £7000	STANDARD COST FROM £4975
<p>3 x 6 weeks from the following 3 programmes:</p> <ul style="list-style-type: none"> • Curriculum Support • Personal Best • FUNdamentals Programme <hr/> <ul style="list-style-type: none"> • Subject Leader Support Programme • PlayMaker Award • School Activity Challenge x 2 • Access to Competitions Programme • Festivals x 2 • Breakfast and After School Clubs x 3 • Fitness and Nutrition Workshops x 3 • Edsential PE Passport • Unlimited advice guidance and support – including lesson observations, learning walks, staff training sessions, PE and Sport Premium Review, Ofsted advice and guidance 	<p>2 x 6 weeks from the following 3 programmes:</p> <ul style="list-style-type: none"> • Curriculum Support • Personal Best • FUNdamentals Programme <hr/> <ul style="list-style-type: none"> • Subject Leader Support Programme • PlayMaker Award • School Activity Challenge • Access to Competitions Programme • Festivals x 2 • Breakfast and After School Clubs x 2 • On-going advice and guidance • Fitness and Nutrition Workshops x 2

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 and Standard packages. If you are interested in developing a package specifically for you school, please contact: carl.sutton@edsential.com to arrange a visit.

Other Services

F2 and KS1 Festival Programme

The F2 and KS1 Physical Activity Festivals Programme has been successfully running for the past 5 years. 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.

£280

1 x group of 30 attending
1 x half day event

Breakfast and After School Clubs

Our experienced team of coaches and instructors can provide a high quality addition to your school's extra-curricular programme.

- Badminton
- Tennis
- Dance (Various Styles)
- Cricket
- Basketball
- Health and Fitness
- Athletics
- Dodgeball
- Rounders
- Karate

From £280

1 hour session per week for
1 x ½ term

Staff Twilight Training Sessions

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

From £200

Family Activity Programme

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.

- Social
- Emotional
- Physical
- Mental Wellbeing

From £650

½ day per week for 1 x ½ term

Family Engagement After School Clubs

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.

- Zumba
- Soccerise
- Karate
- Fitness Circuits

From £280

1 hour session per week for
1 x ½ term

Edsential Schools Competitions 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)

Online Solutions

PET APP (Pages 21 – 22)

Our pupil friendly APP encourages young people to engage in a range of enrichment activities across 4 categories: Personal Development, Health and Wellbeing, Cultural, Community. Schools can set their own challenges for pupils to complete and upload to show learning and engagement outside of the 'normal' curriculum and through family participation. See pages 21 and 22 for more details and to set up a free trial.

Website link: <https://edsential.com/pet/>



PE Passport (Page 26)

For the last three years, schools have accessed our PE Passport App. It has continued to grow and adapt each year to support schools in ensuring accurate assessment and participation data is just a few clicks away.



PE Scheme of Work (Page 12)

Following the launch of the online platform 12 months ago, schools have continued to subscribe and feedback on additional resources they would like including. As a result, for 21/22 the resource now includes new units: Dance, Badminton, Key Stage 2 Fundamentals.



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.edsentia.com

Email: hello@edsentia.co.uk

Call: 0151 541 2170

@EdsentiaUKH_WB

