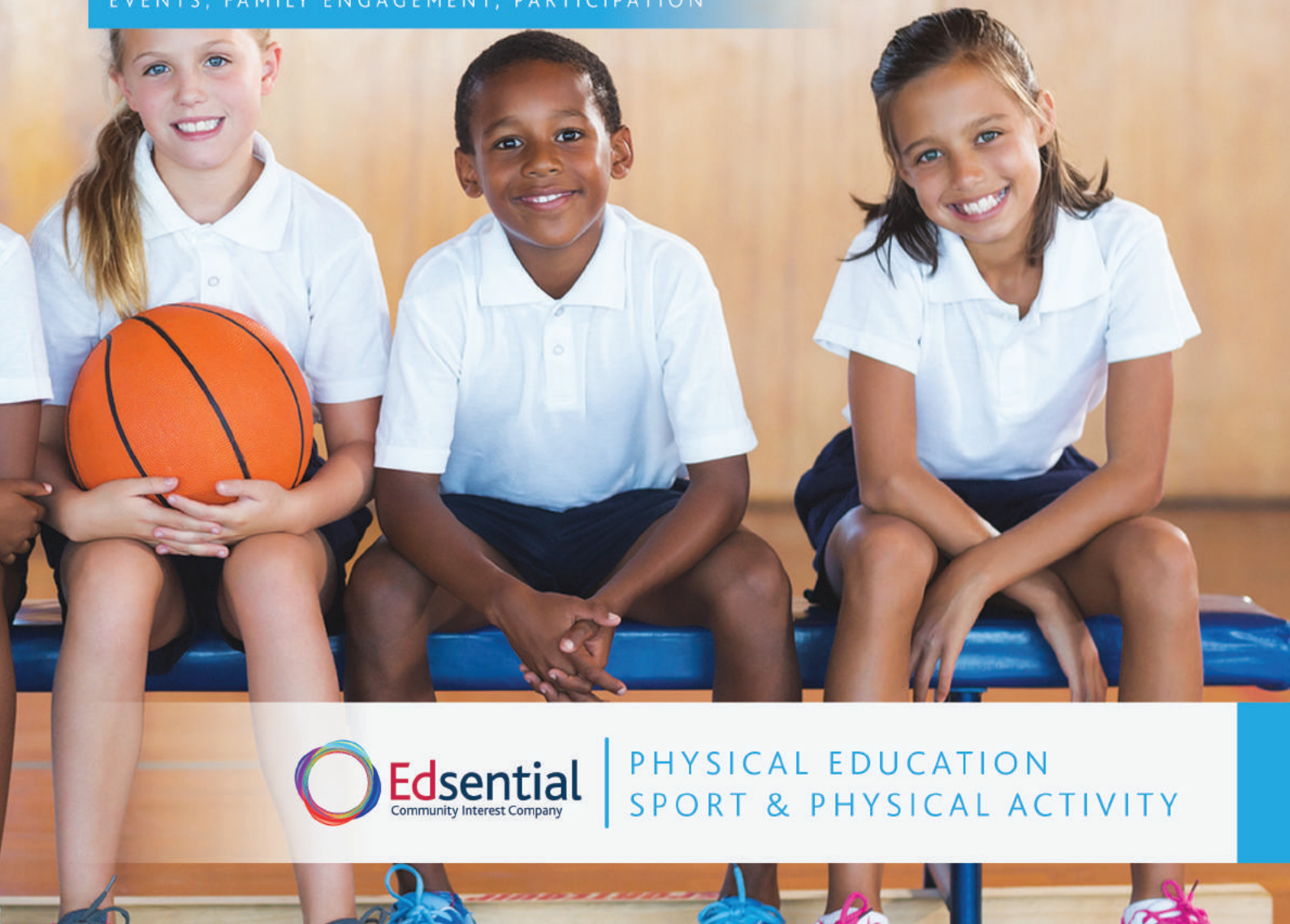
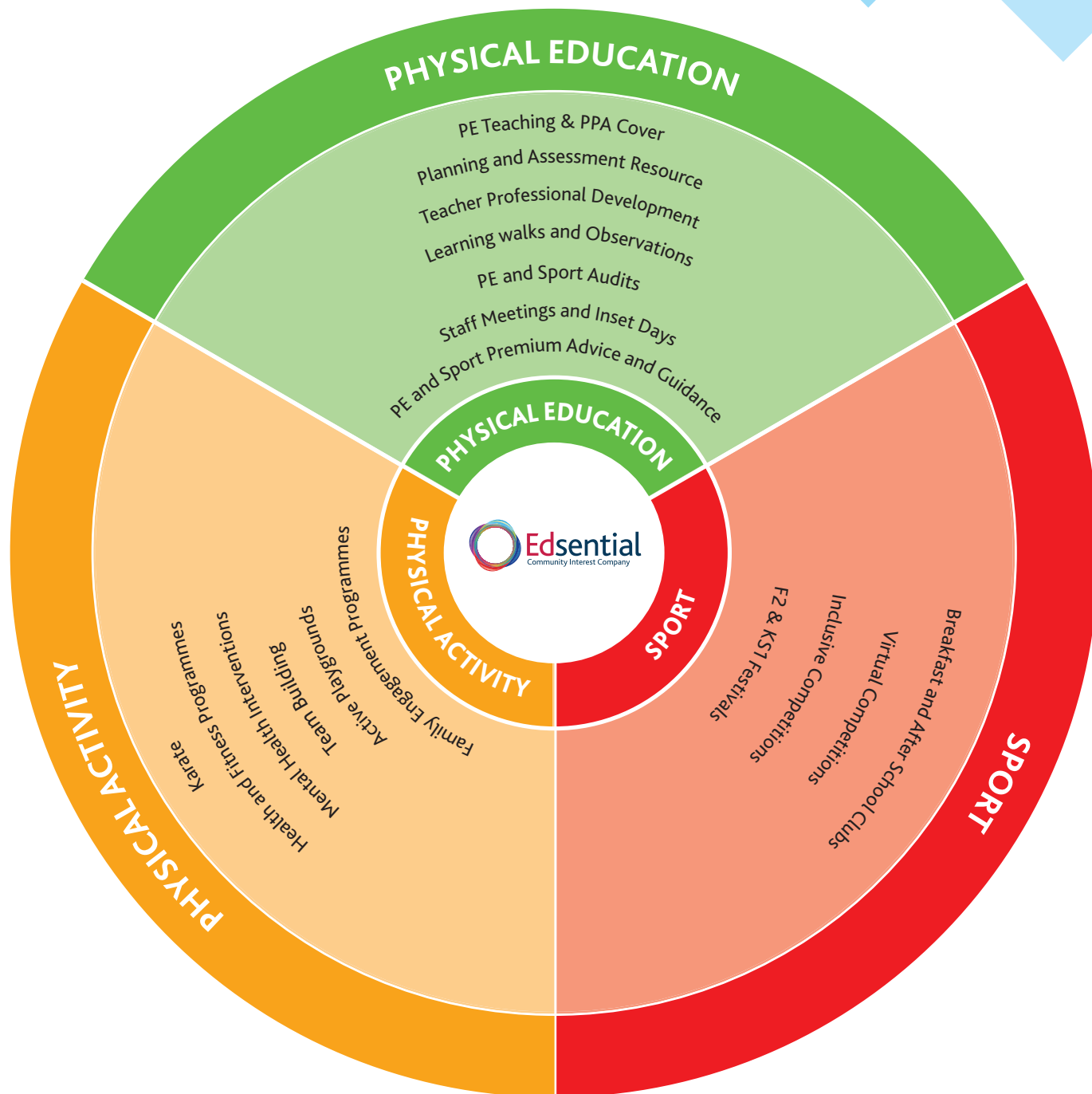


# ACTIVE BODIES HEALTHY MINDS

PROFESSIONAL DEVELOPMENT, TEACHING,  
EVENTS, FAMILY ENGAGEMENT, PARTICIPATION



PHYSICAL EDUCATION  
SPORT & PHYSICAL ACTIVITY



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## About Us

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Most primary school children spend on average, 70% of their classroom time sitting down. Outside the classroom, the number of children walking to school has decreased and, at the same time, many more children are spending longer staring at screens. Children aged 5 to 16 now spend an average of 6½ hours a day in front of a screen compared with around 3 hours in 1995.

In light of these changes to children's habits outside school, how children spend their time in school is becoming increasingly more important. The UK government's recent childhood obesity strategy recommends "active lessons" as one way schools can work towards providing children with at least 30 minutes of physical activity during the school day.

We understand that schools work together collaboratively. If you would like to purchase any product as part of a Teaching School Alliance, Multi Academy Trust, Local Authority or cluster please contact [hello@edsential.co.uk](mailto:hello@edsential.co.uk)

Edsential can create bespoke inset days, seminars and conferences for clusters or individual schools. We can organise as much or as little as you require including content, venue, IT and delegates for example



Edsential's Physical Education, Sport and Physical Activity Team have developed a new offer for 2018/19 that meets the changing needs of schools. The professional development training, family programmes, whole school improvement interventions, pupil experiences, competitions and events have been specifically designed to meet the challenges facing schools.

The new offer also includes ways in which schools can maximise the impact of the PE and Sport Premium, including the use of physical activity to maintain and develop positive mental health.

## Our Team

With an experienced team of Advisors, Teachers, Specialists, Coaches and Instructors, Edsential are able to offer a range of high quality solutions whilst maintaining a commitment to ensuring best value. Our team have experience in a wide range of areas from Ofsted inspections to Family Engagement, and from Mental Health to Dance. The products and services within this publication offer support and provide a range of learning opportunities for the whole school community. This support will empower schools and will enable the continual development of a whole school approach to Physical Education, Sport & Physical Activity.

## Challenges

- Attainment of pupils in Physical Education, including physical, cognitive, social and emotional aspects
- Effective and sustainable use of the PE and Sport Premium
- Effective Leadership and Management of Physical Education, Sport and Physical Activity
- Raising the profile of PE and School Sport across the whole school
- Safe delivery of PE, Sport and Physical Activity
- Raising standards of teaching and learning in Physical Education
- Raising attainment in Maths and English
- Social and emotional wellbeing, including resilience, confidence building, problem solving and leadership
- Tackling the national obesity crisis
- Meeting Chief Medical Officers' guidelines for 60 minutes of physical activity each day
- Development of positive relationships between parents and their children

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



KEY

EY Early Years

F2 Foundation 2<sup>nd</sup> Year

KS1 Key Stage 1

KS2 Key Stage 2

WS Whole School



# Why Invest in Physical Education, Sport and Physical Activity?

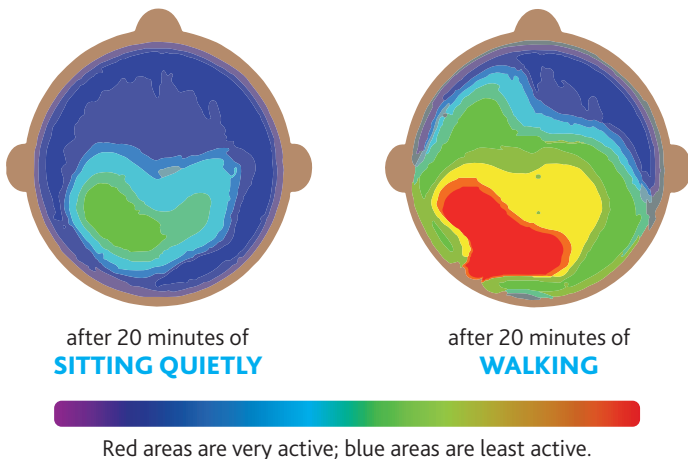
- 1 Children become less active with increased age and the decline is greater amongst girls than boys.
- 2 Girls are less active than boys across all Countries and all age groups.
- 3 Children from the lowest socio-economic groups are less active than those from the highest.

“A positive association exists between academic attainment and physical activity levels of pupils.”

*PHE, The Link between Pupil Health and Wellbeing and Attainment*

## 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.”*

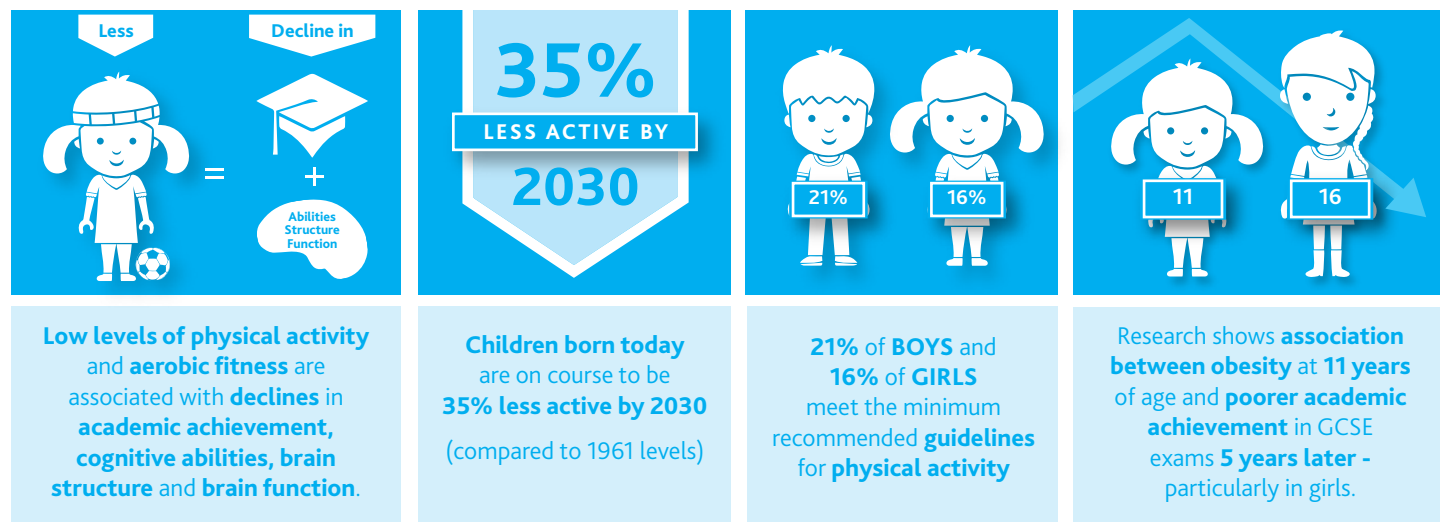
*Sept 2017 - Jan 2018*

*“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

# Curriculum Support

WS

## 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

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

6 x ½ days

Working with two different class teachers

£800 + VAT

*"The way the different abilities were challenged was refreshing to watch and will definitely shape my teaching of PE in the future".*





# 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

Scan the QR code or visit [www.edsentia.co.uk](http://www.edsentia.co.uk)



## For further information contact

[carl.sutton@edsentia.co.uk](mailto:carl.sutton@edsentia.co.uk)

## Duration and Cost

1 x ½ day per term  
£500 + VAT

*"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."*



# PE, Sport and Physical Activity Health Check

## This Programme Supports

1. Effective Leadership and Management of Physical Education, Sport and Physical Activity
2. Safe delivery of PE, Sport and Physical Activity
3. Raising standards of teaching and learning in Physical Education

## Why a School Should Buy?

What is your schools current position in relation to the provision of PE, Sport and Physical Activity? Do you know where to focus the additional PE and Sports Premium?

We offer support through a process of self-evaluation, target setting, action planning and interventions.

### Includes:

- Pupil voice, discussions with Head Teacher, subject leader and a school governor, parent survey, learning walks and general observations and a summary report.

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

1½ days in school (including report writing)  
£500 + VAT

*"Following the visit from Kath, myself and the Head Teacher have spent some time re-evaluating what we currently do and we are now in a position to target how we use the PE and Sport Premium in a way that benefits the pupils the most."*

# Staff Inset and Twilight Training

WS

## 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

Please provide a brief overview of the nature of the training when booking. It can include combinations of some of the suggestions above.

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

Twilight Training session £200 + VAT

½ day Inset £275 + VAT

1 day Inset £500 + VAT

*"Very informative. Great information provided about the new PE premium".*

*"Informative, knowledgeable delivery and engaging".*

*100% of training delivered in 2017/18 is rated as very good or excellent*







# Whole School Improvement

# PE and Sport Consultancy

## This Programme Supports

1. Leadership and Management of Physical Education, Sport and Physical Activity
2. Quality assurance and development of current provision
3. Raising the profile of PE and School Sport across the whole school

## Why a School Should Buy?

Our team of specialists and advisors can support schools in a number of ways outlined below. Support includes reports and written feedback where applicable.

### Can include:

- Learning Walks and Lesson Observations
- Pre-Ofsted Support
- Applications for nationally recognised quality marks
- Interview process for PE and Sport Staff
- Health and Safety Advice and Guidance

Please provide a brief overview of the nature of the consultancy when booking. It can include combinations of some of the suggestions above.

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

Hourly rate £70 + VAT

½ day Consultancy £200 + VAT

1 day Consultancy £400 + VAT



# Outdoor Curriculum Enrichment

KS1

KS2

## This Programme Supports

1. Raising attainment in Maths and English
2. Development of a culture of Active Learning across the whole school
3. Social and emotional wellbeing, including resilience, confidence, problem solving and leadership

## Why a School Should Buy?

Research shows the positive impact of active learning and an alternative approach to delivering the Maths and English curriculum. This programme uses your school's outdoor area as the stimulus to inspire learners to achieve more in Maths and English. Bespoke school-based activities will also help to promote resilience, self-confidence, leadership, problem solving whilst also supporting the reduction of stress and anxiety. Delivered alongside the class teacher, the programme ensures long term impact by providing support for school staff, allowing them to continue using the activities and ideas following the conclusion of the programme.

## Includes:

- Pre-programme visit to plan the use of the available outdoor area
- Pre-programme discussion with class teachers to establish the areas of focus within the Maths and or English curriculum
- Resources

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

6 x ½ days  
– working with two different classes  
£800 + VAT





# Physical Education PPA & Teacher Replacement

WS

## 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

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

½ day from £4950 + VAT  
- including breakfast club (AM)  
or after school club (PM)

1 day from £9000 + VAT  
- including lunch time club  
and after school club from

Other options available on request

# FAN Programme (Fitness-Activity-Nutrition)

WS

## 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.

**In Reception over 1 in 5 were measured as obese or overweight in 2016.**

**In Year 6 over 1 in 3 children were measured as obese or overweight in 2016.**

**By 2020 it is predicted that 50% of primary aged children will be classed as obese.**

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## Options:

All based on 1 class per year group. Please increase quantity when booking for additional classes per year group.

### ■ Whole school FAN Day (Fitness-Activity-Nutrition) £380 + VAT

1 x session for each class in the school focusing on the 3 aspects of FAN. Also includes: before school wake up type activity, a whole school assembly and an after-school session for pupils, parents and staff. Example activities include aerobics, circuits, boxercise and dance.

### ■ FAN twilight training £275 + VAT

Enables school staff to integrate the aspects and principles behind the FAN Programme into their own teaching. Includes Fitness and Nutrition session cards and online supporting videos.

### ■ Fitness Challenge Day x2 £750 + VAT

One full day at the start and end of the measured period using specifically designed and fun tasks to measure pupil fitness. Includes; leadership opportunities and full analysis of results.

### ■ Get Moving Programme £1280 + VAT

Whole School FAN Programme (as above) plus 5 x ½ day sessions to support teachers in the implementation of FAN into their PE Curriculum. Two teachers can be supported during this time. Includes Fitness and Nutrition session cards and online supporting videos.

### ■ Full FAN Package £1320 + VAT

- Fitness Challenge Day x2
- FAN Twilight Training
- Whole school FAN (Fitness-Activity-Nutrition) Day
- Fitness and Nutrition session cards and online supporting videos







# Personal Best – Mental Health through Physical Activity

KS1

KS2

## 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.

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

½ day per week for 6 weeks  
(3 groups per ½ day)  
£800 + VAT

*92% of pupils have said they feel 'more or a lot more confident' following the programme.*

*91% of pupils have responded that they want to take part in more physical activity following the programme.*

*100% of pupils feel they are 'more or a lot more' likely to keep going when things become difficult following the programme.*

# PE and Sport Premium Review

## This Programme Supports

1. Meeting statutory guidelines for the PE and Sport Premium
2. Effective and sustainable use of the PE and Sport Premium
3. Maximising impact of the PE and Sport Premium on pupils – more active, more often

## Why a School Should Buy?

By the end of the 2019/2020 academic year, schools will have received on average £90,000 as part of the Government's PE and Sport Premium funding. In addition to supporting the statutory requirements for monitoring, measuring and evidencing the impact of your schools spend, this support can help schools to ensure that they are maximising the effect of the funding on the pupils in their school.

Delivered by Edsential's Lead for Physical Education and using the most up to date national guidance, research and advice from partners, both options can allow schools to confidently plan and deliver a sustainable offer for Physical Education, Sport and Health.

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Options and Cost

Website Review Only – £150 + VAT

A full in-depth review and evaluation of the information published on the schools' website. Includes a report identifying how to ensure a school remains or becomes Ofsted compliant and guidance to support effective use of the PE and Sport Premium.

Website Review and ½ day visit – £300 + VAT

Includes the above plus a school visit to discuss how the school can implement the change needed to ensure the maximum impact of the PE and Sport Premium.

*"Accountability reviews will be carried out after the April deadline for schools to have published details on their websites of how they have spent their premium funding. We will sample a number of schools in each local authority, with the schools chosen based on a mix of random selection and prior non-compliance with the online reporting requirements." OR*

*"You must publish details of how you spend your PE and sport premium funding. This must include:*

- *the amount of premium received*
- *a full breakdown of how it has been spent (or will be spent)*
- *the impact the school has seen on pupils' PE and sport participation and attainment*
- *how the improvements will be sustainable in the future"*

*Both from gov.uk*

## This Programme Supports

1. Raising attainment in Maths and English
2. Development of a culture of Active Learning across the whole school
3. Effective and sustainable use of the PE and Sport Premium

## Why a School Should Buy?

Most primary school children spend on average, 70% of their classroom time sitting down. Outside the classroom, the number of children walking to school has decreased and, at the same time, many more children are spending longer staring at screens. In light of these changes to children's habits outside school, how children spend their time in school is becoming increasingly more important. And the UK government's recent childhood obesity strategy recommends "active lessons" as one way schools can work towards providing children with at least 30 minutes of physical activity during the school day.

## Options:

**Curriculum Support Model** – 6 x ½ days with two different teachers focusing on how a pre-determined area of Maths/English can be delivered as part of an active lesson.

**Whole Staff Twilight** – 1.5 hour session looking at active pedagogy and practical ways of making Maths and English lessons more active.

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Cost

Curriculum Support Model - £1000 + VAT  
6 x ½ days

Whole Staff Twilight - £200 + VAT

*"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

WS

## This Programme Supports

1. Engagement in Competitive Opportunities
2. Sainsbury's School Games applications and young leaders
3. Sustainable and effective use of the PE and Sport Premium

## What is a Virtual Competition?

Pupils take part in a number of physical activity challenges within their schools, the data is then compiled and we at Edsential do the hard work of analysing it and comparing it to that of other schools. We then confirm the results with you, all by email / Twitter.

## Why a School Should Buy?

Edsential will support schools in organising and delivering 3 x intra-school competitions on their own school site, one each term. (We will send you a competition card each term, with teaching points).

Results from all schools will be compiled and compared to determine overall school winners, year group winners, individual winners etc. Overall results will be sent out at the start of the following term via Twitter and then email.

Results and data can be used as part of a school's application for the Sainsbury's School Games Award under the new Personal Challenge category.

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[jennie.mccombs@edsential.co.uk](mailto:jennie.mccombs@edsential.co.uk)

## Cost

£200 + VAT

*"I've loved this competition, can we do it every week?"*









# Competitions for All

KS1

KS2

## This Programme Supports

1. Engagement of the least active in regular physical activity
2. Social and emotional wellbeing, including resilience, confidence, problem solving and leadership
3. Raising the profile of PE and School Sport across the whole school

## Why a School Should Buy?

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

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## Cost

N/A - These events are only available to schools who have opted for the Edsential Premium or Standard PE SLA or equivalent

*"Mike creates a relaxed atmosphere at the competitions and really accommodates for all abilities"*

*Primary teacher*

*During the 2016/17 and 2017/18 events, for over 80% of pupils taking part it was their first time representing the school. For the majority of these pupils it was also the first time they had played the sport they were taking part in.*

# F2 and KS1 Physical Activity Festivals

ES

KS1

## This Programme Supports

1. Development of physical literacy and fine and gross motor skills
2. Engagement of ALL pupils in regular physical activity
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 running for the past 4 years. It was designed to create opportunities for younger pupils who have traditionally been overlooked when sports competitions and events are organised. After 4 years, over 200 events and more than 18,000 4-7year 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 45 minute activities. Activities may include: Karate, various dance styles, badminton, tennis, multi skills, trampolining, cricket and football.

## For further information

Scan the QR code or  
visit [www.edsential.com](http://www.edsential.com)



## Cost

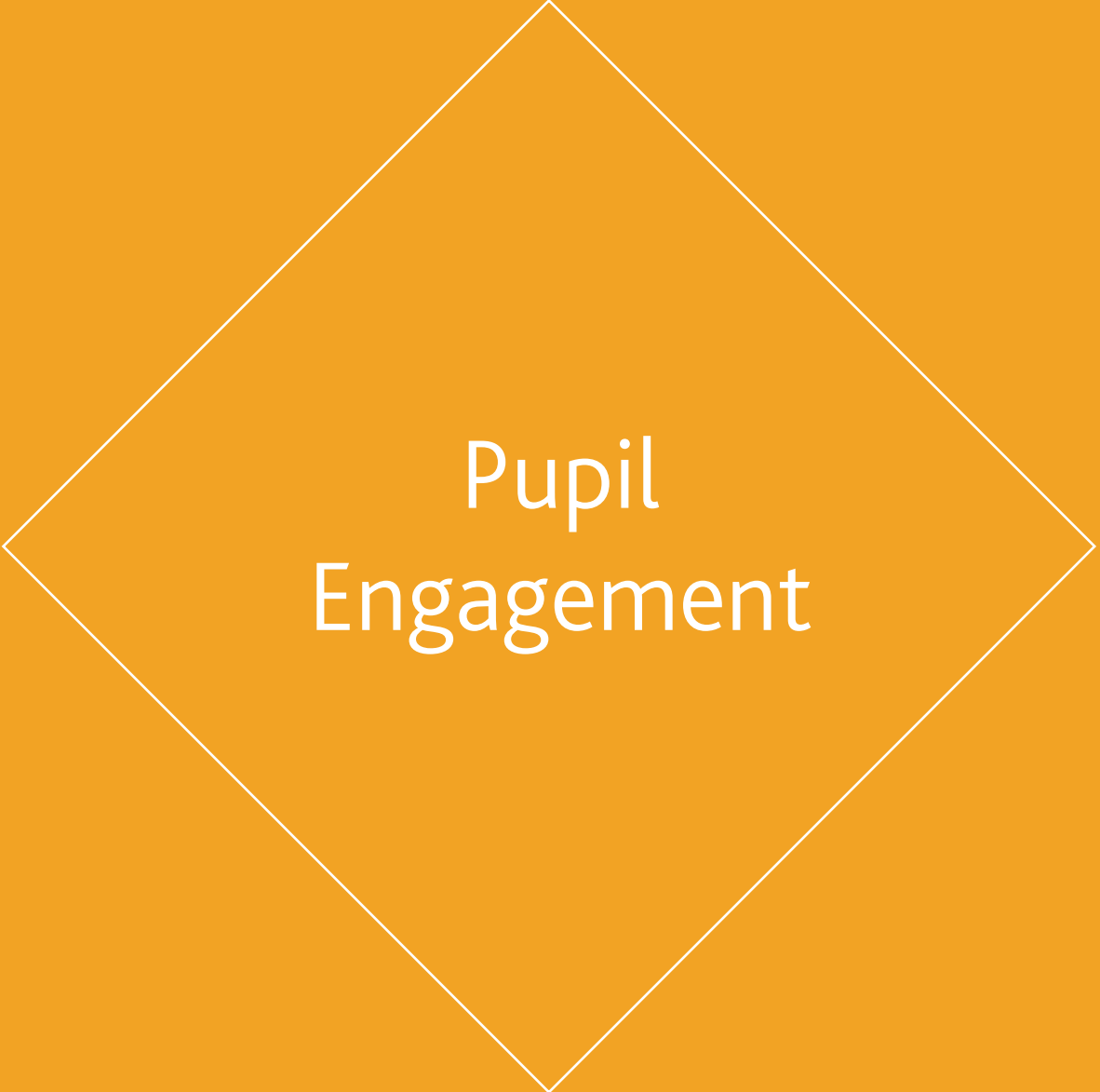
1 x group (max. 30) per ½ day session  
£230 + VAT











# Pupil Engagement

# Breakfast and After School Activity Clubs

WS

## 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 schools extra-curricular programme. Delivery is available in the following areas:

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

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



Please note that there is limited availability.  
Please book early to secure your preferred activities.

## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

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









# Pegs, Putty and PE

EY

## 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?

An effective EYFS physical development programme will improve children's school readiness.

A fine and gross motor skills programme for pupils in Early Years.

## Part 1: Fine Motor Sessions

These sessions will provide practical activities and resources to support the development of fine motor control, including finger strength and dexterity which supports early writing skills.

## Part 2: Gross Motor Sessions

These sessions will explore the development of fundamental movement skills such as running, jumping, balancing and coordination. Our team will provide resources and support to enable the sustainable delivery of both aspects of the programme

## To Book

Scan the QR code or  
visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

3 x ½ day sessions

Each ½ day session will include

2 x fine motor skill development sessions and  
2 x gross motor development sessions.

£1800 + VAT

# Active Playground Training

KS2

## This Programme Supports

1. Meeting Chief Medical Officers' guidelines for 60 minutes of physical activity each day
2. Development of pupil's leadership skills, confidence and improved behaviour
3. Improved concentration, motivation and readiness to learn

## Why a School Should Buy?

### Play Leader Training

This training will support your school in developing an effective and motivated group of young leaders that are ready to take some responsibility for increasing activity levels at lunch and break times. Play Leaders will discuss their aspirations and ideas relating to their role and take part in activities to develop communication, organisation and confidence. By the end of the session, Play Leaders will have ideas and an action plan in place ready to deliver a range of activities on the school playground.

### Active Playground Staff Training

This training will support lunch staff in delivering highly engaging and challenging activities on the playground at lunch times. Staff will take part in discussions and activities that demonstrate key aspects such as: inclusion, differentiation, adaptations and challenge.

## To Book

Scan the QR code or  
visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

2 hours for each option

£190 + VAT for each training session









## 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

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

After School and Breakfast Session

– 1hr session per week

£325 + VAT per ½ term

Curriculum Sessions from £110 per ½ day

*"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*

# Yoga and Mindfulness through Story Telling

EY

KS2

## This Programme Supports

1. Early Years Physical Development (ELG)
2. Development of a culture of Active Learning across the whole school
3. Social and emotional wellbeing, including resilience, confidence, problem solving and leadership

## Why a School Should Buy?

Yoga with children is not about spirituality, it is about exploring different stories through yoga poses, breathing strategies and mindfulness. With the pressures of everyday life children are becoming more susceptible to stress. Many schools are now seeing the benefits that teaching yoga to children as young as 4 can have on their pupils' ability not only to control their bodies but to control their emotions through the mindfulness and breathing techniques which are embedded in the programme.

These sessions, for pupils in EYFS and KS1, will explore the traditional yoga poses through stories in which they become the characters/animals. The adventures change each week or can be linked to stories which the pupils are studying in class. The yoga sessions can also link extremely well with the pupils' Power of Reading texts allowing another strategy for them to explore the story.

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[jennie.mccombs@edsential.co.uk](mailto:jennie.mccombs@edsential.co.uk)

## Duration and Cost

6 x ½ day session

Each ½ day session can include up to 4 x 30 minute sessions (Max. 15 per group)

£900 + VAT











# Family Engagement

# Family Activity Programme

EY

KS2

## 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?

This programme focuses on developing relationships which will impact on the whole family. It provides a vehicle to bring children and families together and engage with each other away from everyday distractions, allowing them to bond and enjoy time together. It encourages children and families to challenge themselves and work together to complete tasks, a message that can be reinforced and integrated back into the classroom. By engaging families in regular, positive, active play in school and home environments, they will play and learn together whilst supporting children to develop the physical literacy, communication, social, emotional and cognitive skills to achieve in PE, school and life.

## Includes:

- Practical activities for families to use at home to increase sustainability and long-term impact
- Full impact and evaluation provided through Edsential's Pupil Voice App

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

6 x 1-hour sessions

£700 + VAT







# Family Activity Clubs

WS

## 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

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## For further information contact

[carl.sutton@edsential.co.uk](mailto:carl.sutton@edsential.co.uk)

## Duration and Cost

6 x 1-hour sessions  
£260 + VAT







# Service Level Agreements

Premium ♦ Standard ♦ Basic



# Premium Service

## This Service Supports

1. Effective Leadership and Management of Physical Education, Sport and Physical Activity
2. Staff knowledge, skills and confidence to teach the Physical Education curriculum
3. Meeting Chief Medical Officers' guidelines for 60 minutes of physical activity each day

## Why a School Should Buy?

This service offers a comprehensive programme of support, advice, professional development and opportunities for staff, school leaders, pupils and parents.

The Premium service covers key areas of Professional Development, Family Engagement, Pupil Engagement, Competitive Opportunities and Leadership and Management.

Schools opting for the Premium Service will be supported to ensure they meet and exceed the statutory requirements of the PE and Sport Premium.

## Additional Benefits:

- PE and Sport Premium Website Review
- Access to Weekly Competitions Programme
- Unlimited advice, guidance and support via personal visits, phone and email
- Pre-Ofsted support

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## Cost

£6500 + VAT

*"Purchasing the Premium Service over the past 2 years has ensured we have made significant impact against all areas of PE, Sport and Health".*

*Head Teacher*

## Includes - colour coded by category

Curriculum Support x2	p 10
Subject Leader Support Programme	p 11
PE, Sport and Physical Activity Health Check	p 12
Staff Twilight Training x2	p 13
FAN Programme Whole School Day x1	p 20
Personal Best	
– Mental Health through Physical Activity	p 24
Virtual Competitions	p 28
F2 and KS1 Physical Activity Festivals x6	p 32
Extra-Curricular Clubs x2	p 36
Play Leader Training	p 40
Karate Extra Curricular Club	p 43
Family Activity Sessions	p 48



# Standard Service

## This Service Supports

1. Effective Leadership and Management of Physical Education, Sport and Physical Activity
2. Staff knowledge, skills and confidence to teach the Physical Education curriculum
3. Meeting Chief Medical Officers' guidelines for 60 minutes of physical activity each day

## Why a School Should Buy?

This service offers a programme of support, advice, interventions and opportunities for staff, school leaders and pupils.

The Standard Service covers key areas of Professional Development, Pupil Engagement, Competitive Opportunities and Leadership and Management.

Schools opting for the Standard Service will be supported to ensure they meet the statutory requirements of the PE and Sport Premium.

## Additional Benefits:

- Access to Weekly Competitions Programme
- Unlimited advice, guidance and support via phone and email

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## Cost

£5100 + VAT

*"The Standard Service from Edsential has given us all the support we need plus more and left enough funding to add additional services such as family engagement programmes and active learning support".*

*Martin McGovern*

*St Joseph's Catholic Primary, Wallasey*

## Includes - colour coded by category

Curriculum Support x2	p 10
Subject Leader Support Programme	p 11
Staff Twilight Training x2	p 13
Personal Best	
– Mental Health through Physical Activity	p 22
Virtual Competitions	p 28
F2 and KS1 Physical Activity Festivals x4	p 32
Play Leader Training	p 40
Extra-Curricular Clubs x2	p 36
Karate Extra Curricular Club	p 43
Family Activity Sessions	p 48



# Basic Service

## This Service Supports

1. Staff knowledge, skills and confidence to teach the Physical Education curriculum
2. Maximising impact of the PE and Sport Premium on pupils – more active, more often
3. Meeting Chief Medical Officers' guidelines for 60 minutes of physical activity each day

## Why a School Should Buy?

This service offers a programme of support, advice, interventions and opportunities for staff and pupils.

The Basic Service covers key areas of Professional Development, Pupil Engagement and Competitive Opportunities.

Schools opting for the Basic Service may choose to add additional programmes to create a bespoke offer.

## Additional Benefits:

- Advice, guidance and support via phone and email

## To Book

Scan the QR code or visit [www.edsential.com](http://www.edsential.com)



## Cost

£2900 + VAT

*"We have opted for the Basic Service over the past 3 years as it provides reassuring support, advice and guidance if and when needed. This year we have chosen a bespoke package alongside the basic service to provide additional support."*

*Kay Lea Swain, Subject Leader  
Hoylake Holy Trinity Primary*

## Includes - colour coded by category

Curriculum Support	p 10
Staff Twilight Training x1	p 13
Personal Best	
– Mental Health through Physical Activity	p 22
Virtual Competitions	p 28
F2 and KS1 Physical Activity Festivals x2	p 32
Extra-Curricular Clubs x1	p 36
Play Leader Training	p 40
Karate Extra Curricular Club	p 43





# Other Services



# Emotional Wellbeing – A Forest Schools Approach

## Addresses The Challenges

- 1 Emotional Wellbeing and Resilience
- 2 Behaviour and Engagement
- 3 Raising Aspirations and Narrowing the Gap
- 4 Physical Inactivity

## Why a School Should Buy

Research shows Forest School programmes have a positive impact on children's and young people's resilience, confidence and wellbeing. Being absorbed in nature alleviates stress and depression, improves behaviour and raises self-esteem.

This programme provides problem solving activities and self-led experiential learning with risk and real consequence. Young people build self-efficacy, self-esteem, self-regard and interpersonal relationships. Forest School creates a safe environment where young people feel that they can challenge themselves and feel more at ease with expressing their fears and emotions.

Our bespoke Forest School programme can be pupil led or developed with school staff, linking directly to the curriculum.

## For more information

Scan the QR code or  
visit [www.edsential.com](http://www.edsential.com)



## Programme Details:

Time: 6 x ½ day sessions

Cost: £1150 + VAT

# Healthy Minds - Resilience & Results

## Addresses The Challenges

- 1 Emotional Wellbeing and Resilience
- 2 Behaviour and Engagement
- 3 Raising Aspirations and Narrowing the Gap
- 4 Physical Inactivity

## Why a School Should Buy

This programme works with targeted groups of pupils who may have difficulty engaging, elevated levels of anxiety and/or a lack of confidence. Delivered by a Mental Health and Cognitive Behavioural Therapist and/or Physical Health Expert, the course aims to combat these issues through focussed theoretical and practical sessions. The programme supports sustainability through parental involvement and resources which enable pupils to continue learning with their own parents.

**Theory:** This session will focus on developing resilience strategies and techniques that are integral to emotional wellbeing. Schools may choose to focus on supporting specific challenges such as: learning disabilities, transition from primary to secondary, poor behaviour, increased anxiety/depression and low self-esteem/confidence.

**Practical:** This session will use a range of exercise and physical activity based sessions designed to enable the young people to connect, engage, be challenged, motivated and deepen their understanding of the need for young people to adopt good habits in relation to any type of regular activity; be it to the maintenance of bikes, gardening, climbing and walking to name a few!

## For more information

Scan the QR code or  
visit [www.edsential.com](http://www.edsential.com)



## Programme Details:

Time: 4 sessions per ½ day for 6 weeks

Cost: £100 + VAT per session

*"I feel much more confident. I can't wait to get involved in more lessons like this"*

*"It's so different to be asked what we want to play, I look forward to Tuesdays"*

## Includes:

- One theory and one practical session per day for each target group
- Two members of staff - one mental health and one physical health expert - so that you can target two groups per day over six weeks and double the impact (max. 30 per group)
- An impact and evaluation report from our Pupil's Voice app

# Personal Best – Mental Health through Physical Activity

## Why is this programme needed?

Schools tell us that they have a growing number of children who are struggling with their self confidence in physical activity lessons, with poor body image, increased anxiety and a lack of self-belief. These issues manifest themselves through children struggling to engage in lessons, poor behaviour and in many cases obesity.

## What did we deliver?

Over a 6-week period in each school we delivered 6, 40-minute sessions.

We spent time talking to the children about how they were feeling, gaining their trust and encouraging them to share personal views about physical activity. Together we designed a physical activity programme identifying areas where they wanted to achieve some measurable improvement and gain a sense of achievement and success. The goals were personal and not primarily competitive.

Areas of the programme included agility, co-ordination, speed and strength while developing life skills such as resilience, self-motivation and team work. After each session children record their feelings and self assess against the goals they have set themselves recording achievements on their individual personal best card.

## What was the impact on the pupils involved?

Our evaluation focussed on three key questions we asked at the beginning and end of the programme.

### 1 Do you feel confident when taking part in physical activity?

80% of children when beginning the programme told us that they struggle with their confidence in physical activity lessons, the reasons included:

- Worrying about failure and not being fit enough to keep up
- Stress about getting changed in front of other pupils/body image
- Not being chosen for teams/not feeling included or 'good' enough to compete

### Children told us:

*"I get too out of breath and can't keep up in the games"*

*"I worry I won't know what to do and no one will want me in their team"*

*"This could give me a chance to get fitter"*

After the programme 75% of children said that they felt more confident. This ranged from feeling fitter, "I don't get so out of breath in PE lessons now", to reporting a real confidence in trying new activities and enjoying a measure of success.



## 2 Are you able to keep trying when things get difficult?

Teachers identified that this was a key issue for a high percentage of the participants who regularly sat out of PE lessons and were completely disengaged. 70% of children when asked responded that they often sit out for parts or all of the PE lessons or had to be removed from lessons for their behaviour.

*"It's easier to sit out because I'm rubbish at PE"*

*"I can't remember the last time I stayed in a whole PE lesson"*

*"I keep forgetting my kit because I can't keep up"*

*"I just keep losing my temper"*

Resilience is clearly a major challenge for children who are participating in the personal best programme. When questioned at the end of the programme 65% of children said they felt they didn't give up as easily and really tried to stay calmer if things got difficult in a lesson, 20% were unsure, 15% of children felt resilience was still a big issue for them. The sessions on teamwork and communication skills aim to equip them with practical coping skills to try out in lessons.

*"I try to take a deep breath and not argue all the time"*

*"I have never seen Jo last a whole PE lesson until last week"*

*"I do try, but I struggle when my team isn't winning"*

## 3 Do you want to take part in more PE/physical activity?

At the start 90% of participants reported being pleased they had been selected for the programmes and particularly liked the small groups and flexibility within each session.

*"I love coming and trying out new games."*

*"It's so much easier to join in when you aren't with the whole class"*

*"I can get things wrong without anyone laughing"*

*"It's great we can plan our own lesson"*

**At the end of the programmes, 95% responded that they would like to take part in more physical activity.**

*"I have learnt a new skill that I am actually good at...where can I find a volleyball club?"*

Feedback from staff and children indicates that the strength of the Personal Best Programme is that it provides young people with a unique focus. It utilises physical activity to make positive changes to the emotional, social and mental health of young people; challenging them to be the best they can be.

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



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

Visit: [www.edsential.com](http://www.edsential.com)

Email: [hello@edsential.co.uk](mailto:hello@edsential.co.uk)

Call: **0151 541 2170**

@EdsentialUKH\_WB

