

# ENGAGE, MOTIVATE, EMPOWER

CURRICULUM, MENTAL HEALTH AND PHYSICAL  
ACTIVITY & EVENTS/EXPERIENCES/ENRICHMENT



PHYSICAL HEALTH  
& WELLBEING

# Our Vision

To provide schools with the support to make best use of the potential PE, Sport and Physical Activity has to impact upon some of the prominent agendas for schools, parents and young people.

## What's New

In response to school feedback and the new Ofsted Framework (September 2019), we have introduced a number of new services:

### ► Curriculum Design (page 6)

A supportive service that challenges the Curriculum Intent, Implementation and Impact within Physical Education. Used to ensure clear and logical links between a school curriculum intent and how it is implemented through a progressive long term overview.

### ► Rainbow Programme (page 19)

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.

### ► School Activity Challenge (page 25)

Using physical activity trackers and a reporting system to support schools to: identify trends in activity, support and encourage all young people to be more active and create an environment in which all young people can become more active in a way that suits them.

## Impact 19/20

Over the past 12 months our team and partners have worked with more than 10,200 Young people, 300 Staff and 200 parents.

## National Picture

Government guidelines recommend that children and young people should get 30 minutes of their daily physical activity in the school day and 30 minutes outside of school.

**46.8%** of the nation's children and young people are meeting the recommended level of **60 minutes** of activity a day, with the increase driven by more out of school activity – including increases in active play, team sports and walking.



**57.2%** (up 4.6%) of children are doing **30 minutes** or more of physical activity outside of school, compared to **40.4%** at school.



**2.1 million** children and young people (up 4.6%) are doing fewer than **30 minutes** of physical activity a day



**1.7 million** (24.2%) of children children are 'fairly active' – taking part in average of **30-59 minutes** a day.



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All prices are excluding VAT. Further details of costs are available at [www.edsential.com/PE](http://www.edsential.com/PE)

# Edsential School Swimming

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.

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.

## Did you know.....

Edsential schools are on course for a significant increase in the number of Year 6 pupils meeting the national curriculum requirements.

In 2018/19 58% of year 6 pupils achieved all 3 aspects of the national curriculum.

The current figure\* is already 62% and is expected to increase as more schools use top up sessions in the summer term.

\*March 2020

# 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)

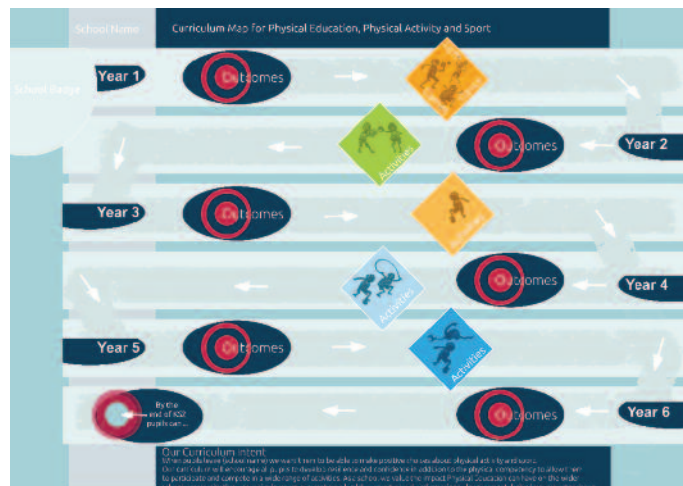
## To Book

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

## For further information contact

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

**Cost**  
**£500**



## You may also be interested in...

**PE Subject Leader Support Programme** – See page 8.

**Website link:** <https://edsential.com/products/pe-subject-leader-support-programme-new/>



# 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](http://www.edsential.com/PE)

## For further information contact

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

## Duration and Cost

6 x ½ days

Working with two different class teachers

£875

*"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** – See page 24.

**Website link:** <https://edsential.com/edsential-pe-passport/>

# 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:

- NEW - Digital 'Subject Leader Portfolio' – Digital guidance document for the academic year which includes – half-termly actions plans to ensure good practice, alongside supporting documents.

## Can also include:

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

## To Book

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

## For further information contact

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

## Duration and Cost

1 x ½ day per term – £650

*"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...

**PE Subject Leader Network Events** – See page 31.

**Website link:** <https://edsential.com/products/pe-subject-leader-networking-event/>

**Curriculum Design** – See page 6.

**Website link:** <https://edsential.com/products/pe-curriculum-design/>



# 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](https://www.edsential.com/PE)

## For further information contact

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

## Cost

£875



## You may also be interested in...

**School Activity Challenge** – See page 25.

**Website link:** <https://edsential.com/products/school-activity-challenge-2020/>

**PlayMaker Award** – See page 22.

**Website link:** <https://edsential.com/products/play-maker-award/>

# 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.

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)

## Includes:

- Curriculum development - Intent, Implementation and Impact
- Learning walks, staff professional development and in-house staff training
- Increasing levels of physical activity across the whole school day
- Organisation of PE and sport in your school (curriculum), alongside extra-curricular activities (after school 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](http://www.edsential.com/PE)

## For further information contact

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

## Duration and Cost

Half day (3.5 hours) – £4850

*"Having a member of Edsential staff as our PE lead since September 2019, we can confidently say that we have already seen an impact on how PE is being led across our school. Since joining us 3 months ago, we have successfully started to achieve some of the targets we set as a school including increasing extra-curricular participation, increasing activity levels at lunch times, introducing a new planning and assessment tool, as well as performance managing our sports apprentice. We have found that PE is being extremely well lead and managed across the school."*

*Deputy Headteacher – St Anne's Catholic Primary School*

## You may also be interested in...

**School Activity Challenge** – See page 22.

**Website link:** <https://edsential.com/products/school-activity-challenge-2020/>

## This Programme Supports

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

## Why a School Should Buy?

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

### Includes:

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

### To Book

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

### For further information contact

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

## Duration and Cost

½ day – £4750

Full Day – £9200

## 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 in our second year of Edsential delivering PPA cover across our school. We are delighted by the progress made by all children within curriculum PE. Having used other providers in the past, I am now confident that Edsential do offer 'Best Value'."*





# Mental Health and Physical Activity

# FAN (Fitness/Activity/Nutrition) Day

## 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, Activity and Nutrition (FAN) days aim to engage, excite and educate pupils and staff in the benefits and importance of being physically active and maintaining a healthy, balanced diet.

- ViPR - a rubber weighted tube (2kg) used for functional training so children can train strength and flexibility in a safe, fun way
- KO8/TRX - suspension training - this will be wrapped round normally a PE frame and children can do all exercises using their own body weight
- Battle Ropes - used to train cardio and strength and lots of fun

## To Book

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

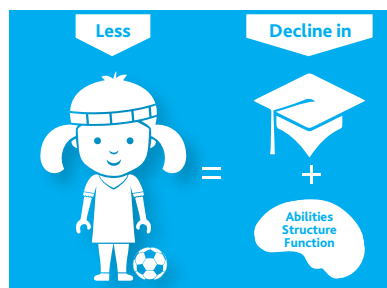
## For further information contact

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

## Duration and Cost

1 x school day – £390

1 x school day and staff twilight – £560



**Low levels of physical activity and aerobic fitness** are associated with **declines in academic achievement, cognitive abilities, brain structure and brain function.**



## You may also be interested in...

**Nutrition and Wellbeing Day** – See page 15.

**Website link:** <https://edsential.com/products/fan-fitness-activity-nutrition-programme/>



# Nutrition and Wellbeing Day

## This Programme Supports

1. Promoting mental wellbeing in young people
2. Tackling the national obesity crisis
3. Promoting the importance of physical activity and maintaining a healthy balanced diet in relation to overall wellbeing

## Why a School Should Buy?

Our Nutrition and Wellbeing Days are new for 2020. Schools may choose a theme for the day from one of the options listed below. Sessions will be active and engaging, with content altered to suit the demands of each year group.

Wellbeing days consist of up to 4 x 60 minute sessions, which can either be delivered to whole classes or to target groups.

## Available options include:



### Wellbeing Day

Exploring the Mental Health Foundation and Sport England "Five Ways to Wellbeing"



### Brain Food & Sleep

Exploring the best foods to eat (especially during exam periods) Looking at helpful ways to aid sleep and what factors develop poor sleep patterns (from food to electronic devices, environment etc)



### Fast Food

how to make the best choices when eating fast food and the 'hidden' good/bad options

### Energy Input/output

Exploring a 'balanced diet' and how to ensure our body functions effectively



## To Book

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

## For further information contact

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

## Duration and Cost

1 x school day – £390



## You may also be interested in...

**FAN (Fitness/Activity/Nutrition) Day** – See page 14.

Website link: <https://edsential.com/products/fan-fitness-activity-nutrition-programme/>

# 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?

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 wellbeing of young people.

Each group takes part in a bespoke 6-week programme, designed to meet the individual needs of the group, which focuses on social, emotional and mental health through being physically active. The physical activities are not traditionally competitive; the key message is always about each young person challenging themselves to be the best they can be.

At the start and end of the programme, children will respond to a series of questions to allow for us to measure the impact of the programme. This will then be sent to schools once the 6 sessions have been completed. Alongside this, discussions each week will take place based around the 3 key objectives of the programme with small talks and goals set for the children to act upon throughout the 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.

## Duration and Cost

6 x ½ days – £875

## 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](http://www.edsential.com/PE)

## For further information contact

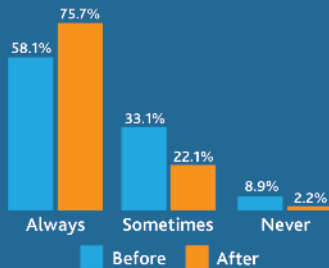
[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

## *You may also be interested in...*

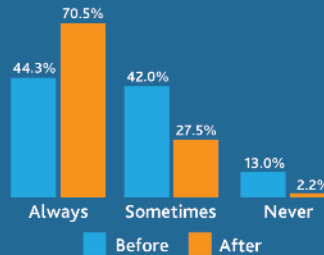
**Rainbow Programme** – See page 19.

**Website link:** <https://edsential.com/the-rainbow-programme/>

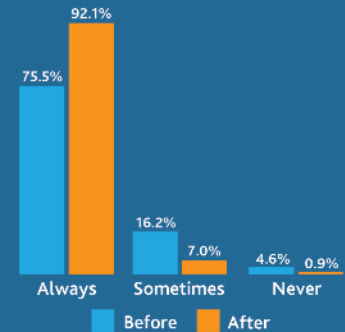
I can keep trying when things become difficult?



I feel confident



I like taking part in physical activity



## IMPACT

Following the programme being delivered:

- 92% of children "always like being physically active" – That is 665 children!
- Only 2% of children reported that they "Never keep trying when things are difficult"
- 97.5% of children reported that they feel confident at least "sometimes"

Numbers of Pupils: 723

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](mailto:carl.sutton@edsential.com)

## Duration and Cost

6 x ½ days – £700



## You may also be interested in...

**F2 and KS1 Festival Programme** – See page 31.

**Website link:** <https://edsential.com/products/f2-and-ks1-festivals-2020-2021/>

# 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.

The Rainbow Programme is a multi-faceted service designed to improve overall wellbeing across the school. Delivered by a trained yoga-therapist, each programme will support children based on the 'Key Outcomes'.

## Available options include:

**The Rainbow Programme:** A 12-week programme designed predominantly for Key Stage 1 children focusing on self-awareness and self-management. (Also available for Key Stage 2 children)

**Year 6 Pre-SATS Programme:** A 6-week programme designed for Year 6 pupils and staff focusing on stress reduction and stress management techniques.

**Intervention Programme:** Yoga therapy sessions designed for vulnerable children using Cognitive Behavioural Therapy (CBT) techniques. Available 1:1 or for small targeted groups.

**Year 6 - Transition to the next adventure:** A 6-week programme designed for Year 6 pupils focusing on transition to high school and the feelings and emotions this will bring.

**Family Engagement:** A 6-week flexible programme designed to support parental engagement in school and positive family relationships.

**Staff Wellbeing:** Bespoke wellbeing sessions for the staff in your school.

## Cost

Prices from £50 per session.

## Key Outcomes:

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

## To Book

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

For further information contact...

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)



## You may also be interested in...

**Personal Best Programme** – See page 16.

**Website link:** <https://edsential.com/products/personal-best-using-power-physically-active-improve-mental-health/>









# 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

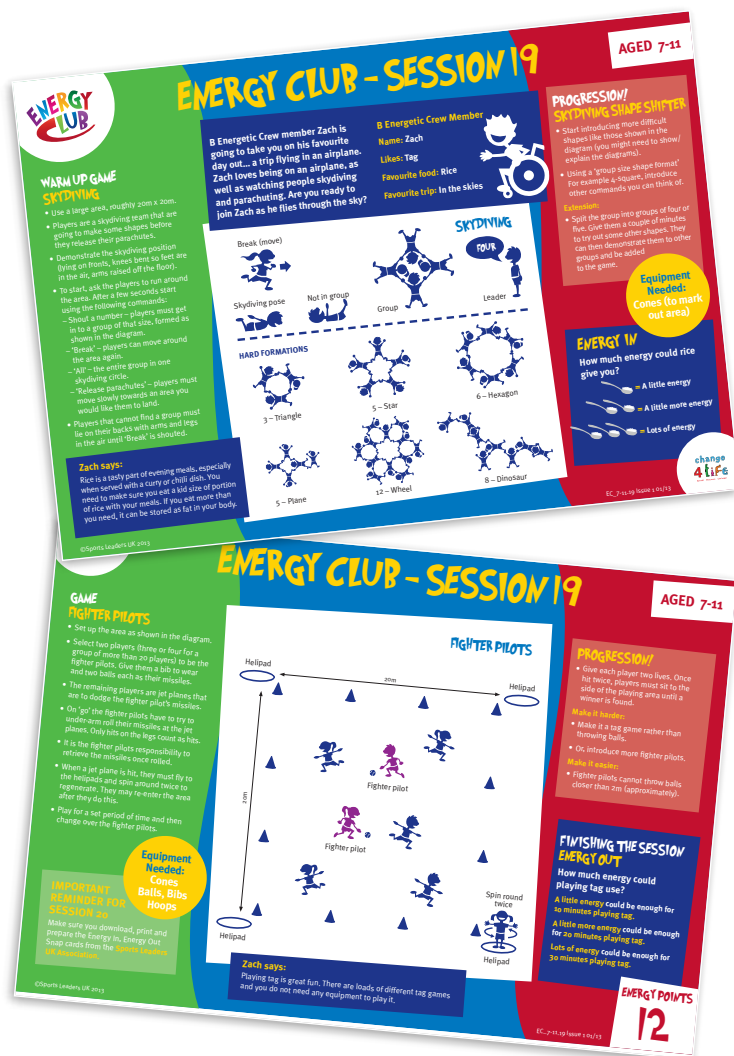
## Why a School Should Buy?

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



## 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 £580

*"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](http://www.edsential.com/PE)

**For further information contact**

[carl.sutton@edsential.com](mailto: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](mailto: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 29.

**Website link:** <https://edsential.com/products/staff-inset-and-twilight-training/>

# 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. Our project will focus on supporting schools to: identify trends in activity, support and encourage all young people to be more active and create an environment in which all young people can become more active in a way that suits them.

## How does it work?

A class of pupils will wear a set of activity bands for a whole week. These will be delivered and set up before school on a Monday morning and collected on a Friday afternoon. The bands will track pupil activity before school, at lunchtimes, after school and out of school. This will highlight the particular times pupils in each school are more active. At the end of the week schools will receive a report outlining their data which will be analysed against the different times of day.

## Leaderboard

At the end of each week a school's overall results will be entered on to the School Activity Challenge Leaderboard under the following categories:

1. Overall class average – Steps per week
2. Active Travel – Class average 8am – 9am
3. Lunchtimes – Class average 12 – 1pm
4. After School – 3.30pm – 4.30pm
5. Out of School – 4.30pm onwards

## Duration and Cost

1-week hire (including: setup, collection and report) £200

## 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](http://www.edsential.com/PE)

## For further information contact

[carl.sutton@edsential.com](mailto:carl.sutton@edsential.com)

## You may also be interested in...

**PlayMaker Award** – See page 22.

**Website link:** <https://edsential.com/products/play-maker-award/>

**Breakfast and After School Clubs** – See page 29.

**Website link:** <https://edsential.com/products/breakfast-school-clubs-12-term/>

# 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)
- Active Learning Programme (Page 9)
- Edsential PE Passport (Page 24)

## Pupil Engagement and Physical Activity package

- FUNdamentals Programme (Page 18)
- PlayMaker Award (Page 22)
- MAD Fitness FAN Day with Staff Twilight (Page 14)
- Edsential Festivals Programme x 3 (Page 29)
- Extra-Curricular Clubs (Page 29)
- Edsential PE Passport (Page 24)
- School Activity Challenge (Page 25)

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

## Wellbeing package

- Rainbow Programme (Page 19)
- Personal Best Programme (Page 16)
- Nutrition and Wellbeing Day (Page 15)
- FAN (Fitness/Activity/Nutrition) Day with Staff Twilight (Page 14)

## 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)



# Service Level Agreements

Premium ♦ Standard

# Service Level Agreements

PREMIUM COST FROM £7000	STANDARD COST FROM £4975
<p><b>3 x 6 weeks from the following 3 programmes:</b></p> <ul style="list-style-type: none"> <li>• Curriculum Support</li> <li>• Personal Best</li> <li>• FUNdamentals Programme *NEW*</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Subject Leader Support Programme</li> <li>• PlayMaker Award</li> <li>• School Activity Challenge *NEW*</li> <li>• Access to Competitions Programme</li> <li>• Festivals x 6</li> <li>• Breakfast and After School Clubs x 3</li> <li>• Curriculum Design *NEW*</li> <li>• FAN Days or Nutrition and Wellbeing Day *NEW* x1</li> <li>• Edsential PE Passport</li> <li>• Unlimited advice guidance and support – including lesson observations, learning walks, staff training sessions, Pe and Sport Premium Review, Ofsted advice and guidance</li> </ul>	<p><b>2 x 6 weeks from the following 3 programmes:</b></p> <ul style="list-style-type: none"> <li>• Curriculum Support</li> <li>• Personal Best</li> <li>• FUNdamentals Programme *NEW*</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Subject Leader Support Programme</li> <li>• PlayMaker Award</li> <li>• School Activity Challenge *NEW*</li> <li>• Access to Competitions Programme</li> <li>• Festivals x 4</li> <li>• Breakfast and After School Clubs x 2</li> <li>• On-going advice and guidance</li> </ul>

## 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](mailto:carl.sutton@edsential.com) to arrange a visit.

# Other Services

## Virtual Competitions

Pupils take part in a number of physical activity challenges within their schools, (personal best challenge). 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.

**£200**

1 x competition per term

## 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.

**£260**

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 £300**

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 ■ Soccercise ■ 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/](http://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)



## Dates for your diary

<b>PE Subject Leader Network Events</b>	13th November 2020 and 19th March 2021	<b>Holiday Inn, Ellesmere Port</b>	<b>£35*</b>	<a href="https://edsential.com/products/pe-subject-leader-networking-event/">https://edsential.com/products/pe-subject-leader-networking-event/</a>
<b>Edsential PE Passport Staff Update</b>	24th September 2020	<b>St Paul's Catholic Primary School</b>	<b>Free</b>	<a href="https://edsential.com/edsential-pe-passport/">https://edsential.com/edsential-pe-passport/</a>
<b>ASA Swimming Level 1</b>	16/6/20 & 17/6/20 15/9/20 & 16/9/20 9/2/21 & 10/2/21	<b>Europa Pools</b>	<b>£130*</b>	<a href="https://edsential.com/products/asa-swimming-course-2-day-course-2/">https://edsential.com/products/asa-swimming-course-2-day-course-2/</a>
<b>Competitions Programme</b>	Various September 2020 – July 2021	<b>Weekly events at cluster schools</b>	<b>Included in SLA</b> (Premium, standard, PPA or equivalent)	<a href="https://edsential.com/products/competitions-for-all/">https://edsential.com/products/competitions-for-all/</a> or email <a href="mailto:matt.reid@edsential.co.uk">matt.reid@edsential.co.uk</a>
<b>F2 and KS1 Festivals</b>	January 2021 – July 2021	<b>Local Leisure facilities</b>	<b>£260* per event (1 class)</b>	<a href="https://edsential.com/products/f2-and-ks1-festivals-2020/">https://edsential.com/products/f2-and-ks1-festivals-2020/</a> or email <a href="mailto:luke.cullen@edsential.co.uk">luke.cullen@edsential.co.uk</a>

\* (all costs are excluding VAT)





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



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

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

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

Call: 0151 541 2170

@EdsentialUKH\_WB

