



# Programme of Sport and Well-being



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## Executive Summary

This proposal outlines how we would like to implement an unrivalled programme to transform and enhance how sport is delivered and perceived within schools. The programme aims to bring health and well-being to the forefront by changing the mindset of the staff, parents and children, by bringing a brand new sporting ethos and culture to all schools the programme is delivered in.



First and foremost, we would like to provide the PPA Cover across each year group. Each lesson is planned in line with the National Curriculum with clear learning objectives that will develop and challenge the children. Using our experience collectively as a Qualified Teacher and a Learning Mentor, we will make it a priority to support and involve the children who struggle the most to participate, whether that be due to behaviour issues, confidence or fitness. We will also ensure that the Gifted and Talented are challenged through carefully planned lessons. We will assess the children at the end of each module on a regular basis using assessment grids that correspond to the learning objectives based upon the National Curriculum. Using the data collected, we will be able to track each individual and monitor their progression, which will be fed back to the corresponding teacher.

An additional service we would like to implement is Lunchtime Provision. This will consist of running a number of organised activities for KS1 and KS2 during the lunchtime period. The main focus will be to give the children the opportunity to participate in a wide variety of activities which will increase their physical activity, confidence and develop and enhance new and current skills. This provision will also significantly reduce the number of behaviour incidents, and free up senior management that would have been spent dealing with these issues.



We pride ourselves on being able to build great relationships with the parents of the schools we are currently running a service in. We continue to develop this by introducing Parent Partnership meetings and workshops aimed at educating parents and empowering them to shape the service. This will allow the parents to contribute to the delivery of our services, impacting their children's future, whilst providing us with a space to share our vision and what we aim to achieve.

Another aspect to our programme is running a number of Health Initiatives throughout the year which children will enjoy to take part in. As well as this, we are invested in making a long term impact for the children by organising and running a series of fundraiser events. All the money raised in these events will be re-invested back into the school to create sustainability and fund future projects.

With experience in the role, we offer to support the P.E Coordinator, in areas such as creating the action plan for the year, setting goals, and updating the school's P.E policy.

We already have years of experience running highly successful After School Clubs which have had 500+ participants over the last year. We are constantly seeking new opportunities in which the children can participate, whilst maintaining a large variety of daily clubs that cater for every individual. Clubs are offered 3 to 5 days a week. To present, we have received positive feedback from parents, with many booking activities well in advance to ensure a place. The success of our After School Activities is reflected through the number of children that participate. Many of our clubs have had to be extended in order to meet the demand. *A brochure specifically on our Extra Curricular Clubs is also available.*

Our Programme of Sport and Well-being has been constructed by our commitment to making a difference and improve the well-being, health and opportunities of all children. We are passionate about the cause and look to create a mindset and culture that is recognised not only in the school but throughout the community.



## Mission

Our mission is to increase the health and well-being of all children within the school through a holistic approach.

This will be achieved firstly by improving the way that sport is delivered in P.E but also changing the relationship children and staff have with sport.

We understand that the biggest impact we can have is for everyone who has a significant teaching role in the children's lives to be involved. Our programme is aimed at children, staff, and parents.

## Objectives

- To create a culture and ethos which will bring health and well-being to the forefront of people's minds.
- To extend the curriculum for the personal development of pupils through an extensive array of clubs which enhances their core values.
- To create a long lasting impact through fundraising events where the proceeds will benefit the children.
- To provide high quality P.E lessons, covering and extending the National Curriculum.
- To maximise participation of P.E by supporting the least active children, whilst challenging the gifted and talented to reach their full potential.
- To provide Parent Partnership meetings and workshops that will be educational and informative.
- To increase the health and well-being of the children through a variety of fun and practical Healthy Initiatives.

## Values & Expectations

- Integrity and passion to provide a service that exceeds expectations.
- Being inclusive to bring children, parents and staff together to create a space where every child can strive.
- To give children the courage to try new things and develop their confidence and self worth.
- Dedicated and highly qualified, professional staff.
- To be role-models for every child.
- Extensive experience and understanding working within children.
- Children are at the forefront of everything we do.



## About Us



Nick Sharp- Director



Tony Hadley- Director

We have been in the education industry collectively for 8 years and have been in a fortunate position to be able to inspire and create a positive impact in children's lives.

Throughout our time working with children we have acquired a huge amount of experience and understanding of children and their needs. This has been the foundation of our proposal for the the Programme of Sport & Well-being. We have created a programme which gives the opportunity to schools to change mindsets and create a health and well-being culture enabling children to positively develop both physically and mentally .

The combined experience of a Qualified Teacher with a BSc in Sport and Exercise Science and a Learning Mentor who is Mental Health First Aid trained, ensures that every aspect of education, delivery, and pupil well-being is covered. These qualifications are enhanced by the extensive experience we have had working with children.

We have already significantly contributed to health and development by extending the curriculum of over 500 children through an extensive array of clubs, which have enhanced their core values. We have established a great rapport with parents who consider us staff members that they can trust and rely upon.

We have over a year's experience of delivering an affordable and high quality Wraparound Care Provision. We currently run a successful Breakfast Club, After School Club as well as a Holiday Club for children in the local community of the schools we work in. Further to this, we engage with the local community through community events and activities that allows us to further promote our message of the importance of healthy living.



## PPA Cover

### Lesson Planning

The experience of a fully qualified teacher will ensure that every lesson will be planned corresponding to the National Curriculum with clear learning objectives. Each lesson will be differentiated in order to ensure that children of all levels can access the material. There will be progression in the skills being taught each week. The learning objectives for each lesson will help develop each individual's skill level in order to achieve the ultimate end goal.

To help reiterate the culture of sport and create positive role models that can lead by example, where required, each TA support staff will be given a copy of the planning. This will enable them to participate and take an active role in supporting the children.

The experience of a qualified teacher and a learning mentor will reduce the amount of behaviour-related incidents. Using our unique experience as learning mentors, we will be able to cater for the most challenging cases. This will be achieved through nurturing these individuals' mental health, reducing anxiety, and boosting confidence and self worth.

Our aim is to support and maximise participation whilst challenging the Gifted and Talented. Each child will gain confidence in participating in sport, regardless of their current level whilst improving their health and fitness.

### Delivery and Assessment

The teaching will be lead by a fully qualified teacher ensuring that the highest standard of delivery is achieved.

The lessons will be taught by fully qualified members of staff with a great understanding of the children's needs and requirements. The coaches will become positive role models with their passion to impart knowledge and develop each individual.

Our programme meets the higher expectations of the National Curriculum and uses effective assessment to accelerate every child's progress.

The children will be assessed at the end of each Half Term based upon the learning objectives they would have covered in each of the lessons. Using the data collected, we will be able to track each individual and monitor their progress using a three developmental stage of assessment from 'beginning,' 'developing,' and 'mastery.'

The assessment data will also be used to track the attendance of pupils partaking in P.E throughout the school. Our assessments will be informative and objective based in reflection of our lesson plans. Teachers will be informed prior to Parents Evenings about the progress of each individual in their class. A member of staff can also be available to meet with parents regarding their child's achievements in P.E.



# National Curriculum

2020/2021	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Bouncing, throwing, catching, aiming and rolling. Beanbags/Small Balls	Throwing, catching, passing and receiving. Co-ordination and aiming using Hoops	Travelling, passing and receiving & bat and ball skills. Team Games, Bat and Ball Skills and Team Games.	Hitting / striking skills and Games. Parachute and Invasion Games.	Athletics	Invasion Games and Make Up Games
Reception	Bouncing, throwing, catching, aiming and rolling. Beanbags/Small Balls	Throwing, catching, passing and receiving. Co-ordination and aiming using Hoops	Travelling, passing and receiving & bat and ball skills. Team Games, Bat and Ball Skills and Team Games.	Hitting / striking skills and Games. Parachute and Invasion Games.	Athletics	Invasion games and Make up Games
Year 1	Bouncing, throwing, catching, aiming and rolling. Beanbags/Small Balls	Throwing, catching, passing and receiving. Co-ordination and aiming using Hoops	Travelling, passing and receiving & bat and ball skills. Team Games, Bat and Ball Skills and Team Games.	Hitting / striking skills and Games. Parachute and Invasion Games.	Athletics	Invasion games and Make up Games
Year 2	Bouncing, throwing, catching, aiming and rolling. Beanbags/Small Balls	Throwing, catching, passing and receiving. Co-ordination and aiming using Hoops	Travelling, passing and receiving & bat and ball skills. Team Games, Bat and Ball Skills and Team Games.	Hitting / striking skills and Games. Parachute and Invasion Games.	Athletics	Invasion games and Make up Games
Year 3	Basketball and Football (Planning available over 3 week period for each subject)	Rugby and Netball (Planning available over 3 week period for each subject)	Hockey and Handball (Planning available over 3 week period for each subject)	Volleyball and Tennis (Planning available over 3 week period for each subject)	Athletics (Planning available over 3 week period for each subject)	Cricket and Rounder's (Planning available over 3 week period for each subject)
Year 4	Basketball and Football (Planning available over 3 week period for each subject)	Rugby and Netball (Planning available over 3 week period for each subject)	Hockey and Handball (Planning available over 3 week period for each subject)	Volleyball and Tennis (Planning available over 3 week period for each subject)	Athletics (Planning available over 3 week period for each subject)	Cricket and Rounder's (Planning available over 3 week period for each subject)
Year 5	Basketball and Football (Planning available over 3 week period for each subject)	Rugby and Netball (Planning available over 3 week period for each subject)	Hockey and Handball (Planning available over 3 week period for each subject)	Volleyball and Tennis (Planning available over 3 week period for each subject)	Athletics (Planning available over 3 week period for each subject)	Cricket and Rounder's (Planning available over 3 week period for each subject)
Year 6	Basketball and Football (Planning available over 3 week period for each subject)	Rugby and Netball (Planning available over 3 week period for each subject)	Hockey and Handball (Planning available over 3 week period for each subject)	Volleyball and Tennis (Planning available over 3 week period for each subject)	Athletics (Planning available over 3 week period for each subject)	Cricket and Rounder's (Planning available over 3 week period for each subject)

## Key Stage 1

Our Key Stage 1 programme will help develop the children's fundamental movement skills, become increasingly confident and access a broad range of opportunities to extend their agility, balance and coordination. They will be able to do this individually and with others. The children will engage in competitive and cooperative physical activities in a range of increasingly challenging situations.

Children will be taught to master the fundamental movements agility, balance and coordination, also known as the ABCs. These will correspond with the development of children's gross and fine motor skills. These important skills will be learnt through participating in team games whilst developing the understanding of simple tactics for attacking and defending. It is important that children can follow simple movement patterns through activities like dance.



## Key Stage 2

Our Key Stage 2 programme is designed for the children to now apply and develop a wider range of skills, understanding how and when to use them and to be able to link them together to perform actions and patterns of movement.

Children learn the importance of communication, work together and compete with each other in order to develop an understanding of how to improve in different physical activities and sports. An important aspect of the programme is children learn how to evaluate and recognise their own successes.

Throughout the year, children will be taught the skills of running, jumping, throwing and catching in isolation and combination. They will do this by playing competitive games and know when to apply these skills in different situations (attacking or defending).

Through other sports such as gymnastics, children will develop their flexibility, strength, technique, control and balance. Through dance, children can express themselves and be able to show their range of movement through patterns and sequences.

Children will be able to analyse their own performances with previous ones and be able to demonstrate improvements to show progression in the goal to achieve their personal best.

## Early Years

Through the Early Years framework we will cover the bases of moving and handling for children. We will ensure that the children have both opportunities for free flow both inside and outdoors to increase activity and reduce sedentary behaviour. Below are some of the key areas of development:

- Provide activities that develop stability- stop and start games such as statues; games such as pretending to be rabbits or snakes so that children balance their weight on different parts of the body.
- Planned activities that encourage loco-motor skills- such as galloping, running, climbing, cycling, hopping, skipping.
- Give children opportunities to develop object-control skills including catching, rolling and throwing skills- provide bean bags and buckets or hoops for throwing into; offer a range of balls of different weight, size and bounciness.
- Provide equipment like bats, skittles and any other resources to encourage movement and accuracy in catching and throwing.



## Lunchtime Provision

The Lunchtime Provision will consist of running a number of organised activities for KS1 and KS2 during the hour of lunch time. The main focus, giving the children the opportunity to participate in a wide variety of activities which will increase their physical activity, confidence and develop and enhance new and current skills. The activities on offer will range depending on the year group participating and will then vary each term.

A timetable will be constructed to allocate a specific day for each year group outlining the activity on offer. For the children that would like to take part, they can change into their P.E kit prior to going to lunch. In addition, we could run in house competitions during lunchtimes.

The activities will be delivered by a member of the Footsteps Team and will not require any additional help from a member of school staff however, any staff willing to help and get involved will only boost participation. We would like to welcome the school Prefects and other responsible Year 6 children to help deliver and organise activities giving them more responsibility and the chance to improve their social skills.

Research shows that by having active lunchtime programmes, behaviour incidents and accidents reduce, as well as a huge reduction in the amount of time senior management team spend dealing with incidents.

## Extra Curricular Clubs

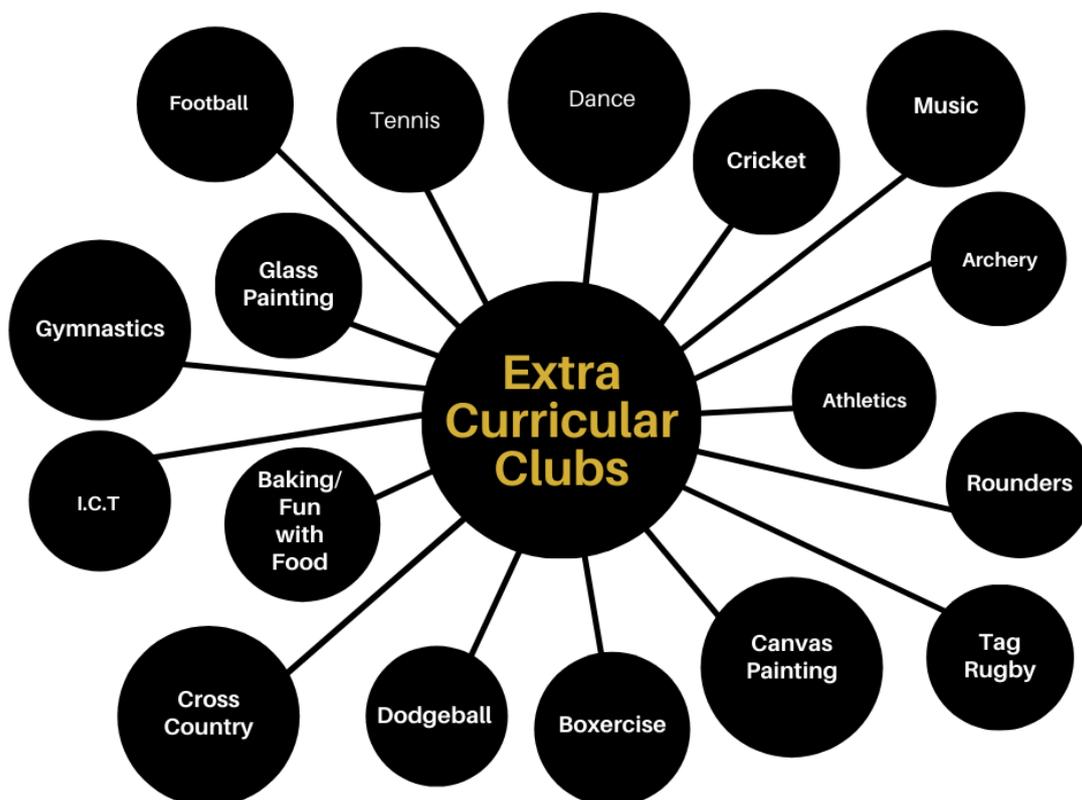
We have been running an extensive array of Extra Curricular clubs for the last year that has extended the curriculum for the personal development of pupils which enhances their core values. We like to provide opportunities for children with all interests, from creative arts to multi sports clubs. We have had 500+ children attend our clubs enabling them to broaden their development and encourage children to discover their interests and talents. Through our cross curricular clubs we are able to improve the children's resilience, confidence, independence and also their physical and mental well being. We are constantly seeking new opportunities for the children to participate in whilst maintaining a large variety of clubs run on a daily basis that cater for every individual.

The clubs are offered on a minimum basis of 3 days a week and most commonly 4 or 5 days a week. We charge on average £3- £5 per session, often with 3 sessions for £10/ £15 deal, depending on the club. Most of our clubs are run outside on the field however, we may need use of a classroom, sports hall or the I.C.T suite.

We are in constant communication with parents, receiving great feedback on the clubs that we deliver and often have parents contacting us in anticipation of when a previously run club will be on offer again. The success of our After School Activities is shown through the number of participants that enrol onto each club.



In addition to our externally run clubs, we would be keen to help run the school teams in their competitions. From the boys and girls football teams to the district sports athletics events throughout the year. We would like to organise matches and work alongside the P.E coordinator to ensure that the children are encouraged to take part in competitive sport.



## Healthy Living Initiatives

One of our main visions and passions to succeed within our programme is to create a buzz around Healthy Living by bringing in a number of fresh initiatives throughout the year which the children will enjoy taking part in. This will consist of educating the children so that they will be able to take actionable steps towards living a healthier life. Collaborating both health and wellbeing and education will then optimize the children's potential education when in school.

Working alongside the school, we want to constantly push the importance of living a healthy lifestyle and exercising regularly. Initiatives such as 'The Daily Mile', 'Golden Boot' and implementing a fruit and vegetable scheme are a few examples of what we would organise.



## **Charity Fundraisers**

We are invested in providing a long term impact for the children to benefit from. This will be achieved through organising and running a series of fundraiser events throughout the year in order to raise money that will be used specifically to invest back into the school.

We would work in partnership with local businesses, the schools parent association and school counselors to run events to bring the whole school together and work towards future projects for the school.

## **Supporting the School P.E Coordinator/ Subject Lead**

We would be happy to work collaboratively with the PE subject lead. We feel it would be important to form a relationship with this person so that we were all working towards the schools action plan for P.E. With clear goals set out at the beginning of the year, we can build upon our own vision of creating a different mindset and attitude towards P.E.

Furthermore, we would be happy to help the school update its P.E Policy with the standards and expectations that both Footsteps 4 Life and the school would like to achieve. This will include things like behaviour and the expectation that children will take part in P.E wearing the correct uniform.

We will help prepare and organise Sports Day alongside the P.E subject lead for both KS1 and KS2. Discussions will be held about the type of sports day the school would like to run i.e the traditional sports day with competitive races or a carousel of a range of activities.

We would also like to create an excitement around sports day by using this opportunity to fund-raise for a charity or to contribute towards a school project. We could work alongside local businesses, parent associations who could provide drinks, ice creams and food for the event.



# Staffing

- Fully qualified staff, ranging from Teachers, Sports Coaches and Learning mentors.
- Huge amount of experience working with children.
- All staff are DBS checked and registered to the Update Service.
- All staff will act as role models for the children showing all the values of Footsteps 4 Life.
- Comprehensive knowledge of school policies.
- Fully qualified Pediatric first aid trained staff.

# Competitive Analysis



	P.E PPA COVER	EXTRA CURRICULAR CLUBS	LUNCH TIME PROVISION	P.E LEAD SUPPORT	PARENT WORKSHOPS	FUNDRAISERS FOR THE SCHOOL
 SPORTS PLUS						
 SPORTS FOCUS						
 FOOTSTEPS 4 LIFE						



## Testimonials



What can I say about these guys in only 25 characters!! Our son Alex has a great time in the after school club and wants to do it 'everyday'. It is very obvious that 'Footsteps 4 Life' has an excellent work ethic in ensuring that the kids not only have fun, but through the activities they do, develop skills that will be of benefit to them in later life.

They even helped our son with his homework & Reading. we couldn't recommend these guys enough and on speaking to them, they clearly have a passion and strong belief in what they do.

- Mike Jones- Parent



Mr. Sharp and Mr. Hadley are so committed to providing a safe, educational and fun environment for the children. My son attends the after school sessions and the holiday club on a regular basis. They engage the children in various activities both indoor and outdoor. They understand that each child is different and tailor their care accordingly. I cannot recommend Footsteps 4 Life enough to any parent who wants to make sure their child can flourish, learn, be active and creative outside of school.

- Simran Kaur Ganpot- Parent



You know you have found the right After School Club when the kids sulk on the days they don't attend. They absolutely love it!! With Footsteps 4 Life being based within a familiar setting, having fully qualified, friendly and approachable staff and a seemingly endless list of activities both indoor and outdoor, I would recommend them to any parent needing childcare.

- Joanne Tilson- Parent





## **Next Steps**

We are extremely excited about this programme, knowing the long term impact that we will achieve. It would be great to further develop this opportunity by speaking in person. We are keen to develop an even more tailored approach by implementing any suggestions you have of your own.

Please be in contact so that we can arrange how further to proceed and to bring health and well-being to the forefront of your school in a way that has never been done before.

## **Contact**

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