



# FOOTSTEPS 4 LIFE

Explore. Learn. Grow



Extending the curriculum for the personal development of pupils through an extensive array of clubs which enhances their core values.

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# OUR VISION

Our mission is to create a variety of opportunities for pupils that extends beyond the academic curriculum, broadening their development and enabling the children to discover their interests and talents. Through our cross curricular clubs we are able to improve the children's resilience, confidence and independence and also their physical and mental well being.

Our activities teach the children new skills as well as improve those they already have, by providing them with the building blocks they need for future success. With a values based approach that runs at the core of what we teach, the children will be equipped to be responsible and respectful.

## The Impact We Have Had So Far

Over **400+** children aged 4 - 11 have attended our clubs since November 2018.

Children attending our clubs have seen tangible improvements in their:

- academic grades
- attitude towards schooling
- life skills
- social skills - in and outside the classroom
- confidence levels
- health and approach to exercise
- leadership skills
- behaviour

We have achieved this through the activities we offer, as well as giving children the opportunity to learn and gain confidence in themselves.



# Our Approach

The carefully selected activities are chosen so that the four categories of the 'Teaching Games for Understanding' model can be implemented (Bunker and Thorpe, 1982).

This gives the children a wide variety of opportunities to learn and improve on areas such as cognitive skills like tactics, decision making and problem solving.

'Teaching Games for Understanding' is a child led model where the teacher/instructor acts as a facilitator so that the children are able to make their own adaptations in order to increase the level of challenge and fun.

This model also allows the children to gain confidence in participating in a variety of activities. The four categories also creates a balance of transferable skills that can be used in everyday life.

## About Us



### **Nick Sharp- Founder, Director**

I am a former teacher with the aspirations of being able to inspire, motivate and most of all, positively impact children at an incredibly important time in their lives. Through Footsteps 4 Life we are able to create an environment in which children can thrive in their Social and Personal development, by promoting learners who are conscientious and independent in their thinking, which will equip them with the requisite confidence and skills for their future life.



### **Tony Hadley- Founder, Director**

I am a former Learning Mentor specialising in supporting children who were experiencing difficulties in their learning due to social, emotional or behaviour issues. I have a passion for being able to improve the children's social skills and mental health awareness. The idea of Footsteps 4 Life came during the summer holidays when I felt that there was a need to create a supportive and nurturing childcare supervision for the children to explore new activities and interests, learn new skills and grow as people.



# Current Clubs On Offer



## Dodgeball Club

We have run a number of Dodgeball After School Clubs and can say that this is one of the most popular activities. This is a non-contact, fun, fast paced, high intensity game catering for up to 40 children. Working on agility, co-ordination and gamesmanship.



## Glass Painting Club

This is one of the most popular activities where the children can engage their creativity and imagination. This is a great club to run in conjunction with a specific season, generating some wonderful ideas. All creations are then taken home as a gift.

This club contributes to the development of the whole child emotionally, aesthetically, spiritually, intellectually and socially. It creates in the child a sense of enjoyment and purpose and provides pupils with a unique way of perceiving themselves, which is essential to their learning.



## Canvas Painting Club

This is also a great club for the children to use their imagination and be creative. Similarly to Glass Painting, it is a great club to run in conjunction with a season such as Christmas, where the children are able to take their canvas' home to give as a gift.

Painting is well known to provide children with stress relief, builds problem solving and motor skills. It is an excellent way for children to express their emotions and feelings.



## Tennis Club

Another active club for children to work on their core strength whilst also improving on their agility, hand-eye coordination and decision making skills. This club can be run both indoors or outdoors dependant on space.





## Archery Club

We have held numerous Archery sessions, most recently at our Summer Holiday Camps. Games such as highest score, furthest distance and bulls-eye competitions are just a few of the games the children loved playing

Archery club can offer up to 20 children the chance to improve their focus and concentration, coordination and balance, while also building on their physical strength.



## Quick Cricket Club

Our Cricket Club combines a mixture of fun games to enhance specific skills within cricket and also focuses on the key elements of batting, fielding and bowling.

Hand eye coordination, ball handling, increasing fitness levels and working as a team are all skills learnt.



## Rounders Club

Rounders is one of the most popular sports to play in the Summer.

Aside from an excellent social atmosphere, rounders can help improve hand-eye coordination, reflexes and improves cardiovascular health, providing a full body workout from the throwing, catching, running and batting.



## Music Club

This club is a journey into music, learning about rhythm and sounds from around the world. Run by a professional musician with many years of experience in playing multiple instruments, he carefully plans 3 weeks of exciting activities for the children to take part in.

This also incorporates cross curricular links such as Arts and Crafts where the children create their own instrument.



## Dance Club

This club is all about having fun and moving the body. The children dance away to all of their favourite songs. As well as being a really fun form of exercise, dance is a way for the children to express their creativity, imagination and emotions.

Dancing can also increase the children's flexibility, range of motion, physical strength and stamina. It can also help keep their heart healthy.



## Baking Club

The Baking and Cooking Club put's fun into food whilst also teaching children some basic baking and cooking skills. This is an excellent club to link to the curriculum as there are many elements of Maths, English and Science involved.

The children learn about the importance of measuring, cleanliness in the kitchen, creativity, multitasking and being organised.

Baking and Cooking teaches the children many skills such as, language development, builds life skills and also enhances their fine motor skills.



## Football Fever Club

'Football Fever' is an inclusive club catered for boys and girls participating in integrated sessions. Each session includes games, competitions and tournaments. This club works on the skills required within football and is a great way to improve the children's fitness.

We like to incorporate live sporting events in our programmes which included our very own World Cup tournament that ran alongside the 2018 World Cup in Russia.



## Tag Rugby Club

Tag rugby is a non-contact, fast-moving game that is suitable for both boys and girls to play together. We work on ball handling, evasion movements, catching, footwork, spatial awareness and teamwork.

Playing rugby promotes body coordination, improves stamina and instills discipline. Children learn to communicate and tactically work as a team while it being a great form of exercise.



## Cross Country Club

We have provided a Cross Country running club for children aged 5-11 for the last two years. Children love the various aspects of running on a mapped out course that incorporates a variety of terrains. The children can enjoy the competition element of racing but also the joys of running and keeping physically fit.



## Boxercise Class

Our Boxercise class is a circuit based fitness program with elements of boxing. Each child will receive 1:1 pad work or bag work with a coach while other children take part in variety of fitness exercises with other members of staff.

Boxing has many physical, social and psychological benefits. It allows the children to improve on their fitness, increases emotional control and allows children to channel their energy and restlessness, to name a few.



## Athletics Club

Our Athletics Club is a mixture of traditional disciplines and also an all inclusive series of activities that would be found on a sports day, so it's a great way for the children to practice before their big day.



# What Our Service and Clubs Achieve



A comprehensive fulfillment of the new Ofsted framework for the personal development of pupils.



The variety and diversity of our clubs offer an expanded learning opportunity that support developmentally appropriate cognitive, social, physical, and emotional outcomes. In addition, these programs offer a balanced program of academic support, arts and cultural enrichment, recreation and nutrition which caters for every individual need, interest and development.

## Prices and Duration of the Clubs

All our clubs are costed at a very affordable price, running on a 3- 6 week time frame during term time. They are also available throughout the school holidays.



We would be delighted to have the opportunity to be able to provide these amazing opportunities for the children in your school. We are very flexible and can tailor our services to fit the needs of your school. Please contact us if you would like to receive further information or to arrange a meeting to discuss how we can proceed.

We look forward to hearing from you.

## Contact

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