

North Suffolk Sport & Health Partnership



Bringing the local community together
to inspire children from across North
Suffolk Schools to enjoy and take part in
sports and health activities

ADDITIONAL SERVICES

The North Suffolk Sport and Health Partnership has produced this booklet to showcase the local additional services available to full partnership members. All profits made by the partnership from these services will be reinvested back into our local schools.

These services have been hand-picked based on their reputation for delivering a high-quality child centred approach to PE and physical activity.

They are made up from local community clubs, local coaching companies and national recognised agencies with a proven track record in developing Physical Education within schools.

Endless amounts of time has been taken to make sure they also offer value for money as well as high quality delivery so schools can increase the impact of the PE Premium funding.

Throughout this booklet each service has been linked to the Department for Education's 5 Key Indicators (KI) of the PE Premium, allowing schools to plan and allocate funding to each KI area.

PE Premium 5 Key Indicators

- 1 The engagement of all pupils in regular physical activity - 30 minutes.
- 2 The profile of PE and sport is raised across the school as a tool for whole-school improvement.
- 3 Increased confidence, knowledge and skills of all staff in teaching PE and sport.
- 4 Broader experience of a range of sports and activities offered to all pupils.
- 5 Increased participation in competitive sport.



The Partnership has teamed up with Succeedin to support with data collection around PE Premium and to offer schools a modern hassle-free way of planning and teaching their PE Curriculum.

About Succeedin

One of the most complete and comprehensive online tools that will consolidate all of your primary PE management, planning, delivery and measuring.

Online Registers £250.00

Highly recommended'



- Sign up to the Free LITE Package
- Add Online Registers Module (cost £250)

Benefits

- Save PE Subject leaders time, provide valuable data and help towards future School Games Mark applications.
- Provides data of a school's engagement at Level 1 & 2 Competitions.
- Provides data of extra-curricular engagement, breakfast, lunchtime & afterschool clubs.
- Data can be seen as a cohort, as an individual, as a boy/girl split or any other groups such as SEN, Pupil Premium.
- The module produces a written report based on collated engagement across the school. Using the module will demonstrate improvements over time with the number of children engaged in school sport & competition.

Contact:

Jeffrey Hoey (PDM)
 northsuffolkschoolgames@gmail.com
 07960 018657

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The Children's Health Project



Health Ambassador Training

A Health Ambassador is either a subject leader, or someone that leads Healthy Schools, who will be responsible for reinvigorating and planning your school's Health Focus. We work with the Health Ambassador to ensure that your collaboration with The Children's Health Project meets your school's needs, is sustainable, and the message of improved health and wellbeing is communicated to the whole school community.

Our Health Programme

Our cross-curricular approach to Health and Wellbeing in EYFS, Key Stage 1 and Key Stage 2, combines the PE, Science, PSHE and DT curricular. It meets expectations set out in national health agendas, and fits into the school day without the need for additional lesson time. Our resources are comprehensive, and inspiring, and are delivered both in school and online.

We describe 'health' in four ways: Healthy Movement, Healthy Eating, Healthy Habits and Healthy Thoughts.

What's Included

- 2 full days of Staff CPD
- A Scheme of Work with 160 activities
- An annual subscription to The Children's Health Blog
- Collaborative work with a Health Partner to support and encourage your work
- Case Study to report on the Project's impact in your school

Price: £405

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Giving EVERY child the physical literacy, emotional and thinking skills to achieve in PE, Sport and life.

Real PE is a unique, child-centred approach that transforms how we teach PE to engage and challenge EVERY child.



What makes real PE unique?

Real PE is, first and foremost, a philosophy and approach which aims to transform how we teach PE in order to include, challenge and support EVERY child. It supports teachers and other deliverers to make small changes that will have a significant impact on their learners.

It is fully aligned to the National Curriculum and Ofsted requirements and focuses on the development of agility, balance and coordination, healthy competition and cooperative learning through a unique and market leading approach to teaching and learning in PE.

What's Included?

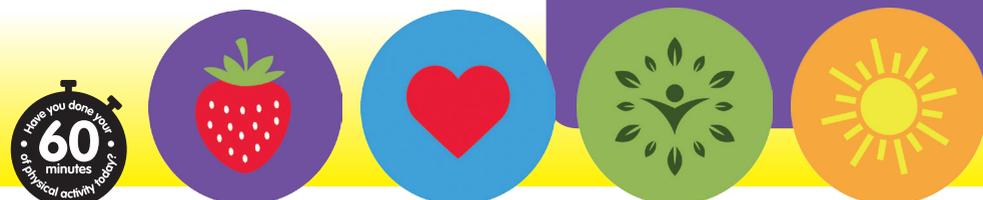
- 3-days training (split over the school year)
- Unrivalled supporting resources
- Ongoing support
- Access to Jasmine – your real learning platform (one year licence) which includes:
 - Assessment framework and tools
 - Fully aligned curriculum map
 - A Scheme of Work for your year group
 - 36 weeks of interactive Lesson Plans
 - Integrated videos
 - Supporting tools and documents

Price £405

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Healthy Us

TIER 1

Each half term our experienced team can deliver a different health and wellbeing topic. This will include whole school assemblies followed up by individual class by class information and learning session on each individual subject.

- Importance of healthy living
- Leading an active lifestyle
- Healthy Heart
- Sugar and diabetes
- Importance of sleep
- Mental health day
- Personal and dental hygiene

All the above sessions can be tailored to include parental involvement, making sure the message continues at home.

TIER 2

This is an in depth look at whole school change around certain subjects such as how children travel to school, fitness and activity at home and in school, first aid training and qualifications and even a whole school audit and plan.

Active Transport

The promotion of active transport via Cycle / walk / scoot to increase the number of children and families taking active transport to school.

- Class trackers used to measure individual and class progress.
- A Bike MOT day – children bring their bikes to school and we provide a “Dr. Bike” service.
- Balanceability sessions for infant years – 1 day impact day.
- Bikeability for rest of school Blast In Mobile Gym.
- Mobile gym taken to school for 1 week / 5 to 6 weeks.
- Follow on health and fitness clubs targeting set students / year groups or whole school. Activities focused delivery of taster sessions running in weekly blocks of aerobic fitness / strength / agility / flexibility.
- Student resources include activity and eating diary.

Opportunity to open to parents and families and school staff.

Price: £30 Per hour
Full day booking only
9:00 - 15:30
Minimum number
of days per project.

Contact:
Adam Jones
adam.jones@geronimo.education
P: 07375 093160
@GoGeronimocic



Go Geronimo CIC



PE Pathways

Our introduction to the sports package for early years PE, covering all aspects of curriculum activity, including core skills and personal development, all based on inspiring and challenging sessions.

All of our sessions come with detailed lesson plans, activity cards, classroom materials, non-participant work sheets and home challenges.

- Dance
- Athletics
- Racket Sports
- Team Building
- Invasion Games
- Martial Arts
- Cognitive Skills

All of our PE Pathways sessions come with assessments for both our staff and your students, ensuring that real progress is being made and standards are kept exceptionally high.

Price: £30 Per hour
 1 Class at a time:
 Minimum of 2 hour booking
 Or 1 hour + After School Club

Contact:
 Adam Jones
 adam.jones@geronimo.education
 07375 093160
 @GoGeronimocic

Sport Plus

Is our introduction to a wide variety of engaging sporting activities. We use these full days to help children try a wide range of different sports, discovering new skills along the way. The following sports can either be used as after school activities or as a full day of sports and skills building from 9-3.

- Gymnastics
- Dance
- Athletics
- Racket Sports
- Team Building
- Invasion Games
- Martial Arts
- Power Kiting
- Fencing
- Archery
- Parkour

This is just a small selection of over 40 sports on offer. To get a comprehensive list please contact us and we will email you everything we can do.

Price: £30 Per hour
 Full day booking available
 9:00 - 15:30



Go Geronimo CIC

Learn 2 Lead

Play Makers

The PlayMaker Award aims to help learners develop leadership skills such as organisation, communication and teamwork, as well as helping to build confidence and self-esteem as they take on the responsibility of assisting in leading their peers and younger children.



Dance Leaders

Dance Leadership qualifications give your students the chance to rediscover their passion for dance whilst also gaining life changing skills, experiences and nationally recognised qualifications.

MSA Training

Delivered flexibly over as little as 7 hours, it gives midday supervisors and school volunteers an introduction to leading games and sessions that maximise students time spent being active. This will be part of a pre-planned activity session including games and activities for wet play.

Contact:
Adam Jones
adam.jones@geronimo.education
07375 093160
@GoGeronimocic



Price: £30 Per hour
Minimum course hours apply.



Teachsport School Services

Teacher Training and Mentoring

Qualified and experienced tutors and teachers work with school staff to help them teach PE and sport more confidently and effectively. We work with staff using our Schemes of Work, assessment methods and Lesson Plan ideas. This can be based in class, or as a staff INSET.

Midday Supervisor Training & Support

We can train Midday Supervisors to facilitate and deliver effective play and physical activity during the lunchtime period. This is in line with the Public Health England guidance of children taking part in 60 minutes of physical activity per day.

Introduce and deliver over 40 different sports and activities

We provide specialist staff to deliver new & different sports to encourage more pupils to be more active, including management and delivery of intra- or interschool sports competitions and sports days.

Contact: Laura Gee
laura.gee@teachsport.org
07719 657256
@TeachsportEA
@teachsporteastanglia

Primary School Leadership Certificate (PSLC) From £3 per child per week

A unique 10-week leadership and communication course aimed at Year 4, 5 and 6.

PE for whole school improvement

Bespoke sessions for all levels of abilities. Lessons are based on the principles of 'active learning'. They can be used to support the development of numeracy and literacy skills in a physical and visual way.

Bespoke Wellbeing and Enrichment Courses From £3 per child per week

Such as Move Up, Sports of the World and Mini Olympian to offer cross-curriculum links.

Price: From £40 per hour





Buzzers Academies

Buzzers Academies are Sports & Performing Arts Academies running every school holiday and half-term. The Academy can be exclusive to you and your school or it can be opened to all children. All of our activity days are suitable for boys and girls aged 5 to 12 years.

How will your school benefit?

Pupil Interaction

Your school can offer parents sustainable, reliable and active holiday childcare at an affordable price with payment by Childcare Vouchers also acceptable.

Staff Development

Your staff will be given the opportunity to learn new skills and extra income by working alongside our professional Academy Instructors.

Revenue Opportunity

In exchange for the use of your school facilities including hall, playground, gym, toilets etc, your school will take 20% of any profit made (rising to 25%).



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Price: £18 Per child
 per Academy Day 10:00-16:00
 £25 per child per Extended
 Day 8:30-17:30



Bespoke Wellbeing & Enrichment Courses

MOVE UP To Be Healthy And Happy is just one of our bespoke courses dedicated to supporting Health and Wellbeing. The 6-Week Health and Wellbeing project for Schools was launched in January 2016 and was part of an Erasmus + project, piloted across 6 European countries. The course offers learning on the values of health and wellbeing, physiology and happiness, recognising behaviours and small changes that could be made and positive role models, including parent involvement where possible.

Linked to your school priorities, Move Up To Be Healthy And Happy is designed to diagnose problems connected with children's physical and mental health, nutrition, physical and personal development, integration and assimilation.

The project includes a programme which will develop a comprehensive approach to children and their lives. The project will include not only children but also their teachers and parents who will gain knowledge on how to ensure healthier lives for children.

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 07719 657256
 @TeachsportEA
 @teachsporteastanglia

Price: From £3 per child per week





Primary School Leadership Certificate (PSLC)

This is our unique 10 hour course, teaching leadership skills through sporting activity. The course is available to anyone of primary school age but is particularly useful for pupils in Years 4, 5 and 6 who are on the journey to making the transition into Secondary school. The course is split into 10 sections, most of which are of a practical nature where the students demonstrate their knowledge and understanding through physical activity. The specifics of the PSLC course can be tailored to suit the requirements of any school.



The aim of the PSLC is to introduce students to the skill of leadership through sport and physical activity. The course encourages students to organise, lead and motivate groups, whilst increasing their levels of self-esteem and self-discipline. The PSLC can help develop class cohesion, a greater sense of personal responsibility and citizenship.

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laura.gee@teachsport.org
 07719 657256
 @TeachsportEA
 @teachsporteastanglia

Price: From £3 per child per week



Teacher Training Mentoring

Supporting your schools CPD, we can offer Training and Mentoring to all staff, covering Sports, Gymnastics and Dance.

Individual INSET Sessions

Delivered by our tutor our INSET sessions are based on your school's requirements to include – progression in one lesson and within a scheme of work, cross curricular links and differentiation, maximising participation, engaging more reluctant students and assessment. Across a 3-hour duration.

Team Teaching

A unique 6 week 'Scheme of Work' is given to the Teacher of each class.

Our team will help create a curriculum map for your school, written with you to meet specific needs and teaching requirements of your school. Our tutor will deliver the first 3 sessions of a half term and work alongside the class teacher showing progression of lesson 'coaching points' and 'learning outcomes' based on an Ofsted 'outstanding' PE lesson for the next 2 sessions, providing assessment on each child in the final week(s).

The advantage of Team Teaching is that the teaching is 'live' so sessions and games can be developed depending on current wants and needs.



Contact:
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Price: £60 per hour
 For up to 20 participants.





Balanceability

Balanceability is the UK's first and only accredited 'learn to cycle' activity programme for children from the age of 2½ years specifically to help develop confidence, spatial awareness and dynamic balance.

How does Balanceability benefit children?

- Physical improvement through the development of Gross Motor Skills such as balance, co-ordination, agility, core strength and flexibility.
- Gets children cycling much earlier without stabilisers.
- Increase children's confidence, self-esteem and resilience!

Price: £35 Per hour

10 students at a time: Discount for Multi Hour bookings.

Contact:

Jeffrey Hoey (PDM)
 northsuffolkschoolgames@gmail.com
 07960 018657
 @NorthSuffolkSG



Paralympics

Paralympics Experience

How the Day Works

Over a whole school day different classes can experience a variety of inclusive sports through a Paralympic Theme. Students from Reception to Year 6 can all enjoy this fantastic day.

The children will get to experience 4 sports, which include

- Boccia
- Sitting Volleyball
- Goalball
- Blind Football

The activities will be decided based on the age of the children taking part.

Benefits

The purpose of this event is to showcase fun and exciting Paralympics sports whilst developing the children's understanding of disability sports and challenge their perceptions on the obstacles people with disability have to overcome each and every day.



Day Price: £125
 based on 30 students at any time through the school day.



WAVENEY WOLVES

American Tag Football

John Sherwood is the driver behind Waveney Wolves American Flag football club. In 2017/18 they have worked with a handful of local primary schools. They are looking to expand their coaching provision in schools and offer exit routes for our local children.

Flag Football is a non-contact sport, but requires the same focus and concentration as the tackle game on every play. Kids benefit from playing Flag Football in many ways and they learn the fundamentals of the sport and compete with other players who love the game as much as they do.

Flag Football Is About Fun and Fundamentals!

Flag Football gives every child the chance to be an impact player. Kids of all sizes are throwing and catching the ball, making interceptions, pulling flags on defence and running for 50-yard touchdowns – all while having a good time, making friends, getting exercise and having fun.

School Pricing Structure

- 1 Hour session £25
- 3 Hour (am/pm) sessions £65
- Full day £110 (6 Sessions)
- Teachers Flag Activators course Price £175 (7 hours)

Contact:

John Sherwood
j.sherwood@btinternet.com
07771 252780
@waveney_wolves



Ultimate Boxing

Ultimate Boxing has been working with local schools over the last 10 years. They have built a reputation for high quality delivery and supporting the needs of all pupils in the community.

Why Choose Boxing?

The many benefits of boxing include cardio fitness, strength, stamina, weight control, speed & reflexes development, self defence, and psychological benefits such as improved self-esteem and confidence. The nature of the high intensity workouts means that endorphins are released and certain neurotransmitter chemicals in the brain are stimulated to add in the feel-good factor.

Price: £40 Per hour.

10 students at a time: Small charge for extra students. Sessions can take place in our gym on our on school sites.



Activities Include

The training includes skipping, shadow boxing, punch bag workouts, pad work, sprinting drills, strength conditioning, footwork drills, circuit training and much more. All this is achieved with experienced coaches.

Contact: Jeffrey Hoey (PDM)

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Macron Sports Kit

Macron Norwich

Schools will receive **25% discount on their sports kits Plus FREE printing and embroidery on the front and back of tops.**

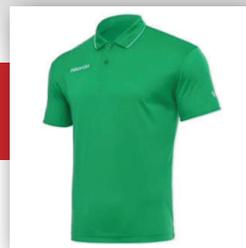
Why Buy New School Kits?

Schools can use their PE Premium funding to purchase new sports clothing for their students as it helps promote a positive image of sport and builds the self-esteem and confidence of pupils.

Price Examples

(All prices include badge and back print)

- Rigel Shirt (Sport Material)
Available in 15 colours
£12.00 RRP £16.60
- Draco Polo Shirt
Available in 9 colours
£12.50. RRP £18.80
- Mesa Shorts
Available in 15 colours
£6.40
- Rayon Socks
Available in 11 colours
£4.15



Macron Norwich

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