



A Sporting Hand
Passing to the next Generation



**SCHOOL SERVICES
BROCHURE**



Research shows that **1/3** of primary school children are overweight



Physically active children perform better at school:

- ✔ Better concentration levels
- ✔ Better behaviour
- ✔ Better academically
- ✔ Better attendance
- ✔ Higher self esteem



Over 5 years supporting primary schools to increase physically activity levels in children...



Training & Support | A Sporting Hand can help up skill teachers and TA's through courses designed to increase the physical activity levels in the school. We provide resources and PE programmes that teachers can use to engage more children during PE lessons.



Delivery | Our highly experienced physical activity professionals can deliver and mentor during PE lessons with your teachers. We can also deliver a range of extracurricular activities such as clubs, sports days, motivation programmes and many more.



It is recommended that primary school children take part in **60** minutes of physical activity every day.



Support from out Physical Activity Professionals:

Our physical activity professionals have as a minimum:

- ★ NGB Level 2 sports coaching qualification
- ★ Enhanced DBS
- ★ First Aid
- ★ Safeguarding
- ★ Completed A Sporting Hand Physical Activity Professional training course, which covers behaviour management, working with SEN and child protection



Ways we can support:

We can provide the following through either training or delivery:

- ★ PE Lessons for KS1 & KS2
- ★ Full Assessments
- ★ Extracurricular Clubs
- ★ Inter School Competitions
- ★ Sports Days
- ★ Health Weeks
- ★ Motivational Programmes
- ★ 1-2-1 Sports Mentoring
- ★ Extended Days Provision



Sporting PE:

Our all inclusive PE package is brilliant for schools who would like a Physical Activity Professional to work alongside the PE lead and senior leadership team to increase the physical activity levels of all students. This is achieved by:

- ★ Full support of PE delivery
- ★ Lesson Plans
- ★ Assessments
- ★ Mentoring
- ★ Gifted & Talented Club
- ★ Motivation Programmes
- ★ School Competitions
- ★ Full advice on PE
- ★ Extracurricular Clubs
- ★ Advice on Equipment
- ★ Online Portal

The idea behind this all inclusive package isn't to simply cover PPA times. The aims of this is to up skill teachers and TA's to be able to deliver high quality engaging PE lessons to increase and maintain physical activity levels in children.

Enrichment Programmes

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Students who have access to enrichment activities usually behave much better in their lessons that they struggle in

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Adding an enrichment programme to your school can be an excellent tool to combat students who are disengaged in class and in particular PE lessons. You can choose from activities such as bubble football, which is a great way to get children active.



Sports Day / Health Weeks

We also cover yearly sports activities in schools such as Sports Day and Health Weeks.

Sports day can be a very stressful day, as well as many hours of planning beforehand. Rather than create more work for teachers, let us take away that stress to ensure teachers can focus on teaching.

Health weeks are becoming extremely popular in schools these days and gives students a chance to try out a range of new activities. If your school is looking for a company to put on a variety of sports based activities during health week get in touch.

We can put on a many different activities, as well as providing the relevant staff to manage each activity, to take away the stress from teachers.



Motivation Programmes:

Our motivation programmes are for children who are disengaged during PE lessons, or for those who need extra confidence to become more physically active.



Boxercise: A great activity to help children who struggle to stay engaged and on task during PE lessons. As well as being physically demanding, Boxercise is an excellent tool for teaching self control and discipline. This can be taught as an extracurricular club or during PE lessons to a selected number of children who need the additional support.

Sports Mentoring: This can be for children who need additional support to grow confidence, as well as for children who have a natural talent in sport. Spending 15-20 minutes with a teacher focussing on specific skills can have more benefit than a whole PE lesson.

Sporting Playgrounds:

Lunchtime is a great period of the day for children to be physically active and prepare themselves for an afternoon of learning in the classroom. It is also the time where minor incidents are most frequent.



We have designed innovative methods to keep children physically active, whilst eliminating the incidents during lunchtimes. This not only benefits the children, but also ensure teachers and the senior leadership team aren't constantly being stretched during their lunch.

Playground supervisors can be trained to understand how to put on more engaging activities for children during break time and lunchtime.

This makes their life easier and improves concentration levels in the classroom afterwards.

Extracurricular:

We can support schools with their extracurricular sports provision. With teachers needing time to prepare or mark work there is often no time for them to run their own clubs. This is where we can help.



- ★ Breakfast clubs
- ★ Lunchtime clubs
- ★ After school clubs
- ★ Extended hours clubs

Our clubs are completely hassle free for schools and don't include any administrative work for the school office. We take care of everything from start to finish.

- ★ Online booking portal
- ★ Insurance
- ★ Trained staff
- ★ Variety of sports activities

Want to Find Out More?

If you've made it this far there is hopefully something in our brochure that you feel would help increase the physical activity of children within your school.

Our senior physical activity professionals are always happy to visit schools and discuss our services in more detail to give you an even better insight into how our services can help you see a significant improvement in physical activity levels.

