



PE, School Sport & Wellbeing Offer 2021-22





The 'School Sports Programme' compliments the Wyre and Fylde SSP offer and fits in-line with the National Curriculum and meets the criteria required for the Sports Premium Funding.

Fleetwood Town Community Trust are excited to present the PE, School Sport and Health & Wellbeing offer for 2021/22.

The Trust works closely with local primary schools in Wyre and Fylde to offer a range of services to young people in order to improve sports participation, education, health and social cohesion.

Our goal is to co-ordinate the delivery of curriculum support and extra-curricular sport provision with the ultimate aim of inspiring a generation of teachers and learners.

In collaboration with the Wyre & Fylde School Sport Partnership, FTFC CT will support the delivery of the Sports Premium Offer over the 2021/22 academic year.

Building Back Better



We at Fleetwood Town Community Trust understand the drastic effect COVID-19 has had on our nation and the effect it has had on the growth and development of children in relation to Physical Education and School Sport participation.

As part of our contribution to the rebuilding process in the fight against COVID-19, we aim to help support the health and wellbeing of schools, students and teachers.

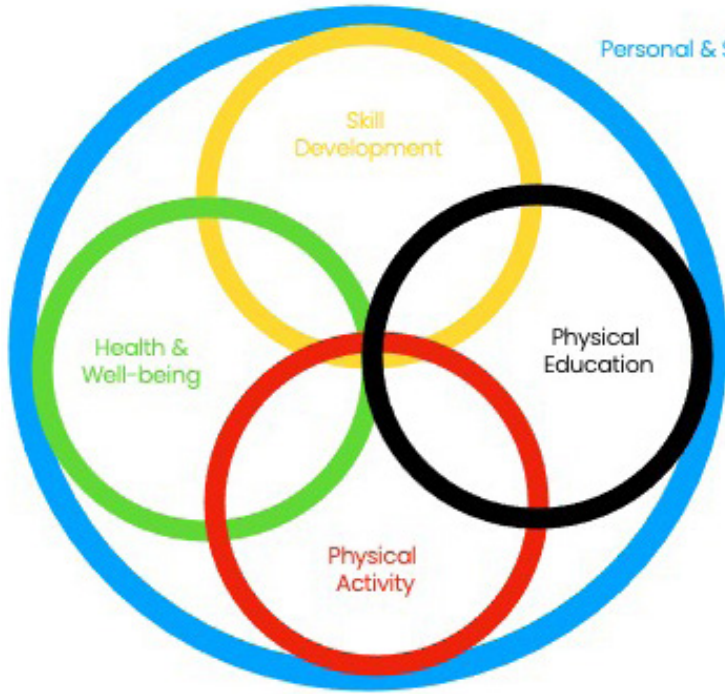
Our staff take regular testing for COVID-19 in order to ensure the full safety of not only Fleetwood Town Community Trust, but also all of our partner schools we deliver programmes in.






All programmes listed in this offer have been adapted to meet all Government guidance in relation to the recent COVID-19 pandemic. This is to ensure

the safety of all staff and pupils at the forefront of our delivery. Our vow is to adhere to all updated Government and school guidance and adapt to meet the requirements of all schools we work with.

All of our staff meet both Lancashire County Council Education Authority and National Governing Body school delivery criteria.

COVID Recovery Framework



-  Movement
Fitness
Inclusive activity
 -  Mental Health
Diet & Nutrition
Exercise
 -  Fundamentals of movement
Technique (isolation & combinati
Opposed skill acquisition
 -  Motor Skills
Physical Development
Self Discipline
 -  Communication
Collaboration
Cooperation
Confidence
- Life skills





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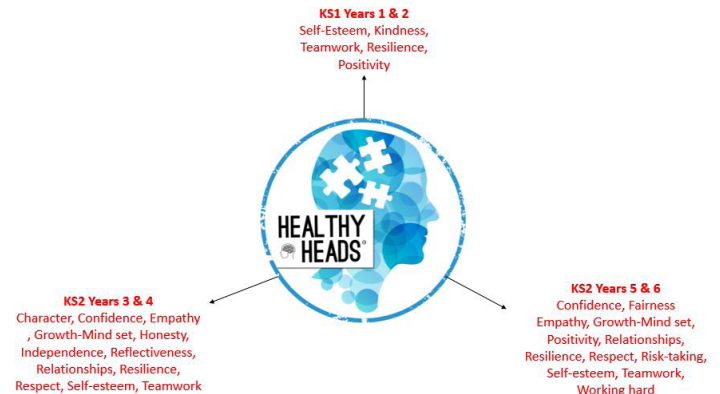
Healthy Heads – Mental Health Education

Healthy Heads is a five week character education programme delivered to children in KS1 & KS2. Each block of delivery is tailored to suit the learning style of each age group in order to have more of a beneficial impact on children's learning.

Each lesson includes 30 minutes classroom learning and 30 minutes of physical activity to encourage a good state of mental wellbeing.

Children have the opportunity to progress through a programme of study that

focuses on mental health and wellbeing, and relationships as well as building character through value-based learning.



Be Active Stay Healthy (BASH)

BASH is a five-week health programme delivered to KS2 classes from year three to year six students. Each week, children will take part in one hour lessons that combine theory and physical activity to cover areas in PSHE and PE.

Children will learn more about the human body and nutrition. They will discover the benefits of exercise, what healthy foods are, the importance of sleep and good hygiene, to improve their overall physical health following periods of inactivity and changed routines during the pandemic.



Yoga & Mindfulness

We can offer a five week Yoga & Mindfulness programme to both KS1 & KS2 students. During each one hour session, trained staff can deliver during Curriculum or Extra-curricular hours.

The aim is to improve balance, strength and flexibility with the use of various Yoga

poses and practices. The programme also includes mindfulness practices that will help behaviour by balancing energy levels through breathing exercises and relaxation techniques improving concentration, memory and sleep patterns by bringing stillness to the mind.



Joy of Moving



The Joy of Moving project is designed to help children develop their physical, cognitive and social skills in a fun and educational way. This is provided through two projects. The Joy of Moving programme is a free programme to all schools.



Move & Learn

The Move and Learn Programme is a national school-based educational programme for children in KS2.

This is a six week block of delivery that consists of practical and classroom sessions. Each lesson is one hour and alternates each week from classroom to practical lesson.

The programme encourages physical activity, promotes nutritional education and builds awareness of the importance of a balanced diet and active lifestyle.

Joy of Moving Festivals

The Joy of Moving Festivals compliment the Move and Learn Programme.

The festivals run for a whole school day involving the full school from reception all the way through to Year 6, and even include the teachers!

The Festivals help develop each child in physical fitness, motor coordination, cognitive functions, creativity, and life skills.

Healthy Hearts

This is a five week extra-curricular club for KS2. Each club will last one hour where children will take part in fun games with the aim to enjoy exercise in a fun and friendly environment.

Healthy Hearts gives children the opportunity after school, to socialise with others and grow in confidence, whilst learning more about the importance of regular physical activity. As part of the clubs, children will be given weekly tasks and challenges relating to diet and nutrition to improve their physical health.



PE & School Sport Hub Support

The Hub support is a programme that allows schools the chance to receive regular delivery and support from a member of Fleetwood Town Community Trust staff. This can be structured as either a half day or full day hub package.

Half day

- Two curriculum lessons
- One extra-curricular lesson (Breakfast or after school club).

Full day

- Four curriculum lessons
- Two extra-curricular lessons (Breakfast, lunch or after school club).

The hub support package can be designed and fitted to target the needs and demands of each school dependant on their choice of programmes. The Curriculum delivery can include PE delivery listed in the offer.

Early Years Curriculum

The Early Years curriculum delivery is aimed specifically to nursery and reception ages at primary school.

The aim of the delivery is to introduce PE lessons in it's simplest forms in a fun and safe environment. These lessons are designed to fit the needs of the children in terms of session times and duration and are used to begin developing the physical and mental capabilities as they transition to higher ages in KS1.

PE Curriculum

The PE curriculum delivery is designed specifically to fit in with a school's daily schedule. We will provide schools with a highly skilled and trained member of staff to support and deliver topics relating to Physical Education.

Our member of staff will work closely with PE coordinators/ teachers in order to plan and discuss effective delivery to select year group's dependant on the needs of the school. The continuous contact between the coach and school will ensure maximum impact on children's development and attainment.



Extra-Curricular delivery

Our extra-curricular delivery provides children the chance to engage in added physical activity, sport or team related training based on the preference of the school.

We can provide multiple clubs during a week dependant on the requests of the school. These clubs are structured to work with specific pupils identified by the school or provide extra training for a school sports team.

Extra-Curricular delivery include:

KS1 Multi-Skills
KS1 Multi-Sport
KS1 Athletics
KS1 Football

KS2 Multi-Skills
KS2 Multi-Sport
KS2 Athletics
KS2 Football

KS2 Futsal
KS2 Basketball
KS2 Netball
KS2 Dodgeball

KS2 Cricket
KS2 Rugby
KS2 Tennis
KS2 Speed
Stacking

Primary School Festivals

In line with the current Government guidelines in relation to the COVID-19 pandemic, schools will have the opportunity to take part in specific Sport and Physical activity festivals.

Festivals usually run during either a morning, afternoon or full day which are delivered by Fleetwood Town Community Trust staff or other local partner sport agencies. These are held at various locations including Poolfoot Farm Sports & Leisure Complex.

The aim of these festivals is to increase sporting participation, inclusion and competition in a fun and engaging setting.





Intervention

Our intervention programmes are aimed at pupils in KS1 or KS2 for a duration of five weeks. This allows our staff to work closely with selected children that have been identified by the school. This can be fitted around the school's schedule to minimise the chance of disrupting children's attention to other subjects.

The intervention programme is designed to target children that may need additional support. This is done through both classroom and practical based lessons to further develop children in areas that may need improvement that has been recognised by the school.

Our staff can also work with gifted and talented pupils. Again these are children that have been chosen by the school to receive additional and advanced support to develop them further. Our intervention areas include:

- **Help improve mental wellbeing & resilience**
- **Used to help physical development**
- **Focus on team building & positive relationships**
- **Work with gifted & talented pupils**



Social Action Projects

To support developing positive well-being to children, we can deliver a six week Social Action project that can help to support your PSHE delivery to children. These are one hour Curriculum time sessions.

The aim of the projects is to focus on improving leadership skills, confidence or self-esteem as well as looking at giving students responsibility to lead and work on projects that they feel is of benefit to the school or community.



#OnwardTogether

Onward Together is an Equality & Diversity programme. The Five week programme provides an interactive, engaging, safe learning experience for Pupils in KS2.

The key areas the programme focuses on is Equality, Diversity & Inclusion in society. Students will gain a better understanding in these areas learning of the issues that surround them as well as those that affect others. The areas focused are:

- Female Equality
- Black & Ethnic Minorities
- People With Disabilities
- LGBTQ+





Primary Stars

Reading Stars

Reading Stars is a ten week literacy programme targeted at KS2 pupils. The aim of the programme is to stimulate literacy engagement in a select group of children through the power of Football.

The programme uses various resources aimed around online safety, reading techniques, finding relevant information, which is targeted at individuals who have a keen interest in Football but may lack motivation and are not reaching age expectation in literacy.

Numeracy Stars

Our numeracy programme is a six week block of delivery targeted at KS2 pupils with the aim to stimulate maths engagement in children through the power of Football.

The programme is targeted at individuals who have a keen interest in Football but may lack motivation and are not reaching age expectations in Maths.



Teacher Wellbeing

Our Wellbeing support workshops provide staff expert support to help develop their well-being as well as improving resilience, overall improving performance within the workplace.

Qualified coaches will set personalised aims and objectives as well as providing tailored resources in order to help meet the demands of the school staff. These areas include:

- **Mental health & wellbeing**
- **Yoga & mindfulness**
- **Stress & anxiety**
- **Resilience**
- **Coping strategies**
- **Managing change**



PE & Sport Activities

Our coaches will work closely with teachers to provide specialised support to develop teacher's knowledge and confidence in delivering high quality physical education.

Support will include exploring different styles and techniques of delivering PE, focusing on developing teacher's ability to effectively plan, differentiate and assisting with assessment for learning. These areas include:

- **Multi skills delivery**
- **Invasion games practices**
- **Net & wall activities**
- **Striking & fielding activities**
- **Developing football skills & techniques**
- **Team building/co-operation activities**



Our Team

All coaches deployed in schools supporting curriculum possess or are in the process of completing a 1st4SPORT/afPE Level 2 and 3 'Supporting PE and School Sport' as well as meeting the minimum operating standards below:

- **A current National Governing Body (NGB) Level 2 coaching award**
- **Level 2 certificate in Understanding Children & Young People's Mental Health**
- **Enhanced DBS and Children Barred List checks**
- **All coaches and instructors come under the Community Trust's public liability. This can be provided upon request.**

Quality Assurance

Fleetwood Town Community Trust welcomes feedback from schools and employees in terms of service delivery, both positive and negative. This information is monitored and evaluated to improve service delivery.

In addition to this, the Trust actively seeks feedback on performance at the conclusion of delivery, through case studies and/or simple annual questionnaire sent to subject leaders.



Testimonials

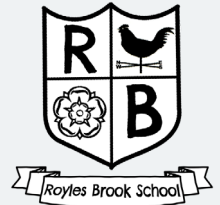
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Fleetwood Town Community have provided extensive CPD for our staff, who are now vastly more confident in delivering Physical Education. FTFC have also delivered countless lunch and after school clubs throughout KS1, KS2 and EYFS which are fun, engaging and develop the mental health and physical well-being of the children.



Mr S Clough | PE Coordinator | St. Wulstan's & St. Edmund's Primary School

Fleetwood Town Community Trust have been outstanding throughout the COVID-19 lockdown and has shown great determination to ensure that Royles Brook's PE lessons continue to a high standard. Throughout the first lockdown, The Trust maintained coming into school one day a week to continue teaching making sure that all the children didn't miss out.



Once returning back to school in September, I worked closely with the Community Trust staff to channel my ideas as PE Subject Leader into home learning. With the support from Fleetwood Town, their staff had created a variety of video lessons for KS1 and KS2 which eased the workload from the Teachers. These videos were fantastic and demonstrated techniques for the children to learn at home using equipment which would be readily available to them; for example, socks for throwing. The videos which were produced, were to a very high standard and replicated the delivery in regular school lessons.

Miss G Jackson | PE Coordinator | Royles Brook Primary School

The lesson plan we received from Fleetwood Town was clear, concise, and very easy to understand. Being new to teaching PE, the plan was not overwhelming with too much information and it was organised so I could easily understand just what I would be doing with the children and what skills I would be working on. The plans sent were really suitable for our current situation, as we did our PE lessons with keyworker bubbles of 3 year groups.



We have also used the online learning videos and have posted these on our google classroom each week. As we normally have our regular coach come into our school, the children have loved the videos that star the coaches that they usually work with! The videos have been clear and easy to follow at home or in school. It is good that the videos give examples of what resources or equipment could be used, making it really accessible for all the children at home.

Miss K Woods | Year 3 Class teacher | Kirkland & Catterall St Helen's CE Primary School

Throughout this challenging year, Fleetwood Town Community Support has provided crucial support in school for our children. They have been reliable, flexible and a member of our school team. Our children both during lockdown and throughout the year have enjoyed their PE lessons. Thank you, Fleetwood Town for your support.



**Mrs. M. Bottomley | Deputy Head Teacher | St. Mary's Catholic Primary School
Fleetwood**

**PE, School Sport
& Wellbeing
Offer 2021-22**

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**PROVIDED 550
RESIDENTS
WITH A CHRISTMAS
DINNER**



**PURCHASED GIFTS
FOR OVER 150
DISADVANTAGED
CHILDREN**



**CREATED A
BEFRIENDING
SERVICE TO
TACKLE SOCIAL
ISOLATION**



**RAISED £7000 IN
DONATIONS FOR
FLEETWOOD
FOOD BANK**



**1000 FOOD
PARCELS
DELIVERED
EACH WEEK
ACROSS WYRE**



**OVER 1000 HOURS
VOLUNTEERED BY
TRUST STAFF AND
VOLUNTEERS**



**120 HOURS OF
PHYSICAL ACTIVITY
WITH OUR ONLINE
SESSIONS**



**600 HOURS
TAUGHT ONLINE
BY OUR SPORTS
COLLEGE TUTORS**