



EDUCATION 2018/19



Spending six great formative years of my career as a PE teacher, I appreciate the unique role PE and sport plays to contribute to the development of our young people.

I also appreciate the challenges schools have regarding competing curriculum pressures and the scarcity of resources that sometimes compromise aspirations to provide high quality PE and sport. I am delighted therefore that Active Tameside has this great service that provides schools with a sustainable solution to overcoming these challenges to optimise outcomes for young people.

Active Tameside is a registered charity. We are the custodians of Tameside Council's leisure facilities which we manage with pride. We also deliver a broad range of services, many in the community setting, that use sport

and physical activity to help people start and stay active to improve and maintain good health. We are a values based organisation that invests heavily in developing people to make our services the best they can be, all our people are appropriately qualified and advocate our values. We have over 300 hundred employees in total, including over 100 lifestyle officers, swimming teachers and sports coaches delivering our Active Education service.

Our Active Education service has successfully provided PE and sport activities in the majority of Tameside schools for over 19 years engaging over 7,000 young people per week. We want to continue to provide value for money services that compliment the school curriculum and enrichment programmes to give every child the best possible experiences and opportunities. I hope the Active Education service can meet your needs, and if you are an existing customer I hope that we can continue to develop our great partnership with you.

A handwritten signature in black ink, appearing to read 'Mark Tweedie'.

Mark Tweedie

Active Tameside Chief Executive Officer

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“All pupils leaving primary school should be physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport”

Association for Physical Education

PE Curriculum Delivery

The coaches in schools programme delivers high quality PE and sports lessons linked to the national PE curriculum that aims to ensure all pupils:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy active lives and have knowledge and understanding of fitness, health and healthy food choices.

All teaching within school is delivered by Level 3 Association for Physical Education (afPE) qualified PE educators who also hold National Governing Body (NGB) level two coaching qualifications which from 2016 is an Ofsted recommendation.

Schemes of work for all programme elements in the KS1 & KS2 PE national curriculum are provided on a teacher lesson plan support portal of which schools are given a unique username and password on www.livewelltameside.com

Lesson plans are divided into specific year groups, these can be used by teachers to assist with the PE curriculum and enrichment planning.

Progress assessments are completed each half term for every pupil and discussed with the PE subject lead and class teachers, which then will form the basis for an end of year PE report examining child development and individual attainment against the PE national curriculum assessment framework.

ACTIVE
TAMESIDE



**CITY IN THE
COMMUNITY**



Active Tameside & City In The Community

Over the Summer of 2017, City in the Community and Active Tameside have been working together to establish an exciting new Primary School PE and School Sport partnership. This partnership officially launched on 1st September 2017, bringing together two experienced, high quality organisations to create an outstanding offer for the schools of Tameside.

Our partnership aims:

- Improve and enhance PE and other curriculum areas, developing skills and values crucial to succeed
- Increase children's enjoyment, participation and skills in competitive and non-competitive sports and physical activity
- Support young people into further participation pathways in sport
- Increase children's understanding of personal skills and values needed to achieve their goals
- Enhance the knowledge, skills and confidence of teachers to improve delivery of PE and School Sport

Premier League Primary Stars

City in the Community and Active Tameside coaches deliver the Premier League Primary Stars programme in schools across Tameside. The nationwide initiative uses the appeal of the Premier League and Manchester City Football Club to inspire children to learn, be active and develop important life skills. Available to every primary school in England and Wales, it inspires girls and boys aged 5-11 in the classroom, the playground and on the sports field. Learning is connected to the real world of sport to enthuse pupils when tackling challenging PSHE topics such as resilience, diversity, self-esteem and fair-play. More information and resources can be found at <https://plprimarystars.com>

Free Programmes

All schools engaging with our partnership for one full day provision will be able to access the following complimentary programmes:

City Stars Programmes

City in the Community delivers a variety of 6 week programmes for year 5 pupils. The City Stars Programmes consist of six, one and a half hour lessons with the first hour being a theory session covering a range of football related tasks and the last half an hour being a practical football session.

1. City Stars Literacy Programme – Pupils explore literacy skills using football based activities.
2. City Stars Numeracy Programme – Pupils practice their numeracy skills through practical and theory based activities.
3. City Stars ICT Programme – Pupils learn about ICT through interactive activities.

City Lifestyles

City Lifestyles is a 6-week programme designed to inspire and develop the overall lifestyle of participating families. With record levels of overweight/obese children, the programme is designed to encourage children to make healthy choices from an early age, by supporting families to develop their skills and confidence when preparing and cooking meals.

Disability Awareness

Our Disability Awareness delivery is part of an award-winning programme designed to educate pupils in years 4, 5 or 6 about disabilities. The programme is delivered as a collapsed curriculum day to one class and consists of three classroom activities, including creation of their own disabled superhero, and two practical activities where pupils experience disability sport.

Teacher CPD

During each curricular PE session teachers are able to watch, learn and be upskilled by the coach. The main aim of the teacher CPD programme is to provide schools with the opportunity to develop the confidence of teachers in the delivery of physical education. We are aware that not all teachers specialise in PE and we feel we can use our coaching expertise to complement the teacher's delivery skills. The teacher CPD programme can be completed over an academic year or a term for more than one form entry schools and each teacher completing the programme will receive certification upon completion.

Benefits from the PE Curriculum Delivery

- High quality PE lessons with clear learning objectives and outcomes.
- Assessment of every pupil half termly against the outcomes of the PE National Curriculum to show child progression and attainment.
- Teacher Lesson plan support portal which houses over 300 lesson plans in different year groups accompanied by specific year group PE national curriculum frameworks.
- Delivery of the fitness tracker programme for all KS2 pupils three times per year that will show the impact of the programme along with progression of pupil's personal fitness levels.
- Use of ICT to encourage visual learning and pupil self-evaluation.
- After school club opportunities designed to extend pupil's learning and progression to competition and community sports clubs.
- Development of a school PE/sport development plan in consultation with lead teacher for PE.
- Quality assurance and mentoring framework to support all schools and coaches in consultation with school staff through a dedicated school programme development officer.
- Development of school to club links with local sports clubs and community groups.
- Preparation of school sports teams for entering competition.
- Specialist Dance, Gymnastics, Disability and British Cycling coaches.
- Provision of outdoor education activities.
- Young leaders award courses for year 5/6 children to build confidence and support the development of future leaders and coaches.
- All coaches are First Aid trained and have ongoing child Protection training. All coaches have a current fully enhanced DBS check.
- A high quality solution to your PPA cover needs that will support the school curriculum.
- 10 FREE Active Tameside swimming passes per year for schools enrolled on the Coaches in School scheme.

For more information contact - andrew.dwyer@activetameside.com

“The children have made **excellent progress** and **enjoy** their PE lessons immensely. The **impact** the Active Tameside **coaching** programme is having on our participation at after school clubs and school games tournaments has been **fantastic**. Thank you”

Extra Curricular PE Delivery

Give every pupil the chance to increase sport participation and introduce them to different sports.

Choose from 9 core focus sports plus gymnastics and dance. We also offer alternative sports such as Dodgeball, Tri-Golf, Archery, Cycling and much more.

For more information contact - andrew.dwyer@activetameside.com

Benefits

- Opportunities to engage in PE and sport for all young people.
- Increase participation of school PE and sport through extended school hour's provision.
- Further develop pupil's skills and fitness.
- Signposting pupils to community sports clubs to further encourage a healthy lifestyle.
- Opportunities for children to become involved in the organisation and leadership of activities by undertaking a PE young leaders award.
- Raising the importance of being active and making healthy food choices to parents and pupils.



Go-Ride Cycle Sport

HSBC UK Go-Ride is British Cycling's development programme for young people and provides a fun and safe way to introduce young riders to the world of cycle sport and provides a platform to improve bike handling skills.

The Tameside HSBC UK Go-Ride Coach can contribute to your school's physical education and sport timetable. Delivered on site, the fun and inclusive coaching sessions will encourage a healthy lifestyle, active learning and physical literacy.

Providing a fleet of high quality mountain bikes, helmets and coaching equipment, our coaches will pass on their knowledge and enthusiasm for the sport and signpost them to the HSBC UK Go-Ride Club based at the Tameside Cycle Circuit.

The Coach can deliver flexible coaching sessions to suit your school and your pupils, these include:

- **Weekly coaching sessions**
- **After school clubs**
- **Taster sessions**
- **Sport days**
- **Healthy Living days**
- **Tameside Cycle Circuit trips**
- **Go-Ride Race events**
- **Go-Ride Go balance bike sessions**

HSBC UK Go-Ride is a fantastic addition to the curriculum and with a few simple steps your school could soon offer inclusive cycle coaching to pupils.

Please contact Simon Wilson for more information:
Simonwilson@britishcycling.org.uk - 07534281258



“Active Tameside’s
coaches in schools
scheme provides an
outstanding service.
The children benefit
hugely from the
excellent teaching and
the wide range of **PE**
activities/sports both
in and outside of the
curriculum”

St Pauls C of E Primary School, Stalybridge

Bikeability

Giving young people the skills and confidence to cycle on today's challenging roads.

Bikeability is cycling proficiency for the 21st century, designed to give pupils an understanding of cycling road rules in real time situations.

Bikeability consists of four two hour sessions run over four consecutive days teaching cycling manoeuvres, signalling and road safety. The first day involves all pupils completing level one and the final three days involve successful level one pupils completing level two.

Course provides:

- High visibility jackets.
- 10 mountain bikes, if pupils do not have access to their own bike or if it is not in a road worthy condition.
- A helmet for each pupil.
- A certificate and badge for all pupils who successfully achieve each level.

Level 1

Demonstrate the skills and understanding to allow pupils to make a bike trip teaching them how to undertake activities safely in a traffic-free environment.

Level 2

Demonstrate the skills and understanding to allow pupils to make a safe trip whether to school or for leisure on quiet roads.

For more information contact:

gavin.browne@activetameside.com

**“Our children
improved their
knowledge of
road safety from
Bikeability and
being out on the
local streets riding
their bikes safely.
Very knowledgeable
instructors”**

Micklehurst All Saints Primary School, Mossley



Level 1 & 2 Courses

FREE
to all Tameside
Primary Schools!

Little Bikers

A fundamental starting point for children's cycling.

Balance bike sessions are aimed at children aged 2 ½ to 6 years old.

Sessions provide a natural lead in to the bikeability sessions for schools.

Balance bike sessions involve various fun activities that build confidence, spatial awareness and improve dynamic balancing skills, enabling children to cycle without the need of stabilisers.

6 x 1 hour sessions are recommended to see an improvement in a child's cycling ability and allowing sessions to flow and progress each week.

Course provides:

- Up to 32 children per session.
- Flexible sessions for your requirements.
- 16 Pre pedal bikes.
- 16 Helmets.
- All equipment needed.

'By the end of the session, the children had further **developed their **balance** skills, as well as **improving** their **spatial awareness** and **self-confidence** skills.**

The session was thoroughly planned, adapted to individual needs and was **enjoyable for all children taking part whilst delivering specific **learning** outcomes'**

Ryan Bardsley – PE coordinator at St John Fisher RC Primary School

For more information contact:
gavin.browne@activetameside.com



Gymnastics

Improve your pupil's flexibility, muscular strength, co-ordination, listening skills and self-confidence.

Access our specialist gymnastics centre with an extensive range of fixed apparatus and equipment available including a competition size sprung floor area and top of the range tumble track, balance beams of different heights, rings and single bar positioned over our large foam pit, asymmetric bars and floor level trampoline. Our British gymnastics qualified coaches are happy, friendly and excited to take the next generation potential gymnasts down the road to success.

Gymnastics and trampolining can be booked in half term blocks and all sessions will be delivered by our British Gymnastics qualified coaches.

For more information contact: Louise Costigan -
Active Tameside Gymnastics Development Officer
louise.costigan@activetameside.com

**British
Gymnastics**
More than a sport



Swimming

Active Tameside deliver the Swim Teachers Association (STA) School Swimming Academy Programme to ensure the quality of learning and progression remain at the forefront of every swimming lesson.

With many pupils leaving school having not learned to swim at least 25 metres unaided, STA have created this programme to encourage skill development and enjoyment of the water, with the outcome to increase the number of pupils leaving school with water confidence and water safety awareness.

Specifically designed for primary school aged pupils, STA's programme meets National Curriculum requirements for strokes and distances, whilst also ensuring pupils develop water confidence, key lifesaving and water safety skills.

Unlike other award schemes, the eight-stage programme encompasses skills in strokes, distance, lifesaving skills and water safety, and encourages learners to go beyond the requirement to be able to swim 25 metres by the time they leave primary school.

We have long maintained that the 25-metre aim is too low a target for youngsters, so in our School Swimming programme, we've set this achievement at level 5. This means that learners have the chance to further develop their skills and become better and safer swimmers through levels 6-8.

This is about ensuring learners are well-rounded and informed swimmers – not competitive swimmers – which is why we've broken it down into eight awards that mark key achievements in their progress.

It's also about encouraging learners to be motivated at every stage of the programme. We have struck an excellent balance between meeting the needs of the national curriculum and ensuring that swimmers are confident.

Benefits

- New swimming teachers association school swimming framework (STA).
- Experienced swimming instructors.
- Lessons designed to work pupils towards the achievement of National Curriculum Standards in swimming at Key Stage 2.
- Half Termly assessment data based around National Curriculum attainment.
- An invitation to a summer term school swimming gala, with a chance for pupils to compete.
- Water safety lesson delivered at the pool at the end of each term.
- Transport provided if required

**“All of our children make
excellent progress.”**

Ashton West End Primary School, Ashton-under-Lyne

Pupils will work towards the following National Curriculum outcomes:

- Pacing themselves in floating and swimming challenges related to speed, distance and personal survival.
- The programme encourages pupils to surpass the National Curriculum standard of 25m (Award 5) and are given the opportunity to develop their skills further through awards 6-8.
- Recognised arm and leg actions, lying on their front and back.
- A range of recognised strokes and personal survival skills, for example, front crawl, backstroke, breaststroke, sculling, floating and surface diving.

“The STA school swimming academy not only meets national curriculum requirements in relation to strokes and distances, it will also uniquely ensure that children are water confident by introducing key lifesaving and water safety skills at every stage of the programme.”

- Claire Brisbane, STA's Operations Director

Swimming sessions are available in blocks of 12, 24 or 36 weeks at 40 minutes each session over the school year. Transport can be provided where needed. Additional swimming sessions can be purchased during the summer term to extend the opportunities for pupils' learning.

Active Tameside have recently embarked on a new project with Poplar Street Primary School using PE and Pupil Premium funding to enable swimmers to access further swimming lessons outside of their school swimming lesson.

Pupils are able to join Active Tameside Learn to Scheme at a reduced cost by the school funding half the cost of the private lessons and the parents funding half the cost. The initial response has been extremely positive and we look forward to expanding the project to other schools within the borough.

For more information please contact Nicola Lawton - Active Tameside Swimming Development Co-ordinator
nicola.lawton@activetameside.com



Leisure Experiences

Active Junior Membership

Purchase three month memberships for pupils aged 5 to 16. Active junior members can access; unlimited general swimming, sport sessions, gym access during junior hours (13+) and a selection of group exercise classes (13+). For further details please contact Shaun Higgins - shaun.higgins@activetameside.com

Tameside Cycle Circuit

The closed loop 1k cycle circuit is based at the Roy Oldham Sports Village in Ashton-Under-Lyne. The circuit is traffic free and off road, providing the perfect opportunity for children of all ages to take part in safe cycling lessons. British Cycling's Go-Ride offers children the opportunity to learn basic cycling skills building up to competitive racing techniques. Every lesson is delivered by a qualified British Cycling coach and there is no need to worry about bikes or helmets, we'll provide all the equipment needed to get every child cycling!

For further details please contact Simon Wilson - simonwilson@britishcycling.org.uk



Hyde Leisure Pool

- Swim, Slide and Waves

What better way to give your pupils a special treat than taking them to Active Hyde for an action packed, fun filled experience! Children can enjoy the 'Red Ripster' slide, Wave Machine, White Water Channel and all the other fabulous features that the leisure pool has to offer.



Sky High Adventure

Pupils will love exploring our range of climbing walls as well as high ropes, caving and bouldering and if they're feeling brave our vertical drop slide and Leap of Faith. Climbing is a fun way to enjoy exercise and encourage children to stay active.



With a Trampoline Zone, Laser Zone and iPlay Zone you can jump off the walls, dive from dodgeballs and have a blast at Total Adrenaline!

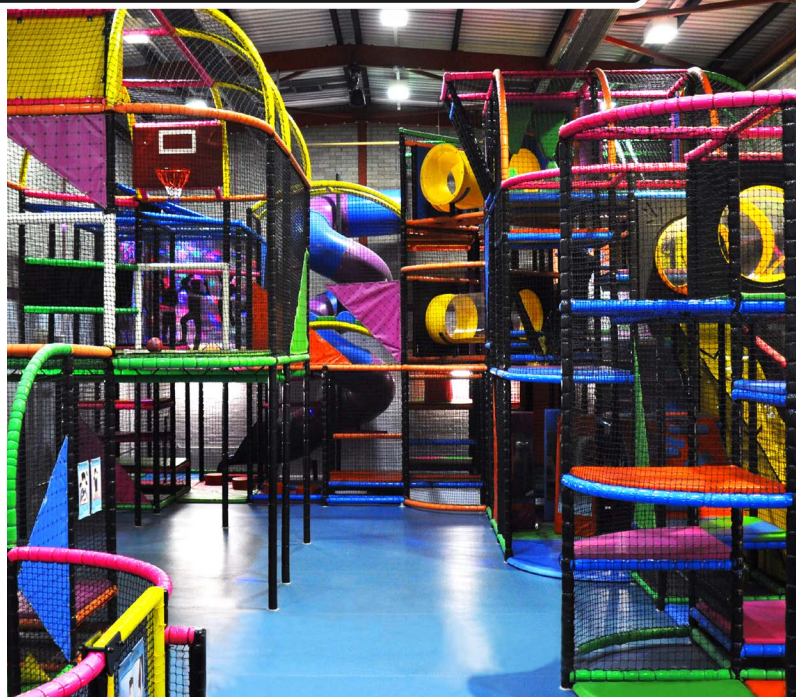
Based in Mottram in Longdendale, Tameside, Total Adrenaline is home to three fun Zones with something suitable for all ages, so we're perfect for family days out, fun with friends and quality time together.

Whether it's the Trampoline Zone, Laser Zone or iPlay Zone you'll have lots of fun with us!

For more information visit our website at www.totaladrenaline.co.uk



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Attractions

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Alternative Curriculum

Live Well Tameside Alternative Curriculum programme has been developed to support primary and secondary school learning objectives by focusing on class dynamics and behaviour through creative engagement. our programme consist from 1:1, small groups or full classes, either in mainstream schools or schools with challenging behaviour, low confidence or low self-esteem.

We achieve our aims through high quality alternative curriculum, work readiness and learning based on building effective relationships that enable achieving life skills and meaningful qualifications.

Live Well Tameside offers a term by term or full year programme for students in Key Stage 2, 3 & 4. The programme consists of a highly focused and structured curriculum, aimed at using alternative curriculum as a driving tool, to engage students to successfully engage with different young people. We will work with each student in a targeted and personalised way, giving each of them as much appropriate help and support as possible, enabling them to confront any issues and learn to move forward.

Alder High school cohort 1

Before:

The first cohort of boys we selected for the programme was very mixed. We chose boys who we knew were difficult to reach: one who had been on a managed move and failed; students with SEMH difficulties; students with challenging home lives and students with SEND (ADHD). The rationale behind this was to see who the programme would be most effective for so we could select carefully in any further cohorts. The boys present very differently in lessons, some with more incidents of low level behaviour but some with more challenging behaviours.

During:

The boys were always very positive about the sessions and anecdotally they shared that they felt they were getting a lot from the sessions. They were setting personal targets during the Monday session and then hopefully transferring those targets over to lessons.

For the first couple of weeks, the group struggled to maintain their positive behaviours. We took feedback from staff and felt that for the first two weeks community payback seemed more appropriate for their Friday activity than a reward. The boys dealt with this maturely and after that we had an improvement which continued for the remainder of the programme.

After:

After analysing the data, clearly there has been an improvement. However, this is not the only evidence. From seeing the boys around school and from comments from staff the consensus is that the group are much more self-aware in terms of their behaviour.

We decided to maintain three of the group on the programme as an additional support mechanism. We have also introduced a group of seven year 8 boys who are all part of our most challenging class within school. The hope is that with this group, we will be able to see the impact on the class as a whole very clearly and will allow for very clear monitoring.

Areas for development:

In school monitoring of targets - We will now be target setting specifically with reference to the behaviour management policy, for example:

'no strike threes in lessons'.

Students will meet with me and Sarah on Wednesday to discuss progress so far.

We need to look at how we still support those students who come off the programme and how we maintain their progress. We have briefly discussed an additional reward for those students before the end of term.

We need to look at staff perception of the programme and look at the balance of reward for the other students in the class.

Behaviour Incidents:

This is a table to show the number of behaviour points/ incidents the students were involved in in the six weeks prior to the programme and for the six week duration of the programme.

Name	Before	After	Difference
Student 1	30	22	-8
Student 2	27	11	-16
Student 3	18	12	-6
Student 4	26	10	-16
Student 5	15	3	-12
Student 6	13	10	-3
Student 7	25	4	-21

Red Cards:

Red cards are the system that we use for corridor behaviour. A student may be issued a red card for rowdy behaviour, silliness, eating or drinking on the corridor, untucked shirts etc. The table below outlines the number of red cards for the previous terms with the latter detailing the number of cards during the programme.

Name	Before	After
Student 1	23	11
Student 2	15	0
Student 3	7	7
Student 4	15	2
Student 5	3	0
Student 6	8	2
Student 7	14	0

The Alternative Curriculum programme emphasises the importance of teamwork and co-operation, bringing pupils together to work to complete projects over the 6-8 week course, rewarding positive behaviour with exciting trips. Alternative Curriculum is a dynamic and adaptive programme designed to focus on your school’s needs.

The programme has been developed to specifically target disengaged pupils and promote good behaviour through rewards and responsibility by emphasising active participation in teamwork projects.



Leadership

Key Stage 2

Junior play leadership courses aimed at year five and six enable young people to lead sessions at lunch and break times.

Key Stage 4

The ASA Aquatic Helpers Certificate is aimed at children 13 to 16 years and is designed for young people who want to assist on poolside in any aquatic environment, for example, young volunteers in clubs and young people who want to help in school swimming or learn to swim schemes.

Further placements and mentoring opportunities for young people who have completed the Aquatic Helpers Course and want to gain more experience of swimming instruction can be arranged.

Volunteering

If you are aged 14+ and looking to gain experience in sport and leisure why not get involved in our volunteer programme?

Young volunteers are encouraged to assist professional sports coaches to deliver activities in school and community settings. Those with an interest in aquatics or fitness can also gain voluntary experience in these areas too. Our fantastic scheme rewards every volunteer with an Active membership which varies from single-site access to access across 6 centres.

For more information visit
www.activetameside.com/volunteer





Active Champions

Active Champions Memberships support Tameside's most talented sports performers through the Active Champions scheme—an initiative designed to provide free training facilities to any sports performer who is currently playing for their country as an individual or as part of a team.

Active Champions are entitled to free access to Active Tameside fitness facilities, group workout classes, swimming and facility hire.

The scheme also supports Champions in applying for grant aid and publicises their success through local media and the Active Tameside website. In turn each Active Champion will assist in the promotion of local sporting events.

Individuals can apply by emailing **education@activetameside.com**

For more information please visit **www.activetameside.com/active-champions**

All application forms must be supported with a letter confirming their performance level which must be endorsed by the national governing body (NGB).

“We are delighted to be supporting Active Tameside on a journey to deliver a high standard of PE within our local area. We both feel very passionate in helping every young person be their very best, and recognise the essential contribution excellent PE and sport makes to the health, happiness and the education of the whole child.”



*Chris Mahady -
Davies Sports Managing Director*

Play, Learn, Compete

Our goal at Davies Sports is to help the next generation become active for life.

We have the equipment, resources and expert advice to support schools and clubs to inspire all ages to get moving. We believe that each part of the journey develops so much more than improved health and fitness, team work, communication, resilience and determination are just some of the life skills that are being established. Play, learn or compete. Davies Sports is here to help you develop a passion for sport in every child at every level.

Great reasons to shop with Davies Sports

Exclusive discounts

Whether you're a new customer or returning to shop with us, we have a fantastic discount structure with up to **20% off**. Simply speak to your Active Tameside coach for more details.

Product advice and recommendations

Knowing which equipment to select for the games store and how much you need can be a little daunting. Davies Sports along with your Active Tameside coach can support you through your purchasing decisions.

Free Next Day Delivery

Simply order stocked items before 2pm and request delivery for the next day... it's that easy.

Price Match Promise

Find a product cheaper anywhere else and we'll match it.

For further information please speak to your sports coach or visit :

www.daviesports.co.uk



ACTIVE TAMESIDE



www.activetameside.com / www.livewelltameside.com

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CITY IN THE
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