



EDUCATION

with you  
**every step**  
of the way

Active Education  
2020/22

**ACTIVE**  
TAMESIDE

 **Davies**  
SPORTS



[activetameside.com](https://www.activetameside.com)

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# foreword



**Chris Rushton**  
Active Tameside  
Chief Executive Officer

**As a proud graduate of the Loughborough University PE department I am fully conversant with the importance of sport in the lives of young people.**

I'm similarly aware of the curriculum pressures and resource challenges that can stymie aspirations for high quality PE and sport in schools. However, Active Tameside is able to offer a service that provides schools with a sustainable solution to overcoming these challenges and which 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 become 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 of our people are appropriately qualified and advocate our values. We have over 300 employees in total, including over 100 lifestyle officers, swimming teachers and sports coaches delivering our Active Education service.

During the course of 2019, Active Education rebranded in order to reinforce the fact that it is a fully integrated part of Active Tameside – a multi award winning organisation which is acknowledged to be in the vanguard of innovation within the sector. Quest 'very good' status reinforces our commitment to quality assurance in all its facets and can be seen as external validation of our commitment to continuous improvement and total client satisfaction.

Active Education has been providing PE and Sports services to local schools for over 20 years and during the course of 2019, weekly attendances exceeded 8000 for the first time, which we believe is a function of quality, value for money and the advocacy of our partners.

We look forward to working with you during the course of 2020 and beyond.



“ All pupils to be actively engaged and involved in physical education and regular physical activity thus kick-starting healthy active lifestyles. ”

Association for Physical Education



# coaching in schools

## PE Curriculum Delivery

Active Tameside provides high quality physical education curriculum, inspiring all pupils to succeed and excel in competitive sport and other physically-demanding activities. This provides opportunities for pupils to become physically confident in a way which supports their health and fitness.

Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

**The programme fully integrates the national curriculum for physical education and aims to ensure that 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
- Understand the purpose of good nutrition values



## Staffing of the Programme

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 is an Ofsted recommendation. All staff have enhanced DBS and undertake the required safeguarding and first aid training.

## Lesson Content

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

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 online at: [activetameside.com/active-education](https://activetameside.com/active-education)

## Pupil attainment and development

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

## KS2 Fitness Tracker

To help with evidencing the impact of the PE premium funding, we have developed and piloted our KS2 Fitness Tracker. This tracker engages with every pupil in KS2 and provides them with a series of fitness based field tests throughout the school year. All tests have been developed with our university partner Salford University and over the last year we recorded an overall increase in pupils fitness in KS2 of 78%.

**Tests are carried out as follows over the year and then schools are given data termly on each child to show progression:**

**TEST 1** Autumn Term

**TEST 2** Spring Term

**TEST 3** Summer Term



Key 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 year-specific lesson plans accompanied by year specific 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.
- Development of a school PE/sport development plan in consultation with the lead teacher for PE.
- Quality assurance and mentoring framework to support all schools and coaches in consultation with school staff through a dedicated Service Development Manager.
- Development of school to club links with local sports clubs and community groups.
- Specialist dance, gymnastics, disability and British cycling coaches.
- Provision of Outdoor Education activities.
- Play leaders courses for year 5/6 children to build confidence and support the development of future leaders and coaches.
- A high quality solution to your PPA cover needs that will support the school curriculum and are also used for Teacher CPD.
- 10 FREE Active Tameside gift vouchers per year for schools enrolled on the Coaching in School scheme.

For more information contact Gavin Browne - [gavin.browne@activetameside.com](mailto:gavin.browne@activetameside.com)

“ Children are given a thoroughly positive experience of the PE curriculum and school sport. All abilities are well catered for and managed including children with additional needs who make great progress as a result. Thank you. ”

Livingstone Primary School, Mossley

extra curricular PE delivery

We want to 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 Gavin Browne - [gavin.browne@activetameside.com](mailto:gavin.browne@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 living a healthy lifestyle.
- A great chance to prepare teams for school competitions learning important rules and improving teamwork, social skills etc.



“ The coach has a fantastic relationship with the children who thoroughly enjoy sessions which explains why all after school clubs are really well attended. ”

Rosehill Primary Academy, Ashton-under-Lyne



# cook4life healthy cooking programme

Tameside Primary Schools who engage with the 'Coaching in Schools' scheme for **ONE** full day all year round (39 weeks) will be able to access the below complimentary programme in partnership with Children's Nutrition Team.

## Cook4Life

The Cook4Life programme is a 3-week programme (1.5 hour session per week) aimed at 10 families per school which is 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.



## CASE STUDY

# cook4life in Tameside

The 'Cook4Life' family food scheme aims to take the bite out of child-obesity by serving up meals that are tasty as well as good for you.

The Healthy Cooking Programme, which is now in its eighth year, is designed to encourage children to make nutritional choices from an early age by supporting families to develop their skills and confidence when preparing meals.

Delivered by the Children's Nutrition Team in conjunction with Active Tameside, it's in place at community venues and 25 Tameside primary schools that are part of the Active Education programme.

Families with Key Stage 2 children (age seven to 11) will benefit from sessions taking place until July 2022.

Tameside Council's Executive Leader, Cllr Brenda Warrington, said: "This is a marvellous programme and it's fantastic to see so many schools involved. In Tameside, 37% of children (34.3% in England) are overweight or obese.

"This programme will help our children and parents learn about buying, preparing and cooking more healthy meals, helping to reduce the high obesity rate in Tameside."

Active Tameside's Sports Coach, Andy Williams, added: "I like how the sessions have had a good impact on both the child and parents' health and wellbeing. I have seen a difference in engagement with some of the pupils who attended the cooking classes and when speaking to them they have mentioned a change in their diet".

Andrew Fletcher, Child and Family Support Officer at Arlies Primary School in Stalybridge, said: "The healthy cooking sessions have really opened the parents' minds and engaged them to make the right option when picking foods. These quick and easy to make meals are perfect for both parents and children to cook together.

"This is a good way of spending quality time with your child as well as taking care of your health and well-being. The staff who delivered the session were really helpful and approachable. We would recommend these sessions for any parent and child to take as we have had nothing but amazing feedback from both parents and children."



# 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 for pupils who may not have access to their own bike or if it's not in a road worthy condition
- A helmet for each pupil
- A certificate and badge for each level

### Level 1

The Bikeability Level 1 course aims to develop mastery in cycle handling in an off-road environment and prepare riders for cycling on the road.

### Level 2

To develop riders' skills and confidence for cycling on single-lane roads and simple junctions with mostly moderate motor traffic flows (where riders encounter vehicles with progressively greater frequency in each module), and prepares riders for cycling on more complex, often busier or faster roads and junctions.

For more information contact Mike Jones -  
[mike.jones@activetameside.com](mailto:mike.jones@activetameside.com)

“The children had a fantastic time. The instructors were well organised, knowledgeable and built a strong rapport with the children. Every child came away with a sense of achievement.”

St. John's Primary School, Dukinfield

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 into 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.

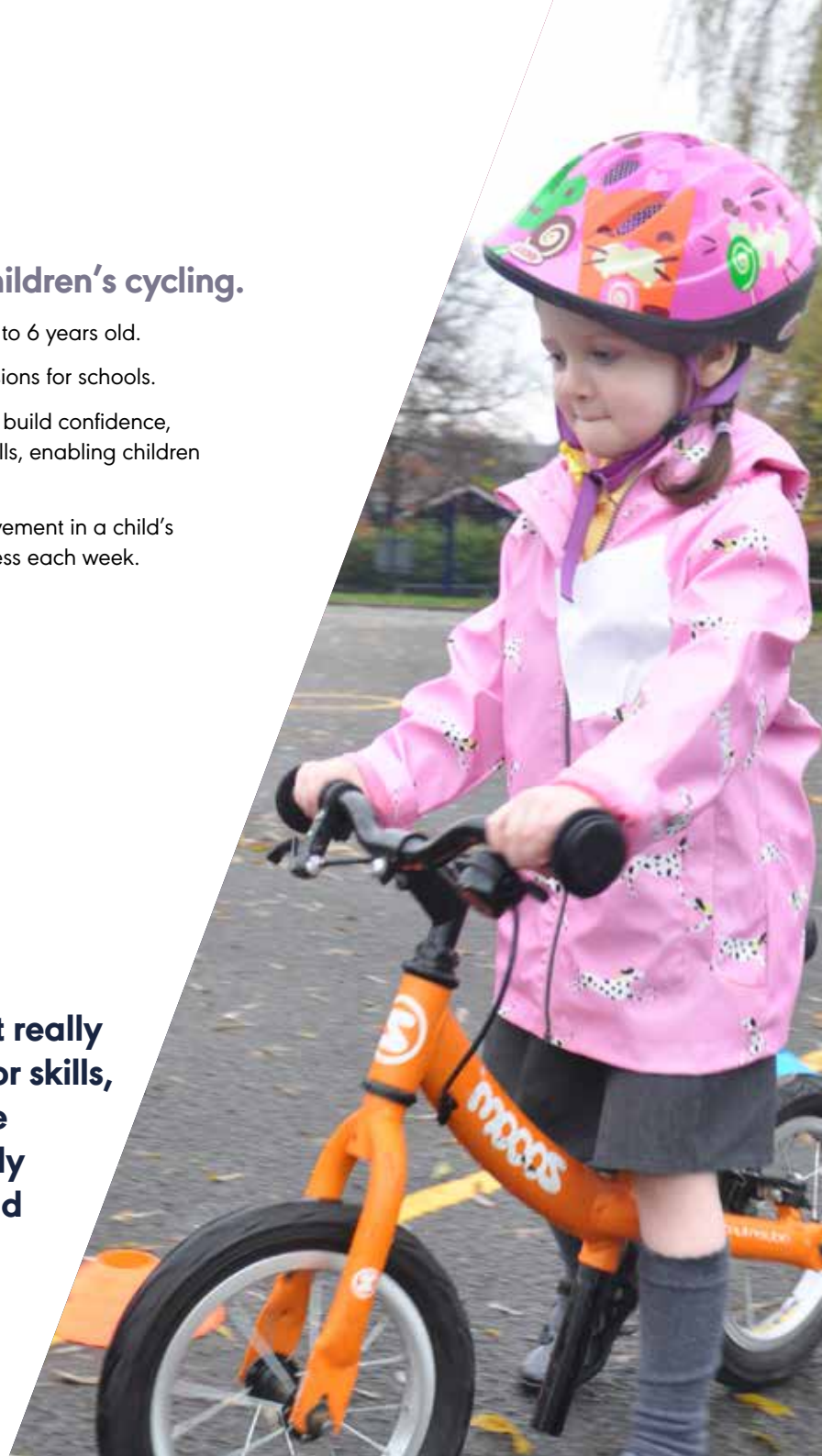
### Course includes:

- Provision for up to 32 children per session
- Two qualified National Standard Instructors
- Flexible sessions for your requirements
- 16 Pre-pedal bikes
- 16 Helmets

For more information contact Mike Jones -  
mike.jones@activetameside.com

“ This service is invaluable as it really helps children with their gross motor skills, balance, coordination, confidence and self-esteem. The children really enjoyed the sessions and you could see their improvement throughout the programme. ”

Poplar Street Primary School, Audenshaw



# Go-Ride cycle sport

## British Cycling HSBC UK Go-Ride

Active Tameside has partnered with British Cycling to create a specific HSBC UK Go-Ride Coach for Tameside. Go-Ride is British Cycling's Development programme for young people and aims to deliver fun and engaging sessions that develop rider skill and confidence, linking the riding they do to the sport and signposting them to the HSBC UK Go-Ride Club based at the Tameside Cycle Circuit.

Sessions are delivered on school premises and the coach will provide all equipment including helmets and a fleet of quality mountain bikes. We are flexible to your requirements and can provide a range of sessions including:

- Weekly coaching sessions
- After school clubs
- Taster sessions
- Sports days
- Healthy living days
- Tameside Cycle Circuit trips
- Go-Ride Race events
- Ready Set Ride reception sessions

The coach also has use of the Tameside Cycle Circuit, which is a traffic-free, 1 kilometre, purpose-built cycling circuit based at the Roy Oldham Sports Village in Ashton-Under-Lyne. This is where our accredited Go-Ride Club is based and is the perfect environment for riders to learn more advanced skills and run fun competitions.

HSBC UK Go-Ride is a fantastic addition to the curriculum and your school could soon offer inclusive cycle coaching to pupils, encouraging a healthy lifestyle, active learning and physical literacy.

For more information contact Simon Wilson -  
simonwilson@britishcycling.org.uk  
07534 281258





# swimming

At Active Tameside we are committed to ensuring all swimmers have access to quality swimming provision and work with the STA to deliver their School Swimming Academy. With thousands of pupils taking part in school swimming every year, it is vital for delivery to be at the highest standards.

Many pupils leave 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 hope to increase the number of pupils leaving school with water confidence and water safety awareness.

Swimming and water safety has been a statutory element of the national curriculum for physical education since 1994.

However, research since 2012 has consistently shown that nationally, only half of primary school children meet the required standards and in Tameside that figure is more towards

- 138,000 children (almost one in four) cannot swim the statutory 25 metres when they leave primary school.
- National curriculum guidelines indicate that children should be able to swim 25 metres unaided by the time they leave primary school.
- The data shows that 77% of Year 7 (first year of secondary school, age 11-12) children can do this. This only increases slightly to 81% by Year 11 (age 15-16).
- Ability to swim 25 metres is affected by both family affluence and location (looking at school years 1-11).
- Only 42% of children and young people with a low family affluence score can swim 25 metres unaided, compared to 86% of those with a high family affluence score.
- Only 45% of children and young people going to school in the most deprived areas of the country can swim 25 metres, compared to 76% in the least deprived areas.

Source: Active Lives Children and Young People, 2018

**“ Helps children to keep themselves safe and learn to risk assess independently. Almost every child can swim confidently by the end of Year 4. ”**

Aldwyn Primary School, Audenshaw

## Benefits

- Swimming Teachers Association school swimming framework (STA)
- Experienced Level 2 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 incorporated into lessons progressively
- Transport provided if required

## National Curriculum outcomes:

**Each pupil is required to be able to do the following:**

- Perform safe self-rescue in different water based situations
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively eg. front crawl, backstroke and breaststroke

**For more information contact Nicola Lawton - [nicola.lawton@activetameside.com](mailto:nicola.lawton@activetameside.com)**



# attractions and leisure experiences

Primary schools that engage with the 'Coaching in Schools' programme for **ONE** full day all year round (39 weeks) will have the option to visit one of our amazing attractions at discounted rates for a class of up to 30 children for a full morning or afternoon of their choice.



## | KEN WARD

At Active Ken Ward we have a range of gymnastics classes, to make sure everyone gets to enjoy the excitement and physical benefits of gymnastics. Make the most of our fantastic range of equipment, including a large sprung floor, sprung tumble track, foam pit, beams, bars, vaulting stations and more.

## | ADVENTURE MEDLOCK

Our Clip 'n' Climb adventure course offers an exhilarating, challenging and fun adventure. Whether you are looking to test your speed, agility, or just get to grips with climbing in a fun and friendly atmosphere, the Clip 'n' Climb course offers the perfect experience, whatever your ability.

## | ADVENTURE LONGENDALE

Get a team together, and put 'em up for the Laser Zone! Climb high and crawl low through corridors, up platforms and behind booths in this multi-level maze. All you need is a good aim and we'll supply the rest.

Once you've got your phaser, hide within our city scape Laser Zone and dodge the lasers as you seek out opponents hidden in the labyrinth.

Love to bounce? You'll love our Trampoline Zone! With trampolines for 36, a Speed Wall, Basketball Zone, Tumble Tracks and an Agility Zone, including a foam pit, rings, balance beam and climbing bag; there's plenty to get excited about!



## TAMESIDE WELLNESS CENTRE

HyperBowling is a set of revolutionary new bowling games that brings together a hi-tech blend of software, a futuristic user interface, lights and sensors, to deliver a never seen before experience that plays like a physical video game on a bowling lane.

HyperBowling provides an interactive and immersive experience and levels the playing field, so you don't have to be a bowler to play and win. Every turn is different, and everyone can get in on the game!





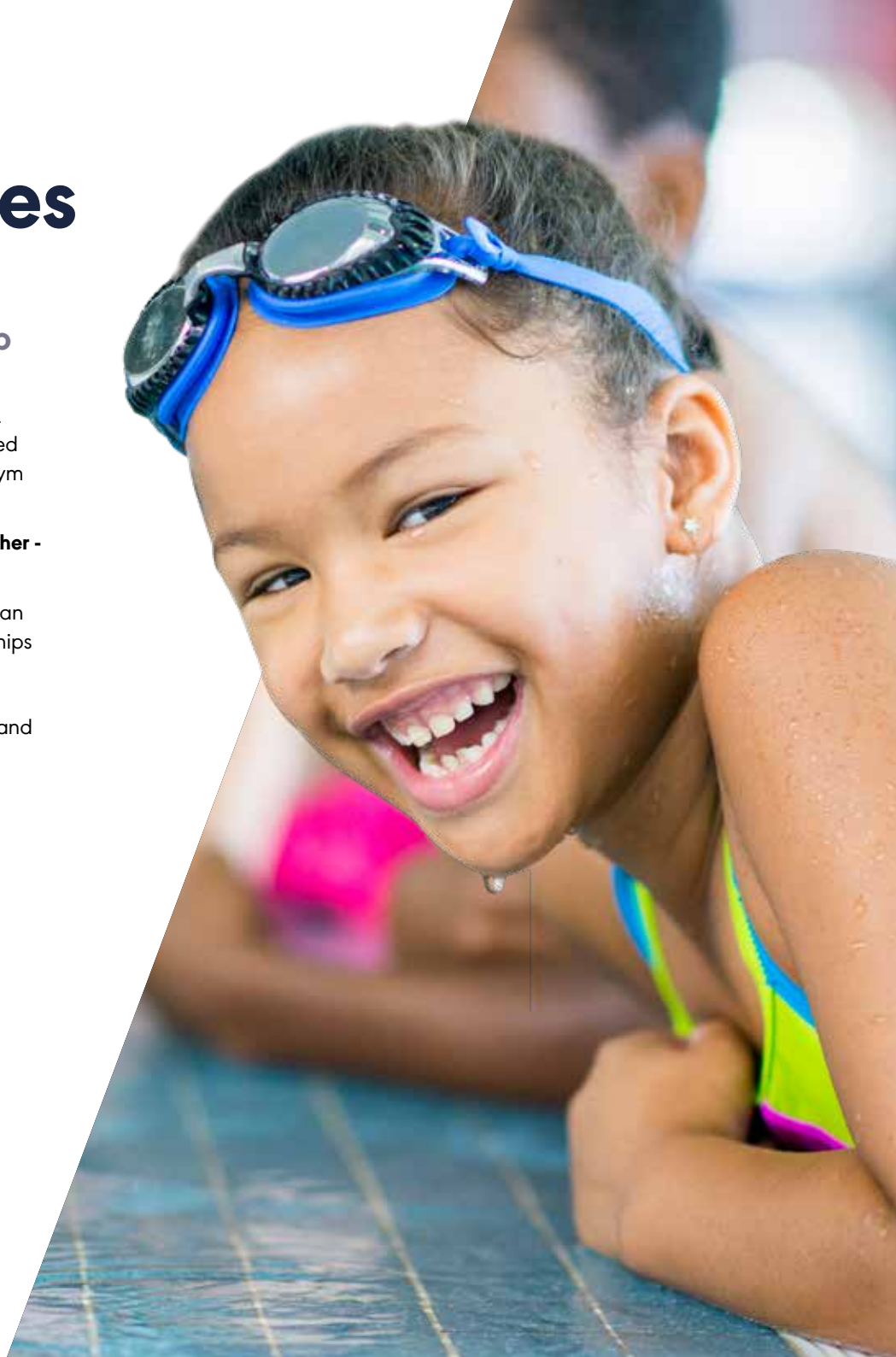
# leisure experiences

## Active Junior Membership

Schools can purchase an Annual Active Junior Membership for pupils aged 5-16. Active Junior members will have unlimited access to general swimming (5+) and gym access during junior hours (13+).

**For more information contact Elliot Fletcher - [elliot.fletcher@activetameside.com](mailto:elliot.fletcher@activetameside.com)**

Pupils with parent or guardian support can also get access to these great memberships direct through Active Tameside, we offer various payment options including non-contract direct debit, 3-month, 6-month and 12-month pay-in-full membership.



# 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 competing 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](mailto:education@activetameside.com)**

For more information please visit **[www.activetameside.com/active-champions](http://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).





**Chris Mahady**  
Davies Sports  
Managing Director

**“ At Davies Sports we are proud of our partnership with Active Tameside, we’re both passionate about helping every young person achieve their very best. We recognise the importance of getting every child moving and engaging in good quality physical education. Working with Active Tameside, we aim to promote the importance and value of physical activity, in aid to help every child find their love of activity for life. ”**



## **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 15% 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 more information visit [www.daviesports.co.uk](http://www.daviesports.co.uk)**







# EDUCATION

For further information contact Gavin Browne:

**Tel:** 0161 393 2210

**Email:** [gavin.browne@activetameside.com](mailto:gavin.browne@activetameside.com)

**[activetameside.com/active-education](https://activetameside.com/active-education)**

## **Head Office**

Active Ken Ward  
Hattersley Road East  
Hyde  
Cheshire  
SK14 3NL



**[activetameside.com](https://activetameside.com)**