



EDUCATION



**ACTIVE**  
TAMESIDE



[activetameside.com](http://activetameside.com)

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IN PARTNERSHIP WITH



# FOREWORD



**Chris Rushton**  
Chief Executive Officer  
Active Tameside

**As a proud graduate of Loughborough University with a degree which incorporates PE and Sports Science, I'm fully conversant with the importance of sport in the lives of young people.**

The pandemic has worsened health inequalities across our communities and so now more than ever, we need to focus on young people as the bedrock of our aspiration to build back better with particular regard to both physical and mental wellbeing.

At the same time, pressure on budgets has the potential to stymie opportunities for high quality PE provision in schools and we at Active Tameside recognise this.

I strongly believe however that excellence and sustainability are not mutually exclusive and that our student centric philosophy underpins an exceptional, outcomes-focused approach to the PE curriculum.

Active Tameside is an exemplar social enterprise which provides a broad range of services across the life course in the form of integrated pathways which are ultimately orientated around optimising healthy life expectancy. For this reason, we cherish the opportunity to work with young people thereby enhancing life chances thereafter.

We live and breathe the 'helping you to live your best life' mantra in both word and deed - all of our colleagues are appropriately qualified and are committed to upholding our values.

**On this basis, we look forward to working with you in 2022 and beyond.**





**All pupils leaving primary school should be physically literate, 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



# 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 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 partner University of Salford.

**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 portable whiteboards and 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 Senior Sports Coach,
- Development of school to club links through the Active Tameside Sport & Physical Activity Network [www.tamesidesportsnetwork.co.uk](http://www.tamesidesportsnetwork.co.uk),
- 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)



**The coaching in schools scheme has provided quality coach support direct to our children which has enhanced our PE provision throughout our school. The children are always actively engaged and thoroughly enjoy the varied lessons. Our coach always goes above and beyond by providing dinnertime and after school clubs and leading competitions across the partnership schools. Staff confidence in PE has improved through the advice and support from our sports coach who is a great asset to our school and fits perfectly in to our school team.**



**Miss L Gallaher (Headteacher)**  
Milton St John's 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 nine core focus sports plus gymnastics and dance. We also offer alternative sports such as dodgeball, tri-golf, archery, cheerleading 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 hours 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.



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**The coach works really hard to put on excellent after school clubs for our children and is really dedicated to making sure the children do the best they can at the upcoming sporting competitions.**



**Mr D Smith (PE Coordinator)**  
Manchester Road Primary Academy,  
Droylsden

# 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 three week programme (1.5 hour session per week) aimed at five 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.

During the Covid-19 pandemic the Cook4Life course was also delivered remotely, which was a huge success. Ingredients for each family were delivered to the school on the day of the course for the children to take home along with a recipe card and some nutritional information based on a different subject each week. A step by step guide on how to follow the recipe was sent to each family. Each family sent in photos of them cooking their meals and they received a follow-up phone call with the opportunity to ask the team any questions.



## 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 tenth 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, 36.4% of children (34.6% 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 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".

The 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 wellbeing. 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."





# ACTIVE BODY ACTIVE MIND

**We are excited to announce a brand new programme; 'Active Body Active Mind' in partnership with Active Angels and Tameside School Sports Partnership.**

From a recent poll, 91% of Tameside Teachers have recognised a decline in physical activity levels and 66% of teachers reported a decline in children's all round wellbeing during the Covid-19 pandemic (Schools Active Movement, May 2021). This highlights the need for urgent intervention. As part of the recovery curriculum, Active Body Active Mind aims to support pupils, teachers and families on their journey back to wellbeing.

Active Tameside's physical activity sessions will improve children's teamwork, problem solving, communication and social skills through a variety of team building activities in a friendly, fun environment.

'Active Angels' wellbeing nurtures children's mental health and wellbeing through mindful movement, fun activities and relaxation. Building inner strength, resilience and focus, we equip children with the lifelong tools to express and manage emotions.

- Physical activity sessions will take place in the morning and wellbeing sessions will take place in the afternoon,
- Option to add on breakfast and after school clubs,
- Half termly or one day programmes available,
- PE premium funding can be used,
- Funding available for selected schools who will be contacted directly.

YOGA AND Wellbeing  
WITH Active Angels

**Tameside**  
School Sports Partnership

**NHS**  
Tameside and Glossop  
Clinical Commissioning Group

**For more information or to book your school's place please contact Gavin Browne - [gavin.browne@activetameside.com](mailto:gavin.browne@activetameside.com)**



**We are all aware of the impact that physical activity has on our wellbeing and value the introduction of fun group activities being embedded as early as possible in schools to promote good emotional and mental wellbeing, that children can also use outside of school.**

**Philippa Robinson**  
Children's Commissioning Project  
Manager

# 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 two consecutive days, teaching cycling manoeuvres, signalling and road safety. The first morning involves all pupils completing level one then moving on to complete level 2 in the afternoon and the following day.

### Course provides:

- High visibility jackets,
- 8-10 bikes for pupils who may not have access to their own bike or if it's not in a roadworthy condition,
- A helmet for pupils who may not own one,
- A certificate and badge for each level of the course and handbook.

### 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)



level 1 & 2 courses

# FREE

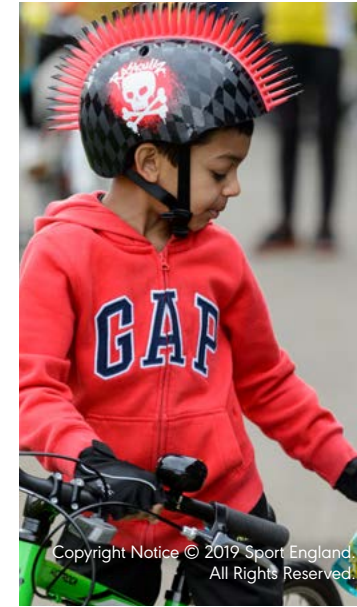
to all Tameside primary schools



A fantastic service that was greatly received by all pupils and staff. The pupils absolutely loved it; the confidence and skills increased significantly over the 2 days and the children were still talking about it later on in the week. It also inspired some parents to go and buy bikes for their children once the course had finished as the children spoke so fondly of it.



Inspire Academy, Ashton-under-Lyne



## BIKEABILITY FAMILY

## A training package to help people living in the same household to cycle together.

The training enables families to develop cycling skills, grow confidence and plan enjoyable group rides. The sessions are provided by fully qualified instructors.

# 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 delivered 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,
- Flexible sessions for your requirements,
- Two qualified National Standard Instructors,
- 16 Pre-pedal bikes,
- 16 Helmets.

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





# SCHOOL SWIMMING

**Swimming and water safety is a vital part of the primary PE curriculum and is a statutory element of the National Curriculum for Physical Education since 1994.**

Following the Swim Group's independent report on swimming and water safety in schools, in 2018 the government responded by taking forward several important actions. They published national guidance encouraging primary schools to use their share of the £320 million PE and Sport Premium to fund additional swimming lessons and train teachers.

Learning to swim is an essential life skill - drowning is still one of the most common causes of accidental death in children, according to Swim England - and of course, it helps to keep children both healthy and happy.

Background or ability should not be a barrier to accessing this vital life-saving skill, however we know that not all children currently have this opportunity. Active Lives Children statistics show that only 41% of children from lower socio-economic backgrounds report they can swim 25m when they leave primary school, compared to 84% of children from more affluent families.

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 our school swimming programme every week.

We strive to turn every Tameside pupil into a confident swimmer by the time they leave primary school, helping them to discover just what a fantastic, all-round sport this is while having lots of fun along the way.

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



**The children really enjoy the sessions, we find them especially important as the majority of pupils have never been in a swimming pool before.**

Waterloo Primary School,  
Ashton-under-Lyne

## 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.





# FUEL4FUN HOLIDAY PROVISION

The Tameside Holiday Activity & Food Fund (HAF) has been developed through the Department of Education (DfE) to engage and deliver interventions to a large cohort of young people from 6 - 16 year olds.

There are close to 10,000 young people in Tameside who receive free school meals, the main aim of this programme is to engage with these young people over the school holiday period to offer FREE holiday activities supported with interventions and to provide them with food during the daytime. This will also be underpinned by offering training and leadership opportunities to help develop pathways for lifelong learning and development.

Tameside MBC/Active Tameside are responsible for the co-ordination of the programme and are looking to develop partnerships with schools and offer this funding to targeted schools who have a high percentage of children who are eligible to receive free school meals.

The holiday programme funding will be awarded through a grant process where we are looking for schools to apply for funding that will enable young people on free school meals to attend holiday programmes FREE of charge.

For more information contact Hayley Simpson - [hayley.simpson@activetameside.com](mailto:hayley.simpson@activetameside.com)



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## FUEL4FUN PLUS –

### CHILDREN'S HEALTH & WELLBEING IMPROVEMENT

**Our Fuel4Fun Plus programme provides support with physical activity and nutrition education to children, families and schools who have reported a decline in children's health, fitness and overall wellbeing since the pandemic.**

We provide fun activity sessions both in school and in the community in order to make the programme as accessible as possible for children and their families. The involvement of Active Tameside Centres are a crucial part of the Fuel4Fun Plus programme, as children who are signed up with Fuel4Fun Plus receive support with accessing activities such as swimming, gymnastics, trampolining, bowling and much more!

Fuel4Fun Plus are working alongside the Children's Nutrition Team and the Tameside Sports Network to provide families with support and education to learn sustainable healthy habits and incorporate gradual positive changes for life, to help our children grow into fit and healthy adults!





# EARLY YEARS PROVISION

**Offering children from an early age to explore their senses, support their physical development and offer resources to engage their brain development in a form of play.**

## Crèche

Children from age of 3 months have plenty of opportunities to explore their environment, learn new skills and meet new friends. Children are cared for by highly qualified early years staff who offer a stimulating environment and many activities encouraging babies and young children to engage in great activities where learning becomes fun.

## Craft sessions

Families have the opportunity to celebrate many events from Chinese New Year, St George's Day, Mother's and Father's Days, Easter to Christmas in a form of craft activities – from playdough modelling, creating 3D arts and crafts to food tasting activities. We have themed sessions such as teddy bears' picnic, room on the broom, going on a bear hunt, beach party and many more.

## Rhyme Time

Children have great time singing songs, playing music instruments and learn new songs or nursery rhymes. Rhyme time sessions are aimed at little ones who would like to develop language skills, find their voice through singing and find new friends while boogying with us.

In feedback from one parent, they explained "Children learn more during their first five years of life than they do at any other point in their lives, you provide these great experiences - that's why my children love spending time here with you"

**For more information contact Jana Weekes - [jana.weekes@activetameside.com](mailto:jana.weekes@activetameside.com)**



## Greenspace

Children who love outdoors usually join us in our Greenspace activities which take place in local parks cross Tameside. We have a great time outdoors completing treasure hunts, creating crafts from natural resources, having story time or a picnic with teddy bears. Everyone is welcome.





# ATTRACTIONS AND LEISURE EXPERIENCES

Primary Schools that engage in the ‘coaching in schools’ programme will have the option to visit one of our amazing attractions at discounted rates for a full class of 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.



## Tameside Cycle Circuit

The newly-built, self-contained Tameside Cycle Circuit is the perfect place for children to cycle in a traffic-free environment on a variety of adapted bikes. How many laps will you do?



## TAMESIDE WELLNESS CENTRE - DENTON

Our flagship centre is home to our very own Bowling Zone, providing a fun and exciting experience for all ages and abilities.

Take the game to the next level with HyperBowling, which transforms traditional 10-pin into an exciting video game experience as you aim for colour-lit targets to bump up your score - be in it to win it whatever your skill level!





# 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 - [elliott.fletcher@activetameside.com](mailto:elliott.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 Choice Card

The new Active Choice Card puts the power of choice literally in the palm of your hand. Pick up yours in-centre, top-up and we'll boost your rewards credit! The card can be used on everything from paying for gym, swim, group exercise or spa access, memberships, café and all of our attraction activities.

**If you are interested in the Active Choice Card, for school, class or individual opportunities please contact Elliot Fletcher - [elliott.fletcher@activetameside.com](mailto:elliott.fletcher@activetameside.com).**



# 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 [activetameside.com/active-champions](https://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).



## For all that is great about being **active**

Whoever you're teaching, whatever their age and ability, we're on your side through every sprint, jump, splash, tackle, vault and throw. Whatever you're teaching, wherever you are, we provide the kit, the reliability and the support you need to inspire a lifelong love of sport and physical activity.



## Why **Davies Sports?**

### **Exclusive** Discounts

Making the most of your budget means that more children can get more active more often. That's why we offer up to 15% off for all Active Tameside Schools. Speak to your Active Tameside contact for more information.



### **Share** basket

Getting your product list into the right hands has never been easier. With Share Basket there is no need to write out a list and hand it in. On our website, you can create your basket from anywhere, anytime, and email it to the person placing the order. Find out more at [www.daviesports.co.uk](http://www.daviesports.co.uk)

### **Free** next day **delivery**

Delivery is FREE on all orders of £40 and over. If you order before 2pm you can request Free Next Day Delivery on all in stock items too. Orders under £40 excluding VAT are subject to a charge of £2.95 plus VAT.

### **If you're** not a PE specialist, don't worry. **We are.**

We think what you do is magnificent, which is why we're dedicated to helping you do your job brilliantly. Alongside your Active Tameside coaches we're here to support you through your purchasing decisions.

For more information visit [www.daviesports.co.uk](http://www.daviesports.co.uk)





**EDUCATION**

**IN PARTNERSHIP WITH**



YOGA AND Wellbeing  
WITH Active Angels



**Tameside and Glossop**  
Clinical Commissioning Group

For further information contact Gavin Browne:

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

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