



EDUCATION



CONTENTS

- 3 Foreword
- 6 Coaching in Schools
- 9 Extra Curricular PE Delivery
- 10 Cook4Life Healthy Cooking Programme
- 12 Active Body Active Mind
- 13 Mini Medics
- 14 Bikeability
- 15 Little Bikers
- 16 School Swimming
- 18 Fuel4Fun Holiday Provision
- 20 Attractions & Leisure Experiences
- 22 Davies Sports

IN PARTNERSHIP WITH



FOREWORD



Reg Patel
Interim Chief Executive Officer
Active Tameside

Welcome to the Active Tameside educational offer. This is a strand of our service we are exceptionally proud to deliver. We believe the quality of the provision is the primary reason for the service's longevity in an ever-changing world. It has been our ability to listen and adapt to meet the needs of our educational partners which has kept us as the primary provider within the borough and our surrounding conurbations for the last 25 years.

Our brochure shares the breadth of services we deliver under the banner of education.

I am sure you will note that the programme has evolved considerably, originally starting with 6 staff to now having over 30 full time PE educators and a quality assurance team.

The whole offer is aligned to the P.E national curriculum with an emphasis being placed on individual skill development and physical literacy delivered through a variety of sport and physical educational activities.

The programme's sustainability has been built on providing high quality PE activity to engage and develop young people along with providing CPD opportunities to your school staff.

The high standards set for delivery of the programme have been further developed through a framework of mentoring and quality assurance school visits to continually improve staff performance.

We hope you enjoy reading though the latest offer for 2024-2026 and look forward to continuing and developing our partnership with your school to improve the lives of young people within Tameside.



High quality physical education provides regular participation in physical activity for children which is associated with physical, psychological/ mental and social health benefits. It also ensures that children and young people learn and develop core movement skills which facilitate their current and future involvement in a variety of physical activities. This builds their confidence, competence, and motivation to participate in physical activity and to take part in a wide range of activities as they get older.

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 qualified PE educators who hold a National Governing Body (NGB) level two coaching qualification. All staff have enhanced DBS and undertake the required safeguarding and first aid training. Staff receive bi-monthly CPD and one week inset training in August.

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

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,
- 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 for Teacher CPD and can also be used for PPA cover which will support the school curriculum,

For more information contact Gavin Browne - gavin.browne@activetameside.com



We have the absolute pleasure of continuing a long-standing relationship with Active Education. The service ensures we have a skilled sports coach delivering high quality PE lessons for the whole school, including nursery! Alongside PE sessions, the coaches provide an active start to our breakfast club, take a lead role in delivering structured activities at lunchtime, and deliver a plethora of after-school clubs. Active Education coaches invest in school life and ensure all of our pupils receive active and competitive experiences which inspire pupils to stay healthy, keep fit, and be the best they can be. The coaches are well-trained and Active Education undertake regular quality assurance of their staff. Every school needs an Active Education coach!



Mrs L Hughes (Headteacher)
Arlies Primary School, Stalybridge

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, boxing and much more.

For more information contact Gavin Browne - 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.



After school clubs have been very popular and children are really enjoying the sessions. The choice of sports is varied so we have been able to map different clubs out for each half term.



Greenfield Primary School, Hyde

COOK4LIFE HEALTHY COOKING PROGRAMME

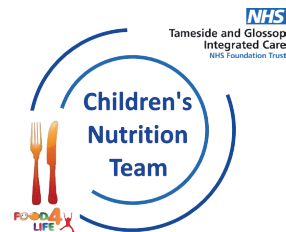
The Cook4Life programme is a three-week programme aimed at five families per school which is designed to inspire and develop the overall lifestyle of participating families.

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.

The Cook4Life course is delivered remotely, which has been a huge success. Ingredients for each family are 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 is sent to each family. Each family sends in photos of them cooking their meals and they receive a follow-up phone call with the opportunity to ask the team any questions.

The 'Cook4Life' family food scheme aims to take the bite out of child-obesity by serving up meals that are both tasty and good for you. The Healthy Cooking Programme, which is now in its twelfth 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, families take part in learning about healthy eating and basic cooking skills. Primary School aged children can benefit from the Cook4Life courses continuing until July 2025.



COMMENTS AND FEEDBACK FROM THE COOK4LIFE PROGRAMME:

“

We really enjoyed preparing this dish. The house smelled delicious as it was cooking. Lovely to eat and all vegetarian.

”

“

Thank you so much that we could take part in Cook4Life. It was so much fun cooking with my children, they definitely enjoyed it.

”

“

The boys really enjoyed these activities; they didn't want it to stop. They loved the first and second dishes. They both didn't really like the 3rd, but they gave it a go and tried it which I am proud of.

”

“

Thank you for the opportunity for myself and my children to participate in the programme. We really enjoyed our first week of cooking together and my girls were very proud of themselves.

”

“

It was nice quality time together and led to a good conversation about how foods aren't necessarily healthy or unhealthy (because too many prunes for example aren't good for you either!) but we can use the food labels to help us decide if it's something we can eat more of or more often, or if it should be in greater moderation.

”

“

Very informative and helpful. Children much more involved in food prep.

”

“

Thank you so much for the meal this week. Our eldest took charge and made tea for us all, following the instructions great. He fully enjoyed the making and preparing process. They all tried the meal but unfortunately didn't go down as well as the preparing stage. I'm happy as it took them all out of their comfort zone with trying different foods. It was a big step forward for us as a family. Ready for more new foods, roll on next week.

”

ACTIVE BODY ACTIVE MIND

Active Body Active Mind is a physical activity and mental wellbeing programme for primary schools, secondary schools, and colleges in Tameside. This was designed in partnership with Tameside School Sports Partnership and is delivered with local partner Your Well-Being Company.

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 well-being. Active Body Active Mind aims to support pupils, teachers, and families on their journey back to well-being.

'Active Tameside' 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.

'Your Well-Being Company' wellbeing sessions nurture children's mental health and well-being 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.

- The programme takes place one day per week for 6 weeks on the school/college site.
- Physical activity sessions take place in the morning and wellbeing sessions take place in the afternoon.
- Option to add on breakfast and after school clubs.
- PE premium funding can be used.



For more information or to book your school's place please contact Mike Jones - mike.jones@activetameside.com



The Active Body Active Mind programme has been a truly beneficial addition to the mental wellbeing support available in our Tameside schools. Through the programme, schools are supported to promote positive emotional and mental wellbeing and we are seeing real positive impacts for the children and young people who have engaged. Schools and young people tell us that having time and space to focus on wellbeing and learning new skills and techniques in a fun environment has real benefit.



Phoebe Willis
Service Redesign Manager
NHS Greater Manchester
Integrated Care - Tameside

MINI MEDICS

FIRST AID AND DEFIBRILLATION FOR CHILDREN

This is a very basic introduction to First Aid and Defibrillation aimed at children between the ages of 8 and 11, but it can suit children of any age.

The course is kept at a basic level with no use of confusing terminologies.

The course will show complete respect for the child's ability, make it educational and practical, and instil the importance of helping someone who is poorly or injured.

The full day programme is delivered to two classes of up to 30 children.

A range of subjects are covered including:

- What is First Aid?
- Defibrillation
- First Aid kits
- Recovery position
- Choking
- Resuscitation (CPR)
- DR ABC
- Wounds and bleeding
- Asthma
- Shock
- Safety
- Communication and contacting the emergency services

For more information contact Gavin Browne - gavin.browne@activetameside.com



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



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

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,
- 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

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.



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



“

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



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.



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!



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?

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 hello@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

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, our cafés, and all of our attractions activities.

If you are interested in the Active Choice Card, for school, class or individual opportunities please contact hello@activetameside.com.



© 2019 Sport England. All Rights Reserved.



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

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



EDUCATION

IN PARTNERSHIP WITH



For further information contact Gavin Browne:

Tel: 07525 130 996

Email: gavin.browne@activetameside.com

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

Head Office

Active Ken Ward
Hattersley Road East
Hyde
Cheshire
SK14 3NL