



SPORT EDUCATION
PARTNERSHIP
PROGRAMME

ENHANCING PHYSICAL EDUCATION,
SCHOOL SPORT AND HEALTH FOR
YOUNG PEOPLE IN HAMPSHIRE

SOLENT UNIVERSITY SPORT EDUCATION PARTNERSHIP PROGRAMME.

The Sport Education Partnership Programme provides a range of contemporary CPD and support services designed to assist and enhance the local school curriculum. Programmes are designed to focus on the whole child and encourage them to fulfil their full potential through an active lifestyle.

We have a strong history in the local area, and in 2019 engaged with over 80 per cent of schools in Southampton, while extending our reach into neighbouring boroughs. Our broad range of programmes focus on key requirements that have been identified through our relationships with the city's schools, and are designed to impact on the primary sport's premium objectives. These include:

- enhancing pupil health and wellbeing
- supporting school culture
- assisting with teaching and learning
- inclusion and engagement
- staff development opportunities
- enrichment opportunities





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These projects present a vital opportunity for all children to engage in exciting and challenging events. They also promote the school's core values as well as other essentials such as attendance, fundamental movement skills, leadership, achieving personal bests and positive behaviour for learning. A key feature of the success of these projects has been the infectious enthusiasm of the Solent coaching staff and students, who are now viewed by children as a vital cog in Team Thornhill. The school is also proud to support Solent students with opportunities to run curriculum and ASC sessions which provide vital data for educational research projects. These projects have been successful in promoting inclusion and increased participation among our least active children.”

Damian Collins – PE teacher and lead expert, Thornhill Primary School

THE TEAM

Our team has a wide range of experience working with young people in the local area in both educational and community settings. This is supported by extensive experience in co-ordinating industry-recognised CPD opportunities and accreditations.

We look forward to working with you in 2021/22.

Paul Davies

Sport Education Partnership Manager
paul.davies@solent.ac.uk

Lee Page

School Sport Partnership Officer
Lee.page@solent.ac.uk

Amy Rodger

School Games Organiser
amy.rodger@solent.ac.uk

Mark Lavelle

School Games Organiser
mark.lavelle@solent.ac.uk

Kevin Warrington

Coach Education Officer
kevin.warrington@solent.ac.uk

Jim Orvis

Sport Education Administrator
jim.orvis@solent.ac.uk

SCHOOL GAMES

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We enter a huge variety of sporting events and festivals across the year that the Southampton school games organisers provide. Some of these are competitive tournaments such as basketball and netball, while others are inclusive festivals for all abilities and experience including multi-skills and racquet events. Our children love representing the school in these events and always comment on how engaging and fun the sessions or tournaments have been. The school has also received great support in applying for our School Games Mark, in which we have received our fifth Gold award in a row.”

Matt James, – PE teacher, Townhill Junior School

SCHOOL GAMES

Solent University is proud to host and co-ordinate the city's School Games Programme.

The School Games Programme, funded by Sport England National Lottery funding and delivered by the Youth Sport Trust, is a government-led programme designed to deliver competitive school sport to all young people.

Southampton is fortunate to have two school games organisers (SGOs) operating within the city – Amy Rodger and Mark Lavelle – who run the competition programme together, as well as providing additional support that schools need with physical activity and/or PE sport premium.

For more information on the school games programme, visit www.yourschoolgames.com

Or contact Amy or Mark:
amy.rodger@solent.ac.uk
mark.lavelle@solent.ac.uk



SCHOOL GAMES ROADSHOW

£595 + VAT (If applicable) per school day

The School Games (SG) Roadshow is a full day of intra competitions delivered entirely at your school. This can be delivered in a variety of ways, including:

- school house competition
- individual class vs class competition
- year-group competition
- or through no formal competition structure.

This event can be tailored to meet the needs of your school, and can also provide opportunities for those individuals who find it difficult to engage in physical activity – from budding journalists to keen photographers – which can then cross over to English write-ups or assemblies about the day.

The SG Roadshow gives young people the opportunity to develop confidence and experience a range of new activities and games, based around fundamental movement skills and team cohesion.

A typical day includes one-hour sessions for a year group at a time (max. 90 children). Activities will vary depending on facilities at individual schools and will be discussed when booking; however, some examples are:

- target throw
- assault course
- frisbee
- rebound nets
- go bounce
- kick flick
- golf
- reaction sprints.

Sparky and Buddy (our SG mascots) can join the children on the day or make a surprise appearance in assembly.

This is a fully supported activity by a minimum of six Disclosure and Barring Service (DBS)-checked staff.

This event is also available for school fundraising activities.



New this year

MINI WARRIORS ACTION ADVENTURE PROGRAMME

£595 + VAT (if applicable) per school day

A school-only-based programme designed to provide a fun, exciting yet inclusive adventure that will test teamwork, communication and leadership skills to the max!

The course will be adapted and designed specifically for individual school requirements (depending on the location and availability of space) and will consist of individual classes partaking at any chosen time. The Mighty Warrior Chief recommends that classes attempt the action adventure course in timeframes of 30 minutes and demands that they are dressed in FULL warrior PE kit.

Packed with obstacles and tasks to challenge the whole school, warriors will have to use all their skills to run, climb, jump, crawl and slide their way around the demanding course. Their mission, should they choose to accept it, is to collect as many bands from their assigned Mighty Warrior as they can.

Is your school ready for the challenge?

The Mini Warriors Programme will be fully supported by a minimum of six members of DBS-checked staff. Prior to delivery, a member of Solent staff will visit the school to ensure that a detailed risk assessment and delivery plan is carried out.



Bags of character is a physical pathway for PSHE. It uses tactile games, movement, balance and co-operation to build the children's team spirit and unify classes. It has been extremely beneficial to our children and marries in nicely with our PATHS and PSHE schemes. I have seen first-hand how it has helped one of the most challenging classes in the school (Atlantic), making their time with Lee something they look forward to. Lee plays to our children's strengths and understands the areas where they need to build skills and understanding. His patient but persistent approach has been invaluable."

Ellie West – PPA/cover supervisor, Vermont School

BAGS OF CHARACTER

12 hours delivery (2 hours x 6 weeks),
16 pupils per session
£385 + VAT (if applicable)

The Bags of Character (BOC) programme and activities are suitable for all abilities at KS2, but can be adapted to suit any age. BOC is an active outdoor learning programme that focuses on positive individual and team development. The programme will provide children with active challenges and have a focus on adventure, wellbeing, health and fitness.

The core elements of BOC will develop trust, co-operation, teamwork, decision making, confidence and communication, along with many other soft skills. Used effectively, the programme can assist with targeted improvement of social, emotional and physical wellbeing.



ACTIVITY DAY

Whole school day delivery
£595 + VAT (if applicable)

This flexible programme can offer your parents a sport and physical activity provision during your school inset days. The day will be packed with fun activities, which could include dance mats, inflatables and an opportunity to try out a variety of sports. A hassle-free booking system will allow your staff to enjoy their inset day without any disruptions.

Alternatively, as a school you may need some extra whole-school planning time. Our activity days can provide your pupils with meaningful activity while you take care of the planning.

These days could form part of your Healthy Schools Week and could incorporate the following programmes:

- Fitness taster sessions
- Nutrition
- Yoga
- Mindfulness
- Active 30:30

In order to get the best out of this experience, please speak to one of our team prior to booking. This will ensure that the delivery is tailored to your specific needs.



We cannot recommend Dance Mats highly enough. The pupils love it when we have Dance Mats in as they love the competition element between themselves and the teachers. The teachers also LOVE Dance Mats, as they all want to get the highest score.”

**Gemma Applegarth – PE teacher,
Bassett Green Primary School**

DANCE MATS

£365 + VAT (if applicable) per day

Dance Mats is an interactive, fun and challenging pulse-raising activity suitable for all (including teachers). A typical booking includes personalised, whole-school intra- and inter-level competitions, with an inclusive yet highly competitive teacher league.

Scoresheets can be provided to the school following completion of the event – and to provide that extra level of competition, winners are entered (anonymously under their school name) into a virtual citywide league, with overall results being published at the end of the academic year.

In order for your school to gain the full benefit from its Dance Mat booking, we suggest the following format for the day:

- The activity should be located in the school hall or a similar alternative.



- One class should attend at a time for a minimum of 30 minutes.
- A maximum of nine classes can take part in any one day.
- Shoes must be worn at all times – no heels!
- PE kit is optional; children are more than welcome to take part in their school uniform.
- Certificates are awarded to class winners – these can be handed out or kept for assembly.

Dance Mats is an activity delivered by fully trained, DBS-checked staff.

Individual school set-ups may vary; however, use of the school's projector and sound system would be ideal, although we do have projectors, screens and stereo if required. This can be discussed when booking.

This event is also available for school fundraising activities.



New this year

THE BUNGEE RUN

£475 + VAT (if applicable) per school day

The Bungee Run is a versatile inflatable that can be adapted to individual schools' needs. The inflatable will bring an exciting educational activity based on the principles of physically active learning. The main emphasis will be around two key subjects, numeracy and literacy. Working in collaboration with schools and supported by the aims of the National Curriculum, children will develop their mental and physical skills, while working within their individual abilities.

The activities will also improve movement, problem solving, teamwork and communication. At the end of their session, children will be asked to complete a work sheet to further support their learning, which can then be kept by the school. Schools have the option of allowing their own

lesson plans to be adapted and worked into the day for that class, * or allowing us to develop these.

The Bungee Run is fully supported by two DBS-checked staff, who have an understanding of the curriculum and the activities undertaken by the children. The measurements are 36 feet by 10 feet, and ideally the inflatable should be placed on grass. However, it can fit inside most school halls should the weather require it.

*Please note that should schools require their plans to be adopted, these would need to be sent across one week before the scheduled day so that planning of activities and printing can be carried out.



INFLATABLE PIRATE ASSAULT COURSE

£475 + VAT (if applicable) per school day

Pirate Page and his crew challenge you to test your skills on the Pirate Assault Course. Make sure you keep your eyes open for hidden treasure and watch out for rough waters. This is a school day challenge for both pupils and staff that will test your skills, stamina and bravery.

A typical day at sea:

- 'Landlubbers' (individual classes) are summoned to the 'Poop Deck' to begin their adventure (max 35 children).
- The adventure will last 30 minutes (minimum) before the 'Landlubbers' are made to 'Walk the Plank' (nine classes max in the day).
- NO 'hornswaggling' (cheating) allowed!

This activity can be delivered in a variety of ways, including:

- house competition
- individual class vs class competition
- or for fun/rewards.

The Pirate Assault Course should ideally be placed on grass; however, in individual cases it can be used elsewhere, and this will need to be confirmed at the time of booking. The inflatable comes in two sections – measuring 14.5 metres by 3.7 metres – that you can use together or independently. The assault course is fully supported by a minimum of four DBS-checked staff members.

This event is also available for school fundraising activities.



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We have been working with Solent University for the past seven years. Whether it is dancing away on Dance Mats, having fun at the School Games Roadshow, attempting the Bungee Run or trawling through the Pirate Assault Course, all of our children have been involved in some way with at least one of these activities each school year. The events are run in a structured manner, with DBS-checked students assisting, and I would highly recommend any primary school to sign up for any of these fun-filled, active events.”

Mike Cowap – Springhill Catholic Primary School

INFLATABLE MULTI-USE ZONE

£475 + VAT (if applicable) per school day

The Inflatable Multi-Use Zone (IMUZ) is a fast-paced and challenging activity centred on teamwork, communication and sportsmanship. It is a versatile area which can cater for many different activities/sports, including (but not exclusively):

- football
- volleyball
- tag rugby
- dodgeball
- tennis
- hockey
- golf
- handball

This can be delivered in a variety of ways, including:

- house competition
- individual class vs class competition
- year group competition or for fun.

The Inflatable Multi-Use Zone should ideally be placed on grass; however, in individual cases it can be used elsewhere, and this will need to be confirmed at the time of booking. The measurements are 17 metres by 12 metres, with goals at both ends and an archway through which the young people can enter. The inflatable zone is a fully staffed activity, all of whom hold a DBS.

This event is also available for school fundraising activities.

OUT OF SCHOOL HOURS LEARNING (OSHL) CLUBS

10 hours delivery
16 pupils maximum per session
£425 + VAT (if applicable)
per club, per term

The partnership offers a range of OSHL clubs. All clubs are delivered by an NGB Level 2 or equivalent coach with DBS certificates.

All of our clubs will receive one quality assurance observation visit during the 10-week club to ensure that the lessons are being delivered to the expected quality. During this visit our coach will receive an evaluation of the session observed, and the young people and school staff will also have an opportunity to feedback.

Clubs could include basketball, cricket, football, tennis, tag rugby, dodgeball, athletics, badminton, multi skills, OAA team building, dance and physical literacy.

PLAYGROUND ACTIVITY LEADERS

10 hours delivery (4 hours TA/lunchtime staff training, then 6 hours young leader training support)

£295 + VAT (if applicable)

Around two in 10 children aged five to 15 meet the government's recommendations for physical activity.

- This programme will ensure that your playtimes are active and enjoyable.
- Your lunchtime staff will receive training that will take them through:
- how to successfully zone the space you have within your school

- how to utilise equipment to provide safe and engaging games
- a repertoire of suitable games for all year groups
- techniques to get the lunchtime training up and running.

To ensure that your lunchtime staff feel supported, this programme will also provide training for your young leaders, who will in turn make your playtimes active and enjoyable.

The leaders will be supported through a six-hour leadership programme, either through the National Playmaker award or the Real Leaders award, depending on your personal choice. The pupils will have the opportunity to develop their personal fundamental leadership skills, as well as the chance to become playground activity leaders.



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Pedal Power Training provides quality cycle training for cyclists of all ages and abilities, and for a range of cycling styles throughout Hampshire. From London's "Boris Bikes" to mountain bikes (MTB), and everything in between, cycling's more popular now than it's been for many years. Why? We think there are three main reasons:

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- And it's good for your bank balance – with the price of petrol and diesel ever-increasing, it's a free method of transport for getting you from A to B, whether for leisure or work.

As a school you can offer the combined level 1 and 2 Bikeability programme to children in years 5 and 6.

To find out more about cycle training please use the following contact details:

E. pedalpowertraining@gmail.com

T. 02392 290474

www.pedalpowertraining.co.uk

As a school you can also access useful resources to support cycle training and awareness via the following link:

<https://bikeability.org.uk/support/school-resources/>

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