



**AWARD
WINNING
COACHING
SCHOOL**



**Foundation
Sports**

Prospectus



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Introduction

Foundation Sports are dedicated to improving the quality of coaching to young players.

We have coaches across Europe, North America and Asia with the aim of improving the quality of coaching to boys and girls of all ages and abilities, hopefully laying the foundations for their sporting futures.

Foundation Sports believes all children whatever their circumstances or abilities, should be able to participate in and enjoy sport. It can improve a child's confidence to get involved with the session, have the skills to participate and show a desire to improve and achieve.

Our attention to detail has resulted in having our schemes of learning published. Our coaching books '**101 Multi Skill Sports Games**' and '**101 Youth Football Coaching Sessions**' are sold globally and are regarded as the practice bible for all youth sports coaches.

Our coaches give a level of enthusiasm that will meet the energetic needs of every child.



Why choose us?

Foundation Sports - Pick us, we do things right. With many other coaching companies out there, we thought we'd list some of the reasons why you should choose us.

- All of our sports coaches are qualified from their relevant National Governing Bodies, hold a first aid certificate and have attended a child protection workshop. All of our staff have an Enhanced DBS check and we have public liability insurance. Our coaches are very knowledgeable with a wealth of experience from 3 continents, plus our coaches are a young friendly face for the children.
- We will bring to your school lots of new and fresh ideas for sports coaching from our exclusive published scheme of learning.
- We provide a fun and suitable environment in which to learn, with children having access to correct sized balls, and a player to coach ratio of no more than 1:16.
- Our instructors are positive role models for children and collaborate with teachers. They offer inclusive coaching (maximum time of activity in game scenario), with a tiered structure to develop players skills and promote progress.
- We also operate various half term/end of term holiday courses.

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Extra Curricular Clubs

Foundation Sports are able to provide your school with a range of high quality sports coaching sessions delivered by qualified, professional and motivated staff in a fun and progressive environment.

What sports can we provide?

Our coaches can deliver a wide variety of sports coaching sessions that are tailored exclusively for your school.

- **Athletics**
- **Badminton**
- **Basketball**
- **Boxing**
- **Cricket**
- **Dance**
- **Dodgeball**
- **Fitness Instruction**
- **Football**
- **Gymnastics**
- **Handball**
- **Hockey**
- **Mixed Martial Arts**
- **Multi Skills**
- **Netball**
- **Rugby**
- **Tennis**
- **Volleyball**

Importance of sport

The positive impact that sport can have on children is undeniable. Aside from the health benefits accompanied with increased physical activity and participation, sport plays a huge role in helping to increase confidence and self-esteem while heightening social interaction and improving communication skills.

Funding the scheme

These sessions can be funded by Pupil Premium Funding, enhancing opportunities to bridge the gap. Schools are using the pupil premium funding to raise achievement for disadvantaged pupils. "Schools are free to spend the Pupil Premium as they see fit" – **Ofsted, September 2012.**



Let us enable your school to offer outstanding provision of PE

Questions

1

Does your school have a vision for PE and school sport?

2

Does your PE and sport provision contribute to overall school improvement?

3

Do you have strong leadership and management of PE and school sport?

4

Do you provide a broad, rich and engaging PE curriculum?

5

How good is the teaching and learning of PE in your school?

6

Are you providing high quality outcomes for young people through PE and school sport?

7

Are you providing a rich, varied and inclusive school sport offer as an extension of the curriculum?

8

Are all pupils provided with a range of opportunities to be physically active and do they understand how physical activity can help them to adopt a healthy and active lifestyle?

9

Does your school know how to effectively utilise the new PE and school sport funding?

Embedded

There is a clear vision statement in the school's aims that recognises the values and impact of high quality PE and school sport which pupils and parents understand and have contributed to.

PE and Sport is a central part of the school development plan. The context of sport is used across the curriculum and the skills and positive values of sport are integrated into the school ethos. PE and sport are used to engage the wider community and foster positive relationships with other schools.

There is a detailed PE development plan with short and long term targets that enables all pupils (including target groups) to progress and achieve. The PE co-ordinator is highly skilled, able to motivate staff and has the support of the headteacher, staff, governors, pupils and parents. Staff regularly participate in CPD relevant to high quality PE.

The PE curriculum is diverse, providing pupils with the confidence to try new activities as well as enhancing their existing skills in a diverse range of environments. There are opportunities for all pupils to develop their leadership, coaching and officiating skills. All pupils receive two hours or more of timetables high quality PE.

All staff are confident and competent to deliver high quality PE and the quality of all lessons is good or outstanding. Teaching and learning styles are matched to lesson content and to encouraging all pupils to participate. All pupils make good progress which is clearly reported to parents or carers. Assessments involved pupils fully and identifies and celebrates their achievements.

All pupils are engaged, motivated, demonstrate a high level of understanding and skill and take some lead in high quality PE lessons. Behaviour is excellent across all PE lessons and pupils make decisions that challenge and inspire them even further. All pupils consistently make healthy lifestyle choices.

All pupils are able to access a broad offer of school sport activities (as participants, leaders or organisers). An extensive range of sport is available, including opportunities for young disabled people, through a programme that both response to demand and introduces sports activities that the pupils may not otherwise experience. Numerous young people represent the school and are part of community clubs that the school has links with. Pupils' achievements are celebrated and shared with parents and carers.

The school has a clear physical activity policy which incorporates PE and school sport but also offers informal physical activity such as break-time activity, active travel and supervised play. Strategies are in place so that pupils are consulted about the activities offered. Positive attitudes towards healthy and active lifestyles are encouraged among pupils and staff, and is extended to parents or carers.

Budgets are monitored regularly, enabling the school to see which elements of spend have the greatest and most sustainable impact.

Are you meeting the 9 point review from the Youth Sport Trust?

How we can enable your school to offer outstanding PE

Through our wealth of experience, our strategy team are able to work with your school leadership team to undertake an audit of provision, ascertain areas for development and formulate an action plan for sport and PE delivery that ensures you are able to create a sustainable and achievable vision statement.

Our qualified and experienced coaches are strong role models who encourage positive values that can be adopted by each child and applied in every aspect of school life eg healthy lifestyles through the science curriculum, the values of good sportsmanship through PSHCE. The **Foundation Sports Schools Partnership** provides the opportunity to engage with and to compete against other schools, creating strong community links and offering a platform to demonstrate your own positive school ethos as well as the expertise of our high quality coaches to deliver PE and sport within school as part of the curriculum.

Our professional coaches are able to work alongside your PE co-ordinator to assist in planning short and long term targets that are age appropriate, detailed and progressive. In addition we provide coaching and mentoring sessions to new and established Sports/PE leaders within your school to strengthen their role and ensure effective long term delivery.

With the demands being placed on the introduction of the new primary curriculum, we can assess your school's needs and enable it to be creative in formulating cross curricular links in the delivery of PE. Foundation Sports' staff members are adaptive and able to deliver all curricular requirements through diverse coaching techniques and have access to the large bank of activities featured in our internal resources network. Pupils are encouraged to become sports leaders and playground buddies enhancing their social skills through sport.

School staff members are able to shadow our coaches in order to gain valuable experience in delivering PE sessions through 1:1 coaching sessions, target group demonstration lessons or whole school Inset training days. This will enhance confidence and levels of competence through active involvement in highly effective and well delivered sessions. Our coaches are able to individually assess and identify progress and areas for improvement, and provide relevant feedback to school staff and parents.

Our team work to engage with pupils instils the importance of increasing levels of understanding and skill in sport through high quality PE lessons. Pupils are actively encouraged to lead and motivate others and make positive decisions to improve their own capabilities; this can result in improved behaviour, a more socially integrated environment and the importance of citizenship.

Our **MOVE IT! Project** promotes healthy lifestyles to help children to understand the importance of exercise and nutrition as a part of their everyday lives. These factors all contribute towards improving outcomes in other curriculum's such as science.

We are able to provide an extensive OSHL programme which is both inclusive and accessible to all children. Through our various schemes we are able to offer inter school competitions, leagues and sports events and exit routes to individual players. Evening, weekend and school holiday programmes are available throughout the borough.

We will work with your school to establish and deliver your physical activity policy. We are able to provide **breakfast and active lunch time** sessions which can also incorporate sports leaders and midday assistants. Our pupil feedback forms are an excellent tool to discover which sports clubs are in demand. We aim to give children the knowledge and information which will help them to make better informed choices with regards to leading a healthy lifestyle through our **MOVE IT! Project**.

We offer a variety of successful and proven schemes which can be tailored to fit any budget. We have the relative experience, the highly qualified and motivated staff force and the resources required to ensure a fully integrated PE scheme and sustainability strategy to fit with the exact needs of your school.

The personalised action plan for your school will be devised to ensure high quality outcomes for PE/Sport. Within this action plan, provision that's lacking will be enabled through the use of the sport funding which will ensure long term sustainability.

Active Lunchtimes

Foundation Sports are one of the country's leading independent coaching companies, coaching children from key stage one upwards. Our initiative **Active Lunchtimes** has proved enormously successful in many schools.

About the scheme

Foundation Sports created **Active Lunchtimes** to get children active during the lunch hour. In some extreme cases it was designed to keep children busy and out of mischief.

We believe that all children, whatever their circumstances or abilities, should be able to participate in and enjoy sport.

Sport can improve a child's confidence to get involved. An **Active Lunchtime** session will build new skills in participation and communication, plus it shows a desire to improve and achieve.

The **Active Lunchtime** sessions are also an opportunity for the midday assistants to learn from our qualified coaches

New multi-skilled games are taught to the children, all games are taken from our exclusive **Foundation Sports** curriculum.

Our qualified and experienced coaches give a level of enthusiasm that will meet the energetic needs of every child within your school.

Sessions include:

Nature of activity:

- Sports Coaching.
- Variety of exclusive multi-skill games by **Foundation Sports**.
- Variety of standard games, uni-hoc, rounders etc.

Adult learners:

- Midday supervisors.
- Sixth formers on CSLA awards from neighbouring schools.
- Teaching assistants or other adults.

Schools provide:

- List of 16 children.
- Basic PE equipment.
- Liaison teacher.
- Sufficient area on playground during lunchtime.
- Arrangements if raining.

Foundation Sports provide:

- Qualified and DBS checked sports coaches.
- One inset visit to ensure good set up.
- New games for the children.
- Full support for adult learners.
- **Active Lunchtime** Scheme of Learning (optional).
- Certificates for participating children (optional).



Move it!

Our objective is to promote healthy lifestyles, to help children understand the importance of exercise and food as a part of their everyday lives.



Our aim

We aim to give children the knowledge and information which will help them to make better informed choices with regards to leading a healthy lifestyle.

The project will contribute to the governments' strategy on halting the year-on-year increase of childhood obesity.

The facts*

- 89% of children say watching TV is their favourite activity.
- 75% of children prefer to stay at home than go to the park.
- 33% of 11 year olds are now obese.

Move it! Project

This project will support schools in increasing knowledge and understanding of physical activity and diet and nutrition.

In turn, this will help children and families in maintaining good health and working towards a healthy weight in the context of tackling childhood obesity. As the consequence of an unhealthy lifestyle during childhood has an impact on health during adolescence and later on in life.

It is important that the children are guided into understanding why they need to be active and showing them that being active can be both easy and fun.

Our outcomes

Our project has been externally evaluated and we have reported the following outcomes:

- Water consumption increased by more than 50%.
- By the end of the programme no children were consuming cola and the intake of chips had fallen by more than half!
- Exercise increased on average by 2-hours and 7-minutes per child per week.

About the project

The project will be delivered in a child-friendly format delivering physical activity and nutrition information in a fun and interactive way. Each lesson will be engaging for the child and will incorporate several learning approaches.

We will be looking for the children to be independent enquirers, creative thinkers, reflective learners, team workers, self-managers and effective participators. The core of the scheme will be presented to the children using a new approach to visual presentation, in the form of a zooming production.



"**Foundation Sports** offer a variety of sports programmes and they have been very responsive in tailoring these to meet the needs of our children. The instructors have always maintained a professional attitude and are talented and skilful in what they deliver." – *Headteacher at Fullwood Primary School.*



"The manner in which the company is run is of a high professional standard always very polite, respectful of our wishes and obviously well organised. We have always found **Foundation Sports** to be an organisation we are happy and fortunate to be in association with." – *Headteacher at St. Paul's CE Primary School.*



"I am most impressed by the coaching provided by **Foundation Sports**. The skill level of the pupils improves noticeably over the weeks of the course. I have no hesitation in recommending **Foundation Sports**." – *Headteacher at Redbridge Junior School.*

"Many thanks for the Special Educational Needs football league event organised by your staff. Our group of boys are autistic and have associated communication difficulties. They had a fantastic time and have not stopped talking about the event since!" – *Deputy CLD at Beal High School.*



About us

All of our sports coaches are NGB qualified, hold a first aid certificate, have been DBS checked and have attended a child protection workshop.

Contact us

Foundation Sports, PO Box 2298, Ilford, IG1 9YW. Call **0701 740 4720**, email coach@foundation-sports.com or visit www.foundation-sports.com