

Alive



Active Schools

WORKING IN
PARTNERSHIP WITH



Borough Council of
King's Lynn &
West Norfolk



Introduction

Alive Active Schools is brought to you by Alive West Norfolk and King's Lynn Community Football, in partnership with West Norfolk School Sports Partnership, the Borough Council of King's Lynn & West Norfolk and the College of West Anglia.

We aim to engage all pupils in regular physical activity and improve health and wellbeing by promoting healthy lifestyles through our range of initiatives delivered at your school or in our fantastic facilities at Alive venues.

Our coaches hold a minimum of a level 1 coaching qualification with relevant first aid, safeguarding and DBS certificates and are fully insured. Proof of coaches identification are provided to schools prior to the commencement of programmes along with copies of certificates if required. Our coaches can provide reports on sessions delivered and you will always be kept informed of any injuries or behavioural incidents.



PE and Sport Premium

How to use the PE and sport premium (Information taken from gov.uk)

1. Schools must use the funding to make additional and sustainable improvement to the quality of the physical education (PE), physical activity and sport being offered. This means that you should use the premium to:

- a) Develop or add to the PE, physical activity and sport that your school provides
- b) Build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years.

2. Schools can use the premium to secure improvements in the following indicators:

- a) Engagement of all pupils in regular physical activity – the Chief Medical Officer guidelines recommend that all children and young people aged 5 to 18 engage in at least 60 minutes of physical activity a day, of which 30 minutes should be in school.
- b) Profile of PE and sport is raised across the school as a tool for the whole-school improvement.
- c) Increased confidence, knowledge and skills of all staff in teaching PE and sport.
- d) Broader experience of a range of sports and activities offered to all pupils.
- e) Increased participation in competitive sport.

3. You can use your funding to:

- a) Provide staff with professional development, mentoring, training and resources to help them teach PE and sport more effectively and embed physical activity across your school.
- b) Hire qualified sports coaches to work with teachers to enhance or extend current opportunities
- c) Introduce new sports, dance or other activities to encourage more pupils to take up sport and physical activities.
- d) Support and involve the least active children by providing targeted activities and running or extending school sports and holiday clubs.
- e) Enter or run more sport competitions.
- f) Partner with other schools to run sports activities and clubs.
- g) Increase pupil's participation in the School Games.
- h) Encourage pupils to take on leadership or volunteer roles that support sport and physical activity within the school.
- i) Raise attainment in primary school swimming to meet requirements of the national curriculum before the end of key stage 2.
- j) Embed physical activity into the school day through active travel to and from school, active playgrounds and active teaching.

Alive Active Schools Summary

Delivered at your school

School time & extra-curricular PE delivery <ul style="list-style-type: none">▪ Links to PE & sport premiumo 1a, 2a, 2b, 2c, 2d, 3a, 3b, 3c, 3d, 3j	page 5
Health and wellbeing Healthy Body, Healthy Mind / Mental Health Awareness / Fitness Classes <ul style="list-style-type: none">▪ Links to PE & sport premiumo 1a, 2a, 2b, 2c, 2d, 3a, 3b, 3c, 3d, 3j	page 6
Activity programmes OMNES Games Olympic package Behaviour management / Student rewards / Activity days plus tasters / Bespoke programmes <ul style="list-style-type: none">▪ Links to PE & sport premiumo 1a, 1b, 2a, 2b, 2d, 2e, 3a, 3b, 3c, 3d, 3j	page 7/8
PlayMaker – Young Sports Leader Award <ul style="list-style-type: none">▪ Links to PE & sport premiumo 3c, 3d, 3h, 3j	page 9

Delivered at Alive Sports Centres

Sports lessons Swimming / Gymnastics / Kaset / Climbing wall <ul style="list-style-type: none">▪ Links to PE & sport premiumo 1a, 2e, 3e	page 10/11
School football leagues <ul style="list-style-type: none">▪ Links to PE & sport premiumo 1a, 2e, 3e	page 12
Sports days - Organise your own or let us deliver it for you <ul style="list-style-type: none">▪ Links to PE & sport premiumo 1a, 2a, 2b, 2e, 3e	page 12
Other Alive activities suitable for your children Holiday Clubs / Mini GEAR / Panto / Birthday Parties	page 13/14

School Time & Extra-Curricular PE Delivery

Curriculum coaching

Coaches will attend your school to cover PPA time, upskill & mentor TA's or just take your required PE lessons. Coaches are trained in line with the National Curriculum. We understand every child learns at different speeds and that classes are full of pupils with mixed abilities, we do our best to ensure that every pupil has maximum participation and develops every pupil.

Embedding Sport, Physical Activity and Wellbeing within your school

We can work with school Governors, school leaders and teachers to provide support and guidance on embedding an Active Schools culture.

TA Support, Mentoring and Development

Alive can offer support to TA's and sports leads that are new to the role, and also support experienced sports leads with new fresh ideas, activities and programmes.

Extra-curricular coaching including lunchtime and afterschool clubs

Clubs can run over a term or through the academic year and are a great way to engage your pupils in physical activity and provide active playgrounds as suggested by the Government guidelines.

We can broaden the range of sports offered to your pupils to engage in regular physical activity. Sports we can offer but are not limited to, include

- Football
 - Tennis
 - Dodgeball
 - Cricket
 - Basketball
 - Speed stacking
 - Archery
 - Fencing
- New Age Kurling
 - French Bowls
 - Multi-sport
 - Multi-skills
 - Netball
 - Gymnastics
 - Tag Rugby

Prices start from £35 per hour with discounts available for more sessions booked.



Health & Wellbeing

Healthy Body, Healthy Mind

This is a science-based programme that teaches children the importance of keeping active, elements of health and wellbeing, diet and nutrition including activity based sessions putting it all into practice.

Topics include:

- Keeping active
- 3 meals a day
- Food groups
- Sugar experiment
- Food labels
- Importance of a balanced diet
- Minerals and the importance of water
- Table time / sedentary lifestyles
- Sleep – how much?

This course is delivered over 6 hours which can be flexible costing £300.

Mental health awareness

1 in 5 children suffer from a mental health or learning disorder*.

This brand-new programme is for key stage 2 children to engage in basic conversations and activities around the topics of mental health. Including theory & practical sessions, pupils complete a workbook and learn about the benefits of physical activity on mental health. The reward in the final week is an Olympic Games event.

Topics include:

- Mental health & physical activity
- Healthy lifestyle
- Teamwork
- Resilience
- Inclusion

This course is delivered over 6 hours which can be flexible costing £300.

* Child Mind in 2016 reported that mental health disorders are the most common health issues faced by our nations school-aged children.

Fitness classes

Our fully qualified fitness instructors can deliver a range of classes in your school or at your local Alive facility. These can be arranged as a one off or weekly class

Classes include:

- Circuits
- Aerobics
- Step
- Bootcamp

Prices start from £35 per hour delivered in school or £60 per hour delivered at an Alive site with discounts available for more sessions booked.

Activity Programmes

OMNES Games ('OMNES' means 'for all' in Latin)

A festival of 6 sports to be played over the academic year.

Omnes Games engages pupils who may not regularly take part in sport to try new and different sports in a fun and safe environment.

- Handball (KS2 only)
- Dodgeball (KS1 & KS2)
- Speed Stacking (KS1 & KS2)
- Volleyball (KS2 only)
- New age kurling (KS1 & KS2)
- Ultimate frisbee (KS2 only)

Each one of the 6 festivals will be held at Lynnsport, we can also provide taster sessions in the lead up to the festivals so pupils will ready and confident for the events. Events will also be featured in the local newspapers!

Prices:

Infant Schools:

KS1 OMNES Games	£157.50
KS1 OMNES Games and taster pack	£262.50

Primary Schools:

KS1 and KS2 OMNES Games	£315
KS1 and KS2 OMNES Games and taster package	£525



Olympic package

We can organise and deliver your very own Olympic Games. We can provide taster sessions in the lead up to the big event, so your pupils are fully prepared for their chosen sport. You can choose your sports whether they are in the Olympic Games or not.

- Tri-golf
- Football
- Throwing events
- Short distance running
- Long distance running
- Relay races
- Jumping events
- Archery
- Badminton
- Handball
- Hockey
- Tag rugby
- Tennis
- Volleyball
- New age kurling

Prices start at £400 including 5 hours of taster sessions and a 5-hour event.

Bespoke Activity Days

We can offer bespoke programmes for your pupils for things such as:

- Taster sessions
- Behaviour management programmes
- Student rewards programmes
- Fundraising days
- Work with you to design something specific for your school

With either weekly, one-off sessions or programmed into a full day. You can choose your activities ranging from traditional to extreme sports at your school or at Alive venues.

Prices start from £35 per hour with discounts available for more sessions booked

Delivered at Alive Sports Centres

We can offer a range of programmes to enhance your lessons, develop sport specific skills or provide a fun day out. We can host or deliver your school sports day on our athletics track; you can use our first-class facilities to deliver your own lessons, or we can provide fully qualified to deliver for you.

Sports lessons

Lessons can range from traditional to extreme sports:

- Swimming
- Gymnastics
- Skateboarding / BMXing
- Climbing
- Fitness

Prices start from £35 per hour with discounts available for more sessions booked.



School Football Leagues

Football Leagues for boys and girls with other West Norfolk schools. We will organise the fixtures at Lynnsport, officials and equipment with a monthly programme running from February to June. You just need to turn up in your school colours and play. Games will be played between 4pm–5pm and every team will play at least two games each night.

Price £75 per team.

School Sports Days

Hire our athletics track at Lynnsport or any of our other fantastic facilities and run your own Sports Day or leave the work to our team of coaches to deliver a day to remember for you and your children!



PlayMaker – Young Sports Leader Award

What is the PlayMaker Award?

The PlayMaker Award is a great introduction into leadership giving learners knowledge of how to organise small games and activities that can be during curricular and extra-curricular time, lunchtimes, breaks as well as in sports clubs outside of school hours.

The PlayMaker Award aim to help learners to develop leadership skills such as organisation, communication and teamwork, as well as helping to build confidence and self-esteem as they take on the responsibility of assisting in leading their peers and younger children.

How is the PlayMaker Award delivered?

Sports Leaders UK suggest approximately 6 hours delivery for this award but this depends on your learners ability and the time available.

It can be delivered

- As part of your normal lesson
- Dedicated PlayMaker Award session or club
- One day course

Is there a formal assessment?

Leaders all receive a leadership journal which they can use to record what they have done during the course, what they have learnt, what they have enjoyed and what they found the most challenging. Certificates will be awarded once learners have completed the core elements of the PlayMaker Award and have put PACE into practice.

Tutors, parents and other adults who may be involved in supporting the learner can also comment in the journal.

Who is the PlayMaker Award for?

Anyone can become a PlayMaker, regardless of their sporting experience or prowess. The PlayMaker Award is designed in a way so that learners can participate and learn about key leadership skills. The recommended age range is 9-11 years.



Children's Activities

Birthday Parties

Children's birthday parties at Alive are fun, exciting and memorable. We guarantee to provide maximum enjoyment leaving you to relax and enjoy the party. We offer a fantastic range of fun activities to choose from including Bouncy Castle and Party Games, Climbing, Gymnastics, Dodgeball, Football, Party Games, Nerf-Tag, Pool Parties, Tennis, Roller Skating and loads more! With trained party leaders and party packages to suit all requirements.



Holiday Activities

Children will love our holiday clubs and activities. We offer holiday clubs and activities at Alive centres during all school holidays. Our holiday clubs offer a wide variety of multisport activities and we even have bespoke holiday clubs available. Our holiday activities are super fun short sessions and range from Roller Skating, Trampolining, Junior Gymnastics and more!

Swimming lessons

Make a splash and learn to swim. It's not only great fun but teaches you a valuable life skill. Alive swimming offers a variety of swimming lessons, from baby through to adult and all stages in between including swimming lessons for schools.



Mini GEAR

Mini GEAR is a great way to get the family together to get active and complete a fun challenge at the same time! The event is open to children and adults of all abilities and takes a 1.8KM course, setting off from the Tuesday Market Place in King's Lynn.

For more information about any of our sessions and activities visit alivewestnorfolk.co.uk

Contact us

For further details on any of our programmes
or for a detailed price for your chosen activity
please email community@alivewestnorfolk.co.uk

