**Why choose us?**

Unlike many private coaching companies we serve the needs of the local community and try to give children and young people the opportunity to continue to participate in sport and physical activity by creating links with local clubs. We can also work alongside teachers giving them the confidence to deliver sports specific activities within the curriculum. We have also endeavoured to keep costs low ensuring the service is accessible to all.

**Packages and Prices.**

Whilst we have put some packages together, we can also tailor our activities to suit individual needs of a school if required. If you feel we are not offering something that you would like, please contact us and we will try our best to help you.

All packages offer a menu of sports / activities to choose from

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Invasion Games** | **Striking** | **Net / Wall and Racket Games** | **Gymnastics / Dance** | **Other** |
| Team GamesFootballNetballBasketballHockeyTag Rugby | CricketTri-GolfRounders | TennisTable TennisBadminton | GymnasticsCheerleadingDanceSkipping | Multi SkillsDodgeballAthleticsSports Hall Athletics |

Other activities available on request

****

|  |  |
| --- | --- |
| Primary sports logo | **Bronze Package (OSHL Delivery and Teacher Support)*** Minimum of a level 1 sports coach.
* Session plans available to support school delivery in curriculum or out of school hours.
* Most Improved Performer and Fair Play awards, awarded at the end of each term.

All for just £2.00 per child per session for After School / Lunch and £19.00 per hour during Curriculum time. |

|  |  |
| --- | --- |
| Primary sports logo | **Silver Package (PPA Teacher Cover)**Includes all of Bronze package plus:* Session Plans linked to National Curriculum strands in PE.
* PPA Cover available
* Most Improved Performer and Fair Play awards, awarded at the end of each term.

All for just £26.00 per hour (including all administration) |



|  |  |
| --- | --- |
| Primary sports logo | **Gold Package (The ‘Wildcard’)**Includes all of Bronze and Silver Package plus:* National Curriculum assessment grid completed for all pupils taking part in curriculum delivery.
* Most Improved Performer and Fair Play award, awarded at the end of each term.
* PPA Cover available.
* Sourcing additional activities not listed e.g Zumba, Circuit Classes, Boxercise etc.
* Health based exercise programmes supporting young people with weight management advice and lifestyle change.
* Lesson plans linked to cross curricular learning e. golf by numbers, dance from around the world, and literacy in gymnastics.
* Tailored sessions to target dis-engaged young people, low attendances, young people with low self esteem, developing co-ordination to improve attainment.

All for just £28.00 per hour. |

**Sign up with us and we can offer in addition to the benefits listed above…**

* Enhanced DBS Checked volunteers (Formerly CRB) to support school events.
* Support and guidance in accessing funding and developing grant applications.
* Provide local Club links information for your children through local contact cards.
* Access to local Club coaches to deliver activities breaking down School-Club link barriers
* Coaches are specially trained and have experience in working with young disabled people so all abilities will be able to shine.
* Termly coaching spot checks with our staff and session evaluation forms to develop future training needs.
* Coaches regularly updating their training including Behaviour Management.
* Access to local sports personalities for talks and visits through out athlete support programme – Current athletes include Glenn Scott (Future Paralympic hopeful) and Helen Russell (GB Triathlete).
* Worried about healthy lifestyles and children who don’t like sport? We specialise in developing affordable and gentle activities to get people active from the Couch to 5K beginners running programme to gentle exercise and Zumba. We are also linking with the young people health referral programme.
* Loan of equipment for events including inclusive sport or community games inspired.
* Development of satellite clubs with local sports clubs giving your children the chance to progress into club sport at a local venue.
* We work closely with School Games Organisers and Chadsgrove School in the development of activities and programmes.