Premier® Sport.org

Inspiring Young People Through PE & Sport

inspire to achieve

Curricular & out of school activities for children aged 4 –11 years old.

For more information email schools@premiersport.org

Alternatively call **01953 499040**

part of the inspire programme

Premier Sport

Premier Sport has established a long history of providing high quality curriculum and extra curricular activities and now delivers to more than 150,000 pupils each week.

This amounts to more than five million visits a year, each one enriching the PE curriculum in one of the thousands of schools we work in partnership with.

As well as delivering on the sports field, our Educational Specialists have developed sports leadership strategies in partnership with the Association of Physical Education, the Youth Sport Trust, Sports Coach UK, and Sport England amongst others. In addition, we are an accredited 1st 4 Sport training provider, meaning we coach the coaches.

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Introducing the Inspire Programme

The Inspire Programme is a groundbreaking initiative from Premier Sport, the leading organisation bringing sport and physical activity to schools across the UK.

The Programme offers schools tailor made suites of sport and activity options which are targeted towards achieving curriculum outcomes. It is designed to be inclusive, with complete activity structures to engage all pupils, from those not normally inspired by sport, through to the budding stars of the future.

The Inspire Programme brings PE into each level of the curriculum, from pre-school and foundation right through to adult and community sport. Our aim at Key Stage 1 and 2 is to lay the foundations for a life long journey of learning opportunities through sport.

"I've known Premier Sport for a long time. They're very passionate about getting children playing all sorts of sports, which is a very exciting initiative and one that I'm fully committed to putting my name behind."

Lawrence Dallaglio OBE,
England Rugby Union Legend and Premier Sport Ambassador

inspire programme

Inspire to Achieve is the Key Stage 1 & 2 programme, with four pillars which differentiate and enhance learning;

START Active, STAY Active, PLAY Active & SPORT Active

START Active

Evidence shows that introducing an element of physical activity to children before school begins can engage their minds and prepare them for the day ahead.

START Active sessions run for up to 60 minutes before school, are stimulating but not over-stimulating and support learning achievement in every area of the curriculum. Children enter the school day alert and ready, having engaged their minds and been encouraged to improve balance, control, co-ordination and flexibility.

Healthy lifestyle

START Active can be integrated into existing breakfast clubs to encourage understanding of the connections between exercise, food, nutrition and health.

Attendance

By launching the school day with fun activities, evidence shows that **START Active** improves attendance rates and can work in partnership with schools to target groups who may need additional support.

Variety

The **START Active** sessions are not sport specific, encouraging those who might avoid competitive sports to take part: excellent for children who may consider themselves as 'un-sporty'.

Outcomes

Lessons are designed to meet outcomes that are agreed in advance, enabling extra-curricular activity to contribute to overall school achievement levels.

80% of schools said:

"Premier Sport **START Active** clubs helped to improve children's attendance at school."

STAY Active

Lunch breaks are ideal opportunities for children to engage in physical activity, encouraging a balance of physical and mental challenges throughout the school day.

The STAY Active programme delivers 30 – 45 minute long sessions during lunch breaks. Using structured activities and introducing children to multiple skills, the programme encourages physical activity across all abilities.

It also provides a structured and supervised activity during lunch breaks, which can support a number of target groups or simply lunchtime leaders.

Social

The **STAY Active** programme encourages children to develop their social and communication skills.

Behaviour

By offering a structured activity during a less structured part of the school day, sessions can have a positive influence on playground behaviour and other target areas.

Facilities

The programme can be tailored to the facilities that are available, making the maximum use of inside and outdoor spaces.

Role models

Lunch breaks are an ideal time to introduce sporting heroes to the entire school community. Bringing in local sports stars or specialist coaches can increase engagement and enthusiasm across the whole school community.

Outcomes

Sessions are run in partnership with school plans ensuring agreed outcomes are achieved and recorded in every session.

A high proportion of schools said:

"Premier Sport's **STAY Active** clubs had a hugely positive impact on improving behaviour at lunchtime."

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PLAY Active

Many children avoid sports because they believe themselves to be 'un-sporty' or because they feel alienated by activities which are focussed on win / lose outcomes.

PLAY Active sessions encourage fun-based physical activity rather than traditional sports. As an extra-curricular programme it can run at any time during the school day - before school, during lunch breaks or as an after school club – and a typical session will last around 60 minutes.

The aim of PLAY Active is to encourage non-sporty children to get physically active through structured activities. By placing the emphasis on inclusion rather than specific sport skills and techniques, children are encouraged to have fun. This in turn improves social skills, self esteem, balance, co-ordination and physical wellbeing.

Fun

The **PLAY Active** programme is designed to make activity fun for those who may need extra encouragement to take part.

Success

By encouraging children to see success in ways other than win / lose outcomes, children can see progression and be encouraged by their own abilities.

Social Development

The **PLAY Active** programme places particular emphasis on mutually supportive activities in which children don't feel the risk of 'letting others down' or being the weak link in a team. There are no barriers to entry or pressure placed upon the child, developing self confidence and aiding progression.

Outcomes

Sessions are monitored and can contribute to the variety and achievement of PE provision in schools.

"The most positive impact is that our provider, is considered by staff and pupils alike to be an integral part of the school team.

"His out of hours club is always well attended and he copes well with children of all abilities, especially those with challenging behaviours who he deals with fairly and compassionately."

Sue Stott, Assistant Head Teacher,
Millfields Church of England Primary School

SPORT Active

Many children have ambitions to play for their favourite teams or to set out on a path that might lead them to become the Olympic stars of the future.

SPORT Active introduces the skills, techniques, rules and regulations of a wide variety of sports and activities, from basketball to gymnastics, football and many more. Typically run in 60 minute sessions after school, all children are encouraged to take part to a level that suits them and through which they can see their skills develop over time.

An essential part of training for all sports is learning to compete fairly and to win or lose with respect for other competitors.

Social

All of our instructors maintain links to local clubs and associations, giving children a route to develop and diversify their skills. All coaches hold a minimum Level 2, national governing body qualification.

Legacy

Identifying the stars of the future can enable them to get the right support and encouragement at an early age.

Variety

After school sports clubs help schools to reach their Ofsted targets for sports provision.

Outcomes

Schools that have set targets for sports achievement can achieve success through extending their extra-curricular sports provision.

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"Premier Sport have been used in many effective ways at Rolleston Primary. They have supported the rise of quality PE lessons within the school as well as extending the provision for out of hours activities."

Dwayne Toon - Rolleston Primary School

Sport Premium

The Inspire Programme fits perfectly with the announcement in March 2013 of the Sport Premium funding for sport in primary schools.

The new fund is part of a government commitment to inspire the nation to enjoy sport, starting with enhancing the provision of facilities in every state primary school. Each school is awarded ring-fenced funding to ensure their pupils have access to high quality PE & Sport. Funding is to be spent on training and delivery, not administration activities and key measurements are:

Requirements	The Inspire solution
How well the school uses Sport Premium resources	Tailor made and responsive products for each section of the school community, at times to suit them
Ofsted assessment	Documented impact measurement of each session with targets agreed by the school
Publicity of sporting achievements	Full integration with the Premier Sport website and schools portal make it easy for schools to fulfil this criteria
Greater emphasis on sport	Support of the school competition framework, community clubs and inter-school games organisers
Adaptation to individual needs	**START, STAY** and **PLAY Active** clubs are based on activities which can be flexible according to group members. **SPORT Active** teaches children how to compete in particular sports
Tackling obesity and physical inactivity	A focus on healthy lifestyles and physical wellbeing, with activities offered throughout the school day
Physical activity, not just competitive sport	Inclusion of a wide variety of activities with the aim of enabling success outside a competitive environment

"At Greenleas we have been delighted with the input received from our partnership with Premier Sport which has gone from strength to strength.

"Since the introduction of staff PPA time, we have found that PE and Sport within the school now has a much higher profile. Our excellent sports coach professionals ensure real progression across the school with children building on their skills from year to year."

Stephanie Readyhough, Head Teacher at Greenleas Lower School

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The National Curriculum

At the core of the Inspire Programme is delivery and enhancement of the National Curriculum for PE.

Our aim has been to create a fully rounded programme which works in close partnership with schools, finding the best way to inspire individuals and to provide them with opportunities to learn and achieve. With the help of our senior education advisors, we supply structured lesson plans with specific learning outcomes that address all sporting and physical activity areas.

We work flexibly with schools to help them achieve their goals and make a significant contribution in terms of values, ethos and standards. All professionals who deliver lessons within the curriculum will provide an individual child assessment of learning progress which schools can use as part of their reporting process.

Our reputation has been built on providing high quality, long-term solutions to curricular staffing needs in thousands of primary schools across the country. As Premier Sport staff are specialists, you can be safe in the knowledge that your school is not just meeting government targets for PE but setting itself up to surpass them.

The future

The National Curriculum is constantly evolving, with PE having a particular focus in the wake of the success of the 2012 Olympic Games. Premier Sport works closely with both curriculum advisors and Ofsted qualified inspectors to ensure our school partners remain at the forefront of inspiring physical activity and school sport.

A team sport

The Premier Sport team is able to provide expert physical activity and sporting lesson support that will contribute to educational achievement, well-being, independence, excitement and engagement - with fun, innovation, knowledge, and quality at the heart of everything we do.

Premier Sport has local representatives throughout the country who develop close working relationships with schools, regional sports agencies, sports venues, leagues, inter-school sports coordinators and high profile teams as well as successful athletes and coaches. We will take every opportunity to add value to the PE curriculum in each school.

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The School Portal

As well as our practical teaching sessions, unique to the Premier Sport offer is our free package of online support through our Schools Portal.

This can integrate with your own school website to offer public information to parents and the community as well as providing a host of learning resources.

The Portal includes:

- Bespoke parent facing webpage with all current and forthcoming courses listed, a requirement of the PE and School Sport funding.
- Individual pupil performance / attainment records for each attended course, a requirement of the PE and School Sport funding.
- Course assessment and attainment views showing learning objectives and outcomes.
- Downloadable PDFs for approved and pending Service Level Agreements including agreed outcomes.
- Online appraisal record and feedback forms
- Course detail views that show descriptions, dates, times, capacity and uptake, coaching staff and a link for the SCHOOL ONLY to view attending pupils
- Schools able to promote link for parent sign up, which even allows you to differentiate and invite certain GROUPS on activity, such as Gifted & Talented or non-sporty
- Contacts section where all relevant contacts and course specific personnel are shown with photo, biography, certifications / qualifications and contact details

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inspire to achieve

Checklist

All schools seeking an outside partner for their physical activity provision will want to be assured that they are getting the best possible service.

Every member of the Premier Sport team is trained to exacting standards, in fact Premier Sport has national accreditation to coach the coaches. We set the standard for the industry and meet all of the following criteria:

Minimum Standards for Deployment (MSD)

- Recognised National Governing Body (NGB) Level 2 Coaching Certificate in a sport.
- Safeguarding and Protecting Children Certificate.
- Enhanced DBS (CRB) Clearance.
- Emergency First Aid Certification.
- Full Insurance Policy.
- Public Liability - £5 million minimum.
- Product Liability - £5 million.
- Employers Liability - £10 million.
- Professional Indemnity - £5 million.

We are also:

- Assessed by Ofsted accredited inspectors
- A COMPASS Member
- QiSS Certified
- Annually assessed as part of appraisal and performance management with termly professional development.

"We have always found Premier Sport staff to be professional, extremely competent and able to manage class groups throughout the school. I have no hesitation in recommending them to other schools."

Paula Wiltshire, Head Teacher at Broomgrove Infant School

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COMPASS

COMPASS (the Community of Providers of Physical Activity and Sports) is the only trade association for providers of Physical Activity & School Sport.

Members include responsible organisations from the private, public and charitable sector who deliver Physical Activity & School Sport.

Its members commit to minimum standards and ensure that their staff are fit for purpose. All COMPASS members are committed that all staff delivering in schools are suitably qualified, fit for purpose and will be advising schools on what 'good provision' looks like.

COMPASS members are at the forefront of the forthcoming Professional Register which will recognise and signpost appropriate individuals capable of delivering fit for purpose, quality delivery into schools.

QiSS

Quality in Study Support

Approved providers have to evidence examples of good practice on all aspects of operating out of school hours learning, including safety, registration and de-registration procedures, schemes of work and learning outcomes.

This award is granted after being assessed by a panel at Canterbury University.