

North Lincolnshire School Sport



Skip 4 Life Gold & Bronze Partner Schools

What is Skip4life?

Skipping is an excellent form of physical activity which can be done anywhere and has numerous health benefits, the Skip 4 life programme takes place across 2 days, approximately 6 weeks apart. All Skip4life sessions are delivered by our enthusiastic Physical Activity and Health Coaches. The skip4life programme has 4 possible challenges available to schools:

Two Minute Challenge - Children aim to achieve as many turns of the rope (skips) as possible in the allotted time of 2 minutes.

Long Rope Challenge - This is a class challenge and the idea is to get as many of the class through the rope in 10 minutes

Skip 2 the Beat Challenge - This challenge is used with single ropes and the children have to skip in time to a music playlist.

Tricks Challenge - For this challenge, children have the chance to learn some fun tricks to show off to their friends!

Who is the programme for?

All children in KS1 and KS2 can participate in this programme, and is available for Gold and Bronze partner schools.

What will the outcomes be?

- The skip4life programme is all around personal best and improvement. We will be able to provide the schools with overall numbers of children who have improved.
- Skipping provides an opportunity for children to be active on their way to and from school.
- Skipping is hard work, and whilst fun will encourage children to be active for longer, as well as improving their overall fitness.
- Each child will receive their own skipping rope to take home and practice for the Day 2 session

What will the school need to do?

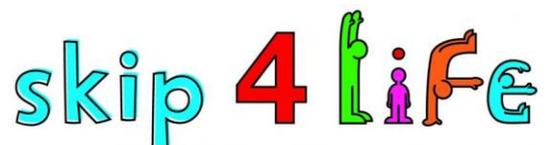
1. The subject leader will need to book a Skip4life day by using the contact details below.
2. When booking, we'll need to know what programme you would like and how many classes will be taking part.
3. We will send through a timetable that will need to be completed and shared within school, so we can work with as many children as possible.

For more information please contact:

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North Lincolnshire School Sport



Sports Force

Gold & Bronze Partner Schools

What is Sport Force?

Sports force is our leadership programme, offered to primary schools, aimed to give young people the tools, knowledge and confidence to become excellent leaders and great role models within their own school. Two opportunities can be combined to help deliver this programme.

Sports Force Ambassadors Academy

A full day of practical training in October 2016 where four young people per school have the opportunity to learn and develop leadership skills that can be taken back to their schools, to be put into practice in a variety of settings such as intra school competitions, lunchtime activities and after school clubs. The training will also include sport specific sessions in Dodgeball and Sportshall Athletics officiating and recording of results. These four ambassadors aim to be 'the leaders of leaders' and can also assist the delivery of the Sports Force training when staff deliver this programme in your schools.

Sports Force Training

This training is for up to 20 young people in your school, preferably from Year 5/6, but can be adapted for younger children in the school. This is included for all Bronze and Gold Schools

What will the outcomes be?

Once the training has been completed, you will have a trained cohort of leaders with the resources and the knowledge to deliver clubs within school/or on the playground to other children, with the overall outcome to increase general physical activity levels amongst more young people in your school.

What will the school need to do?

1. Using the details, below book a Sports Force day for your school
2. Select up to 20 young people who show outstanding leadership qualities within the whole school.
3. Organise an indoor space for the training and inform appropriate members of staff
4. Following the training day, any member of staff, for example, teachers/lunchtime supervisors can observe the children delivering the games, and then sign off the children's cards.
5. Once all the children have completed the bronze award, the subject leader can then book a second training day, when the children can begin their silver awards.

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North Lincolnshire School Sport



A Healthy Me Gold & Bronze Partner Schools

What is a Healthy Me?

A Healthy Me focuses on food labelling and aims to teach children how to read, interpret and apply the information provided on food and drink packaging in order to make healthy informed choices.

Two Physical Activity and Health Coaches will visit the school, for a full day, to show the children labels in an interactive way.

Children are set an individual and class challenge to collect as many 'healthy'* food labels as they can in a 4-6 week period; this will encourage children to go home and teach family members and friends how to read food labels to ensure they collect as many labels as they can.

Who's it for?

Both KS1 & KS2 classes are able to participate in this programme.

What will the outcomes be?

The outcome of the programme is to inform young people about what foods are 'healthy', and to encourage them to make the best decisions they can in order to lead a healthy lifestyle.

What will the school need to do?

- Schools will need to contact us to organise a full day when we can visit the school.
- Schools will need to plan a timetable so we can work with every class during the day.
- Each school is provided with a food label bin to collect labels, we would welcome staff involvement in encouraging children to collect the labels, in between our visits.

*Based on the Food Standards Agency recommendations of below 5 grams of sugar and below 3 grams of fat per 100 grams.

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North Lincolnshire School Sport



It's Catching

Gold & Bronze Partner Schools

What is 'It's Catching'?

Its Catching is a new physical activity programme this year; with the main aim of developing the catching and hand eye coordination ability in all young people aged 4-11 years old.

The Its Catching programme will consist of two coaching days (4-6 weeks apart) for children from reception to year 6, and will be delivered by the North Lincs School Sport Team.

Who is it for?

All children in KS1 and KS2 can participate in this programme, and is available for Gold and Bronze partner schools.

What will the outcomes be?

- The 'It's Catching' programme is all around personal best and improvement. We will be able to provide the schools with overall numbers of children who have improved.
- Throwing and catching are fundamental skills to many sports, this will give your pupils the opportunity to develop these, as well as providing ideas for games that will make the children more active.
- The It's Catching programme will provide a progressive pathway of catching skills, giving children a focus whilst being great fun.
- Each child will receive their own tennis ball and games booklet to take home at the end of the first visit

What will the school need to do?

1. The subject leader will need to book an It's catching day by using the contact details below.
2. When booking, we'll need to know how many classes will be taking part.
3. We will send through a timetable that will need to be completed and shared within school, so we can work with as many children as possible.
4. Provide children with the opportunity to practice their Catching Skills.

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North Lincolnshire School Sport



Healthy Heroes' Clubs

What are Healthy Heroes' clubs?

Healthy Heroes' clubs are targeted clubs aimed at encouraging children to be more active whilst promoting key nutritional messages.

Who will be running the clubs?

The clubs will be run by a member of your school staff on your school site. Danny Lunson will be available to contact to support staff in this delivery.

What will your school get?

Schools can choose two options should they wish to start a Healthy Heroes' club within their school.

Option 1: Schools will receive logbooks for every child taking part as well as a delivers book, lesson plans and resources for the individual delivering the club. **Cost: Free**

Option 2: Schools will receive logbooks for every child taking part as well as a delivers book, lesson plans and resources for the individual delivering the club. The member of staff delivering the course will also be invited to attend a practical CPD workshop to help them deliver the course and every child children taking part will also receive a Healthy Heroes' goody bag to support them. **Cost: £200**

Which children are we targeting?

Healthy Heroes' clubs aim to target children that may be showing signs of a lack of engagement with mainstream physical education. The club aims to change their perception of physical activity and encourage them to lead a healthier lifestyle. It is very much dependent on the individual school to decide which children they wish to target. Below are a few examples of groups of children that may find it useful to attend a Healthy Heroes' club:

Children above a healthy weight
Grade 1 listed SEN PE children
Children with behaviour issues
Vulnerable groups of children

Children in receipt of free school meals
Children that do not participate in any existing school sport clubs
Children that do not participate in any sports clubs outside of school time

How many children can take part in the club?

We recommend the ideal size of the club is between 15-20 children.

Recruiting the targeted children

Ideally clubs should run within the school day in order to create the consistency in terms of children attending. The type of children the club is targeting may not be supported by attending an after school club by their parents/guardians, therefore creating a lack of consistency in attendance. However, this is very much up to the school to decide, based on their own priorities.

Healthy Heroes' Days

In order to act as motivation for the children taking part in the clubs, there are two special events planned in which schools can bring the children identified as their target group to engage in the Healthy Heroes' Club or the group of children that have already started to attend the Healthy Heroes' Club. To give the children the inspiration to engage with the programme the events will be held at Appleby Frodingham Astroturf (behind the Pods). The events are listed below:

Healthy Heroes' Introduction Tuesday 14th March 2017 1.00pm-3.00pm

A non-competitive event with children rotating around different skill stations introducing them to an exciting variety of games they may be taking part in during their time at their school's Healthy Heroes' Club. A school can bring 15-20 children for every Healthy Heroes club they are delivering or planning to deliver.

Healthy Heroes' Celebration Event Tuesday 4th July 2017 1.00pm – 3.00pm

A non-competitive event with children celebrating completing their club programme by participating in a variety of games and activities, many they may have experienced during their time at the Healthy Heroes' Club.

Both of these events can be booked via <http://www.nlschoolsport.co.uk/competitions-and-courses>

For more information please contact:

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North Lincolnshire School Sport



Positive Active Lunchtime Training Gold & Bronze Partner Schools

What is Positive Active Lunchtime Training?

The 2 hour training course is designed for all lunchtime staff and intends to showcase a variety of simple games and activities that lunchtime staff can use to support active play during their schools lunchtime periods, as well as developing their confidence in delivering these games.

Who's it for?

The course is for any lunchtime supervisors or other staff that assist in the lunchtime set up within your school.

What will the outcome be?

The course is designed to increase the knowledge and confidence of the lunchtime staff to be able to deliver active games over the lunchtime period. Lunchtime staff will be trained in a variety of games which can be easily transferred to your schools playground set up with the aim of increasing the physical activity levels of children throughout the lunch period.

What do schools need to do?

1. The subject leader will need to book a Positive Active Lunchtime morning/afternoon through Danny Lunson on the details below.
2. The subject leader will then need to organise getting the staff to the training as well as an indoor practical space.
3. Following the course, the subject leader will receive a document detailing any feedback/next steps to be taken after the course.

For more information please contact:

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