



EDUCATION



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IN PARTNERSHIP WITH



FOREWORD



Reg Patel
Chief Executive Officer
Active Tameside

Welcome to the Active Tameside educational offer. This is a strand of our service we are exceptionally proud to deliver. We believe the quality of the provision is the primary reason for the service's longevity in an ever-changing world. It has been our ability to listen and adapt to meet the needs of our educational partners which has kept us as the primary provider within the borough and our surrounding conurbations for the last 25 years.

Our brochure shares the breadth of services we deliver under the banner of education.

I am sure you will note that the programme has evolved considerably, originally starting with 6 staff to now having over 30 full time PE educators and a quality assurance team.

The whole offer is aligned to the P.E national curriculum with an emphasis being placed on individual skill development and physical literacy delivered through a variety of physical education activities and extracurricular sport activities.

The programme's sustainability has been built on providing high quality PE activity to engage and develop young people along with providing CPD opportunities to your school staff.

The high standards set for delivery of the programme have been further developed through a framework of mentoring and quality assurance school visits to continually improve staff performance.

We hope you enjoy reading though the latest offer and look forward to continuing and developing our partnership with your school to improve the lives of young people within Tameside.



High quality physical education provides regular participation in physical activity for children which is associated with physical, psychological/mental and social health benefits. It also ensures that children and young people learn and develop core movement skills which facilitate their current and future involvement in a variety of physical activities. This builds their confidence, competence, and motivation to participate in physical activity and to take part in a wide range of activities as they get older.

Association for Physical Education



PHYSICAL EDUCATION

PE Curriculum Delivery

Active Tameside provide high quality Physical Education curriculum with the key objective of improving physical literacy, so children and young people have a great experience which builds their understanding and knowledge of how to be active, their confidence and competence, but above all their enjoyment.

Physical Literacy plays a crucial role in creating a positive and meaningful relationship with movement and physical activity which will allow pupils to be and stay more active. This provides opportunities and inspires all pupils to become physically competent and confident in a way that supports their health, well-being and quality of life.

The programme fully integrates the national curriculum for physical education and aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Understand the purpose of good nutrition values
- Lead healthy, active lives



Staffing of the Programme

All teaching within school is delivered by qualified PE educators who hold a National Governing Body (NGB) level two coaching qualification. Staff complete a primary level gymnastics award, outdoor education training, and we recruit dance specialists which allows us to deliver the full PE National Curriculum.

Lesson Content

Lesson plans are divided into specific year groups, which can be used by teachers to assist with the PE curriculum and enrichment planning.

Schemes of work for all programme elements in the PE national curriculum are provided on a teacher lesson plan support portal of which schools are given a unique username and password online at:

activetameside.com/active-education

Pupil Attainment and Development

Progress assessments are completed each half term for every pupil and discussed with the PE subject lead and class teachers. This will then form the basis for an end of year PE report examining child development and individual attainment against the PE national curriculum assessment framework.

KS2 Fitness Tracker

To help with evidencing the impact of the PE premium funding, we have developed and piloted our KS2 Fitness Tracker. This tracker engages with every pupil in KS2 and provides them with a series of fitness based field tests throughout the school year. All tests have been developed with our partner University of Salford.

Tests are carried out as follows over the year and then schools are given data termly on each child to show progression:

TEST 1 Autumn Term

TEST 2 Spring Term

TEST 3 Summer Term



Key benefits from the PE curriculum delivery

- High quality PE lessons with clear learning objectives and outcomes
- Assessment of every pupil half termly against the outcomes of the PE National Curriculum to show child progression and attainment
- Teacher lesson plan support portal which houses over 300 year-specific lesson plans accompanied by year specific PE National Curriculum frameworks
- Delivery of the fitness tracker programme for all KS2 pupils three times per year that will show the impact of the programme along with progression of pupil's personal fitness levels
- Use of portable whiteboards and ICT to encourage visual learning and pupil self-evaluation
- Development of a school PE/sport development plan in consultation with the lead teacher for PE
- Quality assurance and mentoring framework to support all schools and coaches in consultation with school staff through an Active Education Project Manager
- Development of school to club links through the Active Tameside Sport & Physical Activity Network - www.tamesidesportsnetwork.co.uk
- Deliver the full PE National Curriculum including gymnastics, outdoor education and dance
- Play leaders courses for year 5/6 children to build confidence and support the development of future leaders and coaches
- A high quality solution for Teacher CPD and can also be used for PPA cover which will support the school curriculum

For more information contact Gavin Browne - gavin.browne@activetameside.com



We have the absolute pleasure of continuing a long-standing relationship with Active Education. The service ensures we have a skilled sports coach delivering high quality PE lessons for the whole school, including nursery! Alongside PE sessions, the coaches provide an active start to our breakfast club, take a lead role in delivering structured activities at lunchtime, and deliver a plethora of after-school clubs. Active Education coaches invest in school life and ensure all of our pupils receive active and competitive experiences which inspire pupils to stay healthy, keep fit, and be the best they can be. The coaches are well-trained and Active Education undertake regular quality assurance of their staff. Every school needs an Active Education coach!



Mrs L Hughes (Headteacher)
Arlies Primary School, Stalybridge

EXTRA CURRICULAR SPORTS CLUBS

We provide a pathway from PE curriculum provision into extracurricular school sports clubs. We want to give every pupil the chance to increase sport participation and introduce them to different sports and activities.

Choose from nine core focus sports plus gymnastics and dance. We also offer alternative sports such as dodgeball, tri-golf, archery, cheerleading, boxing and much more.

For more information contact Gavin Browne - gavin.browne@activetameside.com

Benefits

- Opportunities to engage in PE and sport for all young people
- Increase participation of school sport and physical activity through extended school hours provision
- Further develop pupil's skills and fitness
- Signposting pupils to community sports clubs to further encourage a healthy lifestyle
- Opportunities for children to become involved in the organisation and leadership of activities by undertaking a PE young leaders award
- Raising the importance of being active and living a healthy lifestyle
- A great chance to prepare teams for school competitions learning important rules and improving teamwork, social skills etc.



After school clubs have been very popular and children are really enjoying the sessions. The choice of sports is varied so we have been able to map different clubs out for each half term.



Greenfield Primary School, Hyde

COOK4LIFE HEALTHY COOKING PROGRAMME

The Cook4Life programme is a three-week programme aimed at five families per school which is designed to inspire and develop the overall lifestyle of participating families.

With record levels of overweight/obese children, the programme is designed to encourage children to make healthy choices from an early age, by supporting families to develop their skills and confidence when preparing and cooking meals.

The Cook4Life course is delivered remotely, which has been a huge success. Ingredients for each family are delivered to the school on the day of the course for the children to take home, along with a recipe card and some nutritional information based on a different subject each week. A step-by-step guide on how to follow the recipe is sent to each family. Each family sends in photos of them cooking their meals and they receive a follow-up phone call with the opportunity to ask the team any questions.

The 'Cook4Life' family food scheme aims to take the bite out of child-obesity by serving up meals that are both tasty and good for you. The Healthy Cooking Programme, which is now in its twelfth year, is designed to encourage children to make nutritional choices from an early age by supporting families to develop their skills and confidence when preparing meals.

Delivered by the Children's Nutrition Team in conjunction with Active Tameside, primary school aged children and their families benefit from learning about healthy eating and improve cooking and preparation skills.



COMMENTS AND FEEDBACK FROM THE COOK4LIFE PROGRAMME:

“

We really enjoyed preparing this dish. The house smelled delicious as it was cooking. Lovely to eat and all vegetarian.

”

“

Thank you so much that we could take part in Cook4Life. It was so much fun cooking with my children, they definitely enjoyed it.

”

“

The boys really enjoyed these activities; they didn't want it to stop. They loved the first and second dishes. They both didn't really like the 3rd, but they gave it a go and tried it which I am proud of.

”

“

Thank you for the opportunity for myself and my children to participate in the programme. We really enjoyed our first week of cooking together and my girls were very proud of themselves.

”

“

It was nice quality time together and led to a good conversation about how foods aren't necessarily healthy or unhealthy (because too many prunes for example aren't good for you either!) but we can use the food labels to help us decide if it's something we can eat more of or more often, or if it should be in greater moderation.

”

“

Very informative and helpful. Children much more involved in food prep.

”

“

Thank you so much for the meal this week. Our eldest took charge and made tea for us all, following the instructions great. He fully enjoyed the making and preparing process. They all tried the meal but unfortunately didn't go down as well as the preparing stage. I'm happy as it took them all out of their comfort zone with trying different foods. It was a big step forward for us as a family. Ready for more new foods, roll on next week.

”

ACTIVE BODY ACTIVE MIND

Active Body Active Mind is a physical activity and mental well-being programme for primary schools, secondary schools, and colleges in Tameside funded by NHS integrated care. This was designed in partnership with Tameside School Sports Partnership and is delivered with local partner Your Well-Being Company.

It is estimated that 5,485 children and young people within Tameside suffer from a diagnosable mental health condition. This represents just over 1 in 10 children and young people in Tameside. Active Body Active Mind will support pupils, teachers and families on their journey back to well-being. Programme aims include:

- To provide a varied and engaging programme of well-being activities to increase the number of young people improving their mental health
- To reduce the incidents of self-harm, stress and low mood through the increase in provision of activities
- Encourage young people and their families to develop positive lifestyles and influence a change in their behaviour
- Providing additional support by signposting young people and families to other local community support groups and mental health services

Tameside schools and colleges will be targeted in line with the Mental Health in Education Steering Group and data based on children and young people with social, emotional, and mental health needs (SEMH) such as high anxiety or low mood.

'Active Tameside' physical activity sessions will improve children's teamwork, problem solving, communication and social skills through a variety of team building activities in a friendly, fun environment.

'Your Well-Being Company' well-being sessions nurture children's mental health and well-being through mindful movement, fun activities and relaxation. Building inner strength, resilience and focus, we equip children with the lifelong tools to express and manage emotions.

Physical activity sessions will take place in the morning and wellbeing sessions will take place in the afternoon for a period of 6 weeks initially.

For more information contact Gavin Browne - gavin.browne@activetameside.com



The Active Body Active Mind programme has been a truly beneficial addition to the mental wellbeing support available in our Tameside schools. Through the programme, schools are supported to promote positive emotional and mental wellbeing and we are seeing real positive impacts for the children and young people who have engaged. Schools and young people tell us that having time and space to focus on wellbeing and learning new skills and techniques in a fun environment has real benefit.



NHS Greater Manchester
Integrated Care - Tameside

MINI MEDICS

FIRST AID AND DEFIBRILLATION FOR CHILDREN

The Mini Medics programme is a basic introduction to First Aid and Defibrillation aimed at children between the ages of 8 and 11. However, we can adapt the programme to meet the needs of different age groups where required.

The course is kept at a basic level with no use of confusing terminologies.

The course will show complete respect for the child's ability, make it educational and practical, and instil the importance of helping someone who is poorly or injured.

The full day programme is delivered to two classes of up to 30 children a range of subjects are covered including:

- What is First Aid?
- Defibrillation
- First Aid kits
- Recovery position
- Choking
- Resuscitation (CPR)
- DR ABC
- Wounds and bleeding
- Asthma
- Shock
- Safety
- Communication and contacting the emergency services

For more information contact Gavin Browne - gavin.browne@activetameside.com



BIKEABILITY

Giving young people the skills and confidence to cycle on today's challenging roads.

Bikeability is cycling proficiency for the 21st century, designed to give pupils an understanding of cycling road rules in real time situations. Bikeability consists of four, two hour sessions run over two consecutive days, teaching cycling manoeuvres, signalling and road safety. The first morning involves all pupils completing level one then moving on to complete level 2 in the afternoon and the following day.

Course provides:

- High visibility jackets
- 8-10 bikes for pupils who may not have access to their own bike or if it's not in a roadworthy condition
- A helmet for pupils who may not own one
- A certificate and badge for each level of the course and handbook

LEVEL 1

The Bikeability Level 1 course aims to develop mastery in cycle handling in an off-road environment and prepare riders for cycling on the road.

LEVEL 2

To develop riders' skills and confidence for cycling on single-lane roads and simple junctions with mostly moderate motor traffic flows (where riders encounter vehicles with progressively greater frequency in each module), and prepares riders for cycling on more complex, often busier or faster roads and junctions.

For more information contact Hayley Simpson - hayley.simpson@activetameside.com



level 1 & 2 courses

FREE

to all Tameside primary schools



A fantastic service that was greatly received by all pupils and staff. The pupils absolutely loved it; the confidence and skills increased significantly over the 2 days and the children were still talking about it later on in the week. It also inspired some parents to go and buy bikes for their children once the course had finished as the children spoke so fondly of it.



Inspire Academy, Ashton-under-Lyne

LITTLE BIKERS

A fundamental starting point for children's cycling.

Balance bike sessions are aimed at children aged 2 ½ to 6 years old.

Sessions provide a natural lead into the bikeability sessions for schools.

Balance bike sessions involve various fun activities that build confidence, spatial awareness and improve dynamic balancing skills, enabling children to cycle without the need of stabilisers.

6 x 1 hour sessions are delivered to see an improvement in a child's cycling ability and allowing sessions to flow and progress each week.

Course includes:

- Provision for up to 32 children per session
- Two qualified National Standard Instructors
- Flexible sessions for your requirements
- 16 Pre-pedal bikes
- 16 Helmets

For more information contact Hayley Simpson - hayley.simpson@activetameside.com



Our school have loved the Little Bikers Programme, as did the children. It gave them confidence to ride bikes, and many that didn't use bikes at school beforehand now do ride them. Many children have been able to progress onto two peddled bikes – more so than in previous years when we have not accessed Little Bikers.



St Georges C of E Primary School, Hyde



SCHOOL SWIMMING

Swimming and water safety as part of our primary PE curriculum, remain critically important, especially in light of recent statistics highlighting the challenges many children face in accessing these vital life skills.

Drowning remains one of the most common causes of accidental death in children. With almost 1 in 3 children leaving primary school unable to swim, it is crucial that we take collective action to ensure every child has the opportunity to learn this essential skill. The figures from Sport England are concerning, almost 1 in 3 children leaving primary school unable to swim – an estimated 2 million children. That’s up from 1 in 4 (25%) in 2022, they also found that 58% of school children in the most deprived areas of the country can’t swim.

Recognising this issue, the recent joint statement from STA/Swim England clarifies the importance of Self Safe Rescue within the National Curriculum outcomes. We support this initiative and aim to provide consistency in measuring pupil competence, allowing us to accurately reflect their progress and drive improvement.

Self-Safe Rescue is an essential part of National Curriculum outcomes and assessment outcomes were clarified in a joint statement from STA/ Swim England in 2023. This will allow for consistent measuring and evaluation of pupil competence, allowing a true reflection of attainment and starting point for driving improvement. The aim of this is to provide a consensus on a consistent set of clearly measurable skill-based outcomes that combine to enable a young person to survive an unexpected entry to cold water until rescue or self-extraction is possible. These skills need to be completed in water of full reach depth.

At Active Tameside, we are dedicated to enhancing swimming provision and ensuring every Tameside pupil becomes a confident swimmer by the time they complete primary school. Through our partnership with the STA and the School Swimming Academy, we have thousands of pupils participating in our programmes weekly. We believe that swimming is not just an important life skill but also a fun and engaging way for children to stay healthy and active. We remain committed to collaborate with schools to enhance the swimming experiences for all students.

For more information contact Nicola Lawton - nicola.lawton@activetameside.com



The children really enjoy the sessions, we find them especially important as the majority of pupils have never been in a swimming pool before.



Waterloo Primary School,
Ashton-under-Lyne

Benefits

- Swimming Teachers Association school swimming framework (STA)
- Experienced Level 2 swimming instructors
- Lessons designed to work pupils towards the achievement of National Curriculum Standards in swimming at Key Stage 2
- Half termly assessment data based around National Curriculum attainment
- An invitation to a summer term school swimming gala, with a chance for pupils to compete
- Water safety incorporated into lessons progressively
- Transport provided if required

National Curriculum outcomes

Each pupil is required to be able to do the following:

- Perform safe self-rescue in different water based situations
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively eg. front crawl, backstroke and breaststroke.



FUEL4FUN HOLIDAY PROVISION

The Tameside Holiday Activity & Food Fund (HAF) has been developed through the Department of Education (DfE) to engage and deliver interventions to a large cohort of young people from 6 - 16 year olds.

There are close to 10,000 young people in Tameside who receive free school meals, the main aim of this programme is to engage with these young people over the school holiday period to offer FREE holiday activities supported with interventions and to provide them with food during the daytime. This will also be underpinned by offering training and leadership opportunities to help develop pathways for lifelong learning and development.

Tameside MBC/Active Tameside are responsible for the co-ordination of the programme and are looking to develop partnerships with schools and offer this funding to targeted schools who have a high percentage of children who are eligible to receive free school meals.

The holiday programme funding will be awarded through a grant process where we are looking for schools to apply for funding that will enable young people on free school meals to attend holiday programmes FREE of charge.

For more information contact Hayley Simpson - hayley.simpson@activetameside.com



ATTRACTIONS AND LEISURE EXPERIENCES

Tameside schools that engage with one of our Active Education packages (more details on page 22) have the option to visit one of our amazing attractions at discounted rates for a full class of children for a full morning or afternoon of their choice.



TAMESIDE WELLNESS CENTRE - DENTON

Our flagship centre is home to our very own Bowling Zone, providing a fun and exciting experience for all ages and abilities.

Take the game to the next level with HyperBowling, which transforms traditional 10-pin into an exciting video game experience as you aim for colour-lit targets to bump up your score - be in it to win it whatever your skill level!

Tameside Cycle Circuit

The newly-built, self-contained Tameside Cycle Circuit is the perfect place for children to cycle in a traffic-free environment on a variety of adapted bikes. How many laps will you do?

COME AND JOIN ACTIVE TAMESIDE

Active Junior Membership

Schools can purchase an Annual Active Junior Membership for pupils aged 5-16. Active Junior members will have unlimited access to general swimming (5+) and gym access during junior hours (13+).

For more information contact hello@activetameside.com

Pupils with parent or guardian support can also get access to these great memberships direct through Active Tameside. We offer various payment options including non-contract direct debit, 3-month, 6-month and 12-month pay-in-full membership.



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GYMNASTICS

Junior Gymnastics

British Gymnastics and Independent Gymnastics Association qualified coaches lead groups of up to 12 gymnasts through the sessions learning skills on our great range of equipment at Active Ken Ward. Working through the National Gymnastics Award Programme, gymnasts will be rewarded for their time and effort regularly gaining their next level. These classes are great for children new to gymnastics and those who have come through our sessions previously. Our coaches tailor the sessions to make sure each child is always learning.

Please email gymnastics@activetameside.com for more details.



PACKAGES

We have created a range of packages that combine our Active Education and school swimming services that includes exclusive partner benefits for both your pupils and staff.

For more information contact Gavin Browne - gavin.browne@activetameside.com

BRONZE



Physical Education

0.5 day
for 39 weeks



School Swimming

40 mins
for 12 weeks



Physical Education

1 full day
for 39 weeks



School Swimming

40 mins
for 24 weeks



Engage with one additional programme
(minimedics, little bikers, attraction visit)

Free partner benefits:

- **Cook4life** programme
- **15%** discount at Davies Sport
- **5x** family swim vouchers
- **5x** staff 3-month gym or swim only membership

SILVER

GOLD

PREMIUM



Physical Education

2 full days
for 39 weeks



School Swimming

40 mins
for 36 weeks



Engage with one additional programme
(minimedics, little bikers, attraction visit)

Free partner benefits:

- **Cook4life** programme
- **15%** discount at Davies Sport
- **15x** family swim vouchers
- **15x** staff 3-month Active Dual gym membership
- **15%** off food when purchase attraction visit



Physical Education

Full-time PE educator
for 39 weeks



School Swimming

40 mins
for 36 weeks



Engage with one additional programme
(minimedics, little bikers, attraction visit)

Free partner benefits:

- **Cook4life** programme
- **15%** discount at Davies Sport
- **20x** family swim vouchers
- **20x** staff 3-month Active Dual gym membership
- **20%** off food when purchase attraction visit
- **5x** one short day holiday camp places



play learn compete

We Support the Supporters

At the heart of Davies Sports are the PE leads and teachers who rely on our expertise and exceptional customer service.

As a specialist supplier of PE and sports equipment, we've been working with educational institutions for over 60 years, offering a large and diverse product range across many different activities.

We believe schools are the place to nurture a child's love of activity and we're here to support them, and you, every step of the way.

Reasons to choose Davies Sports

15% discount
on orders for Active Tameside schools

Stretch your school budgets further and take advantage of **15% off** every order. Activate this by speaking to your Active Tameside representative, or by contacting us directly.

Contact
Jon Bennett

📞 07976 925 665 ✉️ jon.bennett@findel.co.uk



Free next day delivery

Order £40 worth of products ex VAT before 2pm during the week and you'll be eligible for free next day delivery. Orders made under this amount will be subject to a £3.95 delivery charge. T&Cs apply

Choose from our wide product range

There's so much to choose from in our product range from basketball, gymnastics and large PE packs. We also carry a range of inclusive sports from archery, Boccia and curling!



← Scan the QR code to discover more



EDUCATION

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