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# 'Gresley FC in the Community'

School sports coaching  
programme  
(Academic year 2014/15)



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## Vision:

*To improve the lives of people within the local community by increasing participation in sport, putting Gresley FC at the heart of the community*



## Aim:



- ▶ *To build partnerships with schools in the delivery of:*
  1. *Curriculum coaching: football and multi-skills (with increased specific sports throughout 2014/15)*
  2. *PPA Provision (Planning, Preparation and Assessment)*
  3. *Breakfast, Lunch and After school clubs*
  4. *Holiday coaching*
  5. *Inset Days*



# School sports premium and additional funding:



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- ▶ *From existing sports premium funding received by the school 'Gresley FC in the community' can support the school in delivery of sports coaching sessions.*
- ▶ *Other funding schemes are available i.e. Lottery funding, Sport England funding, and 'Gresley FC in the Community' can also write these grant funding bids free of charge on your school's behalf, with the funds effectively buying in 'Gresley FC in the Community' coaching services.*
- ▶ *All prices of coaching available can be agreed with individual schools in accordance with sports premium funding and a service level agreed with the school.*



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# Curriculum Coaching:

- ▶ *Gresley FC in the Community coaches are able to deliver a range of fun and exciting sessions within schools during curriculum time. The aim of this provision is to help develop children's skills and promote physical activity and healthy lifestyles through differentiated sessions which meet each child's individual needs. These sessions can also be used to engage with children who may not have the opportunity to take part in physical activity outside of school, whilst also improving the confidence of all participants taking part.*
- ▶ *The format used is dependent on the requirements of the school and can be linked to specific sessions to incorporate topics such as generic football, multi-skills, FUNdamentals and healthy lifestyles. The flexibility of curriculum coaching means that it can also be used to support and enhance existing school events such as sports days and activity weeks.*



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# Curriculum Coaching:

- ▶ *Skills challenges are six week programmes, during which our coaches work with the same class of children for one hour a week. Traditionally the topics are football related and aim to improve children's control, passing, dribbling, running with the ball and speed, agility and quickness, however a 'multi-skills challenge' is also available. The final session of the six week programme involves children being evaluated on their performance. Following the skills challenge a 'Gresley FC in the Community' Coach can visit the school assembly to hand out certificates to the children, which state their level of performance (1-5) and celebrate their achievement.*
- ▶ *Curriculum coaching mornings are usually run between 9.00am and 12.00pm and are one off sessions spread out throughout the academic year. They do not follow a progressive scheme of work and can be linked to whichever topic is suitable. Schools have total control of which classes access this coaching and for how long, therefore the time can be split into 3 one hour sessions or any other variation.*
- ▶ *Prices can be agreed with individual schools in accordance with sports premium funding and a service level agreement.*



# PPA Provision:



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- ▶ *A teacher's time with their children is invaluable but they need time to plan outside of the classroom. 'Gresley FC in the Community' is able to provide cover for your teachers PPA / leadership time with sports coaching sessions led by experienced coaches.*
- ▶ *Providing a wide range of quality multi skills and/or sport specific coaching to young people not only inspires them to become more healthy but can affect academic results and sometimes more importantly self confidence to be able to perform new skills, play in teams, analyse their own progress, develop creativity and much more.*
- ▶ *We know the planning constraints on teaching staff can mean sport and PE can take a back seat. We can fill this void for you and can be flexible in our approach.*
- ▶ *We can currently offer multi skills and progressive football specific coaching, and through 2014/15 this will be expanded to offer further sports specific coaching.*



# Breakfast, lunch and after school clubs:



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- ▶ **Breakfast clubs** are a great active way for children to start their day. Generally these sessions would start from 8:00am and will end prior to the start of the school. These can be multi skills sessions and are designed to prepare children for the day ahead.
- ▶ **Lunch clubs** are an ideal time for children to be able to get structured sessions in sport while still having enough freedom to use up all their spent up energy. Sessions are inclusive for all, and children are able to have their lunch then participate in their sports session with one of our coaches. These clubs also offer a great way to manage and engage children who find it difficult to interact and play with others freely in the playground
- ▶ **After School Clubs** are a great way for a child to unwind with a fun, engaging, skill related activity after school. The sessions would usually run for an hour directly after the school day has finished, take place on the school grounds and run for the duration of a school half term. Session content focuses on progressive football specific topics or multi skills, with a lot of participant ownership and self learning, thinking for themselves, changing the practice and creativity, meaning everyone will see an improvement in their personal development.





# Holiday coaching:



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- ▶ *During school holidays we will operate our football coaching programme. Delivered by our team of highly skilled coaches, these courses can take place on the school grounds or the Gresley FC's home 'The Moat Ground'. The camps aim to provide a high quality progressive football coaching for all young participants.*
- ▶ *The activities undertaken by the children include; themed days, dribbling, passing and shooting skills as well as a whole host of fun games and tournaments. Courses run from 8:30am through to 3:30pm and can provide parents with a fantastic childcare opportunity.*
- ▶ *Our Football holiday coaching courses are priced from £12.00 per child per day, with discounts for weekly bookings.*



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# Inset Days:

- ▶ *'Gresley FC in the Community' are able to offer Inset Day coaching courses for children whose school are having a teacher inset day. These courses take place on the school grounds during normal school hours which means there will be little or no disruption to parent's normal working week and they won't have to make special arrangements for child care.*
- ▶ *The format of the Inset Day Coaching courses usually follows that of our holiday coaching courses. Fun based sessions are coached during the morning to enable participants to improve their skills, which they are then able to showcase in the afternoon tournament. Coaches are able to differentiate the sessions to any age group, therefore Inset Day coaching courses are suitable for all primary school aged children.*
- ▶ *To ensure that there is very little disruption to the teacher's working day, 'Gresley FC in the Community' coaches will meet the children on arrival, register and supervise them for the whole day and sign them out at the end of the days coaching.*
- ▶ *The cost of an Inset Day course is £12.00 per child.*



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