

Create a lifelong love of sport and physical activity

FOLKESTONE & HYTHE DISTRICT



PHYSICAL EDUCATION & SPORTS BROCHURE
2024/2025

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Introduction

Thank you for taking the time to read The Sports Trust's PE and School Sport brochure for the 2024/25 academic year.

Sport England's Active Lives Report from 2022-23 shows that 47.0% of children and young people (3.5 million) are meeting the Chief Medical Officers' guidelines of taking part in sport and physical activity for an average of 60 minutes or more every day. Meanwhile, 30.2% (2.2m) do fewer than an average of 30 minutes a day. The report also highlights less affluent families, those from ethnically diverse communities, girls and those with additional needs and/or disabilities are still less likely to reach minimum physical activity levels.

If we are to positively impact on the mental health crisis, obesity epidemic and strain on the NHS this must improve.

We are thrilled to offer this brochure not just to support our district's schools to increase pupil's physical activity levels but also to create an excitement around movement and active lifestyles through our expertise and exposure to a wide range of activities.

The Sports Trust values the recently revised definition of physical literacy as 'our relationship with physical activity and movement throughout life and aligns with our mission to create a lifelong love of sport and physical activity'. This definition, as well as creating a structure for Sport England to achieve ambitions outlined in their 'Uniting the Movement' strategy, will support our charity to ensure we dig deep to provide positive experiences for young people that are inclusive, fun and support the development of life skills.

This definition also reminds us that our time spent in school is a critical window for children and young people to develop a positive relationship with movement.

The Sports Trust acknowledges the inequalities and barriers that may prevent children and young people to access sports and physical activity opportunities and we aim to be a catalyst in overcoming these. This school sport brochure is one of the ways we aim to ensure every child experiences equal access to local sporting opportunities. As a school, we would encourage you to support us in this aim. By taking advantage of the vast range of sport and physical activity opportunities on offer in this brochure you will be helping to reduce the inequalities and narrow the gap.

The Sports Trust works in collaboration with the Folkestone School Games Organiser and Barclays Girl's Football School Partnership Strategic Lead to provide a broad range of events and competitions for your school to attend. This relationship ensures schools across our district are offered a range of meaningful opportunities for all pupils to enjoy positive experiences in sport and physical activity. This contributes to ensuring we are focussed on providing positive experiences for children and young people to empower them to feel confident, competent, and motivated to go on and lead healthy active lifestyles.



School packages remain bespoke in nature as we aim to fulfil your school's individual needs and understand that one size does not fit all.

Our brochure, as last year, is divided into 5 main sections to coincide with the current Key Indicators and reporting template:

REGULAR PHYSICAL ACTIVITY:

The engagement of all pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school.

RAISE THE PROFILE OF PE AND SPORT:

The profile of PESSPA being raised across the school as a tool for whole school improvement.

HIGH QUALITY PHYSICAL EDUCATION:

Increased confidence, knowledge and skills of all staff in teaching PE and sport.

SPORTING EXPERIENCES:

Broader experience of a range of sports and activities offered to all pupils.

COMPETITIONS:

Increased participation in competitive sport.

We are thrilled to be able to offer you such a diverse range of opportunities but above all, we are committed to supporting your school to deliver the best possible sport and physical activity opportunities for your pupils.

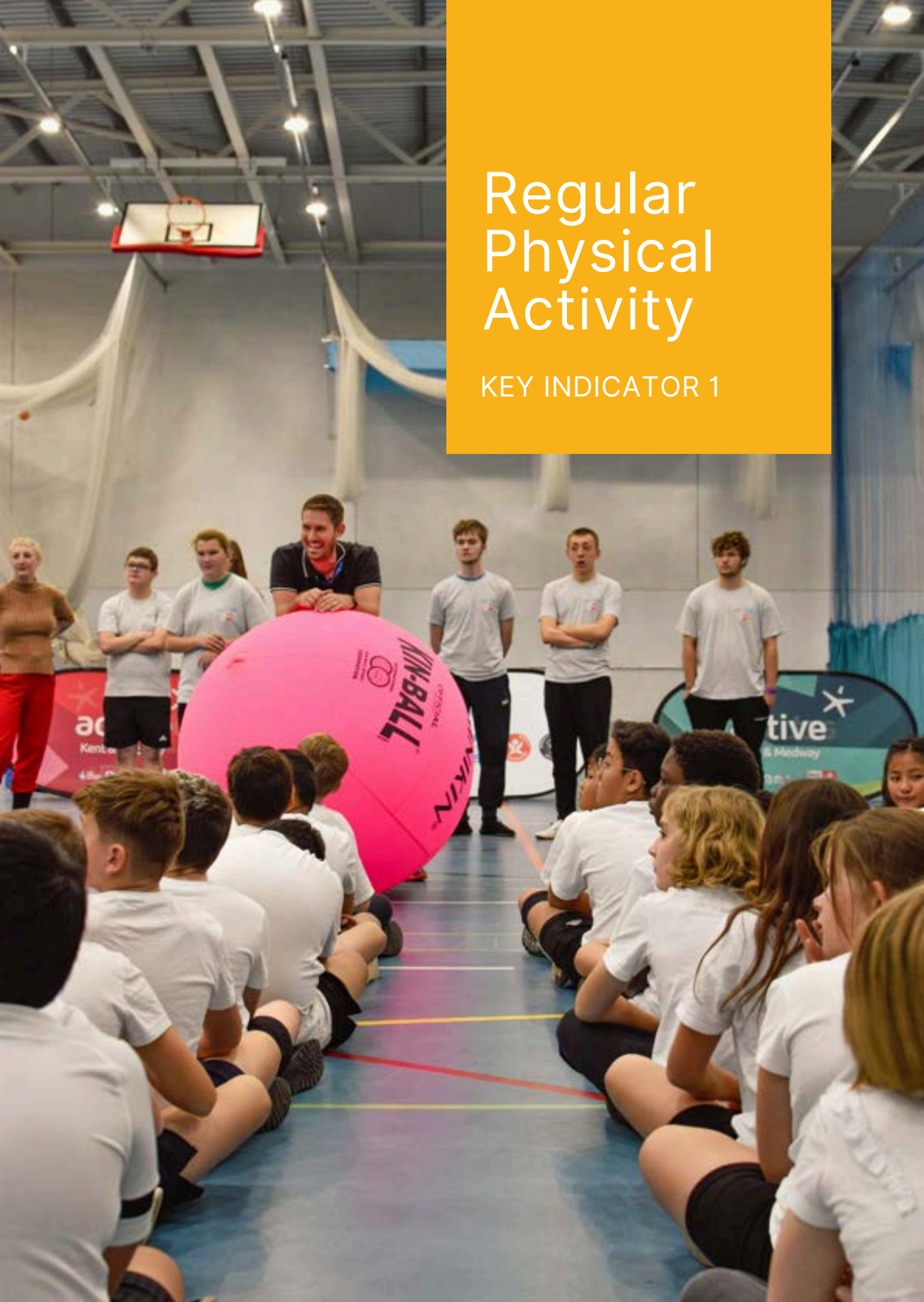
Finally, I would like to say thank you to all schools, pupils, staff and parents for your continued support and dedication to improving and delivering high quality PE and School Sport across the district. We look forward to working with you again throughout 2024/25.

Dan Hulme

Chief Executive, The Sports Trust.

Regular Physical Activity

KEY INDICATOR 1



Key Indicator 1

Use our expertise in the following sessions to improve the engagement of all pupils in regular physical activity in your school. The Government's Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school.

Play Leaders and Mid Day Meal Supervisor Training

- Two hours of training (ideally one before lunchtime and one hour during lunchtime). For up to 16 KS2 pupils and mid-day meal supervisors together

We have combined our previously popular 'Play Leader' and Mid-day meal supervisor Training' sessions into one more powerful session to ensure you get the best out of playtimes and lunchtimes.

Evidence shows that children are far more likely to display positive play when being led by their peers, especially when the Play Leaders have a good relationship with the mid-day meal supervisors. Each pupil that completes this training session will be confident to facilitate and lead playground games in pairs or small groups. Each mid-day meal supervisor who completed this training alongside their KS2 leaders will know where to go to access ideas for age-appropriate play time

activities delivered by them and their play leaders. Both contribute to increased play and physical activity during break time which will help you to achieve maintain or improve your School Games Mark. Using your equipment, we will finish the session with ideas on how to make a sustainable change to your playground experience and to complement your School Improvement Plan and physical activity and school sport offer.

PRICE: £90 for 2 hours

Boogie bounce

- Half-day (three hours)
- KS2 and secondary
- Timetable required from school
- Hall required and a school staff member to support with setting up equipment Up to 32 pupils per session

We want to get young people boogying and bouncing with this revamped and exciting rebound session. Rebounding is a safe, effective and fun low-impact workout performed on a small trampoline designed to absorb impact and be kind on your joints.

Your school will be given a three-hour slot, which can be divided up into a number of 30-minute sessions, so that each of your KS2 pupils can enjoy the benefits and endorphins associated with this fun and energetic boogie bounce experience!

PRICE: £210 for half-day (3 hours)

Arts Point dance afterschool club

- A one hour session, once a week for six weeks
- Up to 20 pupils, to be ready in full PE kit
- Appropriate space required, equipment provided

Thanks to our popular partnership with The Right Step Dance Company, your school can enjoy a fun and engaging session with a highly qualified dance teacher who will help your pupils to learn a specific style of dance.

Over the course of six weeks of after-school lessons, you can learn all of the skills and techniques in a dance of your choice: Creative Dance, Contemporary, Cheer Dance, Bollywood, Street Dance, Hip Hop, Dance Fit, Fun Fitness, Show Stoppers and more!

PRICE: £315 for 2 hour per week for 6 weeks

Balance Bikes

- A 45-minute session, once a week for six weeks
- Suitable for KS1 and reception
- 15 pupils maximum per group (multiple group bookings are available)
- All equipment provided, including safety equipment
- Outdoor space required (indoor space if the weather is bad)
- Pupils to be ready in full PE kit

The Balance Bikes programme is the latest method in teaching children how to ride a bike. Focussed on balance, as opposed to pedalling, children generally learn to cycle at a younger age and at a faster pace with our balance bikes.

This six-week course will cover the basics of balancing and safe riding before the children even sit on a bike. Our fully trained instructors will then guide your pupils through a series of bike-handling tasks while they gain their confidence and speed!

PRICE:

£370 for 1 x 45 minute sessions for 15 pupils

£740 for 2 x 45 minute sessions for 2 groups of 15



Raise the profile of PE and sport

KEY INDICATOR 2

Key Indicator 2

Raise the profile of Physical Education, School Sport and Physical Activity (PESSPA) across your school and use PESSPA as a tool for whole school improvement.

Folkestone School Games Events

In 2024/25, the Folkestone School Games events will comprise of opportunities for targeted groups of children and young people. This will include:

- Inclusive Sports Festivals, including sports such as wheelchair basketball, kin ball, deaf futsal and goal ball, table cricket and boccia.
- Targeted festivals for pupils such as young carers
- Events to support transition to secondary school
- Tennis and Golf festivals at local sports clubs
- Fun Runs
- Events for children who do not attend community sports clubs

PRICE: £100

Hosted by the Folkestone Academy, your Folkestone School Games Organiser will coordinate the Folkestone School Games to ensure every child and young person has the opportunity to access sport and physical education through their school.

We require participating schools to contribute financially in order for us to cover venue hire, medals, certificates, maintenance of equipment and occasionally additional staff to support events.



Folkestone School Games

Your district Folkestone School Games Organiser will support you with the following universal offer for all schools...

- Support you in achieving the School Games Mark
- How to achieve 60 active minutes per day for your pupils
- Sign post to CPD for teaching staff for variety of sports and SEND training
- Promotion of local sports clubs
- 3 PE subject leader meetings a year to keep up to date with policy, initiatives and network

PRICE: £FREE

- Sports Crew training
- Updates on reporting your Sport and PE premium spend
- Advise on available funding streams
- Link with secondary school PE departments for transition opportunities
- Access to county School Games initiatives
- Access to extensive age appropriate NGB produced sports formats for schools to use in school
- Advice on sports equipment to use for different ages

Barclays Girls' Football Partnership

- Sponsored by England Football

The FA Girls' Football School Partnerships aim to generate greater collaboration with local football and education providers to create a clear, coherent pathway for girls at a local level to grow and develop in and through football. In collaboration with The Sports Trust, Folkestone & Hythe is proud to be part of this partnership. As part of the national infrastructure, this partnership aims to develop innovative ways to deliver football for girls with the ambition of every girl having equal access to football in school.

PRICE: Free

Each partnership receives:

- National recognition for driving the girls' game forward in England
- Training, resources, equipment and engagement with positive role models
- Networking opportunities
- Opportunities to attend high-profile women's matches, as well as access to other reward and recognition opportunities.



Youth Sport Trust Membership



The Youth Sport Trust Primary Membership will support you to improve your school's physical education, physical activity and school sport through a range of resources, webinars with professionals and opportunities to collaborate with like-minded PE leaders from around the country. The Sports Trust highly recommends this membership.

View the following page to find out more about the three types of Youth Sport Trust membership: Core, plus & premium.

For more information on Youth Sport Trust membership, please visit their [website](#).

Youth Sport Trust: Core Membership

QUALITY MARK

PE, school sport and physical activity school review and development tool.

GUIDE TO YOUTH ENGAGEMENT

Involve pupils in decisions about PE, school sports and physical activity.

STAFF SURVEY GUIDE

Helps PE subject leaders understand whole staff attitudes to PE.

SUPPORT AND TRAINING

- 3 welcome to term webinars
- 3 professional development online workshops
- Practice support portal

EVENTS

Discounted YST annual conference place, including members-only clinic

COMMUNICATIONS

Half-termly bulletins from Youth Sport Trust.

MEMBER DISCOUNTS

- 10% discount off all products in the Youth Sport Trust [webshop](#)
- Other YST Changemaker business partner discounts

Price: £225

Youth Sport Trust: Plus & Premium Membership

For plus and premium membership, please contact
Sarah Green at sgo@thesportstrust.org

High quality physical education

KEY INDICATOR 3



Key Indicator 3

With the level of funding being directed to primary schools to improve PE and School Sports provision, the accountability is huge.

To ensure schools in our district have a structure to evaluate and improve their provision in a high quality, sustainable and measurable means, The Sports Trust is working in collaboration with experienced and qualified PE teachers and/or (minimum) level 2 coaches.

Work with our school development team to improve your PE and school sport provision:

PE lesson support

- Up to 30 pupils, to be ready in full PE kit
- Reception, KS1 or KS2
- Appropriate space for lesson
- Option for PPA cover*

Allow an experienced and qualified PE teacher or (minimum) level 2 coach to support your PE lessons for one day per week for a whole academic year. Your teachers can observe the lesson to gain ideas for differentiation, progression, inclusion, assessment and what to do with the child who always forgets their kit. Alternatively, we encourage staff to teach alongside us to increase their confidence in teaching a high quality physical education lesson.

Our staff will use our specially-created scheme of work to structure lessons ensuring The Sports Trust works with you to create a sustainable, long-term improvement to the teaching of physical education in your school.

*You can also employ our staff to deliver PE for PPA lessons (but remember this cannot be paid out of your PE and Sport Premium).

PRICE:

£7,500 for 1 day per week for one school year (based on a 5 hour day)

Add on Breakfast, lunch and after-school clubs*

- One hour sessions
- Up to 30 pupils
- Appropriate space required, equipment provided

*Only available to schools who commit to PE Lesson support as above

PRICE:

£200 for one hour a week per 6 week term

£1160 for one hour a week per year (1 x 6 week block per term)



What makes The Sports Trust coaching unique?

- All highly qualified in PE and/ or sport and have years of working in a range of school environments including governance
- All passionate about sports - all volunteer their time to community sports - 2 run their own community sports clubs, 2 regular sports coaches
- All adults with decades of experience between us coaching, teaching and organising sports.
- Option to have a gymnastics and/ or dance specialist for a term (subject to availability)
- Link with School Games for targeted work and promotion of active schools
- All staff DBS checked, qualified and insured.
- Linked to biggest district sports competition calendar in the district
- Link with local clubs and National Governing Bodies of sport, including Kent FA for expertise and facilities
- Inclusive opportunities for targeted groups such as those with physical and/ or learning additional needs.
- Link with all local secondary schools for transition opportunities and OSF opportunities. Sarah Green, is the chair of the Secondary Ashford Folkestone PE Association.

"We have really enjoyed the variety that the specialist teachers have been able to bring to the children and adults' learning this year. The children have made accelerated progress in knowledge and skill-based learning but the biggest part is that they have all thoroughly enjoyed their PE sessions each week!"

"The Sports Trust have quality staff that have engaged and inspired our pupils through PE and school sport. They have worked closely with us to provide a bespoke service and are accommodating of our requests and individual needs.

We highly value the opportunities to get our children off site to attend competitions and events and these have been well organised. We have worked with The Sports Trust for a long time and are very happy to continue this partnership as it goes from strength to strength."

"Our school has always worked closely with The Sports Trust to ensure that our PE curriculum links closely with the upcoming competitions. By having this link it enables our children to be prepared when attending, which ultimately allows our children to leave feeling confident and proud, developing a life long love of sport."

"Lessons observed were well sequenced, structured and key developments were seen. Skills were learnt by students, teachers were able to learn new skills before teaching them themselves."

"Transferring our PE coaching, enrichment and building a close working relationship with The Sports Trust has helped transform PE within our school.

Teachers feel PE is better supported and structured. The children are enjoying high quality lessons and have been able to take part in a wide range of sports and competitions through the partnership.



Sporting experiences

KEY INDICATOR 4

Key Indicator 4

Work with The Sports Trust to broaden the sporting experiences on offer to all pupils.

Archery

- Two 45-minute sessions
- Up to 15 pupils per session (KS1, KS2 or secondary) Outdoor space required
- Pupils to be ready in full PE kit

Arrows has been created by Archery GB for primary schools to introduce young children to archery in a fun and safe way. Our instructors will introduce the 'mini' version of archery through simple and fun games using age appropriate equipment. Archery can be used to promote learning in a range of curriculum areas;

; for example, maths through scoring, literacy through language, and citizenship through co-operation and self-discipline. These activities also provide an alternative and complementary way of developing movement skills (coordination, balance, and strength), and personal, social and mental skills.

PRICE:

£130 for 2 x 45 minute sessions

£310 for the whole day (5 x 45 minute sessions)

Wheelchair basketball at Three Hills Sports Park

- 90 minute sessions
- Up to 30 pupils (KS1, KS2 or secondary)
- Pupils to be ready in full PE kit

Bring your pupils to Three Hills Sports Park to experience the thrills of wheelchair basketball with our qualified coach. Accessible for all able bodied and disabled pupils, they will receive coaching first to learn and perfect some of the key skills, including

safely manoeuvring a wheelchair around the court, as well as passing and shooting and the basics of the game.

PRICE: £190 per 90 minute session

Wheelchair tennis at Three Hills Sports Park

- 90 minute sessions
- Up to 30 pupils (KS2 or secondary)
- Pupils to be ready in full PE kit

We're excited to launch a second wheelchair sport at Three Hills Sports Park. Accessible for all, your class will be coached using our sports wheelchairs to have a go at this inclusive adaption to tennis.

Pupils will be taught all of the necessary skills for this sport, including safely manoeuvring a wheelchair around the court, as well as correctly serving and returning balls.

PRICE: £190 per 90 minute session

Mini squash

- Two one-hour sessions
- Up to 30 pupils per session (KS2 or secondary)
- Hall space required
- Equipment provided
- Pupils to be ready in full PE kit

Mini-squash is a beginner's version of squash delivered by coaches who have received specialist training. Our local coach will introduce mini squash to your pupils with a fun and engaging session structured

around drills which look to develop pupils' hand- eye coordination, spatial awareness and movement. These sessions aim to boost children's confidence and improve their fitness and coordination levels.

PRICE: £110 for 2 x 1 hour sessions

Mini-squash academy

- Two one-hour sessions, once a week for six weeks
- Up to 30 pupils per session (KS2 or secondary)
- Hall space required
- Equipment provided
- Pupils to be ready in full PE kit

With the use of a portable squash court, we can bring all of the fun of mini-squash to your school - breaking down some of the barriers to participating in this sport. This six-week academy, run by a local coach, offers pupils a fun, structured

structured plan to progress from learning the basic racquet-handling skills and movement patterns, to perfecting accurate shot placement and establishing game-winning tactics.

PRICE: £500 for 2 x 1 hour sessions per week for 6 weeks

Dodgeball

- Two one-hour sessions
- Up to 30 pupils per session (Reception, KS1, KS2 or secondary)
- Hall space required
- Equipment provided
- Pupils to be ready in full PE kit

Dodgeball is quickly becoming one of the most popular sports in the UK with Active Lives data ranking dodgeball as the 4th most participated sport in English schools. This inclusive, energetic team game requires skills such as dodging, catching and jumping

- all fundamental skills which are extremely important to be developed in the primary school years. Invite our qualified dodgeball coach to your school to excite your pupils about a new sport which they can play at home or in school.

PRICE: £100 for 2 x 1 hour sessions

Cricket

- Two 45-minute sessions
- Up to 30 pupils per session (Reception, KS1, KS2)
- Equipment provided
- Hall or field space required.
- Pupils to be ready in full PE kit.

Our ECB qualified coaches deliver sessions of cricket, covering all the fundamentals and skills in a fun, dynamic, games-based environment. The sessions are modified to each year group so that the children can learn the art of throwing, catching, batting and bowling in a fun and enjoyable way.

Session types:

- All Stars Cricket (Reception and KS1) provides a fantastic first experience for young children where they are introduced to the sport in a fun and exciting way.
- Dynamos Cricket (Year 3 and 4) provides a fantastic next step for children to develop the skills needed to play cricket.
- Dynamos Cricket (Year 5 and 6) perfect preparation for the annual pairs cricket competitions we host at local cricket clubs. In these sessions, we run through all the skills and tactics required to compete in games.

PRICE: £100 for 2 x 45 minute sessions

Boxing

- Introduction to Boxing or Boxing Fitness available
- Five one-hour sessions in one day
- 16 pupils per session (KS1, KS2 or secondary) or 30 pupils with school staff present
- Indoor or outdoor space required
- Equipment provided

This fitness programme is accessible to either KS1 or KS2 pupils of all abilities. Boxing teaches self-discipline, focus, determination, health, wellbeing, fitness, strength and self-defence. The pupils in our sessions

learn all the techniques and self-defence moves of Olympic Style Boxing in a safe, non-contact space. The students will use all the fitness drills and games that boxers use to get competition-ready and fit!

PRICE: £300 for full day delivery (5 x 1 hour sessions)

Athletics

- One hour sessions
- Up to 30 pupils (Reception, KS1, KS2 or secondary)
- Equipment provided
- School staff member required

Using age-appropriate equipment, Pat Hanys and her assistant coach from Folkestone Junior Athletics Club will lead your pupils to learn the specific techniques to run, jump and throw, whilst having fun!

We now have the exciting new option to experience this session on the our newly-constructed athletics track at Three Hills Sports Park.

PRICE FOR SESSION DELIVERED ON SCHOOL SITE:

£60 for 1 hour session

£170 for 3 x 1 hour sessions

PRICE FOR SESSION DELIVERED ON ATHLETICS TRACK AT THREE HILLS SPORTS PARK:

£95 for 1 hour session

£275 for 3 x 1 hour sessions

Cheerleading

- Two one-hour sessions
- Up to 20 pupils per session (KS1, KS2 and secondary)
- Hall space and mats required

Brought to you by the coaches at World Championship qualifying club Vista Twisters, we are able to offer schools access to one of the fastest growing sports in the UK – cheerleading. Cheerleading is a fully inclusive sport for boys and girls and includes jumps, dance, stunts and tumbling.

Cheerleading has become more and more popular within schools and is also a fantastic option for less-active children. Cheerleading helps children to develop teamwork, motor skills, and coordination and is a great steppingstone towards alternative/non- ball-based team sports.

PRICE:

£160 for 2 x 1 hour sessions

£375 for a full day delivery (5 x 1 hour sessions)

Basketball

- Two one-hour sessions
- Up to 30 pupils per session (Reception, KS1, KS2 and secondary)
- Outdoor playground or hall space required
- Equipment provided

Working alongside one of The Sports Trust's partners, Saints Basketball Club, we are able to offer quality, professional sessions to get your children excited about the sport. Delivered by Head Coach, Mark Hinton, who has experience of coaching basketball from

toddler to National League level, this session will focus on how to perform correct technique for dribbling, passing, movement and shooting alongside developing the sportsmanship needed to create a successful team.

PRICE: £100 for 2 x 1 hour sessions

Volleyball

- Two one-hour sessions
- Up to 15 pupils per session (KS2 and secondary)
- Hall space or field required
- Equipment provided

This session will cover everything your pupils need to learn to play volleyball: from the rules of the game to the skills they need to master. The three basic skills your pupils will learn are serving, setting and digging. During the session your pupils will develop motor

skills, problem solving and decision making. This is a great opportunity for any pupils who are not the "footballers" or "netballers" of the class to try something different, pick up new skills and develop their knowledge of a new game.

PRICE: £100 for 2 x 1 hour sessions

Parents/carers/staff couch to 5k

- One hour sessions (after-school) every week for eight weeks
- Designed for adults e.g. staff, parents, carers etc.
- Outdoor space required
- Participants must be in clothes suitable for running in all weathers

Suitable for complete beginners, the Head Coach of Folkestone Running Club will guide a group of adults into the world of running with her expert training and advice. Since the lockdowns, the uptake of individual sports such as running has become increasingly

increasingly popular. Our coach will take your group through a progressive programme with the aim of being able to run 5km at the end of the eight weeks. Unleash the positive rush of endorphins and bring your school community together using the power of running.

PRICE: £340 for 1 hour sessions every week for 8 weeks

Netball

- Two one-hour sessions
- Up to 30 pupils per session (Reception, KS1, KS2 and secondary)
- Outdoor playground or hall space required
- Equipment provided

With the England Netball Roses team raising the profile of this competitive sport at the Commonwealth Games, now is a great time to engage young enthusiasts in this growing sport. Sessions are great for hand-eye coordination

(especially for reception ages), catching, throwing, peripheral vision development, teamwork and learning the rules of the sport. This session is suitable for all abilities.

PRICE: £100 for 2 x 1 hour sessions

Medic Fitness

- Two 45-minute sessions
- Up to 30 pupils per session (Reception, KS1 and KS2)
- Equipment provided
- Pupils to be ready in full PE kit

Do your pupils know what to do if someone has hurt themselves? Ran by a fully trained paramedic, these sessions are designed to raise pupil's awareness of what to do in an emergency and covers basic First Aid in a fun and safe environment.

The sessions are energetic, fast and enjoyable for all ages, and allows pupils to learn simple First Aid in a fun way!

PRICE:

£100 for 2 x 45-minute sessions

£220 for full day (5 x 45-minute sessions)

Sports Roadshow

- 90 minute sessions
- Up to 60 pupils
- Four sports on rotation
- Equipment provided

Experience four sports in this 90 minute session. Using a carousel format, your pupils will take part in drills, learn sport-specific vocabulary and play some small-sided or conditioned games exposing them to

new skills. We aim for the session to be run by one of our qualified coaches alongside secondary school leaders. Typical sports included are basketball, hockey, cricket, boccia, and volleyball.

PRICE: £225 for a 90 minute session

Knuckleball Kickers

- 90 minute sessions
- Up to 30 pupils (KS2 and secondary)
- Classroom space required with access to a projector screen
- Pupils to be ready in full PE kit

We are teaming up with YouTube sensations, Charlie and Sammy Evison, aka 'The Knuckleball Twins' to allow 30 pupils to take part in this 90-minute workshop. This session will be broken down into two halves: the first 45 minutes will be classroom based

based whereby pupils will learn about how The Knuckleball Twins made their rise in creating football content. The second 45 minutes will be outdoors where pupils will go through a range of drills, including the chance to try the famous 'Knuckleball' shot.

PRICE: £140 for a 90 minute sessions

Golfway

- One hour session
- Up to 30 pupils (KS2 and secondary)
- Indoor or outdoor space required, weather dependent
- Equipment provided. Access to benches and floor mats would be helpful, but not essential.
- Pupils to be ready in full PE kit

We are excited to offer schools the opportunity to access this unique golf experience using the latest junior format Golfway. These fun taster sessions are designed to give pupils the opportunity to experience the game using safe and specially designed

equipment. Each one hour session will provide coaching, practice, games and essential experience in the three core areas of the game: long shots, short shots and putting.

PRICE:

£60 for 1 hour session

£270 for full day delivery (5 x 45 minute sessions)

Mini-rugby

- 45 minute sessions
- Up to 30 pupils (Reception and KS1)
- Appropriate space required
- Equipment provided

Our mini-rugby sessions for younger children will teach pupils some of the basic skills for invasion games: finding space, defending players, keeping possession,

scoring and working on general agility and balance. The coaches will use soft, size 2 rugby balls that are specially designed for small hands and feet.

PRICE:

£45 for 1 x 45 minute session

£200 for full day delivery (5 x 45 minute sessions)

First step gymnastics

- Two 45-minute sessions
- Up to 15 pupils per session (Reception, KS1, KS2 and secondary)
- Hall space and gym mats required
- Pupils to be ready in full PE kit

During this session, Our British Gymnastics affiliated coach will guide your pupils through the skills needed to perform a Key Steps Gymnastics routine: balance, co-ordination and timing. You can use this

time to extend upon your current National Curriculum PE provision or to learn a routine for The Sports Trust competition. Either way, this is superb CPD for staff as well as a lot of fun for your pupils.

PRICE:

£100 for 2 x 45 minute sessions

£200 for full day delivery (5 x 45 minute sessions)

Fun factory

- Three x 45-minute sessions
- Up to 30 pupils per session (Reception and KS1)
- Equipment provided

Do you want to develop or understand further what the fundamental movement skills are for children in reception and KS1? Using the ABC of fundamental movement, pupils will be introduced to games, activities and drills which promote the development

of agility, balance and co-ordination. It is vital that children master these fundamentals of movement so that they can go on to develop sport-specific skills which will encourage them to lead physically active lifestyles inside and outside of school.

PRICE:

£135 for 5 x 45 minute sessions

£180 for full day delivery (5 x 50 minute sessions)

Yoga day

- Four 45-minute sessions in one day
- Up to 15 pupils per session
- Hall space and gym mats required

Yoga helps young people to not only exercise and strengthen the body, but also aims to encourage confidence and self-esteem in the mind. The classes are fun and imaginative, with the use of music and props, and are designed to have interactive

participation through partner, group and individual practice. The session will also incorporate breathing techniques and meditation to help children to develop self-awareness, mindfulness and relaxation, which all contribute to a healthy body and mind.

PRICE: £200 for one day for (4 x 45 minute sessions)

Smoothie bikes

- Two 45-minute sessions
- Up to 30 pupils per session
- Hall space, projector screens and tables required

Create fresh fruit smoothies with our staff using our two smoothie bikes. Learn about the ingredients and how they contribute to a healthy lifestyle in an interactive way. All ingredients will be supplied but your pupils must provide the pedal power!

Please note: schools are responsible for ensuring children who take part do not have allergies to any of the ingredients used. Please contact us before the session for more information regarding ingredients.

PRICE:
£120 for 2 x 45 minute sessions
£270 for full day delivery (5 x 45 minute sessions)

Fruit can be provided on the day by The Sports Trust for an additional £25 for 2 x 45 minute sessions or £50 for the full-day of sessions.

**Alternatively, you can hire our two smoothie bikes for £50 per day.
(Please note, schools must collect and return the bikes themselves)**

Speed-stacking

- Two 45-minute sessions
- Up to 30 pupils per session
- Classroom/hall space and tables required

Speed stacking is a competitive activity which can motivate those pupils who prefer not to take part in sports which involve being outside or those which contain a lot of running. Learning even the basic sequences can improve hand-eye coordination and has been reported to increase concentration levels

when pupils take part on a regular basis. Working against the clock, our coaches will demonstrate how speed stacking can be used as a personal best challenge, an intra-school competition (between houses or pupils) and also as an inter-school competition. But, be warned, it's a noisy session!

PRICE:
£100 for 2 x 45 minute sessions
£200 for full day delivery (5 x 45 minute sessions)

Mini-tennis

- Two one-hour sessions
- Up to 15 pupils per session (Reception, KS1, KS2 and secondary)
- Playground or hall space required
- Equipment provided
- Pupils to be ready in full PE kit

Our LTA qualified coaches deliver tennis tuition with a fun, dynamic, games-based approach. We modify the lessons for each year group so that children can learn technical skills and tactical

knowledge whilst learning to score, compete and have fun playing the sport of tennis. These lessons are the perfect preparation for the annual tennis competitions we host at local tennis clubs.

PRICE: £120 for 2 x 1 hour sessions

Hockey

- Two one-hour sessions
- Up to 30 pupils per session (KS1, KS2 and secondary)
- Playground space required
- Equipment provided (excluding gumshields)
- Pupils to be ready in full PE kit

The Folkestone Optimist Hockey Club coaches are proud to deliver this session to schools as part of their community outreach initiative. Creating a pathway between your school and the community hockey club, this session will guide your pupils to perform the core skills integral to the game of hockey.

Two sessions of one-hour, mix and match your sessions. Choosing your specific session from below:

- 11-a-side hockey for secondary schools
- Mini hockey masterclass for years 5 and 6
- Quicksticks superstars for years 3 and 4
- Hockey heroes for KS1
- Flyerz hockey for SEND pupils

PRICE: £120 for 2 x 1 hour sessions



Competition

KEY INDICATOR 5

Key Indicator 5

Work with The Sports Trust and Folkestone School Games to increase the number of pupils taking part in competitive sport.

The Sports Trust's Events and Competitions



Access to The Sports Trust's event and competition calendar across the academic year, inclusive of Reception to Year 6.

We are pleased that our school sports partnership can still offer a comprehensive calendar of events and competitions through our buy-in offer managed by The Sports Trust.

Your school will have access to The Sports Trust's event and competition calendar throughout the year in a wide range of sports and activities. such as Handball, Tag Rugby, Cricket, Golf.

The programme is supported by local community sports clubs. Where appropriate, the programme will run on local sports grounds, making use of sport specific expertise, which enables us to provide high quality experiences for our district's children.

PRICE: £700

Intra-school competition day

- Five hours of intra-school competition at your school site Reception, KS1, KS2 and secondary
- Playground, field and/or hall space required
- Equipment, fixtures and results provided

Our intra-school competition will prepare your pupils to compete confidently in inter-school competition formats and will help your school to gain, maintain or improve your level of the School Games Mark. This day long session sees our coaches or teachers delivering up to five hours of intra-school competition, where you can choose from a range of sports including multiskills, infant agility, hockey, tag rugby, gymnastics, pop lacrosse, handball,

tennis, kwik cricket and/or rapid fire and many more. We will organise fixtures and officials, and bring all of the equipment required. We will work with your school to create a timetable for the day which works around your break and lunchtimes and we will use the same formats and rules that are used in The Sports Trust competitions so that your pupils are fully prepared to compete at inter-school competitions against other schools in the district.

PRICE: £250

School sports day

- Reception, KS1, KS2 and secondary
- To take place at Three Hills Sports Park or your school site
- Includes a carousel of challenges and races
- Two sports coaches to lead activities
- School staff to assist with scoring (or secondary school leaders if appropriate) Pupils to be ready in full PE kit

Allow The Sports Trust to relieve the stresses involved in organising and delivering your school sports day. At our sports day, children will represent their house or a country for the day by participating in a carousel of challenges and races whilst scoring points. The carousel of challenges includes activities such as throwing to a target, speed bounce, racquet skills and an obstacle course. Races can include sprints and novelty races such as the traditional egg and spoon. However, we can incorporate any challenges which

your school would like to see your pupils participate in. We will produce the paperwork, calculate scores on the day and liaise with you in the run up to ensure a fun-packed day for your pupils and families. It can be competitive or just for participation.

You can also choose to hold your sports day at Three Hills Sports Park, which is complete with a double sports hall, 3G, astroturf and the new athletics track (once it is completed).

We can create a bespoke package at different costs to suit your needs.

The Sports Trust Elite Primary School Leagues

Netball, Basketball & Hockey Leagues

Working alongside our partner clubs we are pleased to offer Year 5 & 6 children the opportunity to compete in our Elite Sports Leagues.

The Leagues will offer high level competition, give children an understanding of the sport governing body rules and regulations, plus offer a pathway to our partner clubs where your pupils can follow their sports dreams outside of the school environment. For each league entered, your school team will compete

in 9 fixtures against other schools throughout the school year, culminating in a finals-day, with trophies, medals and certificates. Which ever of the three sports leagues you decide to enter, your school will receive 12 bespoke shirts for each league entered to be worn at your fixtures.

Basketball League

- League of 10 teams
- Teams of 12 children (6 boys & 6 girls)
- Sports kit to be worn

Hockey League

- League of 10 teams
- Teams of 14 children (7 boys & 7 girls)
- Sports kit to be worn

Netball League

- League of 10 teams
- Teams of 12 children (4 boys & 8 girls)
- Sports kit to be worn

Entry Cost

- Basketball - £550 per team
- Hockey - £550 per team
- Netball - £550 per team

9 Fixture Dates

Term 1: x 1 date.
Term 2: x 2 dates.
Term 3: x 2 dates.
Term 4: x 2 dates.
Term 5: x 1 full day.

Matches will be officiated by qualified referees & coaches or Sports Academy students. The league will run over 7 afternoons (1.00pm-4.00pm) Finals day will be 1 full day (and 10.00am-15.00pm)

Teams will be given awards and prizes for the competition. For each league - medals will be awarded for 1st, 2nd and 3rd and trophy for overall winner.

Confirmation of entry will be based on a minimum of 6 schools commitment per league.





Venues & Hire

KEY INDICATOR 5



By partnering with The Sports Trust, you'll have access to a range of rewards as our way of saying thank you for making a positive commitment to sport and physical activity in your school:

Shred Club at F51

- £1 a month membership to F51 (paid as a one-off annual fee of £12)
- Provides access to the skatepark from during Shred Club sessions (term time only)
- For all children at your school aged 5-15
- Purchased by parents or can be invoiced directly to the school

F51 launched in April 2022 and is the world's first multi-storey skate park. The building is proudly operated by The Sports Trust and we are pleased to offer our partner schools the opportunity to access this fantastic, low-cost membership for their pupils.

Free with a minimum spend of £1000 from The Sports Trust PE Brochure.

Three Hills Sports Park - Discount

- Discounted facility hire from £30 per hour between 9-5pm*

As proud operators of Three Hills Sports Park, The Sports Trust is delighted to offer your school exceptional rates to hire this state-of-the-art facility. You can access either the sports hall, 3G pitch, netball courts, MUGA (multi-use games area) or astro-turf pitch for just £30 per hour*. There is also field space and the athletics track which will be perfect for your sports day for just £35 per hour!*

Please contact Karen Page by email on k.page@thesportstrust.org or phone 01303 846020 for further information and bookings.

*Please note there will be an additional charge of £10 per hour in the autumn and winter months if the floodlights are used on the 3G, artificial pitches and athletics track.

Included as part of your package with The Sports Trust with a minimum spend of £1000.

Crosskeys Travel - Discount

- 10% off all travel

The Sports Trust are working in partnership with Crosskeys Travel for all school travel. Whether you need travel to get to one of The Sports Trust's competitions or for a school trip, Crosskeys are offering a 10% discount off all travel for schools who purchase a package worth £3000 or more.

Free with a minimum package of £3000

Hire our Inflatable Speed Cage

- Must be collected and returned from Three Hills Sports Park
- All damages must be paid for
- PAT tested

Hire our inflatable speed cage for just £100 per day. Easy to set up with full instructions provided, use this smart piece of equipment to add fun and competitive edge to school events such as sports day, summer fairs and open days.

Measure how fast an object travels – limited to football, golf ball, tennis ball, wind balls and soft balls. Includes inflatable structure and electric blower, speed gun and tripod stand.

PRICE: £100 per day

Minibus Hire

- All requests and quotations for hire - please contact Mark Hinton directly at m.hinton@thesportstrust.org



**THE
SPORTS
TRUST**

Thank you

Thank you for taking the time to review The Sports Trust's school brochure. We hope you agree there are a lot of competition, PE, school sport and physical activity opportunities on offer for 2024/25.

Please contact Rachel Haden to discuss your needs further. We will be happy to help you create the right package for your school. Once again, we look forward to working with you during the next academic year.

For enquiries regarding
package delivery and dates

Please contact Rachel Haden:
r.haden@thesportstrust.org
07955752270