

NEWPORT LIVE
CASNEWYDD FYW

**SPORTS DEVELOPMENT
SCHOOL PROGRAMME
2019/2020**

01633 235609

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CONTACTS:



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Newport Live Sports Development



@nlsportsdev

NEWPORT LIVE
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NURSERY PROGRAMME ACTIVE TOTS

We can help you to give the children in your care
the **skills, motivation** and **confidence**
to become **PHYSICALLY LITERATE!**

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NEWPORT LIVE'S ACTIVE TOTS PROGRAMME

Newport Live's new innovative Active Tots programme provides high quality activity sessions for both children and staff in nursery settings to learn the importance and benefits of physical activity.

The programme focusses on engaging and guiding young children to take their first steps on the physical literacy ladder over a seven-week delivery period, whilst educating and providing staff with the tools to continue promoting the importance of the role that physical activity and well-being can play throughout a child's development.



"Physical literacy is the mastering of fundamental movement skills & fundamental sport skills that permit a child to read their environment and make appropriate decisions, allowing them to move confidently and with control in a wide range of physical activity situations."

The International Physical Literacy Association, May 2014



Our active tots programme aims to enhance a child's physical and mental well-being through introducing and guiding them through the early years of the physical literacy process.

WE CAN HELP YOU TO:

- Upskill your workforce**
- Link in with your community**
- Achieve Healthy Pre-Schools Accreditation**
- Obtain new equipment**
- Establish parental engagement sessions**

NEWPORT LIVE'S ACTIVE TOTS PROGRAMME WILL OFFER YOU:

- Two site visits prior to the programme starting. These meetings are to identify a member of staff to liaise with, mutually agree on objectives and aims, start date, times of sessions and setting an assessment date for staff.
- Seven weeks of hands on delivery. The weeks are broken down into the following:

WEEK 1-6:

2 hours delivery per week to children aged 2-4 years.
1 hour session for 2-3years
and 1 hour session for 3-4years

Teaching staff will observe and shadow with the aim of continuing the delivery once Newport Live have finished the programme.

WEEK 7:

Family engagement session.

- Four weeks post-delivery of the seven weeks finishing, an informal assessment of the nursery staff will be arranged in which feedback will be provided to the staff.
- Session plan examples.
- Active Tots certificates for each child.
- Physical literacy training which includes a 'Play to Learn Pack' and 'Equipment Bag'.

COST

Total cost of this programme is £400 (not including VAT).

This cost can be broken down as follows:

- 14 hours delivery (usually £25 per hour) plus additional meetings and assessment.
- Support and training to upskill your workforce.
- Equipment bag (worth £70 which includes: Hula-hoops, beanbags, skipping ropes, cones, range of different sizes balls, rackets and small rubber hoops in a holdall).

OPTIONAL EXTRA'S

Additional equipment provided at an additional cost based on equipment required.

Additional delivery support for staff - £25 per hour (not including VAT).



"We love having the Active Tots sessions at Lullabyz. The staff have gained so much experience from watching the Newport Live team and are more confident at carrying on the sessions on their own. The children really enjoy taking part and are keeping active whilst having fun. I would highly recommend the sessions to other settings."

Nicola, Lullabyz Nursery Owner

"I do exercise like skipping. I love it."

Chloe, aged 4

"The children absolutely love it and ask every week if Joel is coming. I've seen an improvement in their gross motor skills such as throwing and also their team work- they really want to work together now."

Bethan, Nursery Practitioner

"He does running, jumping, jogging. It's great. It never goes rubbish."

Harri, aged 4

The Active Tots
Programme has been
tried and tested in
LULLABYZ NURSERY
in Newport.

For more information
or to book an Active Tots programme
call **01633 235609** or email
sports.development@newportlive.co.uk

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A young boy with short brown hair, wearing an orange polo shirt, is smiling and holding a white and black soccer ball. The background is a blurred indoor setting, possibly a school hallway or gym.

PRIMARY SCHOOL PROGRAMME

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NEWPORT LIVE SPORTS DEVELOPMENT PROGRAMME

Over the past several years the programmes, training, sessions, festivals and competitions that we (Newport Live Sports Development) are able to offer to the primary schools has grown and is still growing at a substantial rate. This brochure contains all the programmes we are delivering and are able to offer within this academic year of 2019/2020. All the programmes are available FREE of charge unless stated otherwise. Please take the time to look through the information below, if you require any more information or want to take up any of the offers please contact the team.

FESTIVALS AND COMPETITIONS

The following calendar provides information on all sport competitions and festivals throughout this academic year. Confirmation letters, booking forms and rules will be sent to schools prior to each event. All participating schools will need to confirm their attendance prior to the deadline stated or as early as possible. The festivals and competitions are aimed at years 3 and above. We look forward to seeing you at many of these sporting festivals and competitions. For any more information please contact sportsdevelopment@newportlive.co.uk

FESTIVAL CALENDAR

DATE	EVENT	TIME	YEAR GROUP	VENUE
AUTUMN TERM				
02/10/2019	Kids Football Cup	9.30am-3:00pm	5 & 6	3G Pitch, Velodrome, NISV
08/10/2019	Cross Country	9:30am- 12:30pm	3 to 6	Tredegar Park
22/10/2019	Playmakers	10:00am-2:30pm	5 & 6	Pool & Tennis Centre, NISV
06/11/2019	Netball	9:30am-2:30pm	5 & 6	Newport Centre
27/11/2019	Basketball	9:30am-2:30pm	3 & 4	Newport Centre
SPRING TERM				
28/01/2020	Playmakers	10:00am-2:30pm	5 & 6	Pool & Tennis Centre, NISV
12/02/2020	Basketball	9:30am-2:30pm	3 to 6	Newport Centre
04/03/2020	Netball	9:30am-2:30pm	5 & 6	Newport Centre
18/03/2020	Kids Football Cup	10:00am-3:00pm	3 & 4	3G Pitch, Velodrome, NISV
01/04/2020	Indoor Girls Cricket	9:30am-2:30pm	5 & 6	Inner Arena, Velodrome, NISV
SUMMER TERM				
30/04/2020	Mini Red Tennis	9:30am-2:30pm	3 & 4	Pool & Tennis Centre, NISV
07/05/2020	Mini Orange Tennis	9:30am-2:30pm	5	Pool & Tennis Centre, NISV
21/05/2020	Mini Green Tennis	9:30am-2:30pm	6	Stow Park Tennis Club
03/06/2020	Boys Cricket	9:30am-2:30pm	5 & 6	Newport Cricket Club, NISV
10/06/2020	Girls Cricket	9:30am-2:30pm	5 & 6	Newport Cricket Club, NISV
12/06/2020	Athletics	9:30am-2:30pm	5 & 6	Newport Stadium, NISV
25/06/2020	Swimming Gala	9:00am-3:00pm	3 to 6	Pool & Tennis Centre, NISV

STAFF SPORT AND PHYSICAL ACTIVITY MENTORING PROGRAMME

A five-week mentoring programme designed to support primary school staff who are lacking in confidence, awareness, knowledge or ideas in regards to delivering sport and physical activity within the school setting. The programme consists of:

- Delivery of sessions by sport development staff for school staff to observe.
- Session plan and activity examples and resources.
- Followed by delivery of sessions by school staff observed by sports development staff with reflection feedback after.
- 1:1 meetings with staff to discuss any further areas of development they need support with around sport and physical activity delivery.
- Sessions are 45minutes-1 hour in duration and are based around multi skills and sports specific activities.

ADMIRAL PLAY TOGETHER COURSE

The Admiral Play Together course gives pupils skills, experiences and knowledge on how to include disabled people in sport and physical activity. The course is aimed at primary school pupils in year's 5 and 6 and lasts 45 minutes to one hour. Everyone will be tasked on how to make appropriate decisions so more disabled people in schools can take part in a suitable activity. There will be an emphasis on what disabled people can do and how to include them in PE and Play activities which should then lead to more pupils leading a healthy and active lifestyle. Please contact us for further details or to arrange us to come out and deliver the course.

YOUNG AMBASSADOR PLAYMAKER AWARD

The 'day long informal course' is for pupils aged nine upwards, with the aim of introducing them to the Sports Leadership pathway. They will receive training that will hopefully inspire them to return to school and take on a Sports Ambassador role. This may include delivering activities, assisting teachers, setting up sport forums, or any other sport advocacy role. Last academic year we trained up 1200 children. The award can be delivered within your school facility just for your pupils or we can invite you along to one of our many centrally run playmaker award courses at the Regional Pool and Tennis Centre at Newport International Sports Village. The courses and places are funded through Active Gwent however they are limited, spaces will be allocated on a first come first served basis. We can offer this course to just your school however this would be at an additional cost.

HEALTH AND WELLBEING PROGRAMME

The families first health and wellbeing team provide an integrated programme to support children, young people and their families helping them to improve their health, safety and to enjoy wellbeing. Our ethos is to ensure families are supported and encouraged to live a healthy lifestyle. This may be in the form of universal health promotion messages, activities and workshops (e.g smoking prevention, healthy eating) in both school and community setting or through specifically targeted health and wellbeing interventions via the referral process. For further information please contact: 01633 235600
familywellbeing@newportlive.co.uk



DAILY MILE

The aim of the Daily Mile is to improve the physical, emotional and social health and wellbeing of our children – regardless of age or personal circumstances. It is a profoundly simple but effective concept, which any primary school can implement.

Its impact can be transformational, improving not only the children's fitness, but also their concentration levels, mood, behaviour and general wellbeing. We want every child to have the opportunity to do a Daily Mile at primary school, so we are working with Welsh Athletics to help make this happen. If you would like the Daily Mile running in your school then get in touch and we will arrange a time to visit your site, mark out your mile course, and give you some tips and ideas on how to launch the initiative in your school.

CYCLE PROFICIENCY

Newport Live Sports Development staff are qualified to deliver cycle proficiency training in local primary schools: All school cycle training delivered by qualified instructors is in conformity with the National Standards for Cycle Training (2005).

These guidelines set out the training and skills essential for making cycling trips in today's road conditions. The Standards are recognized by the Department for Transport and the Welsh Government, as well as by diverse non-governmental organizations including RoSPA. The training on offer is level 1 which takes place in a traffic free environment. Those completing Level 1 have demonstrated the skills to make a trip safely in a motor traffic free environment.

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PEER MENTORING

Peer mentoring has been shown to provide valuable support for students at critical points in their life, through challenging current thinking, behaviour and aspirations in addition to offering an independent perspective. Peer mentoring is a mutual way of learning and allowing both participants to develop transferable skills that will help them during their time in school, further education and employment.



For more information or to discuss how the programme can be implemented within your school please contact
Richard.Dale@newportlive.co.uk

The scheme is open to any post 16 student looking to challenge themselves, support the development of the school community and enhance career aspirations by gaining valuable experience. The skills and knowledge that can be learnt and utilised from the programme are particularly effective for anyone looking at a career in social work, management, public services or for students that are at a crossroads in terms of their career pathway.

The primary aim is to develop a group of peer mentors that can offer support and guidance to identified pupils whom maybe disengaged or in need of additional peer support.

TRANSITION

The move from primary to secondary education can be a mixture of emotions for pupils. We aim to support schools in providing a range of programmes that use sport and physical activity as a way of creating a fun and interactive environment that focuses on teambuilding, developing relationships and addressing wellbeing needs of the pupils.



For more information or to discuss how the programme can be implemented within your school please contact
Richard.Dale@newportlive.co.uk

These programmes can be structured in a way that fits into existing provision or bespoke programmes delivered at varying points throughout the year.

This is a very flexible approach with no two models looking the same across all the schools, all of which are staffed by locally developed coaches and volunteers.



For more
information or to discuss how the
programme can be implemented within
your school please contact
Richard.Dale@newportlive.co.uk

SCHOOL SPORT

Newport Live Sports Development continues to ensure that young people have opportunities to participate in fun, innovative and engaging programmes. Our aim is to ensure these opportunities provide ways for pupils to improve their lifestyles, develop social relationships and promote social and emotional wellbeing.

This is achieved through delivering easily accessible activities at varying times throughout the school day often alongside existing and traditional school activities.

The programme is incredibly flexible and aims to meet the needs of the individuals by providing activities which are in demand. But we also aim to work closely with the school to ensure that our programmes fit the wider agenda for the school and community priorities. Our programmes are delivered by a range of trained coaches and volunteers often in partnership with a range of National Governing Bodies.

In addition to participation opportunities, the programme also welcomes pupils to engage in volunteering and experience the associated benefits. Volunteers come from all walks of life and don't need to be naturally sporty or active themselves but may have a desire to support their fellow pupils and give something back to their school.