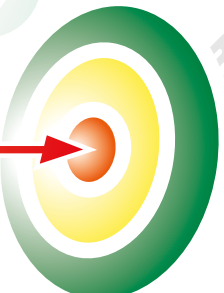






On Track

SERVICES FOR SCHOOLS



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TESTIMONIALS

"The team at On Track has worked with a number of our students in group Sports Leadership sessions and one to one mentoring. The team have provided a wide range of support both in and out of school creating bespoke packages for students where needed. Students have shown improvements in their confidence and self-esteem. Students have returned from the sessions enthused and wanting to continue their work with the team. Students on the Sports Leadership course successfully achieved a Level 1 accreditation. I would happily recommend working with On Track to support vulnerable and challenging students."

Laura Forrest
Bilton School

"It would be fair to say that a significant number of these young people present challenges in school, so involvement in extra curricular activities, like those arranged through On Track, can only be applauded."

Nigel Cunningham
Avon Valley School



"On Track delivers high quality provision that supports and engages children. The impact of their work is both measurable and noticeable. The workers show a genuine commitment to the children that they are working with, which has helped with their personal development. The children enjoy the sessions and are empowered to make a positive change."

Geraldine Crofts

Oakfield Primary Academy

"The first group they worked with on the group workshops were children with confidence issues. I have to say that all the children involved thoroughly enjoyed the structured programme and their enthusiasm reflected the enthusiasm of the group leaders. Feedback from the children and teachers has been very positive and the class teachers have noticed a difference in the children's self-esteem. They were proud to be a part of the process."

Carl Thornton

Boughton Leigh Junior School



INTRODUCTION

“Providing every child and young person with sporting opportunities and a brighter future”

Rugby Borough Council's On Track service delivers high quality Physical Education (PE), Mentoring programmes, Alternative Education and after school sports programmes. We ensure all pupils are given an opportunity to advance their learning through tailored 1:1 mentoring programmes. To provide schools with innovative methods to address small groups of pupils faced with behavioural difficulties, low self-esteem/confidence or other barriers affecting their learning potential. Our service works collaboratively with both Primary and Secondary schools, to ensure that local needs are met and the greatest benefits are felt by all children and young people within the Borough.

On Track is Rugby Borough Council's social inclusion project that sits within the Sport and Recreation department. We have been working with a number of schools in Rugby to deliver a range of services since 2009. Our services include Planning Preparation Assessment (PPA) cover for teachers, lunchtime sport sessions, group work and accredited learning.



We also offer curriculum time and after school Boxing fit training, Gallic football, Rugby, Basketball, Table Tennis, Athletics, Junior Boot Camps. Our coaches can delivered any of the above sports as part of the curriculum PE or as a breakfast or afterschool programme.

PE aids both the mental and physical development of pupils, which often leads to healthier lifestyles choices. The mentoring and education programmes we offer explore many of the cognitive and practical approaches needed to address or remove learning barriers. Pupils with learning difficulties, low in confidence or demonstrating behavioural problems, can all benefit from the approach we have adapted. The programmes we deliver will aim to create transitional strategies to encourage re-entry back into mainstream education if required, a nationally recognised qualification or a service removed from the school.

Schools we have worked with:

Boughton Leigh Junior School, Oakfield Primary School, St Maries RC Junior School, Northlands Junior School, Newbold Riverside Primary School and The Avon Valley School & Performing Arts College.



PPA SERVICE



Our sports coaches offer a professional PPA service, providing teaching staff with dedicated time for planning, preparation and assessment whilst fulfilling the needs of individual schools' PE curriculum. All of our coaches are NGB (National Governing Body) Level II qualified and are collectively able to offer a wide range of activities which cover:

- Invasion Games
- Net & Wall Games
- Athletics
- Gymnastics
- Strike & Field Games
- Dance

On Track works with schools to provide a bespoke service, tailored to the needs of the individual organisation and operating within the OFSTED framework. Our management team will maintain close contact with the school to develop a suitable programme and to ensure the quality of the coaching offered. This will include periodic site visits to assess and review the standard of our coaches' sessions.

All of our delivery is supported by session plans, following each school's PE scheme of work and in line with National Curriculum guidelines. We additionally provide a monitoring and evaluation system which identifies strengths and areas for development for each individual. This information will be provided on a half termly basis to assist with report writing.

As an organisation, we are passionate about physical education and the role it plays in a child's development. We believe that children develop best where there is coach continuity and we aim to supply the same coach for each session throughout the school year. Our coaches are professional and reliable individuals, whose knowledge and enthusiasm make the learning process enjoyable for all. We are, however, constantly looking to improve the quality of our service by offering further staff training and professional development. All of our staff hold an enhanced DBS clearance and are Emergency First Aid trained.



SPORTS LEADERS



Sports Leaders UK's awards have been designed for use in a variety of different settings, including schools, uniformed organisations, sports clubs, community groups and youth clubs. The qualifications are tailored to respond to the individual needs of each organisation and its sports leaders, through a flexible and varied programme.

The Young Leader Award is a great introduction into leadership, giving pupils and students knowledge on how to organise and lead small games and activities. This award aims to help learners develop leadership skills such as organisation, communication and teamwork. Learners will additionally build confidence and self-esteem as they take on the responsibility of leading their peers and younger children. The Young Leader Award is best suited to learners at upper primary school/lower secondary school age.

Course length: 6-10 hours (approximately)

Assessment: There is no formal assessment

The Level 1 Award provides the ideal starting point for learners aged 13 years and over who wish to develop their leadership skills, whilst under the direct supervision of our Tutor/Assessors. The syllabus is designed to develop generic leadership skills that can be applied to a variety of sports and/or recreational situations, as well as contributing to the personal development of the learner.

Course length : 33 hours which include one guided hour of delivery

All of the awards and qualifications are practical - learners learn by doing rather than through written work. There are no exams - assessment is made upon a learner's ability to lead and demonstrate their leadership skills for a certain period of time, within a specific setting.



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MENTORING



Our mentors will provide pupils with a positive adult role model, with whom they can develop a consistent and on-going relationship. The mentor will work through many of the complex barriers which have caused concerns in pupils. The programme will provide opportunities for pupils to build confidence and self-esteem, as well as addressing problems associated with anger and difficult behaviour. One of the key aims will be to integrate pupils into school routine and allow them to recognise their own potential. Where this is not possible, alternative exit routes with other organisations will be explored.

Mentoring can be delivered in a number of ways throughout the project, targeting a diverse range of pupils. Mentoring pupils who are more physically active enable us to work alongside some of the other coaches within the team. Climbing, boxing and multisport are very popular with pupils wanting to improve their sporting ability. Pupils who have other personal developmental needs will be addressed through either structured 1: 1 or group programmes. All of the programmes can be delivered either at the school premises or off site.

- Develops self-esteem and confidence.
- Helps pupils to re-engage and adapt to mainstream curriculums.
- Will provide the platform for pupils to recognise their potential.
- Provided for pupils age 8 upwards.
- Delivered on a 1:1 basis.



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BOXING

Boxing fit provides pupils with an opportunity to get active whilst having fun at the same time. This bespoke service for schools will provide pupils with a chance to work with qualified boxing instructors who will improve both the physical and mental progress. It helps to create a focus and a sense of commitment which, when channelled correctly, can support the removal of academic learning barriers. Scientifically it has been proven that physical exertion supports mental ability in pupils and adults. Boxing can be used to target both pupils with physical disruptive tendencies as well as those who need to develop their confidence and self-esteem.

The boxing programme can be tailored to pupils with little or no previous experience in a fun way which captures their attention. As pupils progress within the programme the ethos and commitment will ensure there are clear positive, tangible changes in both their ability and attitude. Confidence and self-esteem levels will become noticeable, which will be reflected in their academic achievements. The British Boxing Association has provided trainers with accredited courses designed for pupils who would benefit from achievement through sport. Such courses can be delivered within school curriculum or as a breakfast/ after school club.

- Develops fitness, confidence and self-discipline.
- Provided for Year 4 and upwards.
- Service can be delivered as part of the PE curriculum.
- Pupil will benefit from learning boxing techniques and improvement of fitness.
- Delivered by former WBF World Champion and quarter finalist in 1988 Seoul Olympics.
- Can be delivered as a National Boxing Awards accredited course for pupils who are more physically gifted.
- Service can be used as part of any before or after school programme.



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ASDAN & UK YOUTH



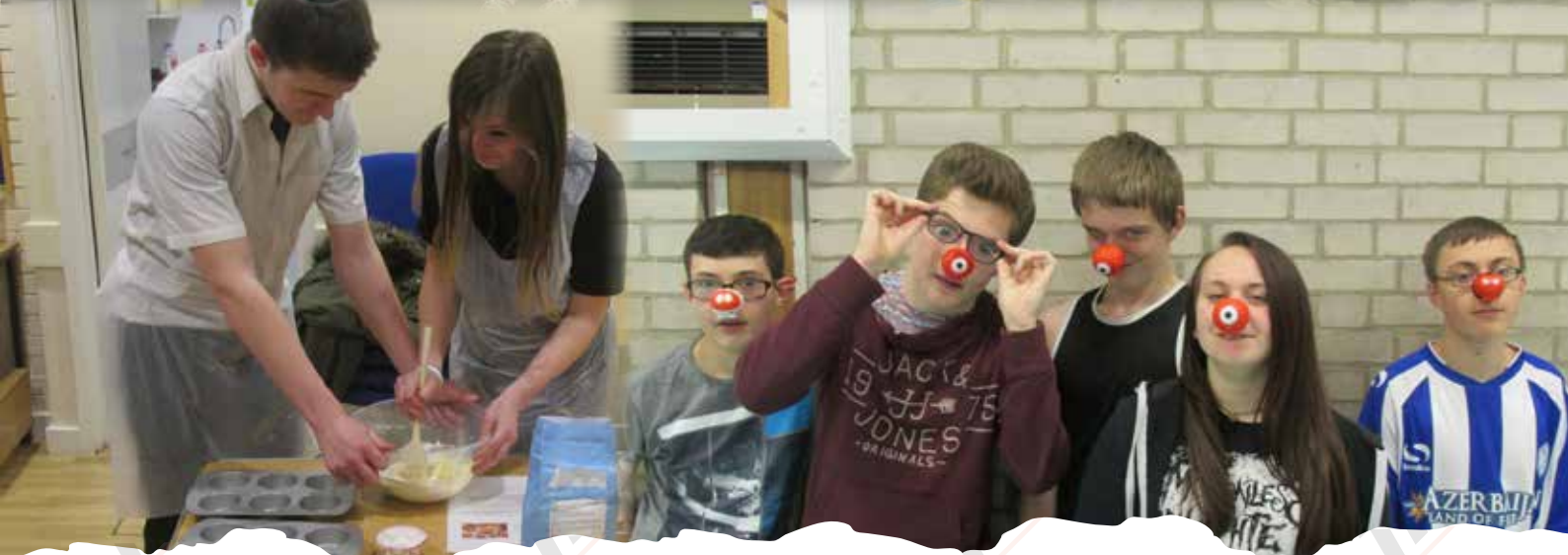
On Track is able to offer a range of courses accredited through ASDAN and UK Youth. These courses can offer young people alternative pathways, both to help them to re-engage with education or to supplement curriculum based qualifications.

ASDAN courses focus mainly on the 13 – 19 age group, covering preparation for life and work, enrichment subjects, PSHE and Citizenship. Every course is designed to develop learners' personal, transferable and employability skills through an engaging and challenging curriculum of activities. They range in duration from 10 to 150 hours.

UK Youth's Achievement Awards comprise a suite of Awards which have been designed to meet the needs of young people from the ages of 7 upwards. These Awards enable young people to develop as successful learners, confident individuals, responsible citizens and effective contributors. Courses range in duration from 15 to 120 hours.

We are able to recommend the most appropriate course based on the needs of the identified group of learners. Courses may be held on school premises or at a suitable external venue and delivery hours can be tailored to suit individual school's requirements.





ROCK CLIMBING



Rock climbing can provide pupils with the correct tools to achieve goals in both their physical and mental wellbeing. It helps to create a focus and a sense of commitment which can support the removal of academic learning barriers. Good concentration levels are developed and communication skills are improved. Experience has shown us that it works well with pupils who don't readily engage with mainstream sports. The skills developed through climbing will support pupils through their educational journey, providing confidence/self-esteem through physical development.

There are many personal goals to be achieved through climbing which range from overcoming fears, competency, trust as well as improved performance during the activity. Our climbing instructors have developed targets for pupils to work towards during the course of the programme. These will include drop testing and belaying, which will encourage pupils to work harder to achieve their goals. After each session pupils will be encouraged to reflect on their achievements and openly talk about their experience.

- Develops fitness, confidence, trust and concentration.
- Supports pupils who may not readily engage in conventional team games.
- Provided for Year 5 upwards.
- Service can be delivered to groups of up to 12 pupils.
- Can be offered as a 1:1 mentoring service.
- Service includes travel to Warwick University and The Queen's Diamond Jubilee Centre.
- Can be delivered as part of the curriculum.



FOOTBALL

Football can provide pupils with the correct tools to achieving goals in both their physical and mental wellbeing. Sport is a vehicle which creates a positive focus and can support the removal of academic learning barriers. Football has historically been one of the most popular played sports amongst pupils, which tends to mean there can be many disagreements and disruptions during the game. Although we don't promote such behaviour during our sessions, we recognise that there is an element of this during participation. We combat this by having fully qualified FA coaches, who also have either youth work or mentoring qualifications, to deal with individuals or small groups who need to be targeted for such tendencies.

Using sport as a method to engage pupils continues to rate highly when delivered as part of a targeting tool. Participation allows pupils to focus both their minds and physical ability towards being more competent at which ever sport they choose to enjoy. Research has proven that physical exertion supports mental ability in pupils and adults, therefore confirming the effectiveness of sport.

- Structured sports programmes will support long term improvements and behaviour within pupils.
- Can be offered as an after school activity, during lunch break or during curriculum.
- Delivered by FA qualified coaches.
- Develops fitness, confidence and self-discipline.
- Supports cohesion amongst pupils through positive participation.



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MULTISPORTS



Our multi-sports sessions are a fantastic way to introduce pupils to a wide range of fun and engaging games. Our coaches have years of experience working with a wide range of pupils, with various needs and behavioural tendencies, and are able to cope with situations as they arise. The types of sport provided will vary from traditional sports such as football, cricket and rugby to the more fun based sports such as dodge ball and basketball.

Using sport as a method to engage pupils continues to rate highly when increasing more active life choices. Participation allows pupils to focus both their minds and physical ability towards becoming more competent at whichever sport they choose to enjoy. Scientifically it has been proven that physical exertion supports mental ability, which can ultimately lead to better academic achievement, greater confidence and self-esteem.

- Using a variety of sports to target a wide range of pupils.
- Service offered to Reception year upwards.
- Offered as an after school programme.
- Develops fitness, confidence and self-discipline.
- Structured sports programmes will support improvement in pupils' behaviour.
- Service can be delivered as part of the PE curriculum.



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GROUP WORK

Our group work programmes support the removal of many types of barriers, as well as addressing a variety of behavioural problems. We are able to offer a bespoke service for up to 12 pupils, tailored to the needs of each individual group and taking place over variable timescales, as well as accredited courses such as ASDAN and UK Youth.

Previous programmes have been delivered to groups displaying low confidence and self-esteem, as well as those behaving aggressively or demonstrating bullying. The methods of engagement used throughout our programmes include sport, art, drama, team building and group discussion. The particular needs of the group dictate how these engagement strategies are employed, but we have found that they enable us to build good relationships and work through issues as they unfold.

Working within targeted groups creates the opportunity for staff to challenge perceptions and introduce alternative pathways in order to create change. Good interaction is built up between tutors and pupils; helping to remove barriers and improve the skills necessary to enhance their academic life. For some pupils this support will ultimately lead to the transition back into mainstream education.

Our tutors come from a diverse professional background which enables them to relate well to specific pupil needs. As an organisation we are constantly adding to their knowledge by providing further training opportunities and keeping abreast of current trends and legislation. This enables us to offer a wide range of skills to address the many types of behaviour which individuals may display.



HOLIDAY CAMPS



Our summer holiday multi-sport & activity camps combine a variety of different sports and team building exercises with a blend of dance, drama, arts and crafts.

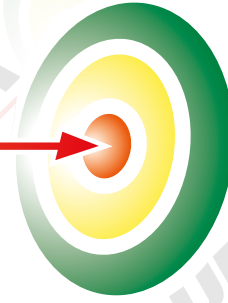
The camps are designed to provide sporty children with the opportunity to participate in their favourite sports as well as trying some new ones. For those less sporty, we will be offering a day during the week for team building sessions, drama and arts and crafts.

Both the morning and afternoon sessions will last for two hours with a supervised one hour lunch break at midday.

Additionally we offer a splash session during the week which is a fun filled afternoon of water themed games. We will provide super soaker water pistols and organise the children into teams to complete a number of challenges. At the end of the day, the team with the most points awarded from the completion of challenges will win prizes. All participants will be expected to get wet during this fun activity.



LUNCH TIME SPORTS



Our lunchtime sports service provides an ideal opportunity for children to engage in physical activity, encouraging a balance between mental and physical challenges throughout the school day. This extension to formal learning time promotes understanding of the importance of a healthy lifestyle. It helps to improve co-ordination, agility and flexibility as well as providing the opportunity for children to engage and interact appropriately with their peers. This inclusive provision has proven popular with socially isolated children and can provide for a mixture of ages to play together.

In addition to the more popular sports such as basketball, football, hockey, netball, our NGB level 2 qualified coaches will use less structured sporting activities like Frisbee to physically engage the children in a fun environment. This will set realistic challenges for them to enjoy and improve their confidence, self-esteem, teamwork and respect for others.



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ACTIVE FITNESS CAMPS



Active Fitness Camp is a fun and exciting way to empower children and young people to take charge of their own health and fitness. The physical challenges will inspire children and young people to improve their fitness and ability to succeed. This in turn will be the catalyst for building confidence and self-esteem in many of the participants.

The development of speed, agility, strength and coordination will be assessed during the programme and every effort will be made to ensure improvements are made as a group. Our activities are aimed at developing good techniques and providing stimulating challenges for all abilities.

60 minutes of group based active fitness, fun, challenges using military style activities. We use camouflage nets, tug of war, relays games and bodyweight exercises. The programme can be adapted to suit ages and ability within the main school curriculum Key Stage 1 – 4.

This fun and bespoke programme will help inspire children to adopt a good healthy alternative to main stream sport which can be delivered within the main school curriculum, as a breakfast or after school club.



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PRICE LISTS

PPA Service

£15 per hour

Sports Leaders

£30 per hour

Mentoring

£20 per hour

Lunchtime Sport

£15 per hour

Group Work

£30 per hour

Asdan & UK Youth

£30 per hour

Holiday Camps

£20 per coach (ratio of 1:10 children)

Active Fitness Camps

£20 per hour

Boxing

£20 per hour

Rock Climbing

£50 per hour (group work)

£20 per hour (1:1 work)

Football

£15 per hour

Multisports

£15 per hour



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