# COVID-19 SCHOOL SUPPORT

We are here to offer a flexible approach to support your school and staff during this period of change. Our team can offer energy and positivity with a strong emphasis on learning through physical activity, in a safe and structured way. Our usual services are available to you as well as the below...



### FOOTBALL SKILLS SCHOOL

Whilst football is paused it's no secret that junior players are really missing it.

Written by our Ignite Academy, UEFA A & B Licenced Academy coaches (who have continued to coach via online sessions throughout lockdown) we have created enjoyable, smile producing, team ethos, football sessions to help bridge the gap until the children are back on the pitch.

(These sessions are suitable for all ages and abilities)



Whether your school will remain open for key workers and vulnerable children or you are looking to facilitate a holiday club during May Half Term and/or the Summer Holidays, we can support your team or enable them to take some time off by staffing Holiday Activity Weeks.

Sport, craft, team work, story time, games, fun and any of the additions on this page... you can tailor your offering as you feel fit for your school.









## **FUN FITNESS**

Sessions for all year groups (and teaching staff should they wish!).

Structured, heart rate raising, choreographed fitness sessions to music.

#### **MATHLETICS**

Combining functional maths with sport. Creative and dynamic physical education mixed with everyday maths.

These lessons can form part of a school day and are a great addition to holiday activity weeks to aid the recent gap in usual school attendance.



## WELLBEING FOCUS

Calm chat, stretching and mindfulness activities.

During this period of change we are aware that many children are feeling anxious, upset and worried. As school plays a huge role in supporting pupil wellbeing and resilience, we have consulted with experts to create wellbeing sessions to support the change from the norm and to help children adapt and gain confidence during uncertainty.