

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)

HOLIDAY ACTIVITY WEEKS

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.



IGNITESPORT^l



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.



#BOOST!

INTRODUCING #BOOST

#BOOST IS A HOME OR SCHOOL (OR MIXTURE OF BOTH) LEARNING, ENERGY-FILLED COURSE FOR CHILDREN AGED 7 TO 11 YEARS:

CREATE YOUR OWN DAILY PE, LOOK AFTER YOUR MIND AND BOOST YOUR HAPPY THOUGHTS, HEALTH AND IMMUNITY.

THE COURSE IS DESIGNED TO BE FUN, TO KEEP CHILDREN ACTIVE AND ENGAGED, AND TO GAIN SUITABLE KNOWLEDGE OF HOW LOOKING AFTER THEMSELVES IS OF HUGE IMPORTANCE.

#BOOST: TRANSCEND LEVEL 1 CERTIFICATE IN IMMUNE SYSTEM BOOSTING (AGES 7 TO 11)

IN THE MIDST OF THE COVID-19 PANDEMIC, PROMOTING WELLNESS HAS NEVER BEEN MORE IMPORTANT. THIS BRAND NEW 'LEARN AT HOME' INITIATIVE IS BROUGHT TO YOU TO BY IGNITE SPORT PARTNERED WITH OFQUAL-REGISTERED AWARDING ORGANISATION, TRANSCEND AWARDS.

LEARNERS WILL RECEIVE AN OFFICIAL CERTIFICATE ON COMPLETION OF THE COURSE.

QUALIFICATION AIM: TO DEVELOP THE LEARNER'S ABILITY TO PREPARE, PARTICIPATE IN, AND REVIEW PERFORMANCE OF A WELLBEING PROGRAMME, ALL OF WHICH IS DESIGNED TO BOOST THEIR IMMUNE SYSTEM AND MAINTAIN WELLBEING DOMAINS.

QUALIFICATION OBJECTIVE: TO PROVIDE A BENEFIT TO LEARNERS BY ENABLING THEM TO ENGAGE IN A WELLBEING PROGRAMME WHICH CONSIDERS WHOLE PERSON WELLNESS DIMENSIONS, INCLUDING:

**PHYSICAL WELLNESS
MENTAL WELLNESS
EMOTIONAL WELLNESS
SOCIAL WELLNESS
LIFESTYLE WELLNESS**

EACH ELEMENT OF THE COURSE IS SUPPORTED VIA VERY SIMPLE-TO-FOLLOW INSTRUCTIONS, E.G. PHYSICAL WELLNESS ENCOMPASSES A SERIES OF EXERCISES THAT CAN BE ENJOYED AT HOME WITH THE WHOLE FAMILY OR INDIVIDUALLY - ONCE COMPLETED AND UNDERSTOOD, THIS SECTION IS LOGGED AND SHOULD BE REPEATED TO MAINTAIN ACTIVE WELLBEING.

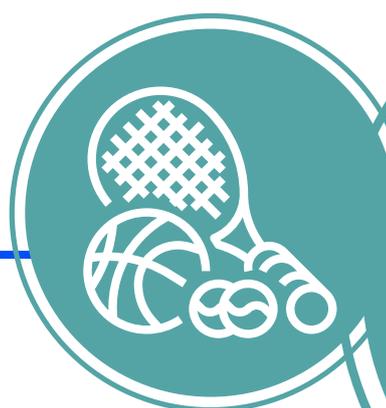
QUALIFICATION RATIONALE: TO SUPPORT THE WELLNESS OF THE GENERAL PUBLIC IN LIGHT OF THE COVID-19 CRISIS. THIS QUALIFICATION IS DESIGNED FOR PRIMARY SCHOOL CHILDREN WHO WISH TO IMPROVE THEIR OVERALL WELLNESS AND STRENGTHEN THEIR IMMUNE SYSTEM.

QUALIFICATION PHILOSOPHY: THE QUALIFICATION DEVELOPMENT, DELIVERY, AND AWARDING PHILOSOPHY ARE LEARNER-CENTRED.

ONLINE WORKFORCE UPSKILLING

As training providers, we have adapted our delivery to provide an easy to access online platform in order to support organisations and individuals with CPD. We are providing online accredited qualifications to develop sport, activity leadership, PE and School Sport.

We are funded through the European Social Fund therefore these courses are free of charge at level 2. We can also deliver level 3 qualifications that make great use of the School Sport Premium fund. Courses available:



LEVEL 2 CERTIFICATE IN HEALTH RELATED ACTIVITIES

WHO IS IT THE COURSE SUITABLE FOR?

TEACHERS, TEACHING ASSISTANTS, PLAYGROUND SUPERVISORS

COURSE FEE: FREE OF CHARGE

COURSE BENEFITS:

LEARNERS WILL DEVELOP A KNOWLEDGE BASE, GAIN IDEAS FOR PLANNING, DELIVERING AND REVIEWING SESSIONS.

COURSE CONTENT:

BENEFITS OF PHYSICAL ACTIVITY & HEALTH

PRINCIPLES OF PHYSICAL DEVELOPMENT AND TRAINING

NUTRITION AND HEALTH PROMOTION

PLANNING, DELIVERING AND REVIEWING AN ACTIVITY

HOW IS THE COURSE DELIVERED?:

THE COURSE IS DELIVERED VIA ONLINE WORKSHOPS, VIDEO LESSONS, WEBINARS AND PORTFOLIO COMPLETION

LEARNERS ARE SUPPORTED BY AN IGNITE TUTOR MENTOR AND WILL COMPLETE QUALIFICATION PERSONAL DEVELOPMENT TASKS.

DURATION: APPROX 4 WEEKS WITH 10 HOURS OF TUTOR LED ACTIVITY.

£25 OF SCHOOL
SPORTS EQUIPMENT
FOR EACH
PARTICIPANT
ENROLLED



LEVEL 2 CERTIFICATE IN PE AND SCHOOL SPORT

WHO IS IT SUITABLE FOR? CLASS TEACHERS, COACHES AND THOSE WISHING TO DELIVER PE OR SPORT WITHIN A SCHOOL SETTING.

COURSE FEE: FREE OF CHARGE

COURSE BENEFITS:

DEVELOP SPECIALIST KNOWLEDGE OF PE, DEVELOP LONG TERM PLANNING SKILLS, EVALUATING PUPILS PERFORMANCE, GAIN IDEAS FOR PLANNING, DELIVERING AND REVIEWING SESSIONS.

COURSE CONTENT:

UNDERSTANDING POLICIES AND PROCEDURES

LONG TERM, MEDIUM TERM AND SHORT TERM PLANNING

PUPIL PROFILING AND DIFFERENTIATION/GOAL SETTING

PLANNING A DELIVERY BLOCK.

DURATION: APPROX 6-8 WEEKS

£25 OF SCHOOL
SPORTS EQUIPMENT
FOR EACH
PARTICIPANT
ENROLLED



WHO IS IT SUITABLE FOR? TEACHERS WISHING TO DEVELOP TO PE CO-ORDINATORS

COURSE FEE: £450.00 (SUITABLE FOR SCHOOL SPORT PREMIUM FUNDING)

COURSE BENEFITS:

DEVELOP SPECIALIST KNOWLEDGE OF PE, DEVELOP LONG TERM PLANNING SKILLS, EVALUATING PUPILS PERFORMANCE, GAIN IDEAS FOR PLANNING, DELIVERING AND REVIEWING SESSIONS.

COURSE CONTENT:

DEVELOPING POLICIES AND PROCEDURES

DEVELOPING AND IMPLEMENTING LONG TERM PLAN

INCREASE OPPORTUNITIES TO PLAY SPORT

ORGANISATION OF INTRA AND INTER SCHOOL COMPETITION

PUPIL PROFILING AND DIFFERENTIATION/GOAL SETTING

WORKING WITH OTHERS TO DELIVER THE CURRICULUM

DEVELOP LESSON PLANNING IDEAS AND GAIN RESOURCES

HOW IS THE COURSE DELIVERED:

THE COURSE IS DELIVERED THROUGH ONLINE WORKSHOPS, VIDEO LESSONS, WEBINARS AND PORTFOLIO COMPLETION LEARNERS WILL BE SUPPORTED BY A MENTOR AND COMPLETE QUALIFICATION TASKS AND PERSONAL DEVELOPMENT TASKS.

COURSE DURATION: APPROX 10-12 WEEKS WITH 14 HOURS OF TUTOR LED ACTIVITY INCLUDED.