

*on***side**[®]
COACHING.CO.UK

PROFESSIONAL COACHING FOR CHILDREN & YOUNG PEOPLE



Onside Coaching have been providing sports coaching in schools since 2003. We understand how schools work and know that every school is different.

One of the distinctive things about us as an outside provider is the consistency and continuity that we can offer.

We take our role seriously; our robust recruitment process ensures that schools can rest assured that we provide employed members of staff who are trained in both Child Protection and Safeguarding and are also qualified in Paediatric First Aid.

We employ a dedicated planning team, led by a qualified and experienced teacher, who have created a comprehensive set of plans, based on the National Curriculum, for all relevant sports across all primary year groups, as well as thorough ongoing assessments.

Over the next few pages are details of some of the services we provide. As always, we are flexible and understand that every school is different, therefore we expect to tailor our services to meet your own individual requirements.

Why do schools choose us?

By choosing Onside Coaching you will benefit from:

- A thorough planning and assessment process, which sets us apart from other coaching companies
- DBS checked, Level 3 qualified coaches, who come trained in paediatric first aid, child protection and safeguarding
- Immediate access to a qualified replacement coach in the event of absence
- A network allowing ready access to events and fixtures with other schools
- Access to appropriate equipment and resources

What can we offer you?

In School:

- 01. Curriculum PE**
- 02. After School Clubs**
- 03. Lunchtime Clubs**
- 04. Forest Schools**

Additional Services:

- 05. Sports Days**
- 06. Sports Clinics**
- 07. CPD and Teacher Training**
- 08. Gifted & Talented Project**
- 09. Play Makers**
- 10. PSHE/Health & Relationships**



In School

01. Curriculum PE

Teaching

During our PE lessons we always ensure that:

- Teaching is stimulating and challenging, stemming from expert knowledge of the curriculum and a thorough understanding of how learners learn
- Sessions are planned so they meet the needs of the participants and are both progressive and appropriate
- Activities are provided which are well-matched to learners' needs
- Sessions encourage both independent and collaborative work
- Sessions are sufficiently staffed - where possible using paired or joint teaching to support and reinforce learning
- Suitable equipment is provided and readily available
- Ongoing and regular assessments are made, in order to help us review children's progress and revise future planning where required

Assessment

- We will provide immediate verbal feedback to children in a manner which reflects care and respect
- Our comprehensive assessment procedures mean that all children are continually assessed against age-related expectations
- This monitoring allows the progress of each child to be accessible and made readily available any time. This is particularly useful when looking at an individual child's development or for the writing of report comments
- A complete year's assessments will be provided at the end of the Summer Term to give an accurate representation of children's progress throughout the year

Class Management

- We will always model high standards of behaviour in our manner, use of language, punctuality, preparation and presentation
- We will apply fair and consistent behaviour management strategies in line with the school's behaviour policy
- Where required, we will undertake the class teacher's duties to register the children after lunch and dismiss at the end of the day

02. After School Clubs

After School Clubs are offered as an extension of our curriculum PE and run on the same day. We are flexible in how our after school clubs are run, with the payment and administration for these either managed by the school or directly by us

– whichever you prefer!



03. Lunchtime Clubs

Lunchtime clubs can be offered on days when we are already in the school for the morning or afternoon.

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A professional team of coaches who are committed to meeting the needs of individual children.

All of the coaches are well-trained, enthusiastic and knowledgeable. They provide a wide range of excellent sports coaching and are both reliable and flexible. The coaching team are encouraging, respectful and model positive sporting behaviour and as a result the children are always attentive and supportive of each other's achievements.

Children look forward to PE lessons because they know that the sessions will be action packed. The feedback from teachers and pupils is always extremely positive, for example: 'the coaches are skilled at giving the children feedback on how to improve further, as they recognise what motivates each individual child' (Class Teacher).

**I would have no hesitation in recommending
Onside to other schools.**

Matthew Watson, Head of School
Loxley C of E Community Primary School

04. Forest Schools



Forest Schools is a unique way of exploring the outdoors, building independence, self-esteem and a positive attitude towards learning as children explore and experience the natural world for themselves.

Our Forest Schools sessions can be easily integrated into your school's existing curriculum, with whole or part classes enjoying activities as part of their regular weekly timetable. These sessions provide children with a perfect opportunity to use specialised tools in a safe environment, experiencing activities such as shelter building, fire lighting, team challenges and many others. All activities are planned with an emphasis on developing personal skills such as team work, problem solving and communication.

Alternatively, we can tailor our sessions for selected children, who it is felt would benefit from the programme's nurture approach. The combination of freedom and responsibility is particularly beneficial to children that find a classroom setting challenging, helping them learn to manage their own safety and gain confidence to take sensible risks.

All sessions are delivered by a qualified Forest Schools practitioner with an enhanced first aid qualification, plus support coaches, to ensure an appropriate adult to child ratio.

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We have worked with Onside Coaching every single week for the last 6 years.

The enthusiasm, cheerfulness and skill of the Onside coaches is matched by their attention to H&S at all times. Child protection and following school procedures are central to the coaches' training so from the moment the staff sign in, we are happy to entrust a class to the coaches, who have a remarkable knack of learning and remembering pupils' names very quickly too!

Onside Coaching staff are polite and respectful, modeling the behaviour we would like our children to show. The staff are easy to communicate with and the company is happy to tailor their provision to our school's development planning.

It is a pleasure to recommend Onside Coaching; the staff and parents here certainly appreciate the regular contribution they continue to make through their professional sporting coaching within our school.

Andy Brettell, Head Teacher
Bishop's Tachbrook C of E Primary School



Additional Services

05. Sports Days

There are a number of options available for Sports Days, depending on the level of support you require. These range from providing coaches as extra hands, through to planning, organising and delivering the whole event. Please contact us to discuss your requirements.



06. Sports Clinics

Our bite-size sports clinics are the perfect solution when there is a need for a particular area of PE to be taught in school.

These one-off clinics are ideal when looking to support your current PE provision, teaching alongside your current staff if needed. Be it a one-off day, a 12-week program, or anything in between, we will ensure your needs are met in the most time and cost effective way possible with no ongoing commitment.

Typical examples of our sports clinics include:

- Preparation for upcoming sports competitions
- Nurture groups targeting specific children
- Enriching your existing curriculum with cross curricular themed days in Sport, Gymnastics, Forest Schools or Dance

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Onside Coaching are funny, kind and patient. We do fun games and they always find a way to make things fun and exciting. They are really quite brilliant.

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Onside Coaching are very experienced coaches who help us get better at the sports we may not be very good at. I would never have been so excited when we do PE if it wasn't for them.

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Onside Coaching make you have so much fun you don't know where the time's gone! I've loved all the sports I've learned and am very grateful. Thank you!

The children of Long Itchington Primary School

07. CPD & Teacher Training

As an awarding body, we can also deliver recognised training courses and ongoing support to any teachers or school staff who would be interested in taking more of an active role in the school's PE provision. This can be done independently within a single school or across your local school cluster, either as part of a teacher training day or a tailored longer-term program.



08. Gifted & Talented Project

Our Gifted and Talented programme is aimed at high achievers in a particular area of PE. Targeting pupils in either upper or lower KS2, ten children are identified to take part in advanced coaching sessions in a selected sport, involving 5 hours of specialised coaching over a 5 week period. These sessions allow for the development of a greater depth of knowledge and more focussed skill-building in a specific area.

Working in a more proficient group provides a platform for children to learn about the more advanced areas of the sport. As well as the consolidation of existing skills, the workshops provide in-depth coverage of rules, technique, tactics and strategy that stretch children's understanding.

At the end of the unit children compete against other schools, who have also taken part in the program, in the form of an Inter-School tournament. This provides the opportunity to showcase skills in a competitive environment.

09. The PlayMaker Award

The PlayMaker Award is a great introduction into leadership for learners aged nine and over. The award aims to help children develop leadership skills such as organisation, communication and teamwork, as well as helping to develop confidence and self-esteem. The award is delivered over approximately 6 one-hour sessions. By the end of the course children will have the skills to set up simple games and activities, and be able to confidently lead and assist a small group of peers or younger children under supervision.

10. PSHE/Health & Relationships

We can provide coaches to work with the class teacher in preparing and delivering lessons about issues such as changes that happen during puberty, preparing for adolescence and developing a healthy, safer lifestyle. The provision of male coaches in particular is valued by those children who lack an accessible positive male role model.



“
 Onside Coaching set the highest standards for themselves and the range of sessions they offer. As a result, through effective staffing, planning and resourcing, they deliver an excellent provision which supports and enriches our curriculum.”

Alex Pearson, Head Teacher
 Harriers Banbury Academy



Making it happen

There are a number of different ways that our services can be funded, but here are a few examples of funding streams that other schools are currently using:

Teaching Budget

This is typically used to fund our Curriculum PE and PPA cover, and can be used to provide 1 or 2 coaches.

Sports Premium

This can be used to fund our After School Clubs, Lunchtime Clubs, Forest Schools, CPD and Teacher Training, and Sports Clinics.

Parent Funded

This is a popular option for the funding of our After School Clubs, where all payment and administration of the clubs can be managed through us.



As always, we can tailor our services to suit your needs and can work across a number of different funding streams. If you like what you see, then...

Get in touch to arrange a FREE taster session at your school

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