HEALTHY SCHOOLS PLUS

Inspiring healthy lifestyles

Wigan Council

HEALTHY SCHOOLS PLUS
INSPIRING HEALTHY LIFESTYLES WORKS IN PARTNERSHIP WITH SCHOOLS TO PROVIDE THE BEST IN SPORT AND HEALTH

"The CPD provision Healthy Schools Plus has provided this year has been invaluable in increasing both our children’s and the staff’s skills.”
Alison Davies, Headteacher, Lowton J&I

We believe that the best way of achieving this is through fantastic physical exercise and the best healthy lifestyle education.

At Inspiring healthy lifestyles we have been helping schools to deliver both of these for more than 10 years. We are the most established local provider of healthy schools support and the only one to offer top quality sports and fitness coaching along with healthy eating, weight management, oral health and lifestyle choices.

Healthy Schools Plus introduces children to a whole world of exciting, innovative fun and engaging activities that will inspire them to get up, get out and get active!

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ABOUT US
The Healthy Schools Plus Sports Offer provides full or half day packages, breakfast, lunch or after school clubs, through the academic year. We also provide activities out of term time. When your school books our sports coaches to deliver for a full day at £100 or for a half day at £50 across the academic year, you will also receive:

- Up to 6 weeks (one half term) of healthy lifestyle programme for KS1 FREE
- Up to 6 weeks (one half term) of healthy lifestyle programme for KS2 FREE
- FREE access to Get Up Online Dance Classes (see inside back page)
- Supervised brushing scheme in KS1 (two classes) FREE

You will also receive 10% discount on the following new bookings:
- Any outdoor adventure and learning session
- Adventure at Howe Bridge Leisure Centre
- Sports CPD training
- School swimming sessions
- First aid training package

Now read on to find out about what we offer...

### HEALTHY SCHOOLS PLUS

#### PROGRAMME AND OFFERS

### Y6 – Y7 Transition - Try Something New

Let us provide a package that will allow all pupils to try new things, learn key life skills and thrive at secondary school.

All our coaches are qualified to National governing body standard and have a wide-range of experience in different sports.

#### From Archery to Zumba and FROM THE NATIONAL GAME TO EMERGING SPORTS...

Inspiring healthy lifestyles delivers an array of activities that includes something for everyone. We offer fully trained professional sports coaches and resources that will take your healthy schools and PE delivery to the next level. Expert guidance to help your staff with their Continuous Professional Development and a complete service that provides a programme of wraparound activities, including breakfast, lunchtime and after school clubs.

We provide personalised programmes to suit the needs of your school, pupils and staff. Our coaches can support and enhance the delivery of PE in your school with full or half day sessions throughout the academic year.
At the heart of everything we do is the philosophy that sport and physical activity should be inclusive, engaging and fun.

Sessions can be used to cover PPE, CPD or Team Teaching and are tailored to the National Curriculum.

Our coaches will encourage your pupils to make continuous, measurable progress. Assessment is built in to all our sessions and include clear learning goals and objectives.

We believe that getting involved and having fun can get the right results and improve attainment. It’s not just about technique and skill - it’s about young people having a great time while staying physically active and healthy.

We know that every child is unique and will develop their skills and abilities at their own pace. Our coaches understand this and that’s why all our sessions are designed to motivate and inspire everyone.

Even during the holidays, Inspiring healthy lifestyles can keep children active and engaged and provide a valuable service to your school community.

Our holiday camps and after school programs are based in school and led by the same professional coaching team. They can include a mixture of sports, dance, arts, games, outdoor adventure and crafts that’s sure to banish the holiday boredom blues.

“We cannot give enough praise for such a great service, always delivering with such enthusiasm and professionalism and with a genuine desire to develop pupils physical and sporting development.”

Stuart Galloway Headteacher, St Wilfrid’s CE Primary

We’re in when School’s out
Supporting Your Staff

Training covers everything from disability sports awareness and inclusion to any aspect of the PE Curriculum. From one-off sessions through to an ongoing programme of CPD support, we offer everything you need for consistently high quality PE delivery.

A Healthy Start

A Healthy Start

We offer our Healthy Lifestyles Programme at no extra cost. If you sign up to one of our school sports sessions you’ll also receive Healthy Lifestyles Programmes for two year groups. We are the only provider to offer this service as standard.

Good health should start young. It’s really important to get children into the right habits early to help them to lead healthy, active lives.

Our Healthy Lifestyles Programme provides education, advice and activities designed to get primary and secondary school children to think positively about healthy eating, weight management and physical activity.

The scheme has helped thousands of children and young people across our borough to make the right choices about their own health.

Healthy Lifestyles Programme

We don’t just get your pupils fit and healthy we also look after their teeth. Our supervised brushing scheme for early years and KS1 is all about educating children about oral health and healthy eating. We provide schools and nursery settings with a training package and equipment to enable pupils to brush during school time.

Healthy Lifestyles Programme

“\nI have learnt lots of new skills and made new friends. The coaches are really friendly and all the sessions have been good fun.”

Rebecca, Orrell Holgate

Your staff are your most valuable asset. The more you invest in them, the more your pupils and students will benefit.

Healthy Schools Plus can provide your staff with the cutting-edge Continuous Professional Development (CPD) they need to deliver excellent results.

CPD sessions are tailored to suit the specific needs of your staff. They can take place during inset days, two-hour twilight sessions or at any time to suit your school.

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Make a Splash

Healthy Schools Plus offers access to lots of exciting opportunities.

In The Swim:
As well as our great sports coaching, healthy lifestyle sessions and outdoor activities we also offer access to fantastic School Swimming Instruction at one of our leisure centres.

Sessions are 50 minutes long and must be booked as a block of 18-20 weeks (Sept-Feb or Feb-July).

Wild Learning

With activities such as Archery, Bushcraft and Orienteering, to calmer pursuits such as willow weaving, clay modelling and even cooking on an outdoor fire - there’s something to suit everyone.

Be A Lifesaver:
We offer high quality first aid training including paediatric first aid. All courses are nationally recognised and include tuition in the correct use of an Automated External Defibrillator.

Playing outdoors is a great way for children to learn life skills and gain confidence in their own abilities. Inspiring healthy lifestyles has lots of resources to help you get the most out of your outdoor time. We can tailor sessions to suit your needs, whether it be in line with the national curriculum or a fun day out.
Adventure Time

Want to go up in the world? Why not give our mobile climbing wall a go? Or, get down to Haigh Woodland Park to conquer our quarry climb or high ropes! Whether you are hosting an event, Enrichment Day or transition activities we can help to make it a memorable occasion for all.

Howe Bridge Leisure Centre is more than a swimming pool. We’ve got climbing walls, a skate park, multigames area and much more. Why not maximise your time with us and bring two classes together to swim and try a new sport or activity? You could even use your School Sports Premium to cover the costs.

Our activities are accessible to all, whatever their ability.

From messing about in boats to being ‘board’ silly, there really is nothing like time spent on the water.

Scotman’s Flash Water Activity Centre is the ideal location to learn more about sailing, canoeing, windsurfing and much more.

Scotman’s Flash offers nationally recognised courses in a range of water based activities under expert supervision and in complete safety. Our Outdoor Adventure Team will work with you to provide challenging and character-building activities for your pupils and young people.
“The coaches are extremely versatile when planning, delivering and adapting to some of the unforeseen events and incidents that regularly occur in school.”
Pauline Lynch, Deputy Head, Hope School.

“Pupils appreciate the range of sports on offer and levels of participation have increased.”
Gillian Talbot, Headteacher, Ince St Mary’s.

Get Up Online is a fresh approach to teaching, developed by a team of dance professionals, digital specialists and primary school teachers.

Our website is a response to consultation with teachers, who wanted lesson resources that are simple to use and that incorporate innovative, modern day content to inspire today’s pupils.

Get Up online brings you up-to-date tutorials, filmed in a high quality, dynamic way that will make your lessons engaging, informative and most of all, outstanding.

Each section takes you through a simple step-by-step process to create your lesson, which includes all the resources you need such as videos, music downloads and lesson plans.

Whether you are a non-specialist or experienced in this field, Get Up Online can be used in a variety of ways to support teachers at every level.

For more information visit: getuponline.co.uk
Robin Park Leisure Centre
Loire Drive
Wigan
WN5 OUL
inspiringhealthylifestyles.org

Cover photo: Team GB runner Leah Barrow helps to launch The Daily Mile at Woodfield Primary School.