



**COMMUNITY SPORTS
& EDUCATION
TRUST**
REGISTERED CHARITY NO: 1102239



School Sports Provision

Delivered by Watford FC's Community Sports and Education Trust

Academic Year 2024/25



Premier League
Primary Stars



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Who We Are



Mission

To expand the Watford FC family by providing opportunities in Hertfordshire and London, to enrich people's lives, create special memories, and enable positive futures.

Watford FC's Community Sports and Education Trust (the Trust) is a registered charity (Charity No: 1102239), having gained charitable status in April 2004. We have a proud history of delivering a range of provisions across health and wellbeing, skills and learning, and social inclusion.

Our long-term goal is that our School Sport provision will improve school sport for children, teachers and schools across Hertfordshire and Harrow. This will be achieved by offering a variety of high quality services to fit the needs of all of our participants.

Over

50

partner schools
worked with per year

We Want To Improve/Support:

- The confidence of teachers to deliver high quality PE.
- A lifelong passion for sport/PE in our participants.
- Young people's health and wellbeing.
- Young people's confidence towards non-PE subjects including reading and maths.
- Young people's life skills, including teamwork, communication and problem solving.

"Over the years we as a charity have consistently grown and developed new and innovative ways in which we are making a positive difference. Our schools provision illustrates that fantastically, engaging with more pupils and teachers every year. We are seeing that not only is our engagement increasing but also the quality of our delivery and the positive impact we are making on our schools."

- Rob Smith, Community Director

Partner School Package Offers

The Trust offers schools the opportunity to become one of our partner schools, with a range of flexible packages available. We appreciate all schools are different and require different activities, so we tailor each package to offer the best option for each school.

This booklet includes information on all of our provision, each activity can be built into your package. Most importantly, every activity can be delivered with an element of flexibility, for example if your school wants multiple activities across one day, this is possible.

Activities to be Selected From:

In Curriculum

All of the below can be delivered during morning or afternoon curriculum slots.

- Premier League Primary Stars PE.
- Premier League Primary Stars Reading.
- Premier League Primary Stars PSHE.
- Premier League Primary Stars Maths.
- Joy of moving – Move & Learn.
- PPA Delivery.

Club Delivery

All of the below can be delivered as breakfast, lunchtime or after school provision.

- Football.
- Dodgeball.
- Handball.
- Multi Skills.
- Other Sports.
- Gifted and Talented.

Example Package Offers

Activity	Full Day	Half Day
Breakfast Club Handball	✓	
Premier League Primary Stars Reading Programme	✓	
Premier League Primary Stars PE Programme	✓	✓
After School Club Gifted and Talented	✓	✓

Please Be Aware:

- Some of our programmes require a minimum delivery of ten weeks
- More discount is offered to schools purchasing packages for multiple terms
- Some activities can be delivered as single activity offers depending on details

Outcomes and Impact



9000

unique children engaged



120

teachers educated



Over 100

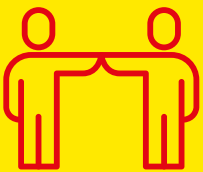
primary schools engaged



93% of teachers stated their confidence to deliver high quality lessons increased.



95% of children stated that their movement skills had improved through the programme.



96.5% of children stated their ability to work as part of a team had improved through the programme.



99% of children rated their Trust coach as friendly.



2700 children were educated on the importance of exercise, hydration and nutrition through Joy of moving.

Premier League Primary Stars



Premier League Primary Stars is a range of primary school education programmes, using the appeal of football to inspire pupils to be active and develop essential life skills. Highly trained Trust coaches work with teachers to deliver fun, educational sessions in a range of subjects within partner schools.

All sessions promote the Premier League values which encourage children to:

- Be ambitious – work hard and never give up of their goals.
- Be inspiring – set a great example to others.
- Be connected – work well with others in a team.
- Be fair – treat people equally and think of others.



Premier League Primary Stars programmes are a great way to use school sport premium and are inclusive of free resources and added benefits for becoming a partner school.

Packages are built bespoke to each school with discounts applied for multi-programme bookings or bookings across the full academic year.

Premier League Primary Stars PE Programme (Teacher CPD)

This programme is a unique teacher education model. The programme aims to increase knowledge, confidence and skills of teachers in delivering high quality PE lessons.

Trust coaches work alongside teachers across a period of ten weeks providing individualised support through practical PE lessons and resources to improve PE delivery.

Children taking part will improve their fundamental movement and problem-solving skills, as well as their ability to work as part of a team. This is achieved through high quality PE lessons delivered by highly trained Trust coaches. The main aim for the children is that they increase their enjoyment of physical activity. Emphasis is placed on allowing children to be creative and take control of their own learning during sessions.



“

“You have really inspired me to get involved in PE and to never give up.”

Year 4 PE participant

”

“

“I feel more confident using resources, adapting for SEN, managing lessons and developing pupils. It was made clear how to support pupils progress and I feel more confident to try new things in PE.”

**Year 5 teacher,
St Catherine of Siena**

”

“

“I feel I am now able to give clear, concise instructions, engage the children within the lessons more and encourage them to use resources independently. I feel able to now access children within the lesson and give them their next challenges, whereas before I did not feel confident in this.”

Year 5 Teacher, Abbots Langley

”

“

“The programme has gone beyond expectations. The impact on my own teaching and quality of PE that the children have received and will get in future is absolutely massive.”

**Year 2 Teacher St Catherine
of Siena**

”

Premier League Primary Stars PSHE

Premier League Primary Stars PSHE programme uses inspiration of sport to connect pupils' learning to the world around them. Trust staff deliver sessions using innovative activities and interactive resources to bring the information to life.

Activities educate pupils around ten challenging topics:

- Resilience.
- Self-esteem.
- Developing values.
- Diversity.
- Inclusion.
- Teamwork.
- Playing the right way.
- Diet and nutrition.
- Hydration.
- Social action.

Throughout the programme pupils learn the basic rules and skills for keeping themselves healthy and safe. They learn about their own and other people's feelings and become aware of the views, needs and rights of others.



"I am truly impressed with how you managed to motivate the children. They are now more resilient and work better in teams. Communication has been fantastic; coaches are friendly and great with the children. The children have since been more open to talk about their feelings."

Year 3 teacher, Watford St Johns



91%

of pupils feel more engaged and excited about PSHE.

96%

agree PSHE lessons are fun with engaging activities



Premier League Primary Stars English

The Premier League Primary Stars English programme aims to improve attitudes and behaviour towards books, reading and literacy while encouraging increased engagement and motivation.

Pupils will learn to develop their independence and confidence in choosing a piece of text while building and understanding that we read for meaning, purpose and experience.

Writing activities are guided in such a way pupils utilise their own ideas and interests to create meaningful outcomes. Work is self-directed creating a fun and enjoyable approach.

Interactive teaching and learning encourage increased confidence in speaking. Activities allow pupils to prepare and perform whilst understanding the use of intonation, tone, and volume to effectively create meaning for the audience.



98%

of pupils said English was fun and engaging

87%

of pupils felt they were able to be creative in English



"It linked football to English and made it fun."

Year 3 pupil, Newberries Primary School



"The children were engaged and found it interesting that PE can be linked to other subjects."

PE Lead, Newberries Primary School



Premier League Primary Stars English



Reading Stars

A unique reading intervention programme can be delivered over a six week or ten week period. Designed by the National Literacy Trust in partnership with the Premier League, to raise the interest and confidence within children who love football and sport, but require extra support and motivation around the subject of reading. The programme works best when delivered to small groups of children (four to six children maximum).

Magazine Team

Designed to engage pupils, improve attitudes to writing, and support pupils' writing confidence and skills. Premier League Primary Stars Magazine Team programme comprises of ten flexible sessions, or fixtures, including a range of fun activities for pupils. Using pupils interests they learn how to create their own magazine. Suitable for KS2 whole class or small group delivery.

Story Stars

Coaches share a range of football themed texts with pupils whilst challenging comprehension skills. Activities linked to books shared encourage creative thinking and independent writing. Suitable for KS1 whole class or small group delivery.

Footy Phonics

In Footy Phonics, coaches reinforce phonics skills that have been taught in the classroom through football-themed, engaging activities. The programme works best when delivered to small groups of children (four to six children maximum).

Premier League Primary Stars Maths

Premier League Primary Stars Maths uses activity-led resources aiming to engage pupils in subjects including data handling, calculating time, position and direction enabling them to apply their knowledge to real life football challenges.

Lessons are presented using guided practice and problem solving, before encouraging pupils to solve problems independently. All sessions allow for repetition and opportunities to recap previous learning.

Pupils will be encouraged to use a combination of practical resources, verbal communication, written, and mental methods. Problems are linked to real life situations making them meaningful, allowing for increased engagement and understanding.

96%

of pupils said Maths was fun and engaging

92%

of pupils enjoyed the active sessions of Maths

91%

of pupils said they enjoy English and Maths more after the programmes



“Learning Maths which focused on football and my favourite players really made Maths more interesting for me, and I now look forward to my maths lessons.”

Year 4 Pupil



Premier League Primary Stars Social Action

Premier League Primary Stars Social Action projects give children an opportunity to discuss and understand ongoing issues relevant to them. The lessons are pupil-led allowing them to collaborate and create an impactful difference. Activities enable and empower pupils to address an identified social need within their school or local community.

The aim is to give pupils an insight into how choices affect individuals, communities, and the sustainability of the environment. Throughout delivery, children will discuss and debate issues, problem solve and create solutions, have a positive impact on change, and take responsibility for themselves and their environment.



“

“Thank you for bringing the project to our school. It has been an amazing experience for all the children involved. It has given these children some very important life skills and they have had huge amounts of fun in the process. All children were very excited and gave me lots of positive feedback.”

PE Lead, St Josephs

”

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“Having our ideas made real is powerful, it’s amazing to know we are making a difference.”

**Year 5, Social Action participant,
Sacred Heart**

”

“

“I didn’t think I could do such a thing, but seeing our ideas I feel I can do more now to help the environment.”

**Year 5, Social Action participant,
Sacred Heart**

”



Premier League Primary Stars Social Action

Tackling Plastic Pollution with Sky Ocean Rescue

This project enables pupils to learn about the simple changes everyone can make to have a positive impact on the local and global environment and help prevent further ocean plastic pollution. The six-week delivery is suitable for whole class or small groups.

Social Action Project

In partnership with the National Literacy Trust and the Premier League, this six week programme takes a child led approach to making a positive impact. Pupils will research issues that impact their community, work as a team to create and action a plan to have a positive impact. This programme can be adapted to suit a six or ten week delivery model with whole classes or small groups.

Trust Sustainability Project

A unique and exciting opportunity to allow small groups of pupils to have a wider impact and support the Trust with their aims of sustainability.

Participants will discover issues faced by their local community. Pupils are invited to Trust venues* to discover what we already do to tackle these issues. In doing so pupils will identify how they can further support. Their ideas are pitched to Trust staff and a chosen project will be adopted by Watford FC.

The programme is offered to small groups, popular with School Councils and Eco groups.

86%

felt the Social Action project made them more aware of the current issues we are facing with the environment.

100%

of pupils feel they now understand how they can make a positive difference through social action.

100%

of pupils felt inspired by the programme to continue to make a difference through social action in future.



*Schools are responsible to transport to and from off-site visits across this delivery model.

Premier League Primary Stars Football Activity Interventions

Small group football-activity interventions aim to support a targeted group of pupils.

Is your school looking to increase engagement of SEN pupils, build self-esteem, or encourage girls to participate in football? Coaches will create plans based on the needs of groups using the influence of football to support focused needs and increase enjoyment and engagement in physical activity.



“The positive impact of the Premier League Primary stars and Watford’s delivery of it cannot be understated – the girls’ engagement with football and self-confidence within the school has massively benefited from their involvement.”

Year 6 parent, Fleetville Junior School



“Our coach taught us many things but as well as that she has increased my self-confidence. She was kind, helpful and never gave up on us.”

Year 5 pupil, St Catherine of Siena



“You have really inspired me to get involved in PE and to never give up.”

Year 4 pupil



PPA Delivery

The Trust have a proud history of delivering PE lessons during the school day to allow teachers much needed PPA (Planning, Preparation and Assessment) time.

We provide qualified, experienced coaches who have knowledge of all aspects of the PE national curriculum. As part of the service, we offer PE lessons plans on a half termly basis.

Our PPA delivery can be delivered in half day blocks, either during the morning or during the afternoon, or our PPA can be delivered across a full day covering the morning and afternoon of the school day.

Other programmes can be delivered alongside PPA delivery, for example; Afternoon slot = x 2 PPA lessons, x 1 Premier League Primary Stars reading session



Case Study: Shepherd Primary School

Claire Foad, Headteacher

“We have been working with the Trust for many years – the Trust delivers weekly sports lessons to all children in Years 1–6 and run football and tennis after school clubs. They work closely with us to ensure they deliver the required elements of our PE curriculum – this includes in multi-skills, athletics, netball, football and tag-rugby. The coaches deliver fun and engaging lessons and foster very positive relationships with the children they work with. I would not hesitate in recommending the the Trust.”



Joy of moving – Move & Learn



One of our longest serving and most popular offers is the Joy of moving – Move & Learn programme. This national programme raises awareness of the importance of a healthy lifestyle. This programme is designed for Years 4/5, lasts for six weeks and is delivered over the course of a half term. A minimum of two classes must take part.

CLASSROOM CONTENT					
WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Physical Activity	Body & Mind	Eatwell Guide	Meal Planning	Hydration	Joy of Moving
PRACTICAL PE LESSONS					
WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Handball	Handball	Dodgeball	Dodgeball	Football	Football

A limited number of schools who engage in this programme may be selected to be involved in our once in a lifetime half-time penalty shoot-out competition.*

One class will be inside learning about healthy lifestyle topics including nutrition, exercise and hydration, whilst the other class takes part in a practical PE lesson. After 45 minutes the two classes swap over. Teachers and students receive a number of handouts and resources throughout the delivery of the programme.

We will look to operate booking slots Monday to Friday:

AM slots – 9:15am–10:45am or 9:30am–11:00am

PM slots – 1:00pm–2:30pm or 1:15pm–2:45pm

Due to the increase in staff and resource costs associated to this programme, there will be a small nominal charge to schools receiving this six week provision.



“The programme was highly informative and engaging for the children and delivered in such a way to intrigue, inspire as well as educate. The staff were all very friendly and engaged very well with the children, encouraging and explaining both in the classroom and outside on the field.”

Teacher



*Full T&Cs are available on request

Additional Activities



Collapsed Curriculum Days

Also known as a "Take-over" day. This sees us come into your school for a whole day, aiming to work with as many classes as possible.

In the past we have delivered Premier League Primary Stars themed days and Joy of moving – Move & Learn themed days.

Sports Days and Sports Week

Add that little bit extra to your school's annual sports day. We can support in a number of ways including coach assistance or specific activities.

We can also come in and deliver a range of activities during your sports weeks.

Tournaments

Throughout the academic year we offer a range of high quality tournaments for different ages and sports.

Tournaments are delivered at local venues, including our facilities mentioned on page 14.

Twilight Inset Teacher Training

Training takes place after school or during an inset day. The Trust, in partnership with the FA education team, can deliver CPD training to your teachers.

Past training has been delivered on; Managing the Difference in PE, Delivering PE in Small Spaces, Child Led Learning During PE, Delivering Inclusive PE Lessons.

Case Studies

Below is a list of case studies created from the positive impact/success of our previous delivery:



Meet Oscar, a pupil at one of our partner schools, Shepherd Primary School.

www.youtube.com/watch?v=5GuDnC-hLE0



Meet Ryley, a pupil at one of our partner schools, St John's.

www.youtube.com/watch?v=JV2QOUyaiOk



Joy of moving Deputy Prime Minister visit.

www.youtube.com/watch?v=wg4JCaaFz3Q



Premier League Primary Stars: Fleetville.

www.youtube.com/watch?v=wsuD5sZHyJw



Operating Standards

The Trust has a full commitment to safeguarding and makes the protection of the children we work with a priority. All of our coaches go through our safer recruitment process. All sessions delivered are designed to be fully inclusive to all participants involved.

Our Coaches Have the Following Qualifications:

- AfPE L3 in supporting the Delivery of PE and School Sport (or working towards).
- NGB Level 2 First Aid.
- Safeguarding.

As Well As:

- Being knowledgeable in the national curriculum.
- Attending ongoing CPD training through NGB's and internally.
- Holding an enhanced DBS check.
- Being educated/ qualified in a range of sports.



Access To High Quality Facilities

If you become a partner school you will have the opportunity to be involved at events that take place at our high-quality facilities. We manage:

The Dome

Based at the Watford FC training ground (London Colney), and is a world class indoor Artificial Grass Pitch.



Cedars Youth and Community Centre

Based in Harrow, Artificial Grass Pitch, indoor hall plus a range of flexible spaces.



Meriden Community Centre

Based in Watford, Artificial Grass Pitch, indoor hall plus a range of flexible spaces.



(Depending on requirements, usage of the above facilities outside of Trust planned events can be organised at a cost.)

How To Become a Partner School

All packages can be tailored for each school the Trust works with. If you would like further information on how to become a partner school please contact:

Ben Wells – School Sport Manager

ben.wells@watfordfc.com

01923 496 356 | 07977 183 572





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