



**COMMUNITY SPORTS  
& EDUCATION  
TRUST**

REGISTERED CHARITY NO: 1102239

# School Sport Provision

Delivered by Watford FC CSE Trust

*2020 / 2021 Academic Year*



Premier League  
**Primary Stars**



**association for  
Physical  
Education**

FERRERO CSR Project  
**Joy of moving**  
Programme



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# WHO WE ARE



**COMMUNITY SPORTS  
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## OUR MISSION: MAKING A POSITIVE DIFFERENCE FOR ALL THROUGH SPORT, PHYSICAL ACTIVITY AND LEARNING

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 Watford, Hertfordshire and Harrow. This will be achieved through offering a variety of high quality services to fit the needs of all of our participants.

### 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
- Giving young people an opportunity to build life skills including teamwork, communication and problem solving

over **45**  
partner  
schools  
worked  
with per  
year



“

*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



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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;*

- PL Primary Stars PE programme
- PL Primary Stars Reading programme
- PL Primary Stars PSHE lessons
- PL Primary Stars Maths lessons
- Joy of Moving - Move & Learn Programme
- 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

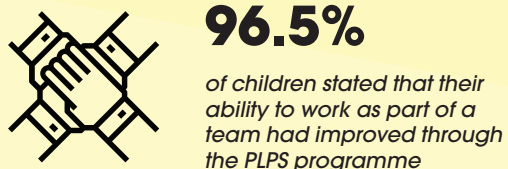
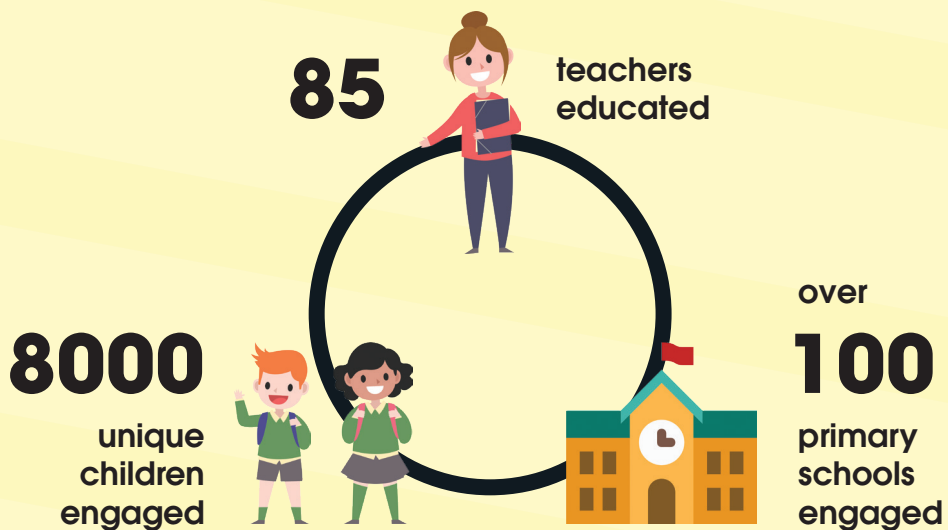
## EXAMPLE PACKAGE OFFER:

ACTIVITY	FULL DAY	HALF DAY
Breakfast Club Handball	✓	
PL Primary Stars Reading Programme	✓	
PL Primary Stars PE Programme	✓	✓
After School Club Gifted and Talented	✓	✓

## PLEASE BE AWARE:

- Some of our programmes require a minimum delivery of 10 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



children were educated on the importance of exercise, hydration and nutrition through JoM

\*As of 2018 / 2019 delivery



# PL PRIMARY STARS PE PROGRAMME



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This programme is a unique teacher education model available to local primary school teachers. This much-needed support is tailored to each individual teacher across a period of 10 weeks.

Each teacher receives support through practical PE lessons and a variety of resources to help with their PE delivery. The main aim is to help PE teachers become more confident to deliver high quality PE.



Children taking part over the 10-week programme 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 PL Primary Stars coaches. Emphasis is on allowing children to be creative and take control of their own learning during PE. The main aim for the children is that they improve their enjoyment for physical activity.



My confidence to deliver PE has improved because I have been shown how to develop transferable skills which can be taught in any team games, finding space, tactics, decision making etc.

**Miss Nabeshima**  
**Year 3 Teacher at Oxhey Wood**



My confidence to deliver PE has improved because I now have a range of session ideas to keep children more engaged and to encourage parts of the session to be student led.

**Miss McCurdy**  
**Year 4 Teacher at Cannon Lane**



# PL PRIMARY STARS READING PROGRAMME



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This unique reading intervention programme can be delivered over a 6-week or 10-week period. It has been 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.

This is achieved by fun educational reading workshops linked to the power of sport. We supply a number of resources to bring this education to life. The programme works best when delivered to small groups of children (4 – 6 children maximum).

Over

# 90%



of children stated that after receiving our 6 week PL Primary Stars reading intervention that their confidence and enjoyment of reading had increased.

“

*I am now a lot more confident with reading than I was before and the sessions have helped me enjoy books more as I have had more practice.*

**Pupil, Leavesden Green JMI School**

”



## “PL PRIMARY STARS READING INTERVENTION”

How our PL Primary Stars Reading programme encourages reading.

<https://www.youtube.com/watch?v=am-38vg4gBe4>



*Troy Deeney reading to pupils at Bromet Primary School.*

# PL PRIMARY STARS PSHE AND MATHS LESSONS



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New for 2019 / 2020, the Trust, as part of the PL Primary Stars programme, will be able to offer PSHE and Maths lessons. Both can be delivered over a 6-week or 10-week period.

Both PSHE and Maths lessons will be brought to life through a range of resources enhancing the power of the Premier League and Sport.

**The PL Primary Stars Programme is a lot more than just football!**



*Premier League Primary Stars Values Cards*

## PSHE LESSONS WILL:

- Improve children's understanding of personal skills and values
- Provide an opportunity to educate children on important topics including: resilience, self-esteem, inclusion and communication
- Allow children to discuss these important topics in a safe, learning environment



I now understand how to improve my self esteem, and today's lesson has made me feel proud of myself.

**Ascot Road Community  
Free School Pupil**



## MATHS LESSONS WILL:

- Improve understanding of mathematical concepts
- Improve ability to solve problems
- Increase confidence and competence in this subject



The Trust has made our pupils feel more positively about Maths, and has inspired those who are less interested in the subject through a fun and interactive sporting style.

**Shepherd Primary Teacher**





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 PL Primary Stars reading session*



## **CASE STUDY: LANCHESTER COMMUNITY FREE SCHOOL**

**Jasmine Kirby, PE Lead**

“We thoroughly enjoy being a partnership school with the Trust. They provide us with thorough, high quality provision which inspires and engages our children. We have also been able to implement the Primary Stars Reading programme throughout our school which has motivated our children and promoted a love for reading. Alongside this, we have been given opportunities to take part in penalty shootouts during Watford matches which our children love. Every coach that has entered our school has been professional and friendly. Our coach has built fantastic relationships with our children and is a valued member of our school community. They provide us with high quality after school clubs which develop many different skills. We value the relationship we have with the Trust and hope to continue and build on this.”



# 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 6 weeks and is delivered over the course of a half term. A minimum of two classes must take part.



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.

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

“

*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.*

Mr Colin Correa, Holy Rood Catholic Primary School

”

**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.\***  
**\*Full T&Cs are available on request**

# ADDITIONAL ACTIVITIES



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## **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 PL Primary Stars themed days and Joy of Moving – Move & Learn themed days.



## **SPORTS DAYS/ 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:



## “OLIVER’S STORY”

How our PL Primary Stars programme improved Oliver.

[https://www.youtube.com/watch?v=Ce\\_vwwhLIIM](https://www.youtube.com/watch?v=Ce_vwwhLIIM)



## “PL PRIMARY STARS PROGRAMME (TEACHERS)”

How our PL Primary Stars programme supports local teachers.

<https://www.youtube.com/watch?v=L-RNXjzxQjf4>



## “PL PRIMARY STARS PROGRAMME (OVERALL)”

A detailed look into all aspects of our PL Primary Stars programme and what it achieves.

<https://www.youtube.com/watch?v=68uAhaNFjDY>



## “MASS PARTICIPATION TOURNAMENT”

An example of what a tournament hosted by Watford FC CSE Trust involves.

<https://www.youtube.com/watch?v=hSb-JkYRQkws&t=20s>



# OPERATING STANDARDS



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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



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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 WFC CSE Trust planned events can be organised at a cost.)

# HOW TO BECOME A PARTNER SCHOOL



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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**

<https://www.watfordfccsetrust.com/school-provision>



## **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 Trust."





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## *School Sport Provision*

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Premier League  
**Primary  
Stars**



FERRERO CSR Project  
**Joy of moving**  
Programme

