

A collage of images showing children engaged in various sports: a girl in a green shirt and blue shorts, a boy in a red shirt and blue shorts, and another girl in a yellow shirt and blue shorts, all in starting positions on a red running track. A soccer ball and a basketball are also visible.

Improving the **PHYSICAL LITERACY** of young people

THE CHALLENGE:

When children start primary school, 20% of them are either overweight or obese. This figure rises alarmingly to 35% by the time they are aged 11. Physical inactivity and the lack of confidence and physical competence are a significant part of the challenge.

THE OPPORTUNITY:

To develop children who are confident and competent in fundamental movement skills. Making them ready to embark on an healthy, active secondary school education and lifelong participation in physical activity.

THE SOLUTION:

For young people to be increasingly 'physical literate' by the time they leave primary school.

Physical literacy is the key to the health and wellbeing of a young person!

HOW CAN WE HELP TO DEVELOP PHYSICAL LITERACY IN YOUR SCHOOL?

INCREASE REGULAR PHYSICAL ACTIVITY:

By engaging young people in high quality out of hours sporting clubs and personalised homework activities.

CURRICULUM SUPPORT:

ASSESS:

Baseline Fundamental movement skills testing.

PROGRESS:

Results generate stage appropriate lesson plans.

REPORT:

Personal, class and school reports are created to share with teachers and parents/carers.



INCREASE CONFIDENCE OF STAFF:

Through ongoing CPD, stage appropriate lesson plans and accurate reporting which will remove obstacles for even the least confident teachers.

RAISE THE PROFILE OF PE IN YOUR SCHOOL:
Progress can be reported in line with core subjects.

THE SPORTING AGE OFFER INCLUDES:

- > A fully qualified instructor and dedicated contact person throughout the year
- > Sporting Age assessment twice a year to demonstrate progress
- > Stage appropriate lesson plans for class teachers
- > Impact reports for class teachers and senior leaders
- > Home school communication to further improve physical literacy
- > Sporting Age training for online platform

EXTRA-CURRICULAR PROVISION:

AFTER SCHOOL CLUB
LUNCHTIME CLUB
ACTIVE BREAKFAST CLUB

CONTACT US TO LEARN MORE ABOUT:

- > CURRICULUM SUPPORT
- > EXTRA-CURRICULAR CLUBS
- > ACTIVITIES TO GET MORE YOUNG PEOPLE ACTIVE

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