

Edsential Community Interest Company

PHYSICAL HEALTH AND WELLBEING

Impact Report

2025 - 2026

PE+

By Edsential Community Interest Company

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

SUSTAINABLE PE SOLUTIONS FOR SCHOOLS.

IMPROVING OUTCOMES FOR CHILDREN.

BEST VALUE GUARANTEED.

PE +

By Edsential Community Interest Company

Our partners and networks:

Brio Leisure | Active Wirral – Stronger Healthier Happier | Leadership Skills Foundation | All Together Active | Wirral

SUMMARY OF IMPACT: 2025/26 ACADEMIC YEAR

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85
Schools subscribed to PE+

340+
Children worked with EVERY DAY of the year

41
PE Subject Leaders supported, including CPD, key documents and curriculum mapping

152
Teachers supported through our CPD Programmes

2892
Children took part in our wellbeing intervention programmes overall.

11,000+
Children worked with across the 2025/26 academic year

216
Girls took part in our Engaging Girls in Sport Programme

99%
of teachers rated our CPD as "Excellent" or "Very Good"

700+
teachers used PE+ every week

1000+
Children took part in our Competitions for All Programme

1,880
hours of school swimming lessons provided

Children took part in our
Competitions for All Programme

Introduction

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

At Edsential, our team works in close partnership with schools to deliver training, CPD and experiences that promote high-quality curriculum PE, physical literacy, emotional resilience, and healthy lifestyles.

Best Value

With a clear commitment to quality services, we guarantee you 'best value'. We offer a range of solutions that support curriculum development, increase staff confidence and improve pupil outcomes - ensuring every child has the opportunity to thrive.

Impact Guaranteed

Our approach is rooted in evidence-informed practice and designed to enrich schools with purposeful, measurable impact. Every service we deliver is followed by an 'Impact Report' showing you the difference we have made.

Every service we deliver is backed by a dedication to sustainability and creating a long-term impact.

PE+ By Edsential

At the heart of our support to schools is our online PE platform - PE+

Built with educators in mind, and used by over 700 teachers each week, PE+ offers high-quality lesson plans, curriculum mapping tools, training resources and guidance aligned with national expectations.

Our inclusive and progressive structure ensures teachers can confidently deliver PE that develops physical competence, personal development, and social wellbeing.

Schools using PE+ benefit from a consistent, impactful approach that enhances teaching quality and strengthens pupil engagement across all ages and abilities.

Our Impact

Curriculum Support

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Our most popular service provides a supportive programme of impact-based PE CPD that is planned and delivered alongside the school staff.



690

hours of PE CPD delivered across year

99%

of teachers rated our CPD as "Excellent" or "Very Good"

152

Teachers supported through our CPD Programmes

What our teachers say...

"Emma was so collaborative and cooperative in her teaching style. She developed a rapport with the pupils quickly, and supported me in developing next steps".

"Jake was very supportive and non judgemental so I was happy to ask questions. I feel more confident adapting learning and slowing down the pace of lessons to ensure mastery of skills".

"The curriculum support sessions with Diane have allowed me to feel more confident in teaching PE and modelling the skills children need for the session".

Programme Highlight:

100% teachers had increased in confidence at the end of the programme.

Our Impact

Subject Leader Support

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Supporting subject leaders to lead with confidence, clarity and impact.



Programme Highlight:

33 Subject Leaders attended our networking events.

41

PE Subject Leaders supported, including CPD, key documents and curriculum mapping.

123

meetings with Subject Leaders throughout the year.

22

PE Subject Leaders received training and support around delivering inclusive PE

What our Subject Leaders say...

"The support has been invaluable. It has given me the confidence, tools and expertise to drive PE forward and make a real impact across the school".

"The support is practical, responsive and genuinely makes a difference. It has helped us strengthen our PE curriculum and develop a clear vision for improvement".

Our Impact

Playmaker Award

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A nationally accredited award that provides training and support for young leaders.



94% of children said the PlayMaker Award Programme 'improved their leadership skills.'

100%

Of schools reported increased activity levels in the playground following our PlayMaker programme.

What our schools say...

The children now have further opportunities to take part in structured games which leads to less incidents on the playground. The Play Leaders take their role and responsibilities very seriously. They enjoy working with the younger children during lunch time and are creative with their game ideas.

The Play Maker award has allowed our children to reach their full potential in terms of leadership and empathy skills. They have a new found understanding for what teachers do daily for them, this has improved their gratitude and respect towards us too.

Programme Highlight:

100% of children enjoyed taking part in the programme.

Our Impact

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Engaging Girls in Sport Programme

Encouraging and supporting young girls to become and remain more engaged in sport and physical activity.



Programme Highlight:

109 girls were interested in joining sports clubs after the programme finished.

216

Girls took part in our Engaging Girls in Sport Programme

84%

of girls always liked PE following participation in the programme.

80%

of girls always felt confident following participation in the programme.

What the girls say...

"It was good to build confidence in sports I don't normally like with just the girls".

"I liked taking part because it was fun and there was no pressure".

Our Impact

School Engagement Programme

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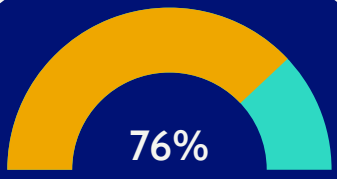
Our innovative programme is helping children to feel better about themselves and attend school more.



50

Children took part in our School Engagement Programme



76%

Of children said they feel good about themselves following participation in the programme.

What the children say...

I have learned to develop my resilience.

I don't mind coming to school now.

I have learned to be more confident.

Programme Highlight:

88% of children enjoyed taking part in the programme.

Our Impact

Personal Best Programme

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Our intervention programme uses the power of physical activity to support pupils.



Programme Highlight:

78% of children always liked taking part in PE following the programme.

474

children took part in our Personal Best programme this year.

97%

of children had increased confidence at the end of the programme.

98%

of children had increased resilience after participating in the programme.

What the children say...

"These sessions have helped me with my confidence. I feel like I belong".

"It taught me to try my hardest and not to give up".

Our Impact

Fundamentals Programme

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Our Fundamentals Programme is helping children to develop key gross-motor skills.

254



Children took part in our Fundamentals Programme.

192



children could negotiate space safely, including changing direction and dodging an opponent or obstacle by the end of the programme.

160



children could hold their body upright and steady without falling, including performing or holding different point balances by the end of the programme.

144



children could catch with two hands, including catching a range of objects such as balls, bean-bags by the end of the programme.

135



children could demonstrate good co-ordination when using hands to pass a ball around the body by the end of the programme.

197



children could jump to travel over a piece of equipment (cone) or an oncoming piece of equipment, and land safely byt the end of the programme.

192



children could throw a range of objects to a partner/target under-arm by the end of the programme.

222 children able to run 'well' at the end of the programme.

Programme Highlight:

Our Impact

Rainbow Programme

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Our Yoga therapy sessions support pupils to develop strategies to increase feelings of positive mental health.



561

children took part in our Rainbow Programme.

96%

of children had increased resilience following the programme.

12

children supported through our 1:1 Rainbow Programme sessions.

What our children say...

"When I get frustrated I know to take a breath".

"I learned how to be peaceful & how to be nice".

"I learned to always make sure I'm being kind to my body".

"I have learnt to control my emotions and how to calm down".

Programme Highlight:

100% children had positive beliefs about themselves following the programme.

Our Impact

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Competitions for All Programme

Our long-running competitions programme continues to offer opportunities to the least active.



Programme Highlight:

1364 children were brand new to competitions this year!

1480 children took part in at least one of our competitions this year.

652 boys took part in our competitions this year.

828 girls took part in our competitions this year.

What the schools say...

"A great event, well organised as usual, which gave each child the opportunity to succeed and to achieve their personal best. It was lovely to see the children's confidence growing during each event and to be able to highlight their achievements at the end".

"Excellently organised as always! Children had a great time with experience of a new sport!"

"A lovely event for children who don't normally get the opportunity to represent the school and to play football. They were so excited to come".

Our Impact

School Swimming

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Equipping children with essential water safety skills, building confidence, improving physical fitness, and providing a life-saving skill.



Programme Highlight:

10,745 children swam in one of our swimming lessons last year.

75

schools used our schools swimming service last year as part of their swimming curriculum.

1880

hours of school swimming provided.

37

out of 39 weeks booked for swimming lessons last year.

25

ASA qualifications delivered across the year

What the schools say...

"The whole process of swimming is so smooth.
From the travel to the quality of teaching, I highly recommend choosing Edsential for your school swimming provision".

Thank You for Your Continued Support!

We would like to extend our sincere thanks to all the schools that continue to engage with and support our PE services.

We greatly value the feedback you share about our programmes. Your insights play a vital role in helping us continually refine and develop our services, ensuring they meet the diverse and evolving needs of schools.

Together, we are helping to build a healthier, more active future for every child.

Thank you for being part of it.



Thank you also to our our partners and networks:

Brio Leisure

ACTIVE WIRRAL
STRONGER HEALTHIER HAPPIER

Leadership Skills Foundation

ALL TOGETHER ACTIVE

WIRRAL

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