



professional development
curriculum improvement
health and wellbeing support



ABOUT US

Our team share a passion for making a difference to the lives of young people through the power of PE, sport and physical activity. All of the support we offer looks to utilise these benefits to have a positive impact on the wellbeing of all young people we work with.

We guarantee impact through a professional and supportive approach based on extensive experience in the education sector. You are unlikely to find a like for like alternative to any of the support we offer.

NEW FOR 25/26...

- An exciting new ECT mentoring programme.
- A range of bespoke CPD, including online webinars and stand alone events tailored to meet the needs of your schools.
- New Fitness and Nutrition Workshops 'themes' linked to wider curriculum learning.

WHY EDSENTIAL CIC

Our team guarantee to make a difference!!

We use a data and research driven approach to everything that we do. If we cannot measure the impact, we don't offer it to schools.

As a CiC, we don't make profit. We keep costs as low as possible and pride ourselves on being the 'best value'. There may be cheaper options available but they will not be the same quality of service or staff delivering.



- Physical Health and Wellbeing Manager
- Specialises in curriculum design & Subject Leadership
- Leads on measuring impact & TotalPE+



- School Swimming Manager
- Specialises in EYFS and KS1 teaching and CPD
- Leads on swimming, health, fitness and nutrition



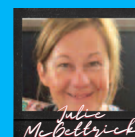
- Physical Health and Wellbeing Specialist
- Specialises in teaching and learning
- Leads on school swimming and leadership



- Physical Health and Wellbeing Specialist
- Specialises in teaching and learning
- Leads on inclusive competitions and events



- Physical Health and Wellbeing Specialist
- Specialises in teaching and learning
- Leads on Outdoor Adventurous Activities (OAA)



- Yoga therapist and ex-secondary school teacher
- Specialises in pupil wellbeing and self regulation
- Leads on The Rainbow Programme



- Highly experienced teacher in primary and secondary
- Specialises in developing gross motor skills
- Leads dance & gymnastics professional development



- Experienced and highly skilled PE & Sport Specialist
- Specialises in developing resilience and self esteem
- Delivers Personal Best programme & breakfast clubs



- Experienced and highly skilled PE & Sport Specialist
- Specialises in increasing engagement and SEND
- Delivers pupil wellbeing programmes, PPA and CPD

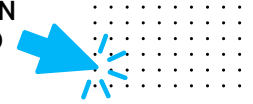
Our partners and networks:





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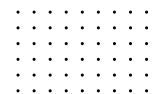
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SCHOOL SWIMMING



BENEFITS OF SWIMMING WITH EDSENTIAL



One point of contact
for all swimming
enquiries



Health and Safety
advice and incident
support



Termly attainment
reports including
suggested next steps



Guaranteed
swimming slots at a
local pool for 24/25



Includes pool hire,
lifeguards, swim
instructors and
transport



Exclusive and
subsidised ASA
Teacher Training
courses at local venues



All pools equipped to
teach pupils all
aspects of the
national curriculum



Support the
sustainability and
future of local facilities



Best value swimming
programme with
discounted transport
and pool costs

“

IMPACT

*The whole process of swimming is so smooth.
From the travel to the quality of teaching, I highly
recommend Edsential to support your school.
The Children have really enjoyed their swimming
lessons and have made good progress!*

”

[Get in touch](#)

EDSENTIAL SCHOOL SWIMMING 2024-2025

Hours swimming
delivered

1,462

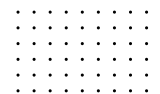
Transport journeys
provided

1,055

ASA qualifications
delivered

32





OVERVIEW

A modern, digital approach to teaching, assessing and leading PE.

Includes:

- More than 365+ lesson plans
- 150+ supporting videos
- Subject Leader hub
- Progressions maps and knowledge organisers

“Staff are much more confident with the teaching of PE and I can now guarantee that teaching and learning is consistent across school. Our children are making great progress because of this!”



WHO IS IT FOR?

- Any schools wanting a complete primary PE tool which makes a difference to their PE curriculum
- Subject Leaders wanting to embed a more consistent approach to teaching and learning
- Schools wanting an 'Ofsted ready' curriculum
- School looking for a complete curriculum approach including CPD, leadership and assessment

Visit our site for a trial and to find out more
lessons.edsential.com

A 1-year subscription is
just £385!

“Using Total PE+ has completely transformed the teaching of PE across our school.

Teachers have been empowered to confidently deliver high-quality lessons, and our children are showing outstanding progress of skills and knowledge.

I would highly recommend Total PE+ to any schools who are reviewing their PE curriculum and provision.”

Deputy Headteacher, Oak View Academy

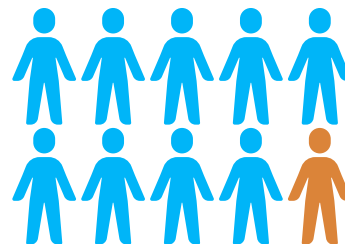
IMPACT

72

Schools
subscribed

700+

Lessons
taught per
week



95%

Schools subscribe after the trial period ending.



CURRICULUM SUPPORT (CPD)

SUBJECT LEADER SUPPORT

PE PPA COVER

SUBJECT LEADERSHIP

PE CURRICULUM REVIEW

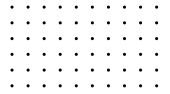
OAA SITE MAPPING



CURRICULUM



CURRICULUM SUPPORT



OVERVIEW

A supportive programme of impact-based PE CPD that is planned and delivered alongside the school staff. Includes:

- Pre-programme discussion
- On going support during and after the programme
- A report outlining areas for development and progress made



The team at Edsential are excellent mentors, offering informative CPD that has really made a difference to my teaching.



WHO IS IT FOR?

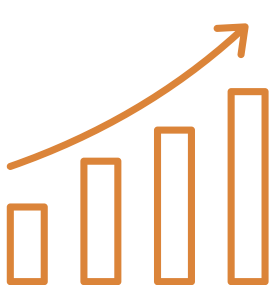
- ECTs or inexperienced teachers of PE
- Subject Leaders to widen knowledge
- Experienced teachers who haven't taught for a while
- Any teacher lacking in confidence in a specific area

FORMAT AND COST

- 6 x half days
- Observe > Support > Team Teach > Lead
- 2 teachers/lessons per half day
- £1,350

Get in touch

TEACHER CONFIDENCE (SINCE SEPT '24)



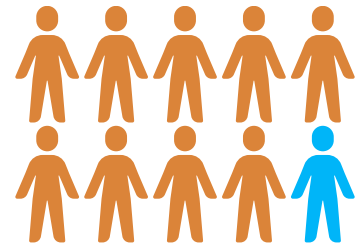
Average rating of
2.7/5 before CPD
programme

Increases to an
average of 4.5/5
following the
programme

IMPACT

113 Teachers in the
past 12 months

CPD AVERAGE RATING



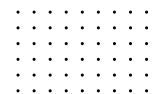
96%

Teachers rated the support they
received as 'excellent'





SUBJECT LEADER SUPPORT



OVERVIEW

A 12-month package of support for a PE Subject Leader from one of our experienced advisors. Includes:

- Termly face to face meeting
- Curriculum development including learning walks, assessment, staff training, Ofsted preparation.
- Half-termly newsletters and PE Premium guidance



"The support I receive from Edsential gives me the confidence to know I am moving in the right direction with PE as a subject."



WHO IS IT FOR?

- New to role PE Subject Leaders
- Experienced Subject Leaders
- Looking for more support? Our Team have limited capacity to act as your schools subject leader for 0.5 days a week

FORMAT AND COST

- 1 x half day meeting each term
- Additional support such as whole staff training and learning walks as needed
- £990

Get in touch

SUPPORT PROVIDED

(SINCE SEPT '24)

Learning Walks and
Observations

X 7

Ofsted/Deep Dive
visits

X 4

Staff Training
Sessions

X 11

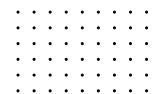
IMPACT

33 Subject Leaders
supported since
Sept '24





PE PPA COVER



OVERVIEW

Our team of specialists are available to ensure high quality PE delivery as part of teacher PPA cover. Includes:

- Extra-curricular activity and access to competitions
- Termly updates and regular assessment meeting
- Use of TotalPE+ planning and resources



As a headteacher, having Edsential cover our PPA means guaranteed quality but also reliability. The support they provide goes far beyond just covering PPA.



WHO IS IT FOR?

- All schools looking for guaranteed quality PE and reliability
- Half day and full day options available
- Discount available for AM sessions without an extra curricular activity

FORMAT AND COST

- Based on 0.5 days a week afternoon sessions with after school activity
- 39 weeks
- £5,875 (discounted for AM sessions and full days)

Get in touch

EDSENTIAL PPA COVER (SINCE SEPT '24)

Hours of high-quality PE taught

117

Extra-curricular clubs delivered

18

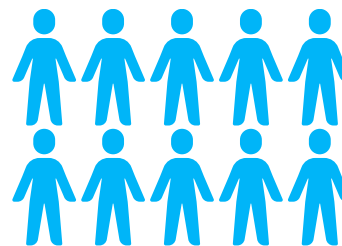
PE assessments completed as part of the service

360

IMPACT

100+ Children taught each week

DELIVERY GUARANTEED



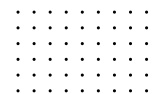
100%

Of planned PPA sessions delivered this year.





PE SUBJECT LEADERSHIP



OVERVIEW

One of our advisors will take on the role of PE Subject Leader and the responsibilities associated. Including

- Curriculum design and development
- Monitoring of teaching and support for staff
- Coordination of swimming, competitions and events and all extra curricular activities
- Planning and reporting of the PE and Sport Premium



The PE leader is an expert in PE providing weekly support to the school.

PE Deep Dive, 2022



WHO IS IT FOR?

- Schools without an available member of staff for the role
- As a mentoring option for a future subject leaders
- Schools looking to overhaul and revamp their PE Curriculum

FORMAT AND COST

- A minimum of 0.5 days a week (or equivalent)
- 39 weeks
- £5,900

Get in touch

PE SUBJECT LEADERSHIP (SINCE SEPT '24)

Schools we have provided a PE Subject Leader to.

Afterschool clubs organised

Competitions and events co-ordinated

2

54

19

IMPACT

312 Hours of support delivered



Curriculum Development

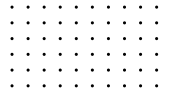
Targeted intervention groups in relation to whole school assessment

Sustainable use of PE Premium





PE CURRICULUM REVIEW



OVERVIEW

Our senior advisors will support you in designing or re-developing your PE curriculum to meet the changing needs of the subject. Including:

- In depth review of current provision and development of a bespoke curriculum
- Implementation plans (LTP, MTP, Teaching & Learning)
- On-going support across the rest of the academic year



A very strong and robust PE curriculum has been developed which is delivering the key knowledge and skills children need.

PE Deep Dive, 2022



WHO IS IT FOR?

- Schools and Multi Academy Trusts (MATs) looking to update their curriculum or make it fit for purpose.
- Schools adopting a new approach such as a switch from external PE provision
- Subject Leaders wanting PE to become more about whole child development instead of sport based

FORMAT AND COST

- At least 2 x school visits to review, design and develop.
- Curriculum Road Map and key documents delivered.
- £975

Get in touch

PE CURRICULUM REVIEW (SINCE WE STARTED IN SEPT 2022)

Schools we have supported (total)

17

'Deep Dives' we were acknowledged in

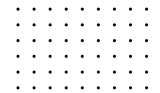
12

Schools supported to switch from external providers

9

IMPACT



OAA
SITE MAPPING

OVERVIEW

Our team will create a bespoke orienteering map for your school. Including:

- Mapping of your school site
- Creation of markers
- Access to lesson plans to support teaching and learning



In three quarters of schools, outdoor adventurous activities (OAA) are either not taught effectively or not taught at all.

*Ofsted PE Report - 'Levelling the playing field'
September 2023*



WHO IS IT FOR?

- Schools who wish to develop OAA within their PE curriculum
- Schools looking to increase cross-curricular learning
- All schools looking for a way to bring map work to life for their children

FORMAT AND COST

- School site mapped as bespoke orienteering style map
- Markers created and access to OAA lesson plans
- From £1,100

Get in touch

EXAMPLE MAP
SEPTEMBER 2024

Edsential
Example Primary School

CONTEXT

OUR PROGRAMME AIMS:



- Increased effectiveness of OAA lessons
- Develop wider curriculum learning
- Support wellbeing through physical activity





PLAYMAKER AWARD

COMPETITIONS

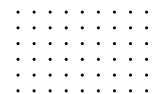
**BREAKFAST & AFTER SCHOOL
CLUBS**



**EVENTS &
ENGAGEMENT**



PLAYMAKER AWARD



OVERVIEW

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

- Follows national PlayMaker training programme
- Energy Club cards allow leaders to deliver their own sessions
- Develop communication skills and confidence



Before the training, although the children were very active, the activity was not productive - they didn't know how to play. This has changed and the children are now learning new games and skills.



WHO IS IT FOR?

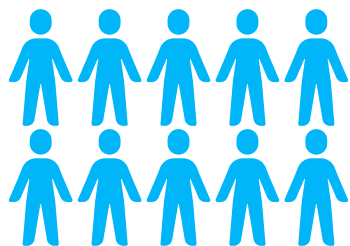
- Schools wanting a more effective and formal Play Leader Programme.
- Schools looking to establish a Play Leader Programme for the first time
- Schools looking to develop leadership skills for pupils in Key Stage 2

FORMAT AND COST

- 3 x half days
- Follow up session and on going support
- From £1,020

Get in touch

INCREASING ACTIVITY LEVELS (SINCE SEPT '24)



100%

Activity levels in the playground increased following the programme.

IMPACT

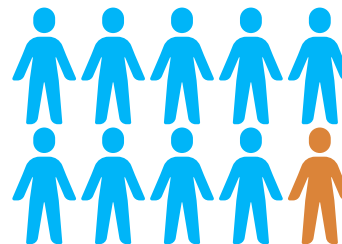
710

Children
involved since
Sept 2022

31

Schools
supported

DEVELOPING LEADERSHIP (SINCE SEPT '24)



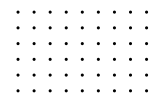
94%

Children said the programme 'improved their leadership skills.'





COMPETITIONS PROGRAMME



OVERVIEW

Our long-running competitions programme is unique, as it focuses on opportunities for the least active. Including:

- All events designed specifically as an introduction to the sport, or competition as a whole
- A more relaxed approach that focuses on engagement over winning.
- Weekly, regular events which are mapped out in advance



Our children really enjoyed this event. I like how they challenged themselves and not so much against other schools. We felt really welcome.



WHO IS IT FOR?

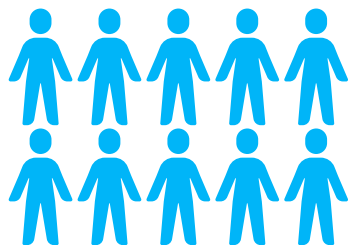
- Pupils who do not normally represent the school in competitions
- Pupils who will benefit from the improved social skills and increased confidence associated with taking part
- Schools struggling to travel to events - our programme gives you the option to host events in your school

FORMAT AND COST

- 1 x competition every Wednesday (September to July)
- All 1.30pm - 3.00pm OR 3.30pm - 5.00pm
- £550 or included as part of Premium SLA/PPA or equivalent

Get in touch

COMPETITIONS FOR ALL (SINCE SEPT '24)



100%

100% of staff said that they would recommend our competitions to another school.

IMPACT

948

Children
took part
last year

40+

Events since
Sept 24

ENGAGING NEW PARTICIPANTS (SINCE SEPT '24)

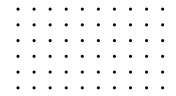


91% of children
participated in a
competition for the first
time.





BREAKFAST & AFTER SCHOOL CLUBS



OVERVIEW

Breakfast clubs and after school clubs from Edsential will give your school reassurance that pupils are accessing high-quality activity with a commitment to safeguarding, safety and inclusion. Including:

- A wide range of activities available
- Delivered by experienced/qualified specialists



All of our clubs are high-quality and we love the reassurance that Edsential staff are always experienced, qualified and have all the relevant checks in place.



WHO IS IT FOR?

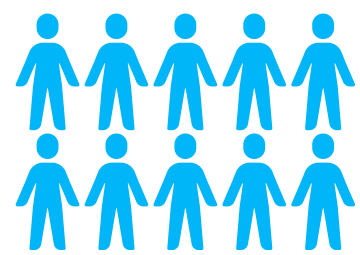
- All schools wanting to increase or enhance their extra curricular provision
- Schools wanting the guarantee of experienced and qualified delivery
- Schools looking to engage the least active pupils

FORMAT AND COST

- 1 x session per week (total varies by half term)
- 8am - 8.45am or 3.30pm - 4.30pm
- £405

Get in touch

INCREASING PHYSICAL ACTIVITY (SINCE SEPT '24)



2380

Children took part in an extra-curricular club.

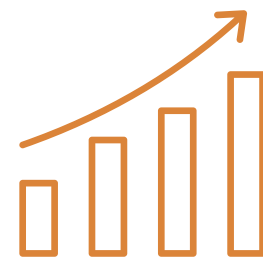
IMPACT

714

Sessions
since
Sept 24

15

Different
activities
to choose



Support your school to:

- Meet the 'Active 60 minutes'.
- Prepare for competitions.
- Increase social skills.

PERSONAL BEST

FUNDAMENTALS

RAINBOW PROGRAMME

FITNESS & NUTRITION

SEND - PHYSICAL
DEVELOPMENT

ENGAGING GIRLS IN SPORT

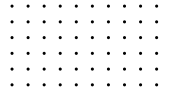
SCHOOL ENGAGEMENT
PROGRAMME



**MENTAL HEALTH &
PHYSICAL ACTIVITY**



PERSONAL BEST PROGRAMME



OVERVIEW

An intervention programme that uses the positive influence of physical activity to support pupils in achieving their own PB. Includes:

- 3 x clear outcomes; resilience, confidence and attitudes towards activity
- Post-programme impact report



This programme has made to big difference to how the group engage with whole school life. They are more confidence and resilient.



WHO IS IT FOR?

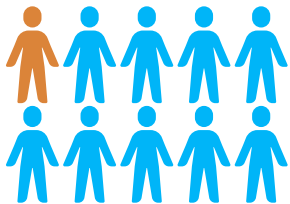
- Pupils lacking confidence or resilience
- Pupils not currently engaging in any physical activity (potentially linked to the above)
- Displaying poor behaviour linked to self esteem or resilience

FORMAT AND COST

- 6 x half days
- Up to 3 groups of 12 children per half day
- £1,250

Get in touch

LIFELONG LOVE OF ACTIVITY (SINCE SEPT '24)



93%

Of all children indicated they always enjoy being active.

IMPACT

5512

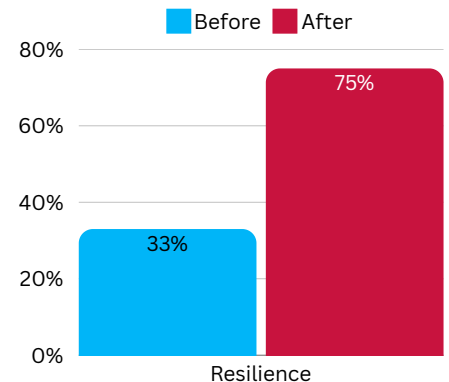
Children supported since 2017

540

Children in the past 12 months

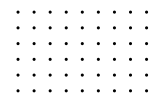
INCREASING RESILIENCE

% of young people who reported they 'always' feel resilient.





FUNDAMENTALS PROGRAMME



OVERVIEW

Our physical development specialists will deliver intervention sessions that are designed specifically for the pupils involved and based on data where possible. Includes:

- Baseline physical development assessment
- Bespoke programme that focuses on the gaps identified
- Impact and progress report post-programme delivery

“*The report provided following the programme was so positive and adds real value. The children who have taken part have shown big improvements across the curriculum.*”

WHO IS IT FOR?

- Any pupils starting Key Stage 1 with below expected gross motor skills or physical development
- Pupils with a physical disability
- Pupils with poor fine motor skills linked to balance and core strength (poor handwriting)
- Children in EYFS not on track to meet physical ELGs

FORMAT AND COST

- 6 x half days
- Up to 3 groups of 12 children per half day
- £1,250

Get in touch

PHYSICAL DEVELOPMENT (SINCE SEPT '24)



68%

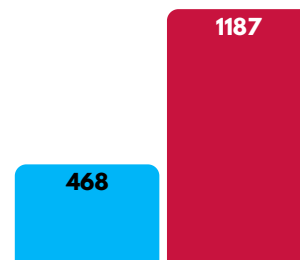
Of children finish the programme able to perform all 8 fundamental skills 'well'

IMPACT

3328 Children supported since 2021

1416 Children in the past 12 months

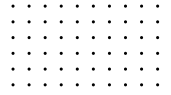
Before After



*Number of children who could perform each fundamental skill before vs after the programme.



RAINBOW PROGRAMME



OVERVIEW

Yoga therapy sessions, delivered by Julie, that support pupils to develop strategies to:

- Reduce stress and anxiety
- Develop resilience
- Promote positive mental health
- Increase self awareness and emotional regulation

“Our Rainbow Programme sessions have been very positive and empowering. I can't recommend Julie and the programme highly enough.”
Class Teacher, Bidston Village Primary School

WHO IS IT FOR?

- Pupils struggling in relation to any of the outcomes identified
- Pupils preparing for SATs
- Pupils preparing to move to a new school (or year group)

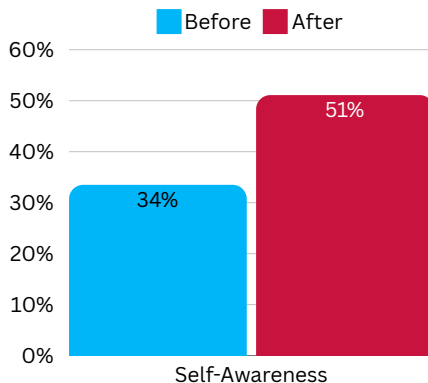
FORMAT AND COST

Various formats available (see next page)

Get in touch

INCREASING SELF-AWARENESS

% of young people who reported they 'always' recognise how they feel



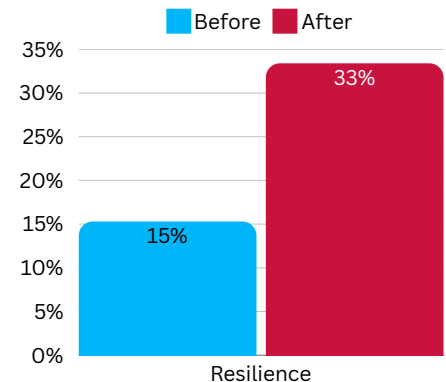
IMPACT

3175 Children supported since 2019

738 Lessons delivered since 2019

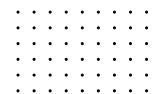
INCREASING RESILIENCE

% of young people who reported they 'always' feel resilient.





RAINBOW PROGRAMME



THE RAINBOW PROGRAMME

A 12-week programme for pupils in all year groups - delivered as full classes or for smaller, targeted groups.

Our most impactful version of the Rainbow Programme that covers all 4 key outcomes.

12 X HALF DAYS

FROM £3000

SATS AND TRANSITION

A 6-week programme based around the 4 outcomes of the main Rainbow Programme.

With a focus on supporting groups of young people as they prepare for SATs or transition to a new school/key stage.

6 X HALF DAYS

FROM £1100

STAFF TRAINING

Our training option allows staff to utilise some of the techniques and strategies of the main Rainbow Programme in their everyday roles.

BESPOKE

GET IN TOUCH FOR COSTS & OPTIONS

STAFF WELLBEING

Normally delivered as an after school staff session, these sessions use a combination of yoga techniques and yoga therapy to support staff wellbeing.

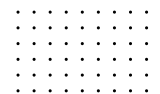
6 X 1 HOUR SESSIONS

£405

Get in touch



FITNESS & NUTRITION



OVERVIEW

One of our team will deliver a series of themed workshops that focus on the link between physical activity and nutrition and the associated benefits. Including:

- 6 x designed workshops (themes adaptable to each age)
- Links to curriculum areas including science & PSHE

Workshop Options:

Sugar Swaps

Move, Eat, Learn,
Sleep

Morning Movers

Strength
(Body and Mind)

Physical Activity
and Technology

Cardiovascular
System and
Nutrition

WHO IS IT FOR?

- Schools planning themed health weeks
- Classes/year groups/teachers looking to support the curriculum with one of our themes
- Schools developing their wellbeing provision

FORMAT AND COST

- 2 x half days
- 6-8 workshops across the 2 x half days
- £600

Get in touch

WORKSHOPS DELIVERED (SINCE SEPT '24)

Total number of
workshops

128

Move, Eat, Learn,
Sleep workshops

31

Sugar Swap
workshops

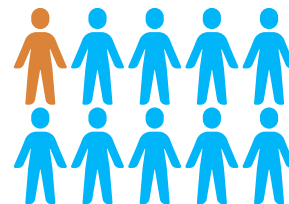
48

IMPACT

7130 Children
supported
since 2021

1614 Children in
the past 12
months

HEALTHY LIFESTYLES (SINCE SEPT '24)



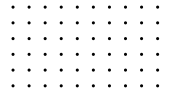
91%

Of children reported that the workshop improved their knowledge of nutrition.





SEND - PHYSICAL DEVELOPMENT



OVERVIEW

Our team will deliver a series of sessions based on recognised research and techniques, to improve gross motor development for pupils. Includes;

- Balance and flexibility
- Core strength
- Mobility and coordination



Having the confidence to move and moving to develop confidence can be an incredibly powerful concept for young people with SEND.



WHO IS IT FOR?

- Pupils with a related diagnosis, such as Dyspraxia.
- Any pupils experiencing difficulty with gross motor movements
- Any pupil suffering from a lack of confidence due to poor movement skills.

FORMAT AND COST

- 6 x half days across a half term
- Longer programmes recommended for greater impact
- £1,250 for 6 weeks (discount for longer bookings)

Get in touch

PROGRAMMES DELIVERED (SINCE SEPT '24)

Total number of sessions

92

Total number of children supported

180

Total number of hours of support

95

IMPACT



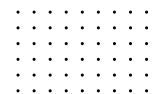
OUR PROGRAMME AIMS:

- Increase opportunities for pupils with SEND to increase physical activity.
- Increase the engagement and participation of pupils with SEND within PE and school sport.
- Develop confidence, self esteem and resilience.





ENGAGING GIRLS IN SPORT



OVERVIEW

Our team will design and deliver a programme that encourages and supports young girls to become and remain more engaged in sport and physical activity. Including:

- Pupil voice and impact reports
- Physical activity based on national research
- Planned outcomes relating to self esteem and removing barriers



Just 37% of girls enjoyed physical activity compared with 54% of boys.

Survey by Women In Sport 2023



WHO IS IT FOR?

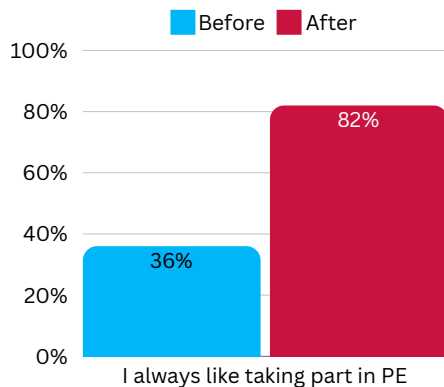
- Any girls involved in physical activity or sport
- Schools with girls who have stopped engaging in sport as they have got older
- Groups of girls demonstrating low self esteem.

FORMAT AND COST

- 6 x half days
- Up to 3 groups of 12 children per half day
- £1,250

Get in touch

INCREASING POSITIVE ATTITUDES TOWARDS PE

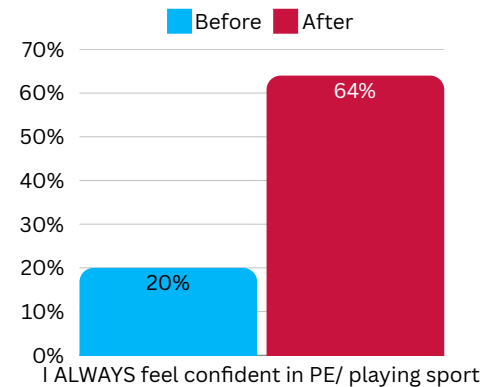


IMPACT

137 Children supported since Sept 24

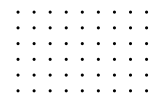
96 Hours of activity delivered

INCREASING SELF CONFIDENCE AROUND PE AND SPORT





SCHOOL ENGAGEMENT PROGRAMME



OVERVIEW

A sustainable and multi-dimensional approach to supporting schools with pupil attendance based on improving engagement and wellbeing. Including:

- Digital parent engagement platform
- Pupil leadership training
- Weekly sessions on self esteem and resilience



Good attendance promotes good outcomes for children. Benefits include good habits, self esteem, safeguarding, relationship and learning.



WHO IS IT FOR?

- Schools looking to improve whole school attendance
- Schools looking for support with a specific group of pupils
- Schools looking for a more holistic approach to attendance that focuses on wellbeing and personal development

FORMAT AND COST

- Planning meeting, 6 x intervention sessions
- Regular check-in following the programme
- £1,250

Get in touch

STATE OF THE NATION REPORT (PUBLISHED FEB 2023)

% of children who felt they 'always belonged' in school

30%

% of children who 'never' enjoy coming to school

34%

% of children who felt that school was interested in their wellbeing

71%



Department
for Education

CONTEXT



OUR PROGRAMME AIMS:

- Increased sense of 'belonging' in school
- Develop positive relationships
- Support wellbeing through physical activity



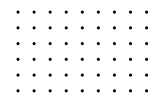
ECT MENTORING PROGRAMME
LEARNING THROUGH PE



NEW FOR 25/26



ECT MENTORING PROGRAMME



OVERVIEW

A year-round programme of support for ECTs. Ensure staff are able to deliver safe and engaging PE lessons for your children. Including:

- 2 x in-person CPD events (Autumn and Spring)
- On-going remote support throughout the year
- Mentoring check-in calls with ECTs and ECT mentors



High-quality teaching in PE enables pupils to remember the intended curriculum in the long term and develop competence.

Ofsted PE Research Review



WHO IS IT FOR?

- ECTs (1st year or 2nd year ECTs)
- Student teachers and trainees
- Schools with ECTs starting in September - The programme cost is PER SCHOOL, you can send as many ECTs as you like to the events.

FORMAT AND COST

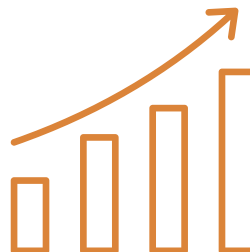
- 2 x half days of face-to-face support
- On-going support throughout the year
- £395 (Price per school - Includes all school ECTs)

Get in touch

CONTEXT

“Our primary classroom teachers who deliver PE have, on average, four to six hours of training in PE which is woefully inadequate.”

Ali Oliver, CEO of the Youth Sport Trust



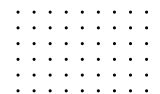
OUR PROGRAMME AIMS:

- Increased confidence with regards to the teaching of high-quality PE.
- Ensuring safe practice.
- Providing year-round support for all ECTs in your school.





LEARNING THROUGH PE



OVERVIEW

One of our team will deliver a series of themed workshops that focus on teaching elements of the wider curriculum through PE and physical activity. Including:

- Bespoke workshops (themes adaptable to each age)
- Links to curriculum areas including maths, English, history & PSHE.

Workshop options can include:

Stone Age
Movement

Social Values -
Resilience

Active Learning
Strategies

Equality,
Diversity and
Inclusion

War and Battle

Great Fire of
London

WHO IS IT FOR?

- Schools planning themed health weeks
- Classes/year groups/teachers looking to support the curriculum with one of our themes
- Schools developing their wellbeing provision

FORMAT AND COST

- 2 x half days
- 4 workshops across the 2 x half days
- £600

Get in touch

CONTEXT

"Through memorable learning experiences, students move from short-term retention and achieve deeper levels of understanding."

Cambridge University, Faculty of Education



OUR PROGRAMME AIMS:

- Create active and memorable learning opportunities.
- Develop PHSE and SMSC skills and knowledge.
- Support children to meet social and healthy lifestyles outcomes within PE.



PREMIUM SLA

PREMIUM + SLA

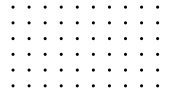
BESPOKE



**SERVICE LEVEL
AGREEMENTS**



PE PREMIUM SLA



OVERVIEW

Our PE Premium SLA is our best value service for schools and covers all areas of the curriculum, including extra-curricular and mental wellbeing.

- Ensuring all 5 Key Indicators for the spending of the PE and Sport Premium are covered.
- On-going support across the year

COST

- £9810 (If services are purchased individually)
- SLA cost - £8,450
- 14% saving

Get in touch



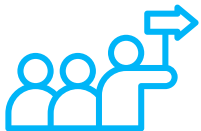
PE Curriculum
Support (CPD)



Personal Best
Engaging Girls in Sport



Fundamentals
Fundamentals (SEND)




PlayMaker
Award



PE Subject Leader
Support



Access to
competitions
programme



3 x Breakfast and
After School Clubs



2 x 0.5 days Fitness
and Nutrition
workshops



 **total PE+**
FROM EDSENTIAL CIC



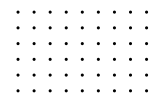
Lesson Observations and Learning
Walks
Pre-Ofsted preparation (Deep Dive)
Support for school governors

PE and Sport Premium planning
and reporting
Staff twilight session
On going advice and support





PE PREMIUM + SLA



OVERVIEW

Our PE Premium + SLA is our top tier service for schools and covers all areas of PE, including staff CPD, competitions, extra curricular activities and mental wellbeing interventions.

- Whole-year PE support and delivery - Over 150 hours of delivery across the year!
- All services from our Premium SLA, plus much more!

COST

- £14,670 (If services are purchased individually)
- SLA cost - £10,950
- A HUGE 25% saving

Get in touch



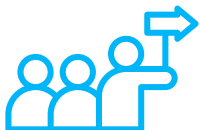
PE Curriculum
Support (CPD)



Personal Best
Engaging Girls in Sport
Rainbow Programme



Fundamentals
Fundamentals (SEND)




PlayMaker
Award



PE Subject Leader
Support



Access to
competitions
programme



6 x Breakfast and
After School Clubs



2 x 0.5 days Fitness
and Nutrition
workshops



total PE+
FROM EDSENTIAL CIC



Lesson Observations and Learning
Walks
Pre-Ofsted preparation (Deep Dive)
Support for school governors

PE and Sport Premium planning
and reporting
Staff twilight session
On going advice and support





BECOME A PREMIUM PARTNER SCHOOL



PHYSICAL HEALTH
AND WELLBEING

OVERVIEW

Our Premium and Premium + SLAs are our top tier services for schools and covers all areas of PE. Alongside this, you benefit from year-round support and delivery, exclusive access to our latest training and events and additional support whenever you need it.

Service	Premium SLA	Premium + SLA
Main Programmes - Choice of: <ul style="list-style-type: none">• Curriculum Support• Personal Best• Fundamentals• Engaging Girls in Sport	x3	x6
Breakfast or Afterschool clubs	x3	x6
Play Maker Award	✓	✓
Fitness and Nutrition Workshops	✓	✓
Subject Leader Support Programme	✓	✓
Total PE+ Subscription	✓	✓
Access to Competitions for All Programme	✓	✓
Access to online training webinars	X	✓
Entry for unlimited ECTs to our ECT Programme	X	✓

