Edsential
Community Interest Company

PHYSICAL HEALTH AND WELLBEING



# professional development
# curriculum improvement
# health and wellbeing support
# enrichment and engagement

PE+

By Edsential Community Interest Company

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

# 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. The support we offer to schools looks to utilise these benefits to have a positive impact on the wellbeing of the 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.

## WHY EDSENTIAL CIC

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.

The services we deliver are backed by a dedication to sustainability and creating a long-term impact.




- Physical Health and Wellbeing Manager (QTS)
- Specialises in curriculum design & Subject Leadership
- Leads on measuring impact & PE+




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




- Physical Health and Wellbeing Specialist (QTS)
- Specialises in teaching and learning
- Leads on school swimming




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




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




- Yoga therapist and secondary school teacher (QTS)
- Specialises in emotional wellbeing and self regulation
- Leads on The Rainbow Programme




- Experienced teacher in primary and secondary (QTS)
- 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

Our partners and networks:

Brio Leisure | ACTIVE WIRRAL STRONGER HEALTHIER HAPPIER | Leadership Skills Foundation | ALL TOGETHER ACTIVE | WIRRAL | PE+ Edsential

Edsential
Community Interest Company

PHYSICAL HEALTH AND WELLBEING

SUSTAINABLE PE SOLUTIONS FOR SCHOOLS.

IMPROVING OUTCOMES FOR CHILDREN.

BEST VALUE GUARANTEED.

# SUMMARY OF IMPACT: 2025/26 ACADEMIC YEAR

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

**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

# PE+

By Edsential
Community Interest Company

**Planning | Resources | Confidence**

association for
PHYSICAL EDUCATION
**Approved Curriculum Resource**
**2026 - 2028**

# CHOOSE YOUR SUBSCRIPTION

CHOOSE A PE+ PACKAGE TO START YOUR SUBSCRIPTION.
THEN CHOOSE ADDITIONAL PROGRAMMES OR SERVICES FROM OUR BROCHURE TO ADD ON.

| Feature: | PE+ Subscription | PE+ Premium | PE+ Curriculum Package | PE+ Curriculum and Enrichment Package |
|---|---|---|---|---|
| 1-year full access to PE+ including:<br>• Over 350 lesson plans & resources<br>• Curriculum mapping & assessment tools | ✓ | ✓ | ✓ | ✓ |
| Access to termly CPD and training events and webinars | ✓ | ✓ | ✓ | ✓ |
| PE Staff Twilight meeting | ✓ | ✓ | ✓ | ✓ |
| Access to PE Subject Leader CPD and networking events | ✓ | ✓ | ✓ | ✓ |
| Competitions for All Programme | ✗ | ✓ | ✓ | ✓ |
| Active Play Training (children or staff) | ✗ | 1 x ½ day | 1 x ½ day | 2 x ½ days |
| PE Subject Leader Support Programme | ✗ | 1 Meeting | 3 meetings | 3 meetings |
| Programmes - Choose any from:<br>• Curriculum Support CPD<br>• Personal Best<br>• Fundamentals<br>• Engaging Girls in Sport<br>• School Engagement Programme | ✗ | Taster Session<br>(1 x ½ day) | 1 programme<br>(1 x 6-week block) | 2 programmes<br>(2 x 6-week blocks) |
| Extra-Curricular Clubs (breakfast or afterschool) | ✗ | ✗ | ✗ | 2 x clubs |
| Access to additional PE support, training, advice and guidance throughout the year | ✗ | ✗ | ✗ | ✓ |
| Cost | £595 | £1,495 | £3,570 | £6,750 |

# CHOOSE YOUR ADDITIONAL SERVICES

## CURRICULUM

- SUPPORT TEACHERS WITH CPD
- DEVELOP YOUR PE CURRICULUM
- STRENGTHEN SUBJECT LEADERSHIP

## ENRICHMENT AND ENGAGEMENT

- ENGAGE CHILDREN IN SPORT AND PHYSICAL ACTIVITY
- ENRICH WIDER LEARNING

## MENTAL HEALTH AND PHYSICAL ACTIVITY

- DEVELOP RESILIENCE AND SELF ESTEEM
- TAKE A PROACTIVE APPROACH TO WELLBEING

## SERVICE LEVEL AGREEMENTS AND BESPOKE SUPPORT

- BESPOKE SUPPORT AND MAT / CLUSTER AGREEMENTS AVAILABLE

OUR PROGRAMMES ARE DESIGNED TO GUARANTEE IMPACT.

LOOK THROUGH OUR BROCHURE TO SELECT YOUR ADDITIONAL SERVICES TO ADD TO YOUR PE+ SUBSCRIPTION.

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Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

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National Curriculum

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

# 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
- 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

### EDSENTIAL SCHOOL SWIMMING
2025 - 2026

> *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.*

Get in touch

## IMPACT

**6000+**
Children taught to swim during 25/26

**60+**
Schools used our swimming services

**1880**
Hours of school swimming provided

**25**
ASA qualifications delivered

Sustainable Impact

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PE+ By Edsential

# OVERVIEW

A high-quality PE curriculum delivered with confidence through PE+ Includes:

- 'Holistic' approach to PE - physical, thinking, social outcomes
- 350+ lesson plans and 150+ supporting videos and images
- Subject Leader Hub, plus access to training and CPD for all staff
- Curriculum documents, progressions maps and knowledge organisers

> *"PE+ offers a truly holistic curriculum that has been embedded from lesson outcomes, to lesson content and all the way to assessment criteria."*
>
> *Association for PE (afPE)*

# 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 support and assessment

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

**A 1-year subscription including CPD starts from just £595!**
*Click here for further details.*

# IMPACT

"Using 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 PE+ to any schools who are reviewing their PE curriculum and provision."

*Deputy Headteacher, Oak View Academy*

**85** Schools subscribed

**700+** Lessons taught per week

"This is an excellent PE resource."

Association for PE (afPE)

association for PHYSICAL EDUCATION
Approved Curriculum Resource
2026 - 2028

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CURRICULUM SUPPORT (CPD)

SUBJECT LEADER SUPPORT

INTENSIVE PE SUBJECT SUPPORT

SUBJECT LEADERSHIP

PE CURRICULUM REVIEW

OAA SITE MAPPING

# CURRICULUM

Most popular Service

# CURRICULUM SUPPORT

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## 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 post-programme 'Impact Report' outlining areas for development and impact the support made

> *It has been inspirational. I've learnt so much.*
> *Teacher, Woodlands Primary*
>
> *Really great CPD delivered in a supportive way. I've gained so much in so many aspects of PE.*
> *Teacher, Whitby Heath Primary School*

## WHO IS IT FOR?

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

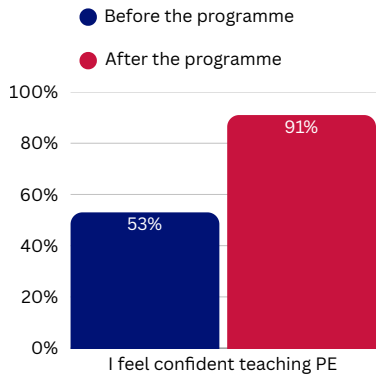
## FORMAT AND COST

- 6 x half days
- Observe > Support > Team Teach > Lead
- 2 teachers/lessons per half day
- £1,375

Get in touch

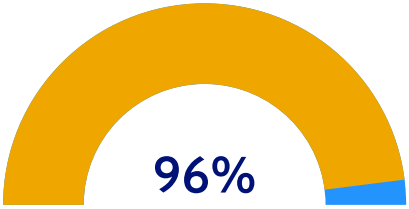
## IMPACT

### TEACHER CONFIDENCE (SINCE SEPT '25)




**152** Teachers in the past 12 months

### CPD AVERAGE RATING




Teachers rated the support they received as 'excellent'

Ofsted Ready

# SUBJECT LEADER SUPPORT

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## 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.
- Termly newsletters and PE Premium guidance

## 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 PE Subject Leader in your school

> *"The support from Edsential was invaluable. I was new to the role of PE and I would not have got through the year without them - nothing was ever too much trouble.*

## FORMAT AND COST

- 1 x half day meeting each term
- Additional support such as whole staff training and learning walks as needed
- £1,050

**Get in touch**

## IMPACT

### SUPPORT PROVIDED
(SINCE SEPT '25)

| | |
|---|---|
| Learning Walks and Observations | X 8 |
| PE Premium documents completed | X 32 |
| Staff Training Sessions | X 14 |

**41** Subject Leaders supported since Sept '25

### WHAT'S INCLUDED
SUBJECT LEADER SUPPORT

- PE Premium Documents
- Curriculum Design
- On-going CPD
- Termly audit of PE

Ofsted Ready

# INTENSIVE PE SUBJECT SUPPORT

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## OVERVIEW

One of our advisors will provide extensive PE Subject Support throughout the year. 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

> *Visitors to the school enhance the curriculum and pupils' wellbeing.*
>
> *Ofsted Inspection Report, 2026*

## WHO IS IT FOR?

- Schools looking to overhaul and revamp their PE Curriculum within 12 months
- As a mentoring option for a future subject leaders
- Schools without an available member of staff for the role

## FORMAT AND COST

- A minimum of 0.5 days every TWO weeks
- 39 weeks of support (minimum of 15 school visits)
- £3,075

**Get in touch**

## IMPACT

### SUPPORTING PERSONAL DEVELOPMENT

"Pupils benefit from a range of clubs, competitive sporting competitions and dance festivals, helping them to develop their talents and interests. Leaders track participation carefully so that as many pupils as possible, including disadvantaged pupils, access these opportunities."

Ofsted Report - 2026



### OUR PROGRAMME AIMS:

- Developing your curriculum
- Management of all extra-curricular clubs
- On-going CPD for staff
- Data driven approach to PE

Ofsted Ready

# PE SUBJECT LEADERSHIP

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

## OVERVIEW

One of our advisors will take on the full 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.*
>
> *Ofsted Inspection Report, 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 of support
- £6,150

**Get in touch**

## IMPACT

### PE SUBJECT LEADERSHIP (SINCE SEPT '25)

Schools we have provided a PE Subject Leader to. **4**

Afterschool clubs organised **87**

Competitions and events co-ordinated **39**

**385** Hours of support delivered

### OUR PROGRAMME AIMS:

- Developing your curriculum
- Management of all extra-curricular clubs
- On-going CPD for staff
- Data driven approach to PE

Ofsted Ready

# PE CURRICULUM REVIEW

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## 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.*
>
> *Ofsted Inspection Report, 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, plus on-going support throughout the year.
- Curriculum Road Map and key documents delivered.
- £1,150

**Get in touch**

## IMPACT

### PE CURRICULUM REVIEW
### (SINCE WE STARTED IN SEPT 2022)

| | |
|---|---|
| Schools we have supported (total) | 24 |
| Ofsted inspections we were acknowledged in | 13 |
| Schools supported to switch from external providers | 11 |



Active Learning

# OAA SITE MAPPING

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## 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 £1,150

**Get in touch**

## IMPACT

### SUPPORT PROVIDED (SINCE SEPT '25)

| | |
|---|---|
| Schools we have supported to develop OAA in their curriculum | 12 |
| Maps and markers created for schools | 252 |
| OAA CPD and training sessions delivered | 14 |

### EXAMPLE MAP




### OUR PROGRAMME AIMS:

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

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Leadership Skills Foundation

PLAYMAKER AWARD

COMPETITIONS

BREAKFAST & AFTER SCHOOL CLUBS

# ENRICHMENT & ENGAGEMENT

Active 60 Minutes

# PLAYMAKER AWARD

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Leadership Skills Foundation

## OVERVIEW

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

- Follows national PlayMaker training programme
- Supports children to feel like they 'belong' in school
- Develop communication skills and confidence

> *The Playmaker Award has been brilliant. The children really enjoyed the training and are confident to lead activities. They even helped out at competitions with other schools.*
>
> *PE Subject Leader, Hoylake Holy Trinity Primary*

## 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

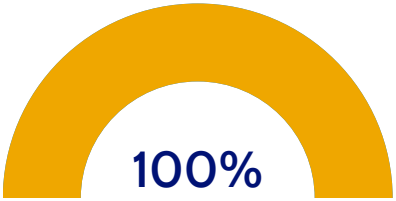
## FORMAT AND COST

- 3 x half days
- Follow up session and on going support
- From £1,065

Get in touch

## IMPACT

### INCREASING ACTIVITY LEVELS (SINCE SEPT '25)

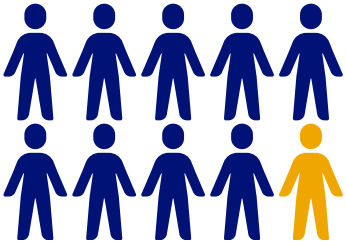



Of schools reported increased activity levels in the playground increased following the programme.

**995** Children involved since Sept 2022

**19** Schools supported

### DEVELOPING LEADERSHIP (SINCE SEPT '25)




Children said the programme 'improved their leadership skills.'

Inclusive Engagement

# COMPETITONS PROGRAMME

## OVERVIEW

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

- 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

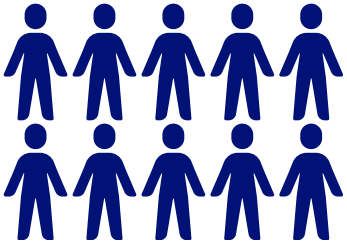
## FORMAT AND COST

- 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

## IMPACT

### COMPETITIONS FOR ALL (SINCE SEPT '25)



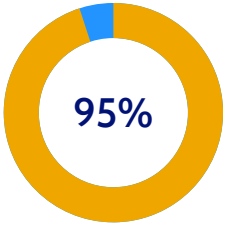
100%

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

**1000+** Children took part in 25/26

**49** Events since Sept 25

### ENGAGING NEW PARTICIPANTS (SINCE SEPT '25)




95% of children participated in a competition for the first time.

Increase your enrichment offer

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# BREAKFAST & AFTER SCHOOL CLUBS

## OVERVIEW

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

- A wide range of activities available
- Delivered by experienced and 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?

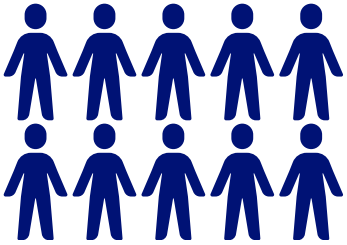
- All schools wanting to increase or enhance their extra-curricular provision
- Schools wanting the guarantee of experienced and qualified delivery
- Schools looking to engage the least active pupils

## FORMAT AND COST

- 1 x session per week (total varies by half term)
- 8am - 8.45am or 3.30pm - 4.30pm
- £410

Get in touch

## INCREASING PHYSICAL ACTIVITY (SINCE SEPT '25)



2100+

Children took part in an extra-curricular club.

## IMPACT

720 Sessions since Sept 25

15+ Different activities to choose

## OUR PROGRAMME AIMS:

- Ensure more children meet the 'Active 60 minutes'
- Provide enrichment opportunities
- Prepare for competitions
- Increase social skills

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PERSONAL BEST

FUNDAMENTALS

RAINBOW PROGRAMME

FITNESS & NUTRITION

SEND - PHYSICAL DEVELOPMENT

ENGAGING GIRLS IN SPORT

SCHOOL ENGAGEMENT PROGRAMME

# MENTAL HEALTH & PHYSICAL ACTIVITY

# PERSONAL BEST PROGRAMME

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## 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

> *It's helped me be more resilient and not get frustrated as easily.*
>
> *Pupil, Our Lady and St Edward's Catholic Primary*

## 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

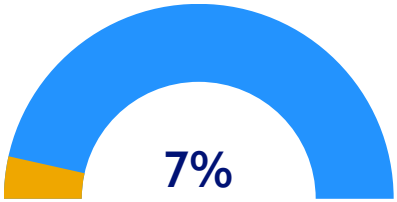
## FORMAT AND COST

- 6 x half days
- Up to 3 groups of 12 children per half day
- £1,300

Get in touch

## IMPACT

### LIFELONG LOVE OF ACTIVITY (SINCE SEPT '25)



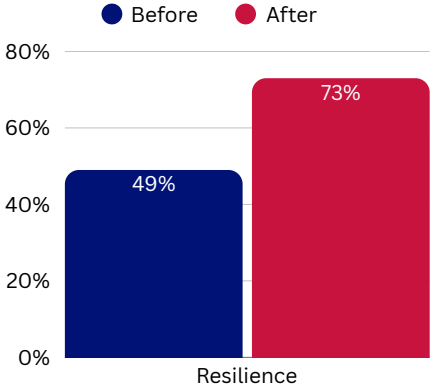

Only 7% of children report they still do not feel confident about being active at the end of the programme

**6612** Children supported since 2017

**432** Children took part since Sept

### INCREASING RESILIENCE

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



Developing Gross-Motor Skills

# FUNDAMENTALS PROGRAMME

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## 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
- £1,300

**Get in touch**

## IMPACT

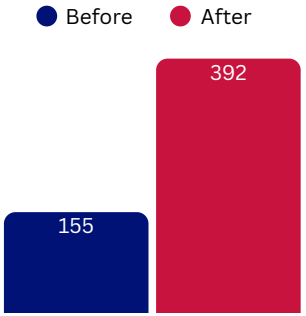
### PHYSICAL DEVELOPMENT (SINCE SEPT '25)

% of children who finish the programme able to perform each fundamental skill 'well'




**3318** Children supported since 2021

**576** Children in the past 12 months




*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

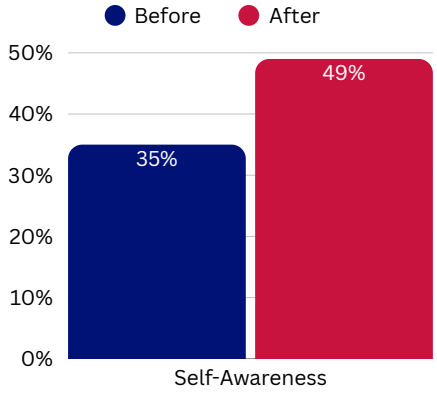
Various formats available (see next page)

Get in touch

## IMPACT

### INCREASING SELF-AWARENESS

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

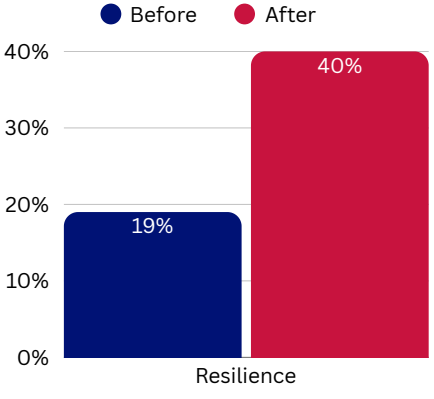



**3715** Children supported since 2019

**810** Lessons delivered since 2019

### INCREASING RESILIENCE

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



Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

# RAINBOW PROGRAMME

## THE RAINBOW PROGRAMME

A 6-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.

6 X HALF DAYS

FROM £1150
*(REDUCTION IN PRICE FOR BLOCK BOOKINGS)*

## 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 £1150

## STAFF CPD & 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

## YOGA & WELLBEING CLUBS

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

Can be delivered to children or staff.
Must be purchased in collaboration with a 6-week programme.

6 X 1 HOUR SESSIONS

£410

## Get in touch

hello@edsential.com | 0151 541 2170 | www.edsential.com/PE | @edsentialukH_WB

Curriculum Links

# FITNESS & NUTRITION

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

## 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 enrich the curriculum with one of our themed workshops
- Schools developing their wellbeing provision
- Schools wanting to increase active learning

## FORMAT AND COST

- 3 x half days *(also available to be delivered termly)*
- 8-10 workshops across the 3 x half days
- £750

Get in touch

## IMPACT

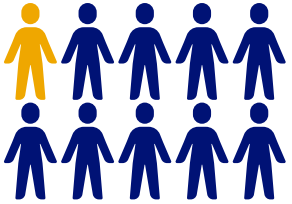
### WORKSHOPS DELIVERED (SINCE SEPT '25)

| | |
|---|---|
| Total number of workshops | 144 |
| Move, Eat, Learn, Sleep workshops | 28 |
| Sugar Swap workshops | 52 |

**8102** Children supported since 2021

**1172** Children in the past 12 months

### HEALTHY LIFESTYLES (SINCE SEPT '25)



92%

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

# CHOOSE YOUR FITNESS AND NUTRITION WORKSHOPS THEME

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

## Sugar Swaps

Outcomes of the workshops:

- Understand which foods contain high amounts of sugar.
- Know how long it takes to burn off

## Move, Eat, Learn, Sleep

Outcomes of the workshops:

- Know that to move well, the body must be 'fuelled'
- Know how sleep helps re-energise the body.

## Morning Movers

Outcomes of the workshops:

- Know that there is a correlation between physical activity and mental wellbeing.
- Understand how moving in a morning can help your whole day.

## Strength (Body and Mind)

Outcomes of the workshops:

- Understand that strengthening the body can be fun.
- Know that mental resilience can be built through physical activity

## Physical Activity and Technology

Outcomes of the workshops:

- Understand how some technology and exercise can work together.
- Become more aware of the dangers of inactivity and the things we see online.

## Cardiovascular System and Nutrition

Outcomes of the workshops:

- Understand that raising the heart rate can be good for the body.
- Know which foods can be good to maintain a healthy heart.

## Get in touch

hello@edsential.com | 0151 541 2170 | www.edsential.com/PE | @edsentialukH_WB

Supporting SEND pupils

# SEND - PHYSICAL DEVELOPMENT

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

## OVERVIEW

Our team will deliver of 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

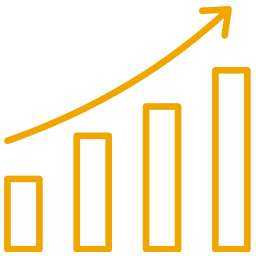
- 6 x half days across a half term
- Longer programmes recommended for greater impact
- £1,300 for 6 weeks (discount for longer bookings)

Get in touch

## IMPACT

### PROGRAMMES DELIVERED (SINCE SEPT '25)

| | |
|---|---|
| Total number of sessions | 96 |
| Total number of children supported | 144 |
| Total number of hours of support | 72 |



### 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.

Key National Agenda Issue

# ENGAGING GIRLS IN SPORT

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

## 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

> *It was good to build confidence in sports I don't normally like with just the girls.*
>
> *Pupil, Kingsway Primary School, Wirral*

## 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
- £1,300

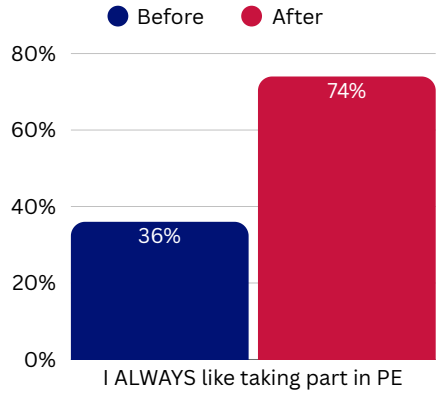
**Get in touch**

## IMPACT

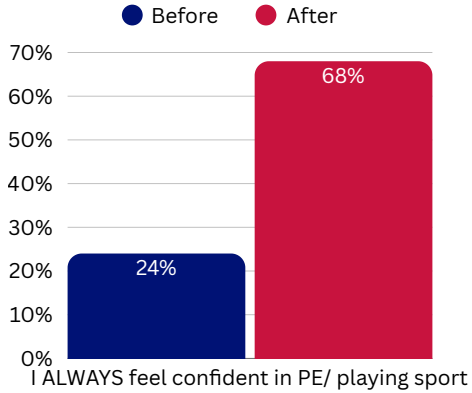
**216** Children supported since Sept 25

**102** Hours of activity delivered

### INCREASING POSITIVE ATTITUDES TOWARDS PE




### INCREASING SELF CONFIDENCE AROUND PE AND SPORT



Key Issue for schools

# SCHOOL ENGAGEMENT PROGRAMME

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

## OVERVIEW

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

- A bespoke programme focused on wellbeing and physical activity with activities designed to boost self-esteem and resilience

> *I believe in myself much more and feel like I have more confidence now.*
>
> *Pupil, St Werburgh's Catholic Primary School*

## 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
- £1,300

Get in touch

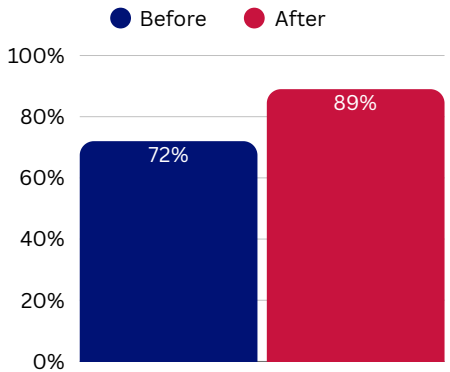
## IMPACT

### INCREASING 'BELONGING' (SINCE SEPT '25)

| | |
|---|---|
| The programme has helped me to feel good about myself. | 95.8% |
| I have enjoyed taking part in the programme | 95% |
| The programme has helped me to feel happy coming to school | 97.5% |

### BUILDING RELATIONSSHIPS

% of young people who reported they felt positively about being in school



Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

PREMIUM SLA

PREMIUM + SLA

BESPOKE

# SERVICE LEVEL AGREEMENTS

Best Use of PE Premium

# PE PREMIUM SLA

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

## OVERVIEW

Our PE Premium SLA is our best value service for schools and covers all areas of the curriculum, including CPD, 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

- £10,065 (If services are purchased individually)
- SLA cost - £8,800
- 12.5% saving

**Get in touch**

PE Curriculum Support (CPD)

Personal Best Engaging Girls in Sport

Fundamentals Fundamentals (SEND)

Leadership Skills Foundation PlayMaker Award

PE Subject Leader Support

Access to competitions programme

3 x Breakfast and After School Clubs

3 x 0.5 days Fitness and Nutrition workshops

PE+ By Edsential

Lesson Observations and Learning Walks
Pre-Ofsted preparation
Support for school governors

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

Top Level Service

# PE PREMIUM + SLA

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

## 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 170 hours of delivery across the year!
- All services from our Premium SLA, plus much more!

## COST

- £14,570 (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)

Leadership Skills Foundation
PlayMaker Award

PE Subject Leader Support

Access to competitions programme

6 x Breakfast and After School Clubs

3 x 0.5 days Fitness and Nutrition workshops

PE+ By Edsential

- Lesson Observations and Learning Walks
- Pre-Ofsted preparation
- Support for school governors
- PE and Sport Premium planning and reporting
- Staff twilight session x 2
- On-going advice and support

Additional support throughout the year to align with school priorities:

- In-school events and competitions
- Cluster competitions
- Bespoke CPD
- Additional support for active playgrounds

# BECOME A PREMIUM PARTNER SCHOOL

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

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 |
|---|---|---|
| Programmes - Choice any combination from:<br>• Curriculum Support CPD<br>• Personal Best<br>• Fundamentals<br>• Engaging Girls in Sport<br>• School Engagement Programme<br>• Rainbow Programme *(Premium + only)* | ×3 | ×6 |
| Breakfast or Afterschool clubs | ×3 | ×6 |
| Play Maker Award | ✓ | ✓ |
| Fitness and Nutrition Workshops | ✓ | ✓ |
| Subject Leader Support Programme | ✓ | ✓ |
| PE+ Subscription | ✓ | ✓ |
| Access to Competitions for All Programme | ✓ | ✓ |
| Access to CPD events and webinars | ✓ | ✓ |
| Bespoke in-school events and additional support | ✗ | ✓ |
| Cost | £8,800 *(12.5% saving)* | £10,950 *(25% saving)* |

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

INCREASING ATTENDANCE AND ENGAGEMENT

SUPPORTING INCLUSION THROUGH PE

# TRENDING FOR 26/27

Increasing 'Belonging'

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

# SCHOOL ENGAGEMENT PROGRAMME

Our School Engagement Programme tackles the root causes of disengagement by focusing on social, emotional, and mental health through physical activity.

Schools that have booked this programme have seen:

- ✅ Improved attendance in targeted groups
- ✅ Better behaviour and resilience
- ✅ Stronger pupil confidence and leadership skills

*"Attendance isn't just about being in the classroom - it's about pupils feeling connected, confident and ready to learn."*

Available as:

- Small Group Intervention Programme
- 1:1 mentoring service

Prices from £1,300 for 6 x ½ days

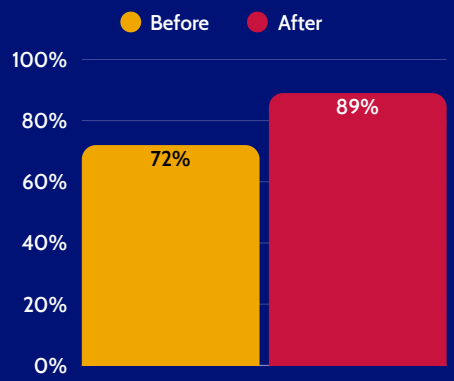
## 2025-26 Impact Data

The programme has helped me to feel good about myself. — 95.8%

I have enjoyed taking part in the programme — 95%

The programme has helped me to feel happy coming to school — 97.5%

% of young people who reported they felt positively about being in school



New Ofsted Framework

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

# SUPPORTING INCLUSION THROUGH PE

Did you know...
All of our programmes are designed to support your school with inclusion.

## Curriculum Support CPD Programme

With the number of pupils with SEND needs within mainstream classes rising, our CPD programme is a great way to support your staff to ensure PE is inclusive for all children.

Many staff report difficulties in adapting PE lessons to support pupils with SEND needs - why not provide support for them through our CPD programme?

## Gross Motor Skills Interventions

Securing 'strong foundations' is a key part of supporting inclusive PE.

We know children with SEND may take longer to master the basic fundamentals physical skills.

Our SEND Fundamentals Programme is a great way to support children.

## Competitions for All Programme

Providing 'competitive opportunities for all children' is a key requirement of the PE Premium funding.

Our Competitions for All Programme features weekly inclusive competitions, alongside SEND-specific events throughout the year.

## Wellbeing Intervention Programmes

Our wellbeing intervention programmes support children to develop physically, socially and emotionally.

Choose from:

- SEND Personal Best Programme
- SEND Engaging Girls in Sport Programme
- SEND Rainbow Programme
- SEND School Engagement Programme

## PE + Planning and Resources

Our PE+ planning platform is the perfect place to start for ensuring inclusive PE.

- Every lesson has clear adaptations for each part of the lesson
- All lessons have 3 outcomes - ensuring all children have the opportunity to succeed in PE
- Visual resources and CPD are included as standard

Prices from just £595

Curriculum Support CPD Programme

Prices from £1,350

SEND Fundamentals Programme

Prices from £1,300

SEND Wellbeing Programmes

Prices from £1,300

Access to our Competitions for All Programme

£550

Bespoke Support

# CHOOSE THE SUPPORT TO SUIT YOU

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

Do you have a specific focus in mind for 2026/27?
Choose one of our themed packages of support to help you achieve your aims

## CURRICULUM PACKAGE

PE+ Subscription
Edsential Curriculum Support Programme
Edsential Subject Leader Support Programme
Plus:
Staff Twilight meeting
Access to CPD and training events
Access to weekly Competitions Programme

PRICES FROM

£3,570

## ENGAGEMENT AND EVENTS

PE+ Subscription
Access to weekly Competitions for All *(Inclusive Competitions Programme)*
PlayMaker Award Programme
Personal Best Programme
Engaging Girls in Sport Programme
Extra-Curricular Clubs

PRICES FROM

£5,630

## WELLBEING PACKAGE

PE+ Subscription
Personal Best Programme
Engaging Girls in Sport Programme
Rainbow Programme
School Engagement Programme
Parental Support Programmes

PRICE FROM

£6,055

## STAFF TRAINING

We offer a range of bespoke training and CPD opportunities for school staff, including Staff Twilights, PE curriculum reviews, Inset days and MAT / cluster training sessions and events.

BESPOKE

GET IN TOUCH FOR COSTS & OPTIONS

Edsential Community Interest Company | PHYSICAL HEALTH AND WELLBEING

# To find out more about any of our services:

## Visit our website:

edsential.com/pe

## Contact Us:

pe@edsential.co.uk

PE+ By Edsential Community Interest Company