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Everyone Active
and benecosMavericks
**School Sports
Premium Netball
Packages**



Proposal for School Sports Premium Funded Netball Packages

(September 2018 - July 2019 - 1 year Commitment)

1 year commitment Basic Package:

Project Type / Name	Description	Impact
Years 3 & 4 after school coaching	1 hour session with Mavericks approved level 2 netball coach. Years 3-4 will be introduced to the fundamental skills of netball, including throwing and catching. The children will also start to explore mini games and shooting practice.	Being introduced positively to netball at such a young age, can have a lasting effect on how these children perceive sport. We are aiming to create a positive behaviour, and a sporting habit for life. Fundamental skills will be improved at a younger age, giving them more opportunity to feel confident and develop their strength, coordination and agility. Role models such as Mavericks will be instrumental to motivating these girls at such a young age and offering inspiration to play. Netball is also a great way of introducing the importance of teamwork and building relationships to this age group. It teaches social skills which are vitally important as they grow.
Years 5 & 6 after school coaching	1 hour session after school with Mavericks approved level 2 netball coach. Years 5-6 will revise the fundamental skills including throwing and catching, whilst learning how to defend and attack effectively, in game situations. Preparation for school games competitions or netball leagues can take place in these sessions as well if required.	Positive experiences in sport at such as early age can play a hugely instrumental part in whether girls continue to be active once they finish secondary school. These sessions will inspire, build confidence and motivate girls to play netball. The girls will build strength both mentally and physically, whilst being prepared for competitions. Netball is also a great way of introducing the importance of teamwork and building relationships to this age group. It teaches social skills which are vitally important as they grow.
Netball Festival for years 3-6	The festival will be an introduction to netball for a lot of the girls taking part. They will get to meet some of the Maverick's players and coaches, and be taken through their paces in a number of skills and drill sessions, all based around enjoyment and improving their fundamental skills in netball. The festival will be held at one of our Everyone Active leisure centres, in close proximity to the school.	The girls will experience an exciting, physically challenging but fun festival. Many of the girls will become more confident from not having the boys sporting prowess to contend with. The girls will feel inspired by our team of coaches and benecosMaverick's players and have a positive experience of playing netball, in a leisure facility. The girls will be encouraged to sweat and have rosy cheeks, whilst understanding that this is completely acceptable and normal. Girl's positives perceptions on sport will start form, and this behaviour transferred back into school and home life.

Project Type / Name	Description	Impact
Teacher training - coaching CPD	In an after-school session, a level 2 benecosMaverick's approved netball coach will help to develop your teacher's knowledge and understanding of how to teach netball practically during in PE lessons. Teachers will take part in both a practical and theoretical session for 1.5 hours. Teachers will also be given a practical guide to support them continually after the CPD session.	Many teachers only experience 12 hours of PE training when becoming a qualified teacher. If these teachers are under confident in PE delivery, they are at risk of delivering negative experiences in sport for a number of children. With this training, we will offer teachers the knowledge and understanding of netball. This will benefit the children taking part, who will be exposed to structured, quality sessions that enable them to enjoy, and retain participation in netball and / or physical activity. A lot of the netball coaching skills will be transferable to other disciplines as well.
Teacher training - umpire CPD	In an after-school session, a level 2 netball coach and / or umpire will support a class of teachers on how to umpire netball confidently, which can come in handy particularly for school games and inter school league games. Teachers will be taken through a practical session, and learn how to score properly, and follow game play.	Umpiring and officiating can be daunting for teachers, especially when they are expected to umpire games against other schools, where parents & other teachers can spectate. It's a lot of pressure for anyone. This training course enables the teacher to develop a better understanding of the rules, how to call them, and score the game. As the Teacher's confidence improves, so will the children's development in the sport.
Teacher training – best practice session	This is an opportunity for teachers to observe an after school session, where they can make notes – see it all practically and ask questions where needed. It's a best practise session for teachers to learn from and gain confidence in delivering their own sessions. The coach will ensure the warm up and cool down are part of the session as well.	Everyone has different learning styles and sometimes it's important to see what you have learned put into practise. Teachers who observe a best practise session and make notes are likely to remember the session's attributes better and deliver good quality sessions when it comes to their own delivery. Teachers will see how the coach deals with unwanted behaviour and turns any negativity around. A confident teacher who delivers is able to develop confident and motivated children who enjoy sport.
Support and advise for netball PE sessions	We can provide a bank of netball session plans for a range of age groups, to help teachers take lead on their own sessions. These documents will detail warm up, cool downs, skills and drills, as well as conditions which can be added to the games for progression and development. We will also be a point of contact for all netball related questions, and will provide marketing for the after school netball sessions to ensure parents are aware of the partnership programme, and that we get a good uptake of the sessions.	Structured, progressive sessions delivered for netball with all required age groups. Teachers given a bank of netball lessons and offered support for all netball related enquiries. Teachers take responsibility for their own sessions, children develop their fundamental skills, improve on more difficult skills and understand the game of netball, and its benefits. We would hope to see success from a competition point of view as well, school games and / or inter school competitions.

Optional Extras:

Project Type / Name	Description	Impact
Mum's Pay and Play session	9am-10am after school drop off session. We can offer a session for all mums / nans / guardians who have just dropped off their children. Netball can be delivered on the school playground by a level 2 Maverick's approved coach. Parents will be charged £4 per session individually which the coach will collect, but the session remains free to the school.	EA and Maverick's would like to work with the school to bridge the gap between men and women participating in physical activity. Back to netball is a gentle reintroduction to the sport, which will encourage female family members to get active again and also have a positive effect on their children who witness their parents taking part in the sport. Offering this session is a great way of supporting the community, helping mothers to be build relationships. The session is very social allowing an opportunity for Mother's /Nan's etc. to make new friends.
1 hour PE lesson support for teachers	We want to support teachers, by building their confidence in how to deliver high quality PE lessons, as well as netball specific sessions. Our dedicated coach will work with your teachers to offer support in delivering a warm up, skills, drills, game play and cool downs. We want teachers to have ownership of their PE lessons and with our expertise we can offer you the structure and support you need in order to deliver this.	Both Boys and Girls are introduced to high quality, progressive and structured PE lessons whilst the teachers themselves learn how to deliver this with the coaches support. Teacher's confidence will increase in delivery, and in turn children will have far more positive experiences during curriculum PE lessons.
EA / Mavericks Camps – Holiday time	These fantastic, introductory camps can take place for years 3-6 and can be hosted at the school, during holiday times. Camps are 3 days long, 10am-3pm. By hosting at the school, it gives easy access for your children to attend. The camp fees will be taken by EA / Mavericks with no additional cost to the school. Camps include skills / drills and mini games, progressing from day 1 to day 3.	The social impact for these children is incredible, they will mix with different children, problem solve together, build rapports with each other whilst taking part in netball, learning the fundamental skills, and importance of being active. We would expect these children to love the camp, and want to be heavily involved in netball both in school and out of school after taking part. We will be able to signpost parents onto netball clubs, recreational sessions etc. for their children.

The Partnership Aims and Objectives & Our Promise to you

Everyone Active has teamed up with top Vitality Netball Super league club, benecosMavericks, with the aim of getting more girls and women participating in physical activity. Over the past 12 months, Everyone Active and Mavericks have engaged over 3000 children in activity through holiday camps, primary school engagement and community sessions.

Everyone Active currently manages over 80 leisure and sport facilities across the South East region alone, and it is through these facilities we have introduced a range of netball projects which have encouraged women and girls to get involved in netball within close proximity to their homes. Statistics show that two million fewer women than men regularly play sport. Everyone Active and Mavericks want to bridge this gap by encouraging more women in the UK to pick up a netball and join the 20 million people worldwide who already benefit from playing the sport.

We want to get 20,000 girls and women participating in some form of netball-related activity by 2020.

Most girls in England are not introduced to netball in school until the ages of 10-11. Through the partnership, Everyone Active and Mavericks will engage girls at a younger age in the sport, with the hope they will continue playing throughout their lives.

Everyone Active and Mavericks will ensure they deliver a high quality service of netball provision within schools, using level 2 UKCC netball coaches who have been Maverick's approved and / or trained.

Schools will have a point of contact in our Regional Netball Development Manager for any netball related queries and organisation of our sessions.

Session plans will be given at the start of the school year, along with a meeting with our regional netball manager and designated coaches.

A service level agreement will be completed between both parties prior to the start of the sessions.

Everyone Active and Maverick's colleagues will attend in full uniform, with relevant documentation around DBS / qualifications and our safeguarding policy offered in advance of their first session with you.

If you would like to discuss the package in more detail please contact our Regional Development Manager netball@everyoneactive.com

We look forward to hearing from you.

Everyone Active and benecosMavericks.



