



# Everyone Active & Alex Danson School Sports Premium Hockey Packages



in partnership with  
**everyone  
ACTIVE**



# Proposal for School Sports Premium Funded Hockey Packages

(September 2018 - July 2019)

# Basic Package, 1 year commitment:

Project Type / Name	Description	Impact
<b>Years 3 &amp; 4 after school coaching</b>	1 hour session with Alex Danson-approved UKCC level 2 hockey coach. Years 3-4 will be introduced to the fundamental skills of hockey using the Quicksticks programme including core skills such as dribbling with the ball. The children will also start to explore mini games and take part in fun challenges.	Being introduced positively to hockey at such a young age, can have a lasting effect on how these children perceive sport. By using the Quicksticks programme we are aiming to create a positive behaviour, and a sporting habit for life. Core skills will be improved at a younger age, giving children more opportunity to feel confident and develop their strength, coordination and agility. Role models such as Alex Danson will be instrumental to motivating these girls at such a young age and offering inspiration to play, showing the importance of teamwork and emphasising sportsmanship.
<b>Years 5 &amp; 6 after school coaching</b>	1 hour session after school with Alex Danson-approved UKCC level 2 hockey coach. Years 5-6 will revise the core skills including dribbling and passing, whilst learning how to defend and attack effectively in game situations. Preparation for school games competitions or hockey festivals can take place in these sessions as well if required.	Positive experiences in sport at an early age can play a huge part in children's continued participation in physical activity once they finish secondary school. These sessions will inspire, build confidence and motivate girls to play hockey. The girls will build strength both mentally and physically, whilst being prepared for competitions. Quicksticks also offers excellent leadership development opportunities for youngsters with a variety of leadership roles available including umpiring and coaching/managing.
<b>Hockey Festival for years 3-6</b>	The festival will be an introduction to hockey for a lot of the girls taking part. They will get to meet Alex Danson and other Team GB players, and be taken through their paces in a number of skills and drill sessions, all based around enjoyment and improving their fundamental skills in hockey. 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 Alex Danson and have a positive experience of playing hockey, in a leisure facility/local hockey club. 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 be reinforced and transferred back into school and home life.
<b>Teacher training - coaching CPD</b>	In an afterschool session, a level 2 Alex Danson-approved hockey coach will help to develop your teacher's knowledge and understanding of how to teach hockey practically during 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 hockey to confidently deliver sessions. This will benefit the children taking part, who will be exposed to structured, quality sessions that enable them to enjoy and retain participation in hockey and / or physical activity. A lot of the hockey coaching skills will be transferable to other disciplines as well.

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<b>Teacher training - umpire CPD</b>	In an afterschool session, a level 2 hockey coach and / or umpire will support a class of teachers to umpire hockey confidently, which can come in handy particularly for school games and inter-school leagues. Teachers will be taken through a practical session, and learn how to follow game play and ensure a safe game.	Umpiring hockey 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 and how to call them. As the teacher's confidence improves, so will the children's development in the sport.
<b>Teacher training – best practice session</b>	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-practice session for teachers to learn from and gain confidence in delivering their own sessions, including safe techniques. 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-practice 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 turn any negativity around. A confident teacher who delivers enjoyable sessions is able to develop confident and motivated children who enjoy sport.
<b>Support and advise for hockey PE sessions</b>	As part of the Quicksticks programme, Curriculum Resources are included for 24 weeks (six weeks each for years 3, 4, 5 and 6) of lesson plans. As a teacher your terms lesson plans have already been written for you! These documents include warm up, cool downs, skills and drills, as well as challenge cards which can be added for progression and development. We will also be a point of contact for all hockey-related questions, and will provide marketing for the after school hockey 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 hockey with all required age groups. The blocks of activity offer a variety of activities for developing and applying the basic skills of hockey within Key Stage 2 of the National Curriculum. Teachers will also be offered support for all hockey-related enquiries. Teachers take responsibility for their own sessions, children develop their fundamental skills, improve on more difficult skills and understand the game of hockey and its benefits. We would hope to see success from a competition point of view, including during school games and / or inter school competitions.
<b>Quick Sticks Training &amp; Equipment</b>	The Quicksticks School Pack contains everything you need to start playing Quicksticks in your PE lessons. Quicksticks is the official junior programme of England Hockey. Playable on any surface and in any space, making it suitable for many environments and all weathers. Providing this equipment will enable a lasting legacy of the Alex Danson Hockey Academy programme within the school.	Quicksticks can be played on a variety of surfaces... playgrounds, netball courts, astroturf, grass and in sports halls. It is totally accessible...in fact, the ball which has been developed for the game has been specifically designed for use on various surfaces including tarmac traditionally found in Primary Schools. The pack includes 10 x 34" Quicksticks stick 15 x 32" Quicksticks stick 5 x 30" Quicksticks stick 30 x Quicksticks balls 10 x Bibs (5 x blue & 5 x Red) 1 x kitbag 1 x Quicksticks Resource and Challenge Cards

# Optional Extras:

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<b>Mum's Pay and Play session</b>	<p>9am-10am after school drop off session. We can offer a session for all mums / nans / guardians who have just dropped off their children. Hockey can be delivered on the school playground by a level 2 Alex Danson approved coach. Parents will be charged £4 per session individually which the coach will collect, but the session remains free to the school.</p>	<p>EA and Alex Danson would like to work with the school to bridge the gap between men and women participating in physical activity. Back to hockey is a gentle reintroduction to the sport, providing fun and friendly sessions helping 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.</p>
<b>1 hour per week PE lesson cover</b>	<p>We understand that teachers should lead on PE lessons, being knowledgeable in this area is just as important, but sometimes a little helping hand can go a long way. If you need time to mark or have meetings then we are happy to deliver hockey lessons within PE time, to your class. Or alternatively perhaps you just want to build your confidence and it would be ideal to work alongside a qualified coach. We can offer that support / assistance as well.</p>	<p>Assistance for teachers, to ensure they are able to meet their work demands. High quality sessions offered, introducing both boys and girls to high quality hockey lessons.</p>
<b>Holiday camps run within the school setting</b>	<p>The Alex Danson Hockey Academy will ensure the school have dedicated coaches who will deliver a holiday camp programme within the school facility. This will maximise the amount of children who are then able to take up this opportunity, breaking down barriers of transport and proximity. The camp will be progressive, fun, engaging and ensure more children feel positively about picking up a stick, and taking part in such an incredible sport. Children showing talent, will then be supported and signposted onto nearby junior clubs.</p>	<p>Children are given the opportunity to take part in hockey, in close proximity to their homes, where we know location / transport are not barriers to participation. Coaches will ensure the children have positive, energising and fun experiences all round and those taking part who show a lot of potential will be signposted onto nearby clubs. Children will become less sedentary during the holiday period, which can have such a positive effect on their fitness levels, ready for when they start back in September.</p>

\*Other options are available, and any further requests or amendments can be discussed to ensure the package is tailored correctly for your school's needs.

# The Partnership Aims and Objectives & Our Promise to you

**Everyone Active has teamed up with Olympic gold medal-winning hockey player Alex Danson. Our main objective is to introduce children to team sport in a friendly environment, and show them from a young age the benefits of getting active.**

The Alex Danson Hockey Academy has already engaged over 2000 children to hockey through Primary School delivery, Festivals and Holiday Camps. Everyone currently manages over 80 leisure and sport facilities across the South East region alone, and it is through these facilities that we plan to introduce a range of hockey projects which will encourage children and adults to get involved in hockey within close proximity to their homes.

Statistics show that two million fewer women than men regularly play sport, and it is also through this partnership that we intend to tackle this and get more women and girls involved in a team sport. We anticipate a 50% gender split which will see men, women, girls and boys enjoying participation in this fantastic Olympic sport.

Everyone Active and Alex Danson want to encourage the nation to pick up a hockey stick and join the 20 million people worldwide who already benefit from playing the sport. Through this partnership, we intend to get an additional 10,000 children aged 7-11 participating in hockey related activity by 2020.

Most children are not introduced to hockey until secondary school, with the exception of unihoc at school years 5 & 6. Through this partnership, Everyone Active and Alex Danson will engage children at a much younger age in the sport, with the hope they will continue playing throughout their lives and really drive and

sustain the legacy created by Team GB's Women's hockey gold medallists at the Rio 2016 Olympic games.

Everyone Active and the Alex Danson Hockey Academy deliver a high quality service of hockey provision within schools, using hockey sessional coaches' who have been trained and approved by Alex Danson to guarantee that children benefit from high-quality training.

Schools have a point of contact in our Regional Hockey Development Manager & Lead Hockey Coach for any hockey related queries and organisation of our sessions.

Session plans will be given at the start of the school year, and meetings will be arranged with with our Regional Hockey Development Manager and designated coaches.

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

Everyone Active and Alex Danson Hockey Academy coaches 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 emailing [hockey@everyoneactive.com](mailto:hockey@everyoneactive.com)**

We look forward to hearing from you.

*Everyone Active and the Alex Danson Hockey Academy.*

