

Strong Girls Can

CoachUnlimited has devised a specific and unique programme to help girls aged between 11 and 16 build mental strength, improve confidence and develop their social skills.

'Strong Girls Can' is an exciting programme run by a professionally-trained coach and female role models with the aim of hopefully creating a few more role models for the future. We want to encourage young females to be the best version of themselves and, during a difficult stage of their lives, take hold of opportunities and have the confidence and self-belief to use them to their advantage.

A three or six-day course of personal development coaching will examine various aspects of character development, team building, leadership and communication skills. A small and tight-knit group means that everyone receives equal attention and a varied approach caters for all types of students.

Examples of possible sessions include:

Session 1: Understanding and developing you

- Help students to assess themselves and receive feedback from their mentor
- Work alongside peers to begin to look at social skills

Session 2: Being a female leader is okay!

- Understand what it takes to lead
- Explore challenges female leaders face

Session 3: Driving personal change

- Understand the hidden barriers to change and how to overcome them
- Build a personal development plan

Session 4: Developing a voice and driving success

- Master verbal and non-verbal communication

Programmes start from £300 + VAT. If you would like to talk to us about how 'Strong Girls Can' can be of benefit, please give us a call or drop us an email.

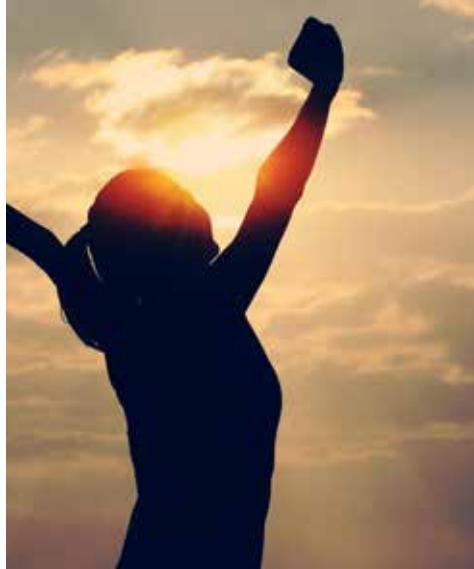
Holiday camps

Holiday sports camps are the perfect way to keep children active during the summer months and ours will be running from the end of July and into August.

CoachUnlimited camps will not only keep your children busy but will get them involved in activities and games that will keep them engaged and having fun, while learning key skills at the same time.

Our camps are open to any child aged between four and eleven and they can come from any school to attend – not just the host venue.

The cost of an individual day is £15 with a four-day booking discounted to £55. There is also a mini-morning available for four to five-year-olds and these are priced at £7.50. Payments can be made online or via BACS transfer. Please visit our website for full details at www.coach-unlimited.co.uk



CoachUnlimited

Welcome to the very first CoachUnlimited newsletter.

Our aim is to get children of primary school age active, growing in confidence and learning key skills while having lots of fun along the way. Let us tell you a bit about who we are and what we do.

CoachUnlimited is a dynamic group of professionals dedicated to deliver a high-quality programme of physical activities with a strong focus on the health and wellbeing of the children we meet.

Our experience and expertise allows us to offer a wide variety of resources that tick every box in the Government's PE/physical activity curriculum.

The main part of our business is delivering high quality PE lessons in school, running breakfast clubs, lunch clubs and after school clubs, upskilling staff as well as delivering programmes for targeted groups of children ensuring we cater for their needs and capabilities.

During term time, we make teachers' lives easier while, in holiday time, we offer sports camps to give parents' peace of mind and provide children with a challenging and engaging group of activities.

From detailed written lesson plans covering 17 different sports to on-site delivery and coaching, CoachUnlimited ensures that pupils, sons, daughters – and teachers - stay active and keep learning with a smile on their face.

Led by director Teresa Hames, who has 15 years of experience working with schools across the Midlands, our dedicated group of coaches are committed to delivering high-quality resources all the time.

That experience throughout our staff makes us a provider you can rely on and repeat bookings from many of the 42 schools we have built relationships with across the Midlands shows a level of satisfaction of which we are proud.

With niche products and services covering assessment, consultancy and specialist programmes to complement what we offer, CoachUnlimited can cover a vast variety of sporting needs.

For more information, please email info@coach-unlimited.co.uk, telephone 01455 393404 or 07813 779117 or visit coach-unlimited.co.uk

Helping schools provide great PE lessons

CoachUnlimited has three main ways in which it can provide for your sporting, PE, educational and developmental needs.

i) CoachUnlimited can deliver educational activities, lessons and holiday camps.

Our group of experienced and passionate coaches can come into your school or educational setting and deliver exciting, progressive lessons or a bespoke set of activities that will keep children happy and engaged at all times.

We will focus strongly on the Government's PE curriculum and use our experience to tailor what we deliver to your needs as an education provider. CoachUnlimited strongly believes that it is not only the pupils who should always be learning and striving to improve. That's our job too.

So, we make sure our coaches receive two hours of professional development training every week.

This ensures they can deliver sessions to the highest possible standards and keep up with new methods and ideas in the provision of physical education.

Those standards not only include their session planning and delivery but other important issues surrounding safeguarding or classroom management.

Our lessons, holidays camps and breakfast clubs are all delivered to high standards so, if our coaches are invited into your school or trusted to look after your child out of lesson time, rest assured that we will be getting it right.

ii) It can support, train and mentor teachers to measure current sports provision or develop knowledge and skill sets.

With director Teresa Hames having had 15 years of working with a wide variety of schools across the Midlands and many of the staff having grown with the business, CoachUnlimited has the skills and breadth of experience to deliver consultancy, assessments and training.

Our consultancy work will boost the confidence of staff and fully equip them to deliver the National Curriculum through inclusive, active and engaging lessons for all pupils from Early Years to Key Stage 2.

CoachUnlimited can deliver practical training in your school, at a time convenient to you, or work with your PE co-ordinator to help shape a progressive and developmental curriculum and whole school plan to cater to the needs of your children.

Our CPD programmes are purpose-built to develop the skills of teaching staff and strengthen PE provision in each individual school. And our specialist programmes can deliver in areas like designing bespoke programmes for disengaged children.

iii) It can provide its fully bound or online Lesson Plan Resource to give schools the structure they need to deliver classes themselves.

Covering 17 sports including athletics, football and tag rugby, our plans have been designed by a fully qualified and practicing PE teacher to make sure they cover all relevant topics.

The lessons are built around progression, fun and learning activities that are age appropriate with different learning resources to help monitor and measure students' progress.



High quality PE lesson plans at your fingertips

CoachUnlimited's Lesson Resource Pack is a thorough breakdown of everything you need to deliver high-quality and challenging lessons from Foundation to Year 6. Adhering to Government learning guidelines, this bountiful resource has been designed by practising teachers with primary school teachers in mind.

Accessed via a hard copy or online, it will guide them in helping plan and deliver lessons while, crucially, saving them time and energy during their working week.

User-friendly and simple to follow, the full pack covers 17 different sports and includes detailed plans on how to deliver each one. Each Lesson plan provides:

- Clear learning objectives
- Differentiated tasks
- Obvious progression
- Listed resources

Clearly worded instructions go hand-in-hand with illustrations and diagrams to further aid the teacher throughout each lesson. The full list of sports covered are: athletics, badminton, basketball, cricket, dodgeball, football, gymnastics, hockey, HRE (Health Related Exercise), invasions games, multi-skills, netball, OAA (Outdoors And Adventurous), rounders, swimming, tag rugby and tennis.

Each sport focuses on key learning areas for children and gives detailed instructions on what they are - and how to teach and coach them to a group of children.

Because CoachUnlimited staff have such experience delivering high-quality lesson plans, we know not only what is required to show progression but also what is needed to keep children engaged and switched on so they keep learning and enjoying what they are being taught.

We are confident that our Resource Lesson Pack will give headteachers peace of mind that their school is doing a good job of providing one of the Government's key curriculum demands.

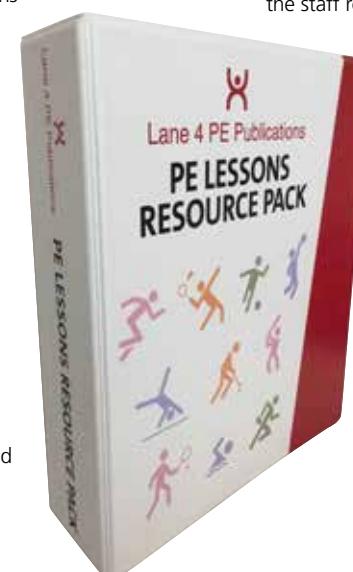
At the same time, staff within schools are provided with the structure and confidence for them to deliver high-quality PE lessons across a wide variety of subjects.

The one-off payment of £1,199 (ex. VAT) will give your school a resource it can call upon time after time... and term after term.

The resource pack can be ordered in a fully-bound book form with all sports included or an online option for a 12-month subscription which gives a school a password to use all year. There are three levels of membership: Bronze for EYFS to Year 2, Silver for Year 3 to 6 or Gold for the full range.

Lin Smith, the business manager of Barlestoke Primary School in Leicestershire, said: "The school took the decision to purchase the file using our Sports Funding Grant. But the resource has proved so invaluable to staff in supporting and improving the quality of our PE provision, we would have funded it from the school budget.

"It is the 'go-to' file for staff and is often open in the staff room. It generates discussion and renewed enthusiasm for delivering PE to the pupils."



To find out more about the resource pack, please contact us or you can simply order it on the phone, by email or online at coach-unlimited.co.uk