



PROGRESS

Sport Services



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THE CURRENT LANDSCAPE

Only 47% of young people and children and 63% of adults across England achieve the recommended amount of physical activity. Our mission is to increase physical activity levels across the board, supporting adults and young people to sustain these behaviours in the longer term.

OUR AMBITION

As a leading service provider, we'll strive to raise the standards of sports coaching and physical activity across Norfolk. On-going collaboration with our expert stakeholders (UEA, Sportspark and Active Norfolk) allows our provision to be continually reviewed and improved ready for our educational settings and community groups' use. It is our mission to ensure all adults and young people have access to high quality facilities, excellent sport coaching and physical activity delivery.

Quality coaching enhances health and well-being, promotes fair-play and builds social cohesion and self-esteem. Throughout the UK, great coaches help develop leadership and teamwork, they transform organisations, change individual behaviour and improve quality of life. We understand the important role high quality coaching and physical activity plays in the development of children, young people and adults.





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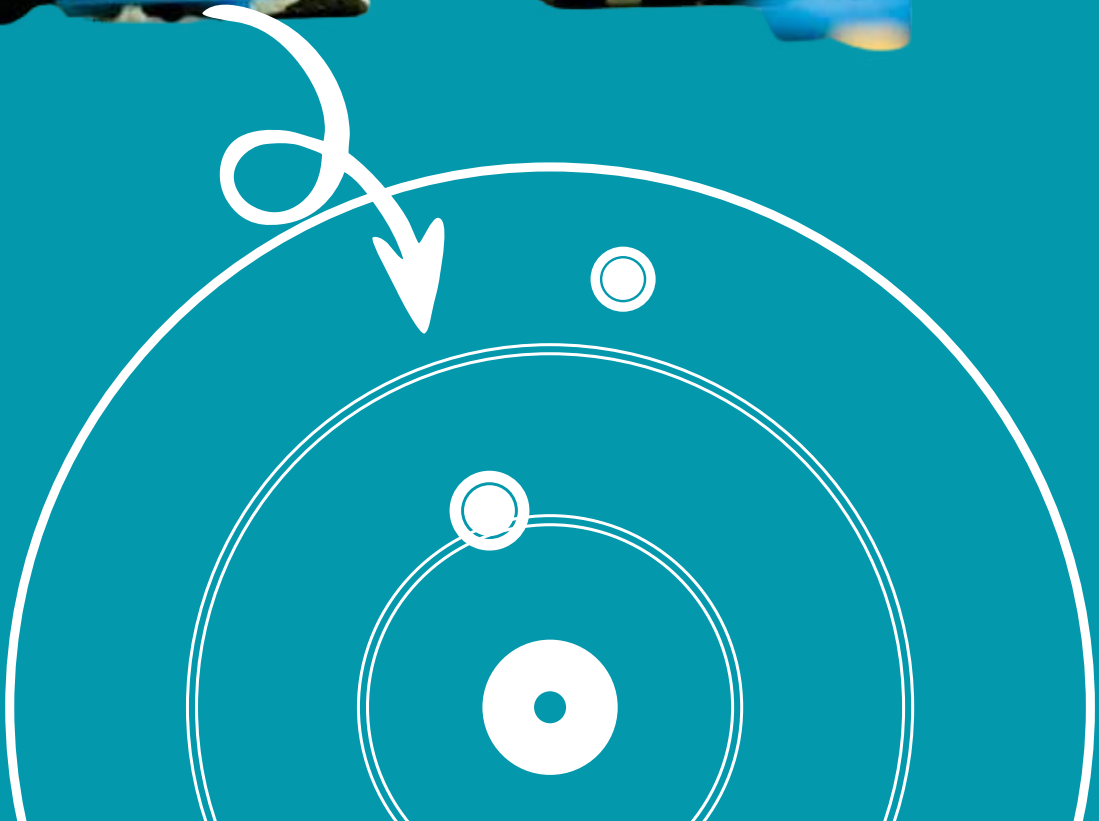
Sport Services

OUR PROGRESS PLEDGES

- You will receive tailored support from a coordinator, ensuring that your school or community organisation's package is right for your participants' desires and needs.
- You will experience high quality facilities, specially designed for a range of sporting activities.
- You will receive variety in your curriculum, using all that the Sportspark has to offer to explore new skills and activities.
- You will have the safer recruitment and specialist delivery taken care of for you and your school/community organisation.
- Your class/group will be assessed throughout their programmes of activity tracking PROgress during their time with our coaches.

ALL OF OUR COACHES WILL BE

- UK NGB Level 1 or 2 Qualified.
- Disclosure and Barring Service Checked (Enhanced).
- Safeguarding children and vulnerable adults trained.
- Working to a strict code of conduct, maintaining high standards.
- Have an insurance policy, providing coverage for the delivery of the session at hand.





Swimming lessons

Our swimming lessons are perfect for educational and community groups, making the most of our 50m Olympic sized swimming pool.

We have a bank of qualified swim teachers, experienced in working with children and young people. All of our staff are Enhanced DBS Checked and at a minimum Level 2 Swim Teacher Qualified (Assistants - Level 1).

Our swimming lessons are available Monday-Friday, 09:00-15:00. We can accommodate groups of up to 64 participants per visit, with a maximum of 16 participants in the pool at one time.

Example packages

School class of 32, requiring 1 hour of swimming lessons for 12 weeks.

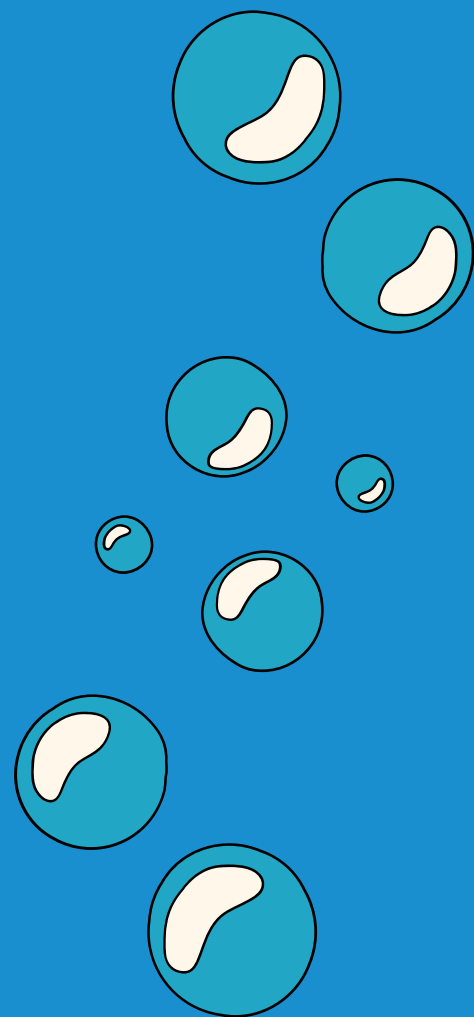
Swim teacher x2
Lane hire x2

School class of 64, requiring 2 hour of swimming lessons for 10 weeks.

Swim teacher x2
Lane hire x2

School class of 16, requiring 1 hour of swimming lessons for 6 weeks.

Swim teacher x1
Lane hire x1



Swimming lessons

We have developed a scheme of work suited to various ages, tightening the link into the Physical Education curriculum. Our schemes of work are suited to children from reception with a water safety scheme of work all the way through to secondary school aiming to develop technique and swimming distance.

Week 1 Introductions and initial assessments

- Introduction to our facility, procedures and structure of lessons to be delivered.
- All participants' initial data is recorded, attempting swims front and back, individually.
- This lesson will also involve water safety, water confidence and enjoyment based activities to ease participants in.

We use the initial data to then form groups for the following weeks.

Weeks 2-4 Technique and swim development

Our teachers will work with their groups, aiming to develop their technique, front and back. These weeks are technique and ability focused, looking to develop participants' ability to swim 25m through structured activity including but not limited to:

- Float work focusing on a targeted area (i.e. leg work, body work, head movement)
- Team based activities and tasks
- Relay challenges focusing on lengths
- Life skill development (goggle work and peer to peer work)

Week 5 End point assessments

- All participants for this lesson are in the water, taking part in their end point assessments and any additional activity relating to assessment or water confidence.
- The process is more fluid than the initial assessments, providing participants the opportunity to perform 2/3 lengths, front and back within the assessment.
- This data is collected and participation, PROgress certificates are prepared for the week following.

Week 6 Enjoyment based activities and water confidence.

- Participants in their final week engage in enjoyment based activities, focusing on consolidating the learning undertaken in the prior 5 weeks.
- This can include relay races, float related games and water based challenges.

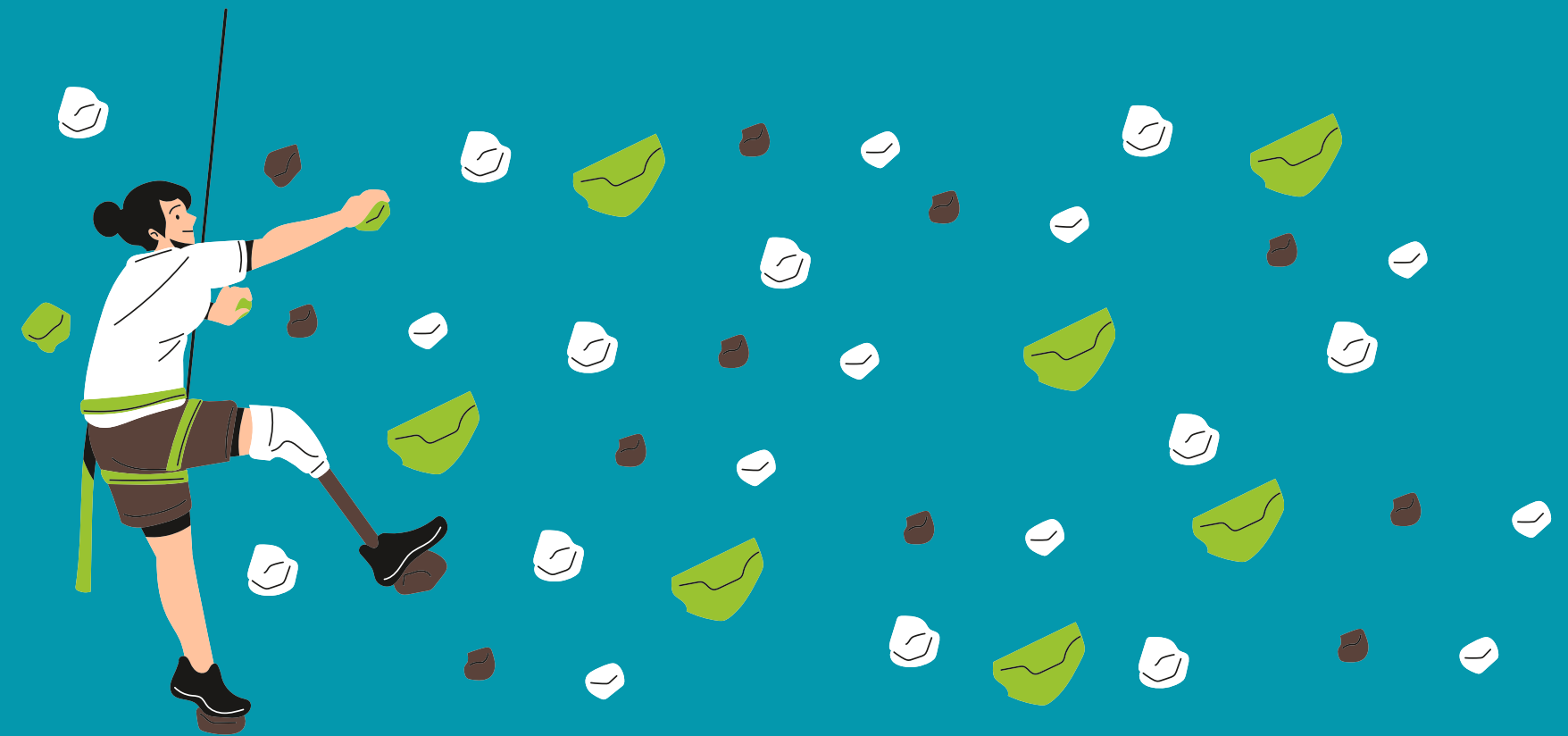
Climbing lessons

We offer climbing lessons to schools across Norfolk. We have a bank of qualified climbing wall instructors, experienced in working with individuals from all demographics, from those at beginner level to those experienced climbers in our senior climbing clubs. All of our staff are Enhanced DBS checked. Our facility boasts a 15 rope belay, 32 route indoor climbing wall partnered with an indoor Cafe and seating area perfect for group supervision.

We have developed a scheme of work suited to beginner level climbers, taking climbing on for the very first time. Our offer focuses on participants developing the skills necessary to climb safely and independently.

Participants will learn about the safety parameters in place for climbing, how to tie themselves in, the belaying of a partner on the wall as well as the skills associated with ascending our 12m indoor wall. These lessons will develop our participants' interpersonal and teamwork skills while enrolling in physical activity.

Our climbing lessons are offered as requested, we will do our best to accommodate your timetabling needs. These sessions can facilitate up to 16 participants at one given time. Arrangements can also be made to see up to 32 participants embark on our wall in a staggered format. These lessons are only available Monday-Friday, 09:00-15:00 during term-time only. Working with the lead coordinator will ensure your school gets the appropriate package.



Example packages

School class of 32, requiring 2 hour of climbing lessons for 6 weeks.

Climbing Instructor x2
Participant Admission x32

School class of 16, requiring 1 hour of climbing lessons for 6 weeks.

Climbing Instructor x2
Participant Admission x16

School class of 8, requiring 1 hour of climbing lessons for 6 weeks.

Climbing Instructor x1
Participant Admission x8



Climbing lessons



Our climbing lessons follow a 6 week plan, aiming to develop participants' ability to climb safely themselves and support other climbers. It is important to highlight that content and session structure is majorly determined by group ability and age.

The 6 week beginner curriculum covers:

- Understanding hazards of the wall
- Putting on your own harness
- Carrying out harness checks
- Tying the figure of 8 knot and stopper knot
- Belaying with a Gri Gri
- The checking of a partner's knot and belay setup of a partner
- Understanding the belay plate and how it works
- Understanding the common climbing calls
- Understanding the grades of climbs
- Understanding the benefits of stretching and warm ups

An improvers curriculum is available for those groups surpassing 6 weeks of lessons.

Week 1

Introductory lesson, aiming to outline hazards of the wall, equipment required and essential knowledge relating to climbing.

Weeks 2-5

These lessons guide participants through the learning objectives set out in the course curriculum. Throughout, participants will attempt a number of climbs across various routes set out on our wall. Students receive dedicated coaching and instruction to support them in conquering the wall!

Week 6

End point assessments relating to curriculum and learning objectives set out.



Sport @ Sportspark



We offer a wide range of sport lessons to schools across Norfolk, delivered at the Sportspark. We have a bank of NGB level 1 and 2 qualified coaches experienced in working with children within an educational setting. Our facility here at the Sportspark allows schools to broaden their curriculum, ensuring their students get a varied experience across the academic year.

Our sport lessons are adaptable to your school's needs. We are flexible and able to create packages that suit your school's timetabling needs and physical education budgets. Working with the lead coordinator is the most effective way to explore the options available and ensure the package you receive is the right one for your school and your pupils. Ratios, costs and facility hire is all dependent on class size and activity, this is best discussed during the package preparation phase.

Our sport lessons are available during term-time only, we have flexibility to run lunch time and after school provisions here at the Sportspark. We have the flexibility to work with any age groups and groups of any size - so long as this is communicated clearly in the package preparation phase.

Sports and activities available Include:

- Football
- Multiskills
- Dodgeball
- Tennis
- Athletics
- Handball
- Rounders
- Archery
- Mini Circuits
- Benchball
- Cycling
- Dance
- Boccia
- Kwik Cricket
- Basketball
- Netball
- Ultimate Frisbee
- Tri-Golf
- Hockey
- Short Tennis
- Pickleball
- Danish Longball
- Goalball
- Capture the flag
- Volleyball
- New Age Kurling



Sport @ Sportspark - Example packages

School class of 30, requiring 1 hour of tennis lessons for 6 weeks.

Progress sport coach x1
Tennis court hire x3

School class of 30, requiring 1 hour of cricket lessons for 6 weeks.

Progress sport coach x1
Sports hall hire x1

School class of 30, requiring 1 hour of cycling lessons for 6 weeks.

Progress sport coach x1
Athletics track hire x1

School class of 12, requiring 1 hour of squash lessons for 6 weeks.

Progress sport coach x1
Squash court hire x1



All booking pricing is dependent upon activity, group size and length of session.

Work with the lead coordinator to discuss the packages available.

Progress-sportservices@uea.ac.uk

Sport+ packages

Our Sport+ packages are the best way to make the most of your trip to the UEA Sportspark! Combine our Sport @ Sportspark with climbing or swimming lessons to have your whole class engaged for the duration of their stay!



Combinations of the following are available:

- Football
- Multiskills
- Dodgeball
- Tennis
- Athletics
- Handball
- Rounders
- Archery
- Mini Circuits
- Benchball
- Cycling
- Dance
- Boccia
- Swimming
- Kwik Cricket
- Basketball
- Netball
- Ultimate Frisbee
- Tri-Golf
- Hockey
- Short Tennis
- Pickleball
- Danish Longball
- Goalball
- Capture the flag
- Volleyball
- New Age Kurling
- Climbing

	12:15 -12:20	12:20-12:50	12:50-13:20	13:30-14:00	14:00-14:30	14:30
Y4 Group 1	Arrival	Swim	Lesson Poolside	Pickleball	Dodgeball	Departure
Y4 Group 2	Arrival	Lesson Poolside	Swim	Dodgeball	Pickleball	Departure
Y4 Group 3	Arrival	Dodgeball	Pickleball	Swim	Lesson Poolside	Departure
Y4 Group 4	Arrival	Pickleball	Dodgeball	Lesson Poolside	Swim	Departure

Sport+ package example

Swimming element

Swim teacher x2
Lane hire x2

Dodgeball element

Progress sport coach x1
Sports hall hire x1

Pickleball element

Progress sport coach x1
Sports hall hire x1

Lesson element



EXAMPLE GROUP

64 students across 4 groups, over a 2 hour period.

- Swimming
- Dodgeball
- Pickleball
- Lessons Poolside

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Outreach services

Our outreach services provide an ideal solution for delivering your curriculum—partially or fully—at your venue with our skilled coaches. We offer tailored physical education lessons, as well as breakfast, lunchtime, and after-school clubs, helping pupils develop core skills in a range of sports and activities. Our coaches follow a structured, week-by-week plan focused on skill development. Available Monday to Friday, 7:45 - 17:00, we support schools and community organisations in enhancing their curriculum with ease.

Sports a activities available include:

- Football
- Multiskills
- Dodgeball
- Tennis
- Athletics
- Handball
- Rounders
- Archery
- Benchball
- Dance
- Boccia
- Kwik Cricket
- Basketball
- Netball
- Ultimate Frisbee
- Tri-Golf
- Short Tennis
- Pickleball
- Danish Longball
- Capture the flag
- Volleyball
- New Age Kurling



Outreach package pricing

Per breakfast club of your choice - 1 hour session

Progress sport coach x1
Breakfast club charge x1

Per lunchtime club of your choice - 1 hour session

Progress sport coach x1
Lunchtime club charge x1

Per after school club of your choice - 1 hour session

Progress sport coach x1
After school club charge x1

Per PE lesson of your choice - 1 hour session

Progress sport coach x1
PE lesson charge x1

EXAMPLE GROUPS

These provisions can accommodate groups of up to 30 with another teacher/teaching assistant present, or 16 if solely coach led.



PROgress Sport Services events

Our event packages are the perfect way to get a large group engaged in a range of activities, reward a large group, plan an enrichment day, or facilitate a fully led and delivered sports day for your classes!

These packages are developed against your school's needs and desires. These are available term time only 09:00-15:00 at the Sportspark.

See below an event we have previously held:

Inclusive Olympic Sports Day

16 Students with Autism/ASD

09:45-10:00 - Arrive at Sportspark

10:00-10:15 - Welcome to Sportspark

10:15-11:00 - Inclusive athletics

11:00-11:15 - Break

11:15-12:00 - Inclusive cycling

12:00-13:00 - Lunch

13:00-13:40 - Pickleball, boccia and kurling

13:40-14:00 - Break

14:00-14:45 - Swimming

14:45-15:00 - Depart Sportspark

Event package breakdown

TOTAL (1 DAY EVENT)

Progress sport coach (3 Hours)

Athletics track hire (2 Hours)

Sports hall hire (1 Hour)

Progress L2 Swim teacher x2 (1 Hour)

Pool lane hire x2 (1 Hour)

Booking process

To begin the booking process please contact the lead coordinator for Progress Sport Services on:

T: 01603 597902

E: Progress-sportservices@uea.ac.uk

When expressing your interest for our services please provide us with as much detail as possible including:

- Class/group size
- Age groups
- Activities requested
- Dates and timings
- Any additional information we should be aware of

We will then collaboratively create your package with you, booking the space and coaches required. Once complete, we will provide you with your booking form ready for your signature and agreement to proceed with the booking and payment.





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