



**TOTAL
SPORTS**
COACHING

TEACHING VALUES THROUGH SPORT

**Total Sports Coaching
Education Information**

CONTENTS

About Total Sports Coaching	3
Values	4
Services we offer	6
Example lesson plans	7
PPA	8
Clubs	10
Business systems	12
Stronger Futures	14
6th Form Programmes	16
Events	18



Total Sports Coaching (TSC) is a multisport coaching company, teaching a wide variety of sports and activities to children and adults.

Our education programmes run throughout the school day, with breakfast clubs, lunch clubs and after-school clubs providing opportunities for children to participate in various sports in a fun and inclusive structure.

We then offer a planning, preparation and assessment (PPA) curriculum in line with Ofsted requirements. We create structured, short, medium and long-term plans that can be tailored to meet individual schools schemes of work and philosophies.

Our more specialist programmes, such as our Stronger Futures programme,

aim to help young people improve their mental strength through sports activities. The programme focuses on a different topic each week, using sport to help understand their emotions, improve communication and self-confidence, understand and develop resilience, work as a team and improve their mindset.

Our sixth-form football and coaching academies provide opportunities for young people to receive specialist coaching or experiences working as a coach alongside their academic studies.

Schools benefit by increasing their recruitment numbers for external students, retaining current students and offering extra motivation to complete their academic studies. These programmes work with the

school as a bolt-on to their academic qualifications, allowing young people to develop as players or coaches.

These programmes have been a huge success in providing exit routes for students who have moved into university, coaching apprenticeships, full-time employment as a coach, playing scholarships in the USA and into semi-professional football.

All our staff are qualified to coach various sports, have followed a safer recruitment process, and are DBS checked.

Seb Tidey
Founder & Managing Director

VALUES

Values Based Coaching

Our values based coaching approach rewards the all-round personal development of children, rather than just their sporting ability. By developing the values of respect, excellence, positive attitude and taking responsibility, we reward children's personal growth, encouraging them to live a healthy and active lifestyle. We use our values to reward and inspire children throughout all of our education programmes, so that all children can develop life skills through sport.

“Using sports coaching to help children’s personal development, encouraging a healthy and active lifestyle”.

Strive for Excellence



Take Responsibility



Respect



Positive Attitude



ESTABLISHED

IN 2011

WORKING WITH

OVER 50 SCHOOLS

PROVIDING PROGRAMMES FOR

1,000'S

TESTIMONIALS

"I am just emailing to say how impressed I have been with the staff you have sent for our after school clubs. We have some tricky characters in these clubs but your staff are always positive, kind, patient and very engaging with all the children - it's lovely to see so please do pass on my thanks to them."

**T. SANDY, HEADTEACHER,
PRIORY INFANT SCHOOL**

"TSC are great! The coaches come into us every lunch time and provide a wide range of extracurricular sports. Our children love the coaches. They are very much part of our Luddenham Team. We use TSC for PPA where lessons are well structured and scaffolded for children of all abilities. The lessons are differentiated for physical disabilities and cater for more able pupils to reach their full potential too. TSC are a very efficient PE provision."

**KEELEY WILSON HEADTEACHER,
LUDDENHAM PRIMARY SCHOOL**

SERVICES WE OFFER



PPA Cover

Providing schools with qualified coaches to deliver sessions to Ofsted standards.

Page 8



Clubs

Engaging sessions that increase participation levels and manage behaviour.

Page 10



Stronger Futures

Helping children to improve their mental strength through sports activities.

Page 14



Sixth Form

A full time scholarship allowing students to train alongside their academic studies.

Page 16



Events

Engaging children with one off event days to regular breaktime and after school clubs.

Page 18



Nursery

Fun sessions designed to help develop children's fine motor skills and co-ordination.

Page 19

EXAMPLE LESSON PLAN

Year Group: Reception Topic: Bats and Balls at the Circus (Net Games)- 2022/23

IPEP

Session: 1 | Sports & Topics: Rounders, Badminton & Tennis - Spatial Awareness & Control, Fundament Movement Skills

Lesson Overview This lesson gives children the opportunity to continually develop their control and balance whilst moving in different ways as well as demonstrate some understanding of finding space within an area.

Equipment Needed Hula hoops (one each), small hurdles, ropes or skipping ropes, cones and bibs (one between two).

Safety Points Ensure the space is checked and suitable for the session and that children have appropriate kit. Discuss with children how they can safely move within the area and the importance of keeping their heads up whilst moving or how passing a ball or object too far or hard could be dangerous.

STEP/SEND recommendations

Recommended Timing

Non-participant information Pupils can act as 'ring masters'- helping to set up and collect equipment, as well as demonstrating simple skills (where applicable)

LEARNING OBJECTIVES

To show control and balance in basic movement To show spatial awareness during running & chasing games

LA



Children to focus keeping their head up when moving (not looking at the ground) as well as locating space as they travel.

MA



Children to attempt to demonstrate control as they move around objects by slowing their movements down as they attempt to negotiate that object.

HA



To locate space when attempting to evade a 'chaser' demonstrating control and balance as they do so.

WARM UP	MAIN ACTIVITY	LINKED GAMES	NEXT STEPS
<p>'Circus Animals' - Ask the children: have they ever been to the circus before and if so; name some animals that take part in the circus. Ask children to stand in their own space within the area. Children begin to travel around area awaiting the following instructions from the teacher: 'Elephant' - Children to walk on all fours and swing their trunk (head) from side to side. 'Sea Lion' - Children to walk with feet very close together (little steps) whilst clapping their hands together. 'Birds' - Children to jog around the room, flapping their arms as they do so. 'Lions' - Children to walk on all fours, growling like a lion and showing their teeth as they do so (SEE VIDEO 1).</p> <p>Teacher Tips Children can work in pairs if they struggle to perform any of the actions- provide visual demonstration and verbal feedback throughout</p> <p>Additional Tips Ensure children attempt to move or run towards space as they travel- encourage pupils to continuously move into space</p> <p>Teaching Points Can the children locate the space within the area as they take part in the game, use pupil demonstrations (aim to use a mixture of ability- celebrate all success)</p> <p>Progression Allow some of the children to think of a different circus animal and introduce its movements to the class- encourage pupils to move at a similar speed of that particular animal</p>	<p>'Cars' - Give each child a hoop and ask them to hold the hoop around their waist. Tell the child that the hoop is their car and it should not bump into other cars. Introduce the following instructions: 'Out of Petrol' - children sit down. '5th gear' - Run at speed. '1st gear' - Walk really slow. 'Roundabout' - Children pair up and drive around one and other. 'Reverse' - Children to walk backwards (SEE VIDEO 2).</p> <p>Teacher Tips Hoops to be held with two hands at all times</p> <p>Teaching Points Stop the activity and allow some abilities to demonstrate unique ways of travelling for others to copy. Allow 'free ride' where pupils can introduce their own different commands and movements associated to the activity</p> <p>Progression Introduce random cones placed within the area for children to travel around or some small hurdles to jump over.</p> <p>STEP/SEND recommendations Offer different sized hoops or a quilt if struggling to maintain control over larger hula hoops, plenty of visual and verbal guidance throughout</p> <p>Suggested Timings 10 minutes</p>	<p>'Bumper Cars' - Set up the activity in the same way as the main activity but this time place different sized cones, ropes and small hurdles within the space. Tell the children that they are now 'Bumper Cars' instead of cars and that they should each hold their hoop in the same way as the main activity. Use the same commands as before: 'Out of Petrol' - children sit down. '5th gear' - Run at speed. '1st gear' - Walk really slow. 'Roundabout' - Children pair up and drive around one and other. 'Reverse' - Children to walk backwards but this time introduce 'Bumper cars' - Children to find two other children to bump into (hula hoop to hula hoop) (SEE VIDEO 3).</p> <p>Teacher Tips Ask children to travel around the cones and jump over the ropes/small hurdles.</p> <p>Teaching Points Continue to encourage children to move towards empty space- remind pupils on the command of 'bumper cars' it is lightly making contact with a partner</p> <p>Progression Continue to use staff/ peer support throughout (demonstrations and verbal guidance- this could include following a particular pathway)</p> <p>Suggested Timings 5 minutes</p>	<p>'Chase Me' - Place children in similar ability pairs with a bib per pair. Ask the children to number themselves 1 & 2. Number ones to put on the bib and number twos to stand beside them. On the teacher's first whistle; number ones move away from their partner and on the second whistle; number twos attempt to catch them by tagging using their hands. When a partner is caught they stand still in a pair until all pairs are finished. Swap roles accordingly (SEE VIDEO 4).</p> <p>Teacher Tips Similar ability pairings- used mixed gender where appropriate</p> <p>Teaching Points Constantly remind the children to run to an area or space that is not filled by others. Judge pairs off the first few attempts- make changes when appropriate</p> <p>Progression Introduce some cones that must be touched by number ones as they try to evade number twos (create a scoring system). Rotate partners where applicable</p> <p>STEP/SEND recommendations Use large cones/ witches hats to touch as part of the progression, offer tag belts (if available) rather than using a bib (harder to grab hold of)</p> <p>Suggested Timings 10-15 minutes</p>
<p>HA ↑ To take a lead role when demonstrating animal movements- challenge to introduce different actions associated to the animal</p> <p>LA ↓ Take some time to monitor other abilities and copy their movements if necessary- allow to work with a partner if unsure on actions</p>	<p>HA ↑ Encourage to explore different ways of travelling in between the teacher's commands.</p> <p>LA ↓ Focus on travelling at a slower pace attempting to demonstrate some control and balance as they do so.</p>	<p>HA ↑ Encourage individuals to speed up as they jump and slow down as they round cones.</p> <p>LA ↓ Work at their own pace when rounding cones or jumping hurdles- encourage slowing down when approaching so that actions can be completed under control</p>	<p>HA ↑ Encourage to dodge and move side to side as they run- demonstrate dipping a shoulder to try and confuse their partner</p> <p>LA ↓ Challenge pupils to get from one side of the area to the other (giving the pupil running away a head start)</p>

PPA

Specialised Programmes

Our curriculum programmes focus on developing values through sport, this allows us to reward children's personal growth, whilst encouraging them to live a healthy and active lifestyle.



Lesson Plans

Schools will receive a copy of all of our long, medium and short term plans and we also carry out assessments in line with the individual schools procedures.

The programmes are available for viewing and can be tailored to suit your schools individual needs.



Meeting National Curriculum and Ofsted standards

Some schools will have their own curriculum or education package that our staff can deliver from.

Alternatively, we can work with schools to create their own bespoke curriculum, which includes short, medium and long term plans. We are partnered with ipep so that all of our curriculum plans meet the national curriculum and Ofsted guidelines. We will work with each school to create an individualised scheme of work for what they want taught to their students.



For All Abilities

Each programme and lesson plan is based around the needs of the national curriculum and plans for differentiation in pupil's ability levels, details learning objectives, teaching points, progressions and ways to summarise the lesson.

CLUBS

Before, throughout and after the school day

We offer a range of programmes which can concentrate on one specific sport, multi-skills or variety of sports over the desired period. All clubs are delivered by qualified coaches with DBS checks.



Take your pick

Choose from our growing list of sports:

Football	Hockey
Basketball	Handball
Archery	Rugby
Lacrosse	Netball
Pickleball	Multi-Skills
Dodgeball	Tri Golf
Tennis	Many more...

Not sure which to choose or just love variety?

Our Multi-Sports club has a different sport every week!

AFTER SCHOOL CLUBS

We offer a range of after school programmes which can concentrate on one specific sport, multi-skills or variety of sports over the desired period. We also offer less traditional sports so that children can have new experiences.

The after-school clubs can cater for any age group within the school and usually run for 5 to 6 weeks through a half term, starting directly after school on the school facilities.

Who Does the Work?

Some schools like to keep all the paperwork in house, but if not then we can do all the work for you. We will produce the letters and registers for the club and give copies to the school. Our online booking system allows parents to book on to after school programmes and reduces the need for paperwork.

Who Funds It?

We prefer to keep all of our after school clubs parent funded so that there is no cost to the school, although if schools like to pay this can be discussed as well.

Competition Training

We can come in and train your teams at an after school club to prepare them for competitions, we can even take them to the competition if you need. With school in the past we have run team training sessions in a variety of sports to prepare teams for competitions against other schools, our coaches can also join the school at the event.



A FREE TASTER

When we set up a new after school club we will give you the option to come to your school to take every class for a 30 minute taster session, completely free of charge. This means the school get free coaching sessions and we get to show the children the activities that will happen at the after school club.

BREAKFAST, BREAK AND LUNCHTIME CLUBS

Our lunch clubs increase engagement levels across the entire school, encouraging all children to join in fun, structured physical activities.

Maximising child engagement

Our sessions are designed to maximise engagement levels so one coach can work with a large amount of children, increasing participation levels. This gives an opportunity for all children to take part in engaging sports and physical activity.

We can cover a specific sport each day, or offer a variety of sports so that the children get to have new experiences.

Improved behaviour

Sessions are managed by qualified coaches who engage large groups and deal with any behavioural issues during the session so they do not impact learning upon their return to the classroom. We offer all schools a free session so they can see the benefits of our sessions.





**TSC
Stronger
Futures**

STRONGER FUTURES

The Stronger Futures programme helps young people to understand and develop their mental strength through sport, giving them lifelong skills to improve their physical and mental wellbeing.

This programme has been designed by Total Sports Coaching (Sports Coaching Specialists), Changing Minds Kent CIC (Mental Health Specialists), Qualified Therapists who work with children to improve their resilience and Sports Connect (Education Provider).

Developing 6 skills:

**UNDERSTANDING
EMOTIONS
TEAMWORK
COMMUNICATION
MINDSET
RESILIENCE
CONFIDENCE**

Research has shown that looking after our mental wellbeing can help us deal with pressure and improve our ability to cope with life's ups and downs

This project aims to help children understand and explore, through sport, some of the emotions they feel which can help them improve their mental wellbeing. The programme works on developing 6 skills, there are: **understanding emotions, teamwork, communication, mindset, resilience, confidence**. The programme is delivered in this order as the structure allows for the development of the 6 key mental strength characteristics.

There is a questionnaire that all participants will fill out at the start and end of the programme, as well as weekly tokens that are used by the participants so they can express how they feel at the start and end of the session. This allows us to understand how the children feel about themselves and their mental strength and how the

programme has affected them throughout the period that we run sessions. This questionnaire is filled out after the first session, so they have some experience of thinking about mental strength skills first.

The results are shared with the school at the end, so they have measurable results and can use this to help inform their understanding of the individual children.

The role of the coach is to lead the session and encourage young people to think about their mental strength skills and how they can develop them, lessons are interactive with children taking a large role in leading discussions and sharing their thoughts, rather than the coach dictating what they should be doing.

6TH FORM PROGRAMMES

The TSC Post 16 scholarship programmes helps schools to retain their current students and recruit more external students by running programmes for sport focused students alongside their academic studies.

FOOTBALL SCHOLARSHIPS

Our Football Academy provides a football programme alongside students academic studies where they can train with professional coaches and compete in leagues and cup competitions. We pride ourselves on making sure that the students education is the priority during their time in the 6th form with the football programme acting as a motivator for students to achieve academically.

Players will train multiple times per week and then play in fixtures weekly, the training times are adapted around the schools timetable.

COACHING ACADEMY

Our Coaching Academy that helps students learn and develop their sports coaching skills. We will put students through qualifications as well as give them practical experience, whilst making sure that their education is the priority throughout the duration.

All students on these programmes will still follow the academic pathways that the school structures for them, our programmes are an additional extra that will increase the amount of exit routes available to students including employment, university, apprenticeship or playing opportunities locally and abroad.

TSC will co-ordinate the marketing and recruitment for the programmes and we work with the schools to become an integral part of their offer to students.



EVENTS

EVENT DAYS

We can come in to schools to run one off event days, this can be a full day of a specific sport or a variety of sports. These days are sometimes run as part of the general schools calendar, as rewards day for certain pupils or as part of a school sports week.



SPORTS DAY/ SUMMER FAYRE

We can provide coaches to help support on school sports and event days. We have lots of fun equipment like our inflatable speed cage which are always a hit at school events.

PARENT & CHILD COACHING SESSIONS

We often run sessions for parents and children together, this is a great way to get the adults involved with the children and we can run fun/safe sports sessions to help them build their relationship.

TEAM TRAINING AND COMPETITION COACHING

A hugely successful programme for us has been helping schools with running their school teams at events. Teachers aren't always available so often our coaches can come in and run a lunch/after school club for a number of weeks with a selection of pupils. Our coach will then accompany these to events competing against other schools so the children get to represent their school.

NURSERY SKILLS PROGRAMMES

We have our own designated multi-skills and football programmes for children aged 2 and above. These programmes based around the basic ABC's give young children a great sporting start in life.

**TOTAL
SPORTS**
COACHING

www.tscoaching.co.uk
0330 324 0083