

PRO SKILLS EDUCATION SERVICES LTD
2015-16

Proposal for

Primary and Secondary Schools



Sport, Health, Dance, Languages, Arts,
Physical Education, Extra Curricular
Clubs and Events, Mentoring, Assisting
Teachers



SUMMARY

Pro Skills Education Services aims to bridge the gap between the quality delivered by each school and the provisions they currently need to update up-skill and develop to improve the whole school and whole child approach. Pro Skills have worked in education for over 12 years with an average of 2000 young people each week. Our longevity is down to our adaptability and ability to think ahead. Our methods are now used and followed by thousands of people across the UK, USA, Australia and other parts of the world whilst caring about our own local communities in Yorkshire

- Pro Skills is an ever evolving organization with one main aim – developing young people, the provisions and opportunities that surround them and longevity of participation and health. Our work has been developed successfully in areas such as Bradford, Leeds, Manchester, Basingstoke, Rotherham, Northampton, New South Wales, Glasgow, Northern Ireland, Cumbria, Sussex and Cambridge. This is ever increasing. Many people in varying roles working with young people now use our methods regularly whether in coaching sport, ways to motivate and help development, organization of clubs and organisations including cultural change and environment management, facility management and much more.
- Pro Skills can offer your school a wide range of services to bridge your current gap in provision whether its lunch time sport, dance in PE, after school clubs, holiday clubs, CPD for staff, Bid writing to increase opportunities, increasing equipment stores, equipment and clothing sales, social media help, apprentice teachers and sports assistants, and much more.
- Your school may face difficulties or lack time and resources to comply and deliver everything the children need – that's where we come in.
- Our services can range from £25 to obtaining and helping you with grants of up to £50,000
- We can offer a free consultancy/ health check on your current school provision gaps. We then provide a plan/ quotation which again may be free depending on the route taken.



Introduction

Pro Skills Education Services exists to develop young people. In order to do this we support and improve services and offerings given by schools. With increasing focus on numeracy and literacy and key subjects we can offer in-school or extra curricular services in a range of areas:

Examples of work delivered and recently undertaken:

- After school sports clubs – multi skills, football, cricket, rugby, dance, and more (any sport/ dance covered)
- PPA cover – PE, ARTS, DANCE, mentoring, reading groups, drama classes, ICT help, specific projects on health, nutrition, and much more.
- Reading groups – small to individual reading groups work to improve the attention and development given to extra reading
- Languages provision – French, Spanish, mixed fun language clubs and classes delivered in a fun, practical and evidence based format
- School garden projects – starting, planting, planning, growing and linking to life long learning
- School trips based on educational subject areas – main link to Manchester United Education programme which includes stadium education lessons, museum and ground tour on a coach. Ideal for children and parent bonding and rare opportunity.
- After school care clubs
- Holiday sports camps and holiday activity clubs based at your school
- Team coaching – all sports
- Many other bespoke services please ask

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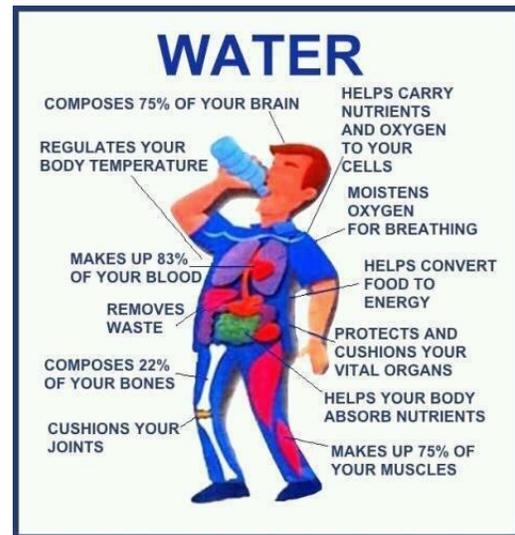
Table 2.1 Types of Passes

Type of pass	Method of release	Advantages
Bounce	One or two hands	Great for confined spaces Useful feed into the goal circle
Chest	Two hands	Accurate pass Long or short pass Easily controlled
Flick	One or two hands	Fast pass Catches opposition unaware
Lob	One hand	High, floating pass Requires pinpoint accuracy
Overhead	One or two hands	Fast pass Used to avoid the arms of defenders who are reaching over the ball
Shoulder	One or two hands	Fast, powerful pass
Side or bullet	One or two hands	Quick, direct pass
Underarm	One or two hands	Short, accurate pass Brings an element of surprise

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Needs/Problems

- Rising trends of obesity and lack of community cohesion
- Decreasing participation figures in formal sports (in accordance with national governing body figures)
- Earlier drop out in sport
- Lack of provision for specific groups ie gender, range of activity, facilities
- Heavier reliance on teaching staff and teaching assistants to deliver a non specialized area.
- Lack of teacher training in certain areas prior to working.
- Less street play leading to non-participation in any physical activity therefore the need to fill gaps at school
- Budget cuts and lack of emphasis on sport, the arts and creative subjects
- Lack of male role models in schools and homes
- Increased amounts of non-english speaking children to meet literacy targets
- Lack of holiday activity in many children due to parental working hours and reliance on child care that doesn't provide physical activity



Goals/Objectives

To provide schools with a service that is wide ranging but quality that not only bridges current provision to improve the whole school approach and whole child approach but to then strive for progression and excellence in all project areas.

- Goal 1

Improve Our Community and all its stakeholders



- Goal 2

Restore and development traditions that worked but modernize services to appeal to young people and their families but above all prove it develops young people



Procedures/Scope of Work

We always aim to fit into the life of a school. We deliver within the culture and ethos of each school whilst placing our own personalities, enthusiasm and philosophy into our place of work. We work to the same group culture and place the children at the very centre of it.

Timetable

The timetable can range from 1-2 hours per week to a full time individual or small group of specialist coaches/ tutors working in your school. Coaches are qualified, hold relevant first aid, safeguarding and DBS (Although schools may want to issue their own which is fine if required)

	Description of Work	Start and End Dates
Option One	Extra Curricular clubs and activities	Half term basis (can continue)
Option Two	PE or PPA cover with any additional work guaranteed	Half term bookings
Option Three	Full Day of coaching/ teaching in PE, Sport and or dance	Half term bookings to full year
Option Four	Part time sports and or dance and mentor position (reading, mentoring, specific group work or individual including SEN)	Full Academic Year from point of booking
Option Five	Full time PE coach, mentor, extra-curricular based on 35 hours per week	Full Academic Year from point of booking
Option Six	Bespoke project work – outreach, school trips, school garden club, dance and shows, running clubs – diverse ideas	Half term basis
Option Seven	Bid writing – free bid written for the school on an agreed project area(s) with a 20% equipment/ needs based amount going to the school	3 month turn around
Option Eight	Sports assistant Apprentice (16-24) full time position	Full academic year (12 months)

Our projects that have been delivered to all ages and with a long term view have been very successful. A 6 week course as many delivered in the school sports partnership area were good but progression is much more achievable with long term mindsets.

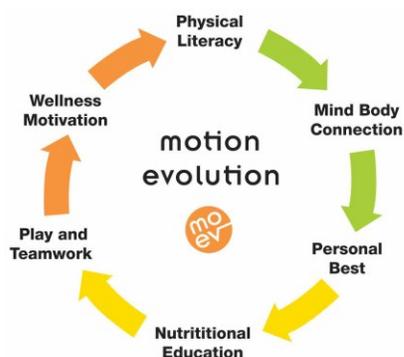
(based at the Leeds Futsal Arena)



Budget/ Costs

Below are costs per hour, day, full-time for each afore mentioned area of work. The more work completed the more discount we can apply due to placing staff in more guaranteed projects both improves opportunities and longevity of quality delivery.

	Description of Work	Anticipated Costs
Phase One	One Hour lesson/ club	Before/ Lunch £25 p/h After school club £3 per participant (parents) After school club £35 (paid by school)
Phase Two	PE/ PPA	£35 per hour lesson £55 for 2 hours £75 for 3 hours £90 for 4
Phase Three	Full Day including morning lessons, lunch, afternoon lessons, after school club	£120 including lunch, 4 PE and after school club (same day)
Phase Four	Part Time Mentor/ coach/ tutor Based on 18 hours per week. For use in any capacity required.	£220 per week
Phase Five	Full time PE coach holding Level 3 delivering PE qualification and several NGB qualifications	£16,500
Phase Six	Bespoke project work	Based on £35 per hour but reduced per additional hour
Phase Seven	Bid Writing	Free bid writing service up to 10k grants. Split 80/20 (service buy-in) No cost to school
Phase Eight	Apprentice in school full time	£4200 per annum



 ENGLAND HOCKEY	 ProSkills Sports Coaching
OFFICIAL COACHING AGENCY 2014-15	

Key Personnel

Pro Skills Education Services Ltd is solely owned and managed by Mark Senior. There are a number of support, consultancy and non-executive mentors that communicate with Mark on a regular basis from professional sport, sport and personal science, doctors and health professionals and professional coaches and experts in the field of child development. Pro Skills consults and works within organisations such as Manchester United FC, NHS, Local Authorities, Bradford City FC, Renegade SC, Street Sports CIC, Leeds Futsal Arena, World Freestyle Federation, England Hockey, The Football Association Just Play and Football Mash Up, Bradford PU, as well as numerous schools and colleges.



Evaluation

Each project is different. The schools range from small scale to large secondary education. The facilities differ as do school cultures. Following each project start up we maintain communication and feedback (2 way) with each school and following project delivery send evaluation reports and coincide with any ongoing evidence based work the school require.

Endorsements

We have obtained a number of endorsements from school teachers, parents, young people, professional organisations, partnerships. The biggest endorsement is continued relationships with our clients and schools. Our community based football centres are very well attended for example as are our holiday camps. Word of mouth is our main source of advertising which is something we pride ourselves on. For any references or quotes please ask.



Examples of Current/ Recent Projects

SCHOOL	PROJECT	PARTICIPANTS
Brackenhill Primary	PE, Lunch, Teams, After School + grant obtained	250+
Roundhay Primary	Lunch clubs, PE Year 1 and grant obtained	150+
Carlton Bolling	PE, After school clubs, FT education programme	400+
Holy Family	Grant obtained	150+
Barkerend Primary	After school clubs and health week	100+
Woodkirk Academy	Grant obtained	200+
Bruntcliffe School	Grant obtained, after school clubs	200+
St Bedes Grammar	Futsal coaching	20
Immaculate Heart	After school clubs	110
Parish Primary	Grant obtained, Holiday camps, Clubs, PE Full day	300
Bramhope Primary	Full day PE and after school clubs	300
St Francis Primary	Grant obtained, Holiday Camps and clubs	250
Appleton Academy	Handball CPD for teachers	

The above are just a sample of recent projects undertaken.

They included the following:

- Football
- Futsal
- Cricket
- Dance
- Mentoring
- Health workshops
- Holiday Sports Camps
- Handball
- Racket Sports
- Multi Skills
- Athletics
- Rugby
- Tchoukball
- Teacher CPD
- School trips
- Outreach visits
- Running clubs
- Disability sports
- Workshops on confidence, motivation and self belief
- Self defence classes
- Fitness classes



Qualifications and Quality

Our coaches hold qualifications relevant to their area of work. We also attend regular CPD and national governing body awards to remain at the forefront of new methods and ideas.

Mark Senior has in fact gone one step further and written many articles and coach education workshops/ courses and is delivering trainee teacher education on PE and Multi Skills for Bradford College as well as being a tutor for the new Level 3 Delivering PE in Schools Course, which all our coaches have taken.

Mark has had articles published in the Daily Mail, Mail Online, Ezine Articles, ISSA publications as well as local press. Mark is also a port of call for BBC radio 5 and Talk Sport when topics of coaching, sports development and youth academies are called into action.

Pro Skills take qualifications and safeguarding very seriously and all coaches are observed, monitored and receive personal CPD and ongoing feedback on their coaching methods, group management, behavior management, approach to learning, inclusive coaching methods and progressing their sessions.

Mark also mentors aspiring coaches and teachers from a number of higher education courses each year from:



Trainee Teacher Courses being held this October.

Next Steps

If you interested in any of the services we offer please contact Mark Senior on:

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E: mark@proskillscoaching.co.uk

W: www.proskillscoaching.co.uk



@markproskills

