



Brochure of Services

Creating more



LOCAL OFFER 23/24 ACADEMIC YEAR

PRIMARY SCHOOLS

Who we are

Our team comprises of highly qualified and experienced PE teachers, Primary Teachers, Sports Coaches and Sport Development professionals, plus exceptional design and admin support.

What we do

We design, create and deliver innovative educational programmes that maximise the power of movement to improve wellness.

How we work

We are a people centred and values-based organisation. We aim to build a connection, understanding and partnership with our customers.

Our values



Big Ears

We will listen to the needs of our partners and young people and work together to improve our service to you.



Big Ideas

We love to be innovative. We will proactively pursue new ideas to provide more opportunities for young people.

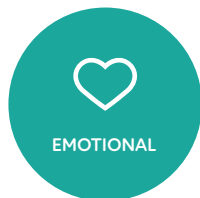


Big Heart

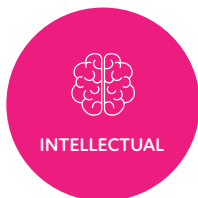
We really care about what we do and have high standards. We are fair and honest and we will support you to meet your goals.

Wellness incorporates:

All our programmes involve the physical and also impact on other areas of wellness. We have multiple programmes which collectively impact all areas.



EMOTIONAL



INTELLECTUAL



SPIRITUAL



OCCUPATIONAL



PHYSICAL



SOCIAL

Why we need to create more smiles

3.8 million children do not meet recommended daily activity levels



Children from deprived areas are more like to be unhappy with their mental health



Those from least affluent families are the least active



Unhappiness is the top issue for children today



We have categorised our services and products, to highlight which element of SMILES they directly relate to.

Why work with us:

We are confident in the quality of our service but do not just take our word for it. Here are what our customers say about us:



Love Go Well and everything that goes with it as a company, thank you for doing what you do - its marvellous!



They are always professional, enthusiastic and highly skilled individuals whom are a pleasure to work alongside.



Great service, we would be lost without you.



Children here are thriving, thorough the work Go Well do with our staff team, supporting them with the PESSPA opportunities and skills.

Enthusiastic

Friendly

Bespoke
and lots of
choice

Great
Resources

Organised

Approachable

Caring

Personal
Touch

Supportive

Forward
Thinking

We want to work with like-minded people and organisations to support everyone to build healthy active futures.

If you are passionate about the role PE, School Sport and Physical Activity can play in whole child development and improving lives then we can make a real difference together!

Become a Go Well Member School

MEMBERSHIP BENEFITS:

- **Unlimited** access to our central CPD programme:
 - Face to face CPD courses
 - Virtual CPD
- **All staff** have access to the exclusive membership area on our website:
 - Bank of PE, School Sport and Physical Activity Resources
 - Forum for networking and problem solving
 - Recorded Top Tip video bank (new for 2023)
- **Data analysis** - an end of year report to show the impact of our service providing evidence of sport premium spend
- Management, co-ordination and **quality assurance** of deliverers - we check the qualifications, DBS and insurance details of coaches, book in the delivery slots and quality assure their delivery via school visits and surveys
- Go Well Member School logo which can be used on websites and newsletters
- Priority booking of services
- Priority inclusion in funding applications and access to additional programmes
- Opportunities to co-create and shape future services

Being a Go Well Member School helps to show your school community that you have a commitment to high quality support and sustainable improvement of your PESSPA offer.



All staff have access to the exclusive membership area on our website

MEMBERSHIP LEVEL OPTIONS

NEW MEMBER

40 CREDITS

STANDARD

50 CREDITS

ENHANCED

62 CREDITS

Contents

We passionately believe in the power of PE, sport and physical activity to improve lives.

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Competition and Events

This brochure details our services on offer. Membership packages and costs will be produced separately.



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Go Well Brochure of Services – LOCAL OFFER 2023/2024

Let's Go Well Together

High Quality Education

Services to improve and enhance your provision of High Quality PE and Active Learning.

Let's Go Well Together

Specialist Teacher Support

PE Specialist Teacher Support Time **S M I L E S**

PE specialist support time to meet the needs of your school. This may be a mix of face to face and virtual support. We suggest the most effective use includes:

- **1-2-1 with the Subject Leader** (auditing provision, strategic planning, action planning, assessment, curriculum overhaul, spend of Sport Premium).
- **1-2-1's with classroom teachers** (collaborative planning, developing assessment opportunities, developing confidence and creativity in delivery styles, differentiating content effectively, appropriate use of equipment).
- **CPD** - some hours can be used to deliver bespoke CPD to small groups or whole staff teams. This could, for example, be in a specific activity area, how to build physical activity into other curriculum areas or looking at differentiation or assessment.

Whole School CPD **S M I L E S**

Struggle to release staff to attend CPD courses? This is a bespoke 1.5 hour session delivered by a member of our team to ALL of your staff. You can choose a particular activity area such as dance, gymnastics or games or an area such as differentiation, assessment or sport education.

****Whole School CPD can be bought as a standalone service.***

Scan the QR code to get more detailed information on Whole School CPD options and how you can utilise PE Specialise time.



Active Curriculum Resources **S M I L E S**

Looking at how we can build physical activity into other curriculum areas is a great way to develop physical literacy and increase academic engagement. Why not look at using our active curriculum lesson plans to deliver physically active Maths and English lessons.

This pack includes lesson plans for Year 1/2 and lesson plans for Year 3/4 allowing staff to deliver objectives taken directly from the National Curriculum in maths and english through physical activity. It also includes access to downloadable resources to support these sessions.



New to teaching PE? **S M I L E S**

4 hours of bespoke support designed to meet the needs of ECTs, recently qualified teachers or those who have not taught PE for a while. It can be used for direct CPD or planning support in any activity area.

Our ECT very quickly felt more confident being able to talk around her curriculum and what she was going to deliver next.

Deep dive – Ofsted ready **S M I L E S**

Bespoke opportunity to prepare for a deep dive into PE. Our PE specialists will work with your subject leader for half a day, to build confidence and prepare for PE to be an inspection focus. This could be used to ensure that paperwork is in place, statistical analysis is carried out, mock Q and A following the trail of a child's development within the subject and the impact in other curriculum areas.

This half day support can be delivered virtually if preferred.

PE Health Check **S M I L E S**

A supportive visit to audit PESSPA and give a report for future developments. The process includes a one day visit to school from one of our Education Team who will speak to your subject leader, Head Teacher and children regarding PE in school and observe PE taking place. A report will be produced detailing strengths of PE and future areas for further development. This can be used as evidence of Sport Premium impact.

The day can be split into a half day virtually and a half day on site if this is easier to schedule.

86% rated the PE Health Check day as extremely useful.
(14% very useful)

Curriculum Coaching **S M I L E S**

High quality coaches will work alongside teachers with the main aim of upskilling the teacher in that curriculum area. Coaches will be sourced, vetted and supplied by Go Well. Go Well will provide a service of quality assurance and monitoring of coaches deployed.

Curriculum coaching has been very useful as we have had ECTs and trainee teachers involved who have improved in confidence with teaching PE.

HIGH QUALITY EDUCATION

CURRICULUM COACHING AREAS

Athletics	Football	EYFS (Move with Max)	KS2 FMS
Dance	Gymnastics	Net/Wall	
Disability Sports	Invasion	Striking/Fielding	
Fitness (Fit for Life)	KS1 FMS	Tag Rugby	



DELIVERY OPTIONS

5-week block of 2 hours Curriculum Coaching Only*

6-week block of 2 hours Curriculum Coaching Only*

5-week block of 2 hours Curriculum Coaching plus an after-school club*

6-week block of 2 hours Curriculum Coaching plus an after-school club*

5-week block plus 5 additional hours of coaches time to plan 1-2-1 with class teacher*

6-week block plus 5 additional hours of coaches time to plan 1-2-1 with class teacher*

From a survey of 98 teachers receiving coaching support:

97%

increased confidence in delivering high quality PE

95%

increased ability to plan progressive lessons

98%

increased repertoire of practical ideas to deliver in PE

*Go Well coaches will not cover PPA time.

www.go-well.org


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Move with Max **S M I L E S**

Move with Max is an evidence based movement programme aimed at EYFS that teaches fundamental movement skills through readily available story books.

All four sets of the well-received Move with Max Resource are now available to buy together. This includes 4 x 10 sets of cards linked to widely accessible story books, that can be linked to curriculum themes (e.g. under the sea, space, forest) and an assessment framework card for both nursery and reception children.

Our EYFS support package offers bespoke work with your EYFS teacher in order to implement this resource.



EYFS STAFF EXPRESSED THAT THIS IS THE MOST ENGAGED THEY HAVE SEEN THEIR NURSERY CHILDREN IN A PE LESSON AND LOVED HOW THE CARDS LINKED WITH DIFFERENT PAGES IN THE BOOK.

SUGAR HILL PRIMARY

FIND OUT MORE



Move With Max **Thin Stems and Chunky Stalks** **Card 02**

How to Play

Exploit making stalks. Use 'body stems' and 'chunky' body stalks. Teacher can challenge to show what making shapes of different kinds. For example, stretch further, go lower on the floor on their feet, back and sides and/or generative apparatus.

Progress in stretching toward playing areas of theme 'Thin' and 'chunky' stalks.

Once children are confident moving, teach a circle in centre of mat/area area using cones or ribbon sticks.

Children must now repeat in a circle shape around the area without stepping on the centre circle.

When teacher calls "Go, stretch to green". Children should move into the centre circle and hold onto their body stalks.

Make it easier

- Play in a bigger area
- Make cones into a 'hedge' that can be used for the same purpose
- Teacher demonstration only

Make it harder

- Smaller area
- Children choose their body shape
- Teacher hands and holds the mat, making sure, etc (optional)

Move With Max **Neighbour's Naughty Dog 1** **Card 01**

UP IN SPACE **How to Play**

Light or heavy with 2 teams (boys and girls) and describe the two teams at opposite ends of the playing area.

At each end of area there is a marked zone. With in this marked zone place an equal number of items to search (e.g. 10 paperclips or small toys).

Between these 2 marked areas randomly place hidden spaces and items during play.

Players attempt to find one item at a time from the opposite zone and take them back to their own zone.

All players can touch at the same time but they can only stand on lights or paper.

If a player seems to have the number right/hidden then they must put the items back to the zone they got from and return to their own zone.

The team with the most items at end of the match gets the win.

Make it easier

- Play in smaller area
- Use more obvious items
- Place items close together
- Reduce number of items to find
- Reduce number of papers on area

Make it harder

- Play in bigger area
- Reduce obvious items
- Place items further apart
- Reduce number of items to find
- Reduce number of papers on area

Move With Max **Anemone Under the Sea** **Card 02**

How to Play

Mark out 3-4 different colour circles using markers cones or other objects that are big enough for all children to sit on. Use cones to mark out as instructed (pink, blue, yellow, red, green, purple etc).

When teacher shouts and a colour, children should sit on their colour that colour circle.

If teacher shouts "ANEMONE", children should quickly move into the central circle.

This game is great to help children become aware of their own and others personal space.

Red!

Make it easier

- Play in a bigger area
- Use 2-3 different colour markers/cones
- Allow more time for children to react to specific colour in response to calling the colour

Make it harder

- Play in smaller area
- Use 5-6 different colour marked items
- Use cones to mark out that children must react to the different colour
- Give children a task and they to complete within a set time

Move With Max **The Gruffalo Says...** **Card 04**

In The Woods **How to Play**

This is played in a 'Silent hour' type game and is great to use in a morning session for longer and used as a motor activity.

Give children a rubber spot and tell them to find their own space and stand on their spot.

Teacher calls out actions and children should perform action but only if the teacher says "The Gruffalo says..." first.

If the child performs the action when they shouldn't have, they must hold a pre-determined balance and close their eyes. They can't open to see the next round.

Children can be linked to the ground by 'Touch your shoulder to mine, point to the opposite wall at the end of your front arm'.

Progress to particular actions with something up. "The Gruffalo says tickle, jump, gallop, hop etc."

Make it easier

- Play in bigger area
- Use obvious items to mark out
- Reduce number of items to find
- Reduce number of papers on area
- Reduce number of papers on area

Make it harder

- Play in smaller area
- Use less obvious items to mark out
- Reduce number of items to find
- Reduce number of papers on area
- Reduce number of papers on area

STAFF LOVED HOW THE PROGRAMME CREATED CROSS-CURRICULAR LINKS.

WOODHAM BURN PRIMARY

YOU CAN EASILY USE AND ADAPT THE MOVE WITH MAX CARDS AND FURTHER EXPAND ON THE IDEAS.

TUDHOE COLLIERY PRIMARY

Explore **S M I L E S**

Children can **EXPLORE** your whole curriculum actively!

An innovative and exciting new way to infuse activity into your curriculum.



HOW IT WORKS:

- Schools are provided with 20 QR code signs, numbered 1-20
- Schools place these across the school site (or in specific outside areas)
- Trails are available on our platform for a teacher to start a lesson in seconds!
- Schools are able to provide content for their own trails to be added
- Once a teacher presses a button to start a lesson, children enter the system by simply scanning the QR code generated

Build a lesson
in seconds

Quick access
to content
for children

THE CLEVER BIT!

- Multiple classes can start a different trail at the same time!
- All children scan the same signs but the content that appears on their devices is different. For example, Y1 can be doing a "Phonics Trail" while Y6 are doing "SATS revision"
- All trails are available to all schools - those created by Go Well and those created by the Explore Schools Community

Differentiate
the content
per group

Community
Content

The QR
codes never
change

THE ENGAGING BIT!

- Children are moving as they are learning! Children move between QR codes to access the next question or activity
- Scores are awarded for each QR code scanned and each question answered correctly
- A leaderboard is created between groups in school
- Trails are available and can also be created to impact other areas of PESSPA e.g. "Active Challenges"

THE TECHNICAL BIT!

- Devices used must be able to scan QR codes
- Wifi is required, but not necessarily across the full area of the trail. Wifi zones can be identified

*If you feel your site or IT equipment won't be suitable please get in touch and we will discuss options with you

WHAT THE PACKAGE CONTAINS:

20 QR
CODES
SIGNS

1 YEAR
LICENCE

CPD
COURSE

OPPORTUNITY
TO ADD YOUR
OWN TRAILS

*Current Explore schools only require an "Explore Renewal" to continue with usage of the platform beyond their initial year.

Explore Support Package **S M I L E S**

Do you feel like you have not got enough time to setup the programmes across your school?

We know the potential of this programme is amazing! A stumbling block to successful use can be finding the time in school to get it going. We can help with this!

Our Explore Support Package includes:

- A 1-2-1 meeting with the Explore Lead
- A site visit to support with setting up the QR codes, identifying Wifi areas, checking device suitability and onboarding staff and groups to the system
- Whole Staff CPD

*NB all of this is on the same day

EXPLORE DAY

Have you seen our Explore Days on Pg 20. You could use one of these to launch Explore in your school!



Other services supporting HQ education:

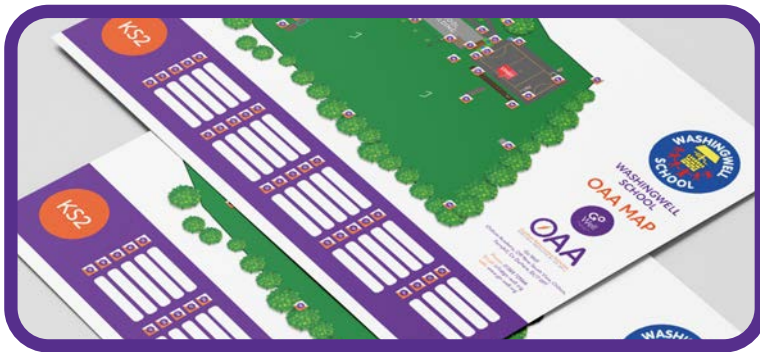
EYFS Support Package **S M I L E S**

5 direct contact hours from an EYFS specialist which can be used in a bespoke way for your school, such as:

- Supporting staff to implement and deliver the Move with Max Resource (Pages 14-15)
- Planning topics and how physical development opportunities can be incorporated
- Upskilling PE Apprentices in EYFS
- Looking at fine & gross motor skill activities in the classroom and outside
- Collaboratively planning schemes of work focusing on particular areas in need of development

OAA Resources **S M I L E S**

Choose an area of your school to be “mapped” and our team will produce a bespoke HQ electronic resource which is editable for use with KS1 and KS2 including a photo trail for “star exercises” style introduction to orienteering.



Health and Wellbeing

A range of programmes and services to support schools in raising activity levels and increasing emotional wellbeing.

Let's Go Well Together

Fit for Life Licence



A comprehensive fitness programme for your whole school.

- Support children to meet Chief Medical Officers' Guidelines. Moderate to vigorous activity and muscle and bone strengthening activities guaranteed!
- Increase the confidence, knowledge and skills of all teaching staff in delivering high quality fitness sessions.
- Use fitness as a tool for whole school improvement - designed to support individual personal development.
- Raise activity levels across the school.



Active 30 –
10 Minute
Workouts

PE



Incorporate
into After
School Clubs



Fit for Life licence includes:

- ✔ Online CPD for teachers
- ✔ A login for each class teacher
- ✔ Movement Videos (18 movements)
- ✔ Workout Videos (70 workouts)
- ✔ Brain Breaks (12)
- ✔ Classroom Workouts (20)
- ✔ PE Scheme of Work



BEGINNERS

WORKOUT 19



AT THE START OF EACH MINUTE:

- 10 BODY WEIGHT SQUATS
- 10 CHEST TO OVERHEAD
- 10 HEEL FLICKS



Rest for remainder of minute
REPEAT for 5 minutes

00:04:10

FIT FOR LIFE SUPPORT PACKAGE

Support to maximise your Fit for Life Licence.

Includes a 2 hour whole school CPD or 1-2-1 with programme leader in school and 2 hours of delivery with children alongside staff members.



MANIPULATION

CHEST TO OVERHEAD WITH DIP



- PIPE ON CHEST
- STRAIGHT BACK
- FEET HIP WIDTH APART
- SLIGHTLY BEND KNEES AND SLIGHTLY PUSH HIPS BACK
- PULL HEAD BACK
- DRIVE HIPS FORWARD
- EXTEND LEGS
- FULLY EXTEND ARMS ABOVE HEAD
- PUSH HEAD THROUGH GAP BETWEEN ARMS
- RETURN TO STARTING POSITION AND BEGIN NEXT REP



We're making some exciting changes to the FFL platform next year!

This will include a reconfiguration of the site to make navigation easier, an automated data collection feature and some gamefication! Scan the QR code to find out more!

Scan here to find out more



Smile Day **S M I L E S**

A Smile Day provides a great opportunity to broaden children's experiences of different sports and activities. A coach will come to your school for the day and provide exciting taster sessions in the chosen activity. This could spark a half-term of engagement in the activity on your playground or inspire pupils to join community clubs.



New!

Blaze Pods
Day

Quidditch
Day

Disability
Sport Day

Skipping
Day

OAA Day

Dragonball
Day

Frisbee Day

New!

Explore Day





Frisbee Day



Quidditch Day



Scan the QR code to get more information on our Smile Days

PE Escape Room Day

Hoopstarz Day

New!
Pickleball Day

Fit For Life Day

Ready, Set, Glow Day

New!
Silent Disco Day

Intra School Competition Day

Team Up Day



The Active Ted Programme

S M I L E S

Introduce your children to being more physically active both at school and at home with Go Well's Active Ted!

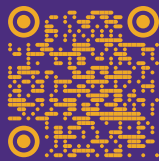
WHAT IS INCLUDED:

- Active Ted Resources - 1 x Active Ted Bag, 1x Playground Activity Cards
- Whole School Assembly to launch the programme
- A training session for Playground Activators (a selected group of KS2 children)
- Lunchtime Supervisor training
- Staff awareness twilight session

**YOU CAN
BUY A BAG
OR REFILL
SEPARATELY**



Scan the QR code for more detailed information on each element.



Move More Daily



Is increasing activity levels across the school day a priority for your school? We can help!

A comprehensive training package for the whole school staff will enable your school to understand the importance of daily activity, evaluate your current daily activity offer and explore how more activity can be injected into an already busy school day.

We will focus on the 'why' before experiencing the 'how', to help you embed physical activity as the daily norm. Together we will try brain breaks, classroom activities which can be physical in minimal space as well as active curriculum opportunities. We will build confidence in staff so they feel more able to include physical activity throughout their planned school day. Together we'll create a bank of ideas to ensure variety, which will engage and motivate the whole class.

Include this 3 hour training package as part of a whole school PD day, or book two equivalent twilight sessions to ensure full coverage of the content.

Go Well Walks



Support your school community to improve their wellbeing by creating a wellbeing walk on your school site. We will provide your school with 10 x A2 Outdoor Signs. Each sign will give a wellbeing tip and an activity linked to the 5 ways to wellbeing.

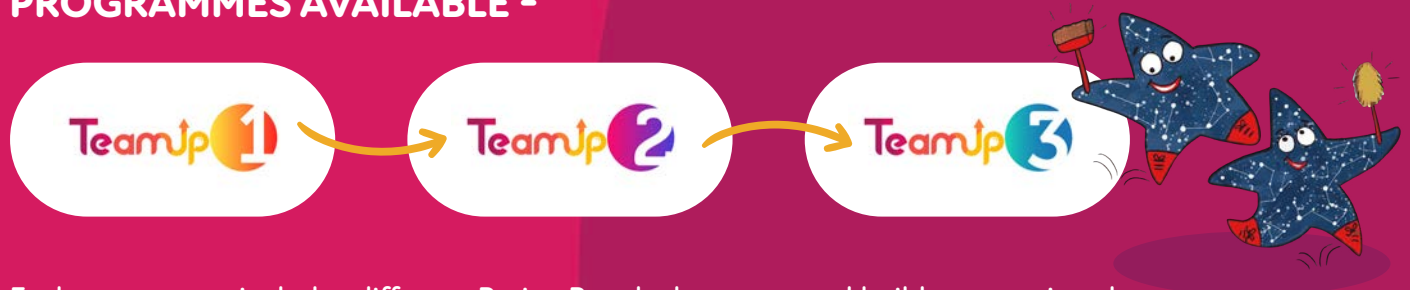
Team Up Kids

S M I L E S

An early intervention for children which gives them the tools for life long wellbeing. The programme blends the positive powers of physical activity and mental wellbeing techniques to support children to be ready to learn and succeed in life.

Children learn through the 'Brainy Bunch', a family of brain parts and brain chemicals, which help us to understand our brain and how it is linked to our body and emotions. Children learn how to work with their brain chemicals and use tools to maintain good wellbeing.

PROGRAMMES AVAILABLE -



Each programme includes different Brainy Bunch characters and builds on previous knowledge. Classes/children should only complete Team Up 2 or 3 if they have experienced the previous programmes. Completion of the whole journey is not a necessity but we certainly recommend it!

This programmes can be delivered in a variety of ways:

- 6 x PM Sessions (2 lessons delivered each afternoon)
 - 4 x AM Sessions (3 lessons delivered each morning)
- (You can split these how you wish between the two classes)

Buy multiple blocks to cover more classes. Programme suitable for KS1 and KS2 classes.

Each Team Up Kids Programme includes:

- 6 x 1hr lessons
- CPD for class teacher (team teach and virtual CPD)
- Resource Pack (lesson plans and booklets)



Delivered to full classes

Suitable for KS1 and KS2

Teachers upskilled for sustainability

Tools that can be embedded into daily practice

Long term impact

“ A specific child in my class has changed their bedtime as a result of Team Up Kids. (Teacher)

“ The children are far more aware of the importance of keeping their mind as well as their body healthy and how caring for one will actually lead to improvements in the health of both. (Teacher)



“ One child was always 'sluggish' in a morning and after lunch. They can now say why and have the vocabulary to tell us when they need a 'brain break' or some more good chemical production! (Teacher)

“ Harry's knowledge and ability to use that knowledge to manage his own emotions and also help others has been remarkable. (Parent)

Independently Led Team Up Kids:

Have you already been upskilled in the delivery of Team Up Kids by one of our Team Up Tutors? You can lead a new class or group through the programme by ordering a Independently Led Delivery Programme and Pack. You will receive all of the resources you need to deliver the programme to 30 children.



Our new Team Up booklets are now available to help support your children through their Team Up journey.

Wellbeing Leaders

S M I L E S

We will inspire and train a group of 6 “Wellbeing Leaders”. These children will be tasked with setting up a Wellbeing Club at school and will be provided with activity cards (over 45 ideas!) to run it successfully with minimal adult support. The training programme will include a full morning in your school during which the children will use their Wellbeing Leaders workbook to help them understand the aims of the club, plan the activities they will deliver, share out the roles and explore ideas about how to celebrate all that the club participants do. Each Wellbeing Leader will be presented with a cap and a badge. certificates for them as well as school. Virtual support will be available to help school staff embed the programme if required, opportunities can be provided to share good practice through our on line communities.



Personal Best Challenge **S M I L E S**

Our Personal Best Challenge resource provides each child with a booklet to work through a six week programme containing six individual challenges. Children practise and progress their own scores on each challenge, recording them in the booklet each week. They then have the challenge of achieving as many Personal Bests as they can in the final week. Each child receives a sticker for each PB achieved and a medal for completing the programme!



Personal Development

A range of services to support schools to develop personal skills and values through programmes incorporating or linked to activity.

Let's **Go Well** *Together*

Life Skills Through Sport

S M I L E S

A programme that will train and mentor a select group of pupils to improve their confidence and life skills. 10-12 pupils who like PE and physical activity but do not often make the school team or put themselves forward for opportunities will undergo a unique training programme. The pupils will take part in workshops to develop teamwork, communication and resilience. They will be set challenges throughout the programme culminating in the planning and delivery of an event of their choice.

The programme will consist of:

- Selection process/launch event
- 2 in school training visits from Go Well staff
- Event led by chosen group of children
- Celebration event
- Personal work booklet



6 Week Sport Education Model **S M I L E S**

Sport education model is a curriculum model which allows children to work in teams over a “season”, to take different roles such as a warm up coach, official, scorer, reporter and accrue points over the course of a unit of work. A unique way of KS2 children developing leadership skills, social skills, teamwork, resilience and taking ownership of their own learning, facilitated by a member of our education team over 6 weeks.

Leadership Package **S M I L E S**

The equivalent of a full day’s leadership training for potential sports leaders. Take part in the newly designed Go Well Primary Sports Leaders Training! Children will learn the vital skills of leadership and access a programme of tasks to put those skills into action. Children can gain awards throughout the year for tasks completed and hours volunteered.



Self-Esteem

Responsibility

Communication

Confidence



INSPIRATION AND LEARNING

S M I L E S

FULL DAY! WITH ALEX DEWAR
(INVICTUS GAMES ATHLETE)

PERSONAL DEVELOPMENT

About Alex

Alex Dewar was a highly successful Army Warrant Officer with the world at his feet, when he suffered a brain haemorrhage which would change his life forever.

Physical activity and fitness was key to his survival and his recovery, leading to his participation in the Invictus Games. Alex has rebuilt his life and continues to live with 'hidden disabilities' such as reduced sight and dysphasia. He is a truly inspirational man!



Workshops:

- **Resilience**
- **Creative Writing**
- **Physical Health and Teamwork**

About the programme

A session with Alex provides a unique opportunity for inspiration and learning for all! Staff and children alike will be inspired by the courage, determination and resilience Alex has and continues to show in rebuilding his life following his accident. They will learn from his experiences and apply it to their lives through the unique workshops available.



Children have a real life example of resilience, meaning they can put the meaning of the word into context.



This was an absolutely fabulous and informative day I would recommend that other schools get Alex in to inspire their children and staff.

Apprenticeships

Increase and enhance your provision with an Apprentice! Alternatively, upskill your current support staff with further training.

Let's **Go Well** *Together*

Apprenticeships



Why employ a PE Apprentice?

Apprentices can be such a great addition to the school team and are often a fantastic role model for the children. An Apprentice; an inspirational young person; is able to raise the profile of PE and increase Physical Activity levels and participation opportunities across the school day. They are able to:

- Assist within a classroom setting (when PE is not going on in school)
- Assist in PE lessons, building to being able to lead warm ups and cool downs regularly or take small groups within a PE session
- Help with preparing teams for events and competitions
- Assist with any admin around PE and school sport
- Design noticeboards, newsletters, social media posts
- Look after equipment, set up and take down at the start and end of sessions
- Work with individual children, supporting their learning much in the same way as a TA but in a PE setting
- Assist with the development of school sports leaders, engagement of specific groups of children in Active 30, movement interventions

INCREASE
CAPACITY IN
YOUR TEAM

CREATE MORE
OPPORTUNITIES
FOR YOUR
CHILDREN

ENGAGE THE
LEAST ACTIVE

EMPLOY AN
INSPIRATIONAL
YOUNG PERSON

Apprentice Contracts:

- Your locality and type of employer would determine the employee contract type
- The hourly rate varies dependent on age and experience in line with National Apprenticeship wages
- Please contact us for more detailed information

Paying Training Costs:

Apprentice Levy paying organisations (such as Local Authorities) would pay for the training via their Levy Pot and digital system.

Non-Levy paying organisations (such as Small MATs) would pay 5% of the training costs and the government pay the remainder.



	Organisations suitable for:	Employees suitable for:	Approximate length of Apprenticeship:	Approximate Training Costs:
Level 2 Community Activator Coach Standard	<ul style="list-style-type: none"> Schools Local Authority/ Sports Provider SSP's/SGO's CSP's 	<ul style="list-style-type: none"> Existing school staff who wish to take more of a role in PE and School Sport Existing or new staff who wish to work on community-based projects 	15-18 months	£6000
Level 3 Teaching Assistant Standard (Through Pe And School Sport)	<ul style="list-style-type: none"> Schools 	<ul style="list-style-type: none"> Retained PE apprentices Existing TA's with an interest in PE New recruits for a PE Apprenticeship with previous experience (of coaching or working in a school environment) 	15-18 months	£7000
Level 3 Event Assistant Standard	<ul style="list-style-type: none"> Local Authority/ Sports Provider SSP's/SGO's CSP's 	<ul style="list-style-type: none"> New recruits into an Event Assistant role Existing staff who wish to take more of role in delivering events 	Minimum 18 months	£9000
L4 Sports Coach	<ul style="list-style-type: none"> Schools especially secondary Coaching companies Clubs SSP's 	<ul style="list-style-type: none"> Existing school staff or new staff looking at taking responsibility for delivery of PE Existing or new coaches wanting to develop their expertise New recruits into a sports coach role 	Minimum 18 months	£9000



Competition and Events

An extensive range of events covering all ages groups, abilities and motivations.

Let's Go Well Together

The logo consists of the word "SMILES" in white capital letters, each letter contained within a colored circle: S (grey), M (light blue), I (yellow), L (light blue), E (orange), S (grey).A group of children in school uniforms are playing netball on a grassy field. In the foreground, a boy with red hair and a girl with glasses are high-fiving. Other children are visible in the background, some holding netball mallets.

We strive to create a positive experience for everyone who attends our events.

A school sport or physical activity event can provide an experience like no other for children and young people. It can be a place where fantastic memories are made, a passion for activity is sparked and a love for movement embedded. It can also be a place where learning and child development take place, with the opportunity to learn and apply new skills and values.

Netball and Football Leagues and Cups

Multi Skill and Multi Sport Festivals

Primary Olympics

Wellness Festivals

OAA Festivals



Compete

Participate

Develop

Engage

Go Well Events - a place where anyone is welcome and everyone belongs

We believe every child should have the opportunity to experience a school sport or physical activity event that is matched to their confidence, competence and motivation. In order to achieve this we provide an extensive programme of events, in addition to the School Games, that are varied and vibrant.

Events are split into categories to support schools to select the appropriate children for the event environment and to increase the likelihood of a positive experience.



Our Competition and Events Membership includes:

- Full access to the Go Well Events Calendar
- Participation Festivals
- Competitive Events
- Tiered Competitions
- Events shaped for specific target groups
- Major events e.g. Primary Olympics
- Go Well Networking Meetings (3 per year)
- Dedicated member of staff to contact for ongoing support
- Data report on participation rates in events

A black and white photograph of a group of children in a gymnasium. They are holding white PVC pipes horizontally. The children in the foreground are smiling and laughing, looking towards each other. In the background, other children and an adult are visible, some also holding pipes. The scene is lively and joyful.

We passionately believe in the power of PE, sport and physical activity to improve lives.



OUR VISION:

To have a positive impact on the wellness of 1 million people by 2025.

Let's Go Well Together



@gowellwithus

Go Well

Chilton Academy, Off New South View, Chilton, Ferryhill, Co Durham, DL17 0PT

Phone: 0330 056 2455 **Email:** info@go-well.org www.go-well.org