



# COMMUNITY FOUNDATION

**PE & SPORT**

**HEALTH & WELLBEING**

**LITERACY**

**NUMERACY**

**PSHE**

# SPORT & EDUCATION PROGRAMMES

**2023-24**

**TO INSPIRE, ENRICH  
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381

[www.cu-fc.com/cucf](http://www.cu-fc.com/cucf)  
[cfeducation@colchesterunited.net](mailto:cfeducation@colchesterunited.net)

01206 755160

[@ColU\\_CF](https://www.instagram.com/ColU_CF) [/ColUCF](https://www.facebook.com/ColUCF)

[#enrichourcommunities](https://www.instagram.com/enrichourcommunities)

# INTRODUCTION

## PARTNER WITH YOUR LOCAL SPORTS CHARITY

Colchester United Community Foundation is your local sports charity providing high quality, cross curricular support to schools and families. Our Education Programmes are designed to:

- Always be cost effective
- Be innovative and bespoke
- Enrich the National Curriculum
- Provide a wide range of extra-curricular activities

We're proud to once again provide flexible, bespoke, cost effective and innovative support to our Partner Schools for the 2023/24 academic year.

Through unique learning experiences and opportunities, we can enrich the National Curriculum, extracurricular activities and the needs of your pupils, staff and school!



**Luke Drysdale**  
EDUCATIONAL FUNDED  
PROGRAMMES OFFICER



**Nicola Garland**  
SCHOOLS' PARTNERSHIP OFFICER



"We've been working with CUCF for a year now, the staff are always friendly, enthusiastic and form great relationships with our children and staff. Consequently, our children and staff really look forward to their PE lessons and extracurricular clubs. The support from the CUCF team is always responsive and positive. We would highly recommend their work with local schools!"

*Headteacher*

## DEVELOPING A LASTING PARTNERSHIP

Our partnerships are designed to enhance, develop, and support the needs of your school in line with the School Sport Premium Fund, Ofsted and KS1 and KS2 National Curriculum/Extracurricular expectations.

Our Delivery Team is trained and supported with regular internal and external CPD, alongside PE lesson/session observations (Inspirational Visits) to contribute to your school's values, behaviour management and teaching ethos. This ensures the delivery of consistent high-quality provision.

As a Partner School you will also have priority access to the following to enrich your school:

- National Funded Programmes
- Primary PE Teacher CPD
- Enrichment Opportunities
- Colchester United Resources and Memorabilia
- Colchester United Ticket Offers
- Eddie the Eagle and Player Visits

## HOW WE IMPACT YOUR SCHOOL



**FINANCIALLY**



**COMMUNITY  
ENRICHMENT**



**NATIONAL  
CURRICULUM  
ENRICHMENT**



**HEALTH &  
WELLBEING**

## EDUCATION COVERAGE 2023/24

**300** PE lessons and extra-curricular clubs a week

















**141** Numeracy lessons

**296** Literacy lessons

**412** PSHE & Health & Wellbeing lessons

# WHY PARTNER WITH US?

## HOW WE ENRICH THE NATIONAL CURRICULUM

PSHE, HEALTH & WELLBEING	PE	LITERACY	NUMERACY
 <p>Physical and Mental Health</p>	 <p>Physical Literacy</p>	 <p>Reading</p>	 <p>Active Learning</p>
 <p>Resilience</p>	 <p>Multi-Skills and Sports</p>	 <p>Writing</p>	 <p>Problem Solving</p>
 <p>Confidence and Self-Esteem</p>	 <p>Team Games and Competitions</p>	 <p>Speaking</p>	 <p>Times Tables</p>
 <p>Positive Behaviour</p>	 <p>Collaboration</p>	 <p>Listening</p>	 <p>Calculating</p>

## QUALITY OF OUR WORKFORCE

### DELIVERY TEAM QUALIFICATIONS

- Qualified or working towards to a minimum NGB/UKCC Level 2 Coaching Award
- Level 3 AfPE Qualification Supporting the Delivery of PE & School Sport (QCF)
- Creative Development real PE Training
- Enhanced DBS & FA Safeguarding Training
- Emergency First Aid Training
- Yoga Factory Yoga Training Award

### DELIVERY TEAM PPA, CPD & TRAINING

- Allocated PPA time for each staff member
- Dedicated staff member as our 'Head of Delivery'
- Monthly CPD supporting teaching and coaching in educational environments
- Premier League Charitable Fund and EFL Trust CPD training attended each academic year by our Delivery Staff

### QUALITY ASSURED

- Termly PE lesson and sessions observations (Inspirational Visits) to each member of our Education Delivery Team
- Termly meetings with school staff to review impact

## OUR PARTNERSHIP



- Staff CPD events
- Funded cross-curriculum support
- School event support
- School competitions
- Player visits
- Mascot visits
- School partnership plaques
- Colchester United discounted tickets
- Colchester United memorabilia
- Visits to the JobServe Community Stadium

**27 YEARS' EXPERIENCE PARTNERING WITH LOCAL PRIMARY SCHOOLS**

# OUR PROVISION



SAVE YOUR SCHOOL UP TO £2,405 PER YEAR IN COMPARISON TO OTHER PROVIDERS!

Our expertise in delivering National Curriculum PE and extra-curricular clubs, enables your school to offer the best provision to pupils and staff. You can tailor our provision in any way you wish to meet the needs of your school!

Please see below how our provision is structured:



FIND OUT HOW WE CAN CONTRIBUTE TO YOUR SCHOOL'S AFPE SCORECARD!

BOOK A PACKAGE AND SAVE MORE!



## PE CURRICULUM AND EXTRA CURRICULUM PACKAGES

TIME	PROVISION	PRICE (PER DAY)	SAVINGS (OVER ACADEMIC YEAR AGAINST OTHER PROVIDERS)
09:00-16:15	PE, Lunch Club and After School Club	£175.00	£1,295.00
09:00-15:00	PE and Lunch Club	£145.00	£1,110.00
09:00-13:00	PE and Lunch Club	£90.00	£1,295.00
12:00-16:15	Lunch Club, PE and After School Club	£115.00	£2,405.00
13:00-16:15	PE and After School Club	£90.00	£1,850.00

## PE CURRICULUM ONLY PROVISION

TIME	PROVISION	PRICE (PER DAY)	SAVINGS (OVER ACADEMIC YEAR AGAINST OTHER PROVIDERS)
09:00-12:00	PE	£70.00	£555.00
13:00-15:00	PE	£60.00	£740.00

## EXTRA CURRICULUM ONLY PROVISION

TIME	PROVISION	PRICE (PER DAY)	SAVINGS (OVER ACADEMIC YEAR AGAINST OTHER PROVIDERS)
08:00-09:00	Breakfast Club	£27.50	£462.50
12:00-13:00	Lunch Club	£27.50	£462.50
15:00-16:15	After School Club	£40.00 (School Paid) / C4K (Parent Paid)	£740.00

\*PARENT PAID & CUCF MANAGED OPTIONS AVAILABLE FOR AFTER SCHOOL CLUBS



\*CUCF will manage any parent paid After School Clubs via Class 4 kids (C4K)

# HOW WE WILL SUPPORT YOU

Each academic year we continue to listen to feedback from our partner schools and new partner schools, as we look to strengthen our educational support of schools in our communities.

## CONTINUED CROSS CURRICULUM PROGRAMME SUPPORT

We will continue to enrich our cross-curriculum support to Partner Schools within our funded Premier League Primary Stars and Joy of Moving programmes, targeting Literacy, Numeracy, PSHE and Health & Wellbeing within the National Curriculum.



## ONLINE PLATFORM TO SHARE INFORMATION & RESOURCES

An individual online space dedicated to each Partner School, to share and store information relevant to the high-quality delivery at your school!



## PUPIL CHAMPION & SCHOOL RECOGNITION SCHEME

Working in partnership with Colchester United and club sponsors Workhorse, we will share initiatives to reward children from our Partner Schools for their contribution to their school and community. We will also reward our Partner Schools for referrals of our services to other local schools in our communities!

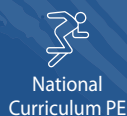


## STAFF ABSENCE GUARANTEE

We continue to cover our staff absences throughout all our paid services for the 2023/24 academic year!



## ACTIVITIES WE DELIVER



National Curriculum PE



Basketball



Floor Gymnastics



Football



Athletics



Archery



Netball



Handball



Dance



Tennis



Tag Rugby



Yoga



Hockey



Rounders



Paralympic Sports



Cricket



Multi Skills

## ENHANCED PPA TOOLS & SUPPORT

All PE planning is catered for using the IPEP PE planner, alongside schemes of work within the activities we deliver to direct extra curriculum club delivery. Our Delivery Staff are supported by our Head of delivery with weekly PPA support, monthly CPD and termly lesson and session observations (IV).



## COMPETITIVE SPORT & FESTIVALS

We will again provide opportunities for local schools to take part in sports competitions and festivals through our funded partners during the 2023/24 academic year!



# FUNDED EDUCATIONAL PROGRAMMES



As a Partner School you will have access to a variety of funded cross curriculum projects through the Premier League Primary Stars, EFL Trust Joy of Moving and Unite Our Communities programmes. Each project addresses areas of the PE & Sport, Literacy, Numeracy, Health & Wellbeing and PSHE National Curriculum and are available to your school! As a Partner School you will have priority access to these programmes, however each programme has a limited number of spaces available over the academic year and are subject to funding.

## PE SUPPORT PROGRAMME (CPD)

The PE Support Programme allows KS1 and KS2 class teachers to work alongside our Education Team in delivering PE lessons. Over each half term we will work together to enhance knowledge of the PE National Curriculum and increase confidence and delivery of PE & Sport activities.



## READING STARS & MAGAZINE TEAMS (LITERACY & NUMERACY)

Reading Stars & Magazine Teams will support pupils with their literacy confidence and attainment using active reading, writing and spelling. This can be delivered to individuals or small groups.



## TEACHER TRAINING EVENTS (CPD)

A training event for teachers to share best practice in PE.



## COLLAPSED CURRICULUM EVENTS (LITERACY & NUMERACY)

An event off-timetable for your school to celebrate with something different!



## JOY OF MOVING (PSHE)

Joy of Moving encourages physical activity whilst promoting health and fitness through a joint classroom and PE-based programme. Topics covered include: nutrition, diet, the importance of exercise and challenges to a healthy lifestyle. (KS2 classes only)



## MATHS STARS (LITERACY & NUMERACY)

Maths Stars will help build confidence through exploring, reasoning, formulating and calculating using sport as a tool both in the classroom and outside! This can be delivered to individuals or small groups.



## WELLBEING STARS (PSHE)

This programme is designed to support children with PSHE skills, including teamwork, resilience, self-esteem, confidence and much more! This can be delivered to classes, individuals or small groups.



## SPORTS DAYS (SPORT & COMPETITION)

Celebrate Christmas, Easter or the summer with a day of sporting fun!



## SOCIAL ACTION (PSHE)

Social Action provides children opportunities to support a campaign of their choice, or create their own to address the needs of their school or community over a six-week period.



## FESTIVALS (SPORT & COMPETITION)

In 2023/24 more Sports Festivals will be available to your school in the local area and you're invited!

- Girls Festivals
- Inclusive Festivals (SEN)
- Mixed Gender Festivals



## EDI ASSEMBLIES (PSHE)

Welcome Eddie the Eagle to your school for an educational assembly addressing equality, diversity and inclusion!



## UNITE OUR COMMUNITIES (COMMUNITY SAFETY)

Workshops designed to educate young people around safety, prejudice and promote inclusion, equality, and unity.



# PARTNERSHIP FORM



SCAN ME

School Name:

School Contact Name:

Address:

Contact Tel No:

Contact Email Address:

## HOW TO BOOK!

1

Complete the Partnership Form and please return to [cfeducation@colchesterunited.net](mailto:cfeducation@colchesterunited.net) stating your Education and Funded Educational Programme choices

2

The CUCF Education Team will deal with your request and check availability

3

A Service Level Agreement will be shared with you

4

A Service Level Agreement returned and signed by both parties

5

Partnership confirmed!

6

The learning begins!

2023/24 TERMS & DATES				CURRICULUM & EXTRA-CURRICULAR PROGRAMMES (TICK TO SELECT)	FUNDED EDUCATIONAL PROGRAMMES (TICK TO SELECT - OPTIONAL)
Monday	Autumn	4th Sep – 16th Oct (7 weeks) and 30th Oct – 11th Dec (7 weeks)	2023		
	Spring	8th Jan – 12th Feb (5 weeks*) and 26th Feb – 25th Mar (5 weeks)	2024		
	Summer	15th Apr – 20th May (6 weeks) and 3rd Jun – 15th Jul (7 weeks)	2024		
Tuesday	Autumn	5th Sep – 17th Oct (7 weeks) and 31st Oct – 12th Dec (7 weeks)	2023		
	Spring	9th Jan – 13th Feb (6 weeks) and 27th Feb – 26th Mar (5 weeks)	2024		
	Summer	16th Apr – 21st May (6 weeks) and 4th Jun – 16th Jul (7 weeks)	2024		
Wednesday	Autumn	6th Sep – 18th Oct (7 weeks) and 1st Nov – 13th Dec (7 weeks)	2023		
	Spring	10th Jan – 14th Feb (6 weeks) and 28th Feb – 27th Mar (5 weeks)	2024		
	Summer	17th Apr – 22nd May (6 weeks) and 5th Jun – 17th Jul (7 weeks)	2024		
Thursday	Autumn	7th Sep – 19th Oct (7 weeks) and 2nd Nov – 14th Dec (7 weeks)	2023		
	Spring	11th Jan – 15th Feb (6 weeks) and 29th Feb – 28th Mar (5 weeks)	2024		
	Summer	18th Apr – 23rd May (6 weeks) and 6th Jun – 18th Jul (7 weeks)	2024		
Friday	Autumn	8th Sep – 20th Oct (7 weeks) and 3rd Nov – 15th Dec (7 weeks)	2023		
	Spring	12th Jan – 16th Feb (6 weeks) and 1st Mar – 29th Mar (4 weeks**)	2024		
	Summer	19th Apr – 24th May (6 weeks) and 7th Jun – 19th Jul (7 weeks)	2024		

\*May Day Bank Holiday 6th May 2024 \*\* Good Friday Bank Holiday 29th March 2024



# COMMUNITY FOUNDATION



SCAN ME

## MONDAY

PACKAGES	09.00-16.15	09.00-15.00	09.00-13.00	12.00-16.15	13.00-16.15	EDUCATIONAL PROGRAMMES*
COST (PER DAY)	£175.00	£145.00	£90.00	£115.00	£90.00	<b>FUNDED - NO COST</b>
TICK TO SELECT						
PROVISION	08.00-09.00	09.00-12.00	12.00-13.00	13.00-15.00	15.00-16.15	
COST (PER DAY)	£27.50	£70.00	£27.50	£60.00	£40.00	C4K (Parent Paid)
TICK TO SELECT						

- CPD
- LITERACY & NUMERACY
- PSHE
- SPORT & COMPETITION
- COMMUNITY SAFETY

## TUESDAY

PACKAGES	09.00-16.15	09.00-15.00	09.00-13.00	12.00-16.15	13.00-16.15	EDUCATIONAL PROGRAMMES*
COST (PER DAY)	£175.00	£145.00	£90.00	£115.00	£90.00	<b>FUNDED - NO COST</b>
TICK TO SELECT						
PROVISION	08.00-09.00	09.00-12.00	12.00-13.00	13.00-15.00	15.00-16.15	
COST (PER DAY)	£27.50	£70.00	£27.50	£60.00	£40.00	C4K (Parent Paid)
TICK TO SELECT						

- CPD
- LITERACY & NUMERACY
- PSHE
- SPORT & COMPETITION
- COMMUNITY SAFETY

## WEDNESDAY

PACKAGES	09.00-16.15	09.00-15.00	09.00-13.00	12.00-16.15	13.00-16.15	EDUCATIONAL PROGRAMMES*
COST (PER DAY)	£175.00	£145.00	£90.00	£115.00	£90.00	<b>FUNDED - NO COST</b>
TICK TO SELECT						
PROVISION	08.00-09.00	09.00-12.00	12.00-13.00	13.00-15.00	15.00-16.15	
COST (PER DAY)	£27.50	£70.00	£27.50	£60.00	£40.00	C4K (Parent Paid)
TICK TO SELECT						

- CPD
- LITERACY & NUMERACY
- PSHE
- SPORT & COMPETITION
- COMMUNITY SAFETY

## THURSDAY

PACKAGES	09.00-16.15	09.00-15.00	09.00-13.00	12.00-16.15	13.00-16.15	EDUCATIONAL PROGRAMMES*
COST (PER DAY)	£175.00	£145.00	£90.00	£115.00	£90.00	<b>FUNDED - NO COST</b>
TICK TO SELECT						
PROVISION	08.00-09.00	09.00-12.00	12.00-13.00	13.00-15.00	15.00-16.15	
COST (PER DAY)	£27.50	£70.00	£27.50	£60.00	£40.00	C4K (Parent Paid)
TICK TO SELECT						

- CPD
- LITERACY & NUMERACY
- PSHE
- SPORT & COMPETITION
- COMMUNITY SAFETY

## FRIDAY

PACKAGES	09.00-16.15	09.00-15.00	09.00-13.00	12.00-16.15	13.00-16.15	EDUCATIONAL PROGRAMMES*
COST (PER DAY)	£175.00	£145.00	£90.00	£115.00	£90.00	<b>FUNDED - NO COST</b>
TICK TO SELECT						
PROVISION	08.00-09.00	09.00-12.00	12.00-13.00	13.00-15.00	15.00-16.15	
COST (PER DAY)	£27.50	£70.00	£27.50	£60.00	£40.00	C4K (Parent Paid)
TICK TO SELECT						

- CPD
- LITERACY & NUMERACY
- PSHE
- SPORT & COMPETITION
- COMMUNITY SAFETY

\*Please refer to Page 6 for details on Funded Educational Programmes