



PERSONAL BEST  
EDUCATION

# School Provision



[www.personalbesteducation.com](http://www.personalbesteducation.com)



# WHAT OUR CURRENT PARTNERS SAY

*"We have always had the most amazing experience when using Personal Best Education. Our children thrive when working with their experienced and dedicated coaching staff. Their dynamic and lively sessions can be accessed by every child who thoroughly enjoy learning with them." ~*

**Romsey Abbey Primary School**

*"We receive personalised support and advice whenever needed. Personal Best Education have been our sports provider for 3 years. Staff are very well trained and provide very high-quality provision to the school." ~*

**Scantabout Primary School**

*"The team are approachable, flexible and professional at all times, they have supported staff development and have given our children unforgettable sporting experiences." ~*

**Rownhams Primary School**

*"Their communication, staff expertise, staff's passion and enthusiasm as well as organisation have been brilliant. Looking ahead, we have several exciting plans working with them closely in the future." ~*

**Hiltingbury Junior School**

*"Personal Best offer fun, high quality lessons that motivate all learners. They ensure they cater for the needs of each child and adapt sessions accordingly." ~*

**Rownhams Primary School**

*"As a school we have worked with Personal Best over a few years and cannot sing their praises enough. They are very efficient, friendly, organised and nothing is too much to ask." ~*

**Braishfield Primary School**

*"Our staff were very impressed with the passion, skill and delivery of Personal Best Education's staff. The students told me it was the best day they have had at Wyvern so far!" ~*

**Wyvern College**

*"The coaches develop good quality relationships with the children. The team are always responsive to any questions that we have, keeping us fully informed and updated on the services that they provide through effective communication." ~*

**North Baddesley Junior School**







# ABOUT US

Our mission is to help individuals and groups of all ages, backgrounds and cultures be the best version of themselves and achieve their 'Personal Best', thus making a positive contribution to their community and the wider world

## Values

Promoting inclusivity through offering provision in diverse ways to give enriching experiences for children of all abilities, interests and backgrounds

Provide access to exceptional education, sport and leisure services to promote mental and physical well-being in the local community and beyond

Prepare young people and support organisations for the future through provision of key life skills and knowledge to live a happy and healthy life

*Delivering excellence and high quality sports and education provision since 2012*

## Expertise & Quality

All core coaching staff possess a minimum level 3 PESS qualification, with all others holding a minimum of Level 2 in multi-skills

All delivery staff are enhanced DBS checked, Paediatric First Aid trained and undertake continual training in Safeguarding

All delivery staff undertake a comprehensive CPD and Quality Assurance programme including a quarterly observation

## Sports, Subjects & Activities

All sports and activities within the National PE Curriculum including Gymnastics, Athletics, Swimming, Dance are offered as well as other inclusive activities such as Archery, New-Age Curling, and more

Core curriculum subjects such as Maths, Science and Music can be delivered through the medium of physical activities

Activity based sessions on mental health, life skills, nutrition & health and more





# PPA COVER



As an education provider with excellence at the centre of everything we do, we are acutely aware of the need for teachers to take invaluable time away from the classroom to focus on important elements that enhance their potential for success - Planning, Preparation, Research and Assessments.

We can support your teachers across most curriculum subjects, covering key times during the week.

## KEY FACTS

- Comprehensive range of academic subjects, sports and arts, aligned with the PE National Curriculum supported by end of term assessments
- A variety of Sports & Activities such as Multi-Skills, Football, Cricket, Gymnastics, Dance, Music, Cycling and more
- PPA is available for full terms from 1 hour to a full day

## WHO IS IT FOR?

- Key Stages 1, 2 & 3
- Schools seeking to give their teachers extra planning time to ensure their high teaching standards are maintained throughout the year
- Schools looking to minimise additional strain of staffing and systems through outsourcing of provision

## BENEFITS TO YOU

- High quality coaching
- Free up valuable time for teachers to plan lessons
- Help you achieve Gold / Platinum Kitemark Award
- Motivate and inspire your students with innovative sessions







# SCHOOL CLUBS



We offer schools the opportunity to broaden their provision to students with additional classes and courses. Whether as a supplement to the day's learning at school or a new enriching programme focused on non-academic themes, we can support you and your students' needs as well as easing the work/life balance pressure on parents at the start or end of their working day.

## KEY FACTS



- Funded by parents or school
- As well as sports, dance and leisure activities we offer a vast range of academic subjects such as Science, Modern Languages, Music and much more
- Full wraparound provision offered from 8am to 6pm including breakfast, lunchtime and after-school clubs

## WHO IS IT FOR?



- Key Stages 1, 2 & 3
- Schools seeking to offer children extra provision with fun, diverse and engaging clubs to stimulate young minds and improve physical activity
- Schools looking to support working parents with tight schedules
- Schools with limited resources looking to reduce strain of staffing and systems via out-sourcing of provision

## BENEFITS TO YOU



- Recognised as increasing students' academic performance and social skills through extra-curricular engagement
- Provide extra-curricular activities to your students every afternoon
- Provide support to working parents with additional supervision of their children





# SPORTS & INCLUSION TOURNAMENTS



Personal Best offers schools the opportunity to host a fun-filled day with a wide-range of alternative sports for all or some groups of students. These days are tailored to your needs and can include one or more sports and activities, run by our expert coaches.

We have supported many schools in Hampshire through hosting Sports/Inclusion days every year and their popularity continues to grow as schools see how beneficial they are to the staff and students.

## KEY FACTS

- A full day of sports and activities for students of all abilities
- Wide-range of sports & activities including: Archery, Spooner Boards, Large Inflatables, Water Games, Quick Cricket, Team Games and many more
- Tailored to your needs through a consultation with one of our expert facilitators and on a day/date of your choosing

## WHO IS IT FOR?

- Schools seeking to give their students a break from lessons with a fun-packed day
- Schools looking to broaden their inclusivity and accessibility to all through offering a range of fun activities to students of all ages, abilities and stages of development

## BENEFITS TO YOU

- Improve the physical and mental well-being of students through being active and having fun
- Refreshed and reinvigorated staff and students
- Inclusive and promotes a positive environment
- Access to new resources, equipment and expertise
- Peace of mind that your students are in safe hands with Personal Best's experts







# CYCLING



For more than a decade over 100,000 children in Hampshire have benefitted from Personal Best's exceptional Bikeability Training.

Personal Best offers a vast range of cycling provision to schools throughout Hampshire to ensure students can enjoy the delights and rewards of riding a bike safely on the road.

## KEY FACTS

- All Instructors are bikeability qualified and experienced
- Non-Rider and Balance Bike courses available
- Bikeability Levels 1, 2 & 3
- We offer bike maintenance courses
- Courses can be tailored to your needs and scheduling
- Personal Best have a great stock of bikes and helmets that children can borrow for sessions

## WHO IS IT FOR?

- School years R - 9
- Schools seeking to give their students comprehensive access to a broad range of cycling activities, skills and knowledge
- Schools focused on sustainability with a green agenda
- Children getting on a bike for the very first time through to confident and experienced riders

## BENEFITS TO YOU

- Promotes healthy living and keeping children active
- Access to all and aligned with levelling up and inclusivity agenda
- Promotes road safety and confidence
- A green initiative to support the future world
- Promotes independence and can lead to family riding experiences





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# CONTINUAL PROFESSIONAL DEVELOPMENT



Our team of experts and highly qualified practitioners are available to support your staff in developing extra-curricular skills in a variety of sports and activities to enable your school to broaden its teaching portfolio and upskill your teachers.

These can range from the planning and delivery with exciting new sessions through our demonstrations and role-playing as well as curriculum mapping.

## KEY FACTS



- Wide-range of exciting sports such as Multi-sports, Swimming, Cricket, Dance, Gymnastics etc
- Available throughout the school day
- Combination packages of sports or long-term training in one key sport
- Follow up review and feedback sessions available to support staff and ensure new innovations and delivery approaches are incorporated

## WHO IS IT FOR?



- Teachers with limited to no knowledge or experience in delivering sessions in specific sports or activities
- Schools looking to broaden their inclusivity and accessibility to all through offering a new sport or activity to their students
- Schools with facilities to host niche sports and activities but unable to utilise due to lack of delivery expertise

## BENEFITS TO YOU



- Upskilling of staff in a variety of sports and activities
- Ensure staff feel valued and motivated through learning new skills
- Inspire and stimulate students through increased access to new sports and activities whilst also improving their physical well-being







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# SCHOOL HOLIDAY PROVISION



Personal Best has extensive experience in helping schools offer their students, parents and local community access to additional provision at their facilities during the school holidays, ranging from running fully managed Holiday Camps, Sports & Leisure Coaching and Bikeability Training.

## KEY FACTS

- Personal Best can run a School Holiday Activity Camp for children aged 6-11 years at your school
- Our highly qualified and experienced expert staff can run clubs and sessions in a wide-range of sports, crafts and other enriching activities
- All Bikeability courses can be delivered at your school, plus modules such as learn to ride, balance bikes and more

## WHO IS IT FOR?

- Schools looking to offer their students a fun and exciting Activity Camp for children aged 6-11 years
- To provide a service to all parents in the school holidays
- Schools seeking to reduce risk of disengagement of children during school holidays

## BENEFITS TO YOU

- Utilise your facilities outside term time and generate additional income to support funding investment in facilities, staffing and more
- Provide extra support to your students and parents during school holidays with exciting and enriching activities
- Increase accessibility and support for the well-being of the local community





# EMERGENCY & MENTAL HEALTH FIRST AID



Personal Best offer Emergency First Aid and Mental Health First Aid training for all school staff and students.

First Aid can save lives and prevent minor injuries becoming major ones. Our Mental Health First Aid training will help staff and students to spot the early warning signs of anyone who is struggling.

## KEY FACTS



- Emergency First Aid is a Level 3 nationally recognised award
- Learn how to administer CPR and the purpose of defibrillators
- Practical advice on how to deal with issues such as depression and anxiety, suicide and psychosis, self harm and eating disorders
- Can be held at the Personal Best Conference Centre or at your school

## WHO IS IT FOR?



- Schools who would like their staff to feel more secure and confident when dealing with a medical or mental health emergency
- All school staff
- Students in key stages 1, 2, 3 & 4

## BENEFITS TO YOU



- Staff and students equipped to deal with minor first aid emergencies
- Recognise mental health issues enabling staff to ensure appropriate safeguarding is in place
- Making the school a safer environment for both staff and students







# DANCE



Dance is a compulsory activity within the National Curriculum for PE.

Personal Best offers dance lessons for children of all abilities using simple movement patterns. We can also develop or add to the dance programme that your school already provides.

Dance improves physical and mental wellbeing and is a great way to keep students active all week in a fun, safe and inclusive environment.

## KEY FACTS



- All our instructors are professionally trained in Dance
- Range of dance styles suitable for beginners as well as those looking to try something new
- Dance classes are available throughout term-time and tailored to the needs of the school
- Opportunities for students from all year groups to participate in dance activities as part of or outside the curriculum

## WHO IS IT FOR?



- Schools looking to provide high quality dance lessons for all students
- Schools seeking alternative physical activities through the medium of dance to meet key stages 1, 2 and 3 of PE curriculum
- All primary and secondary schools

## BENEFITS TO YOU



- Builds confidence and self-esteem amongst students
- Keeps students active
- Opportunities for students to perform dance routines at school events
- Promotes inclusivity for non-sporting students





# MUSIC



Personal Best offers a range of music services that are tailored to the National Curriculum including whole class instrumental learning, individual or small group music lessons, depending on the needs of the school.

More generic sessions are also offered incorporating percussion, rhythm games, singing, composing and evaluating a variety of historical music as well as experimenting with the world of sound through a variety of musical instruments.

## KEY FACTS

- Music tutors are highly qualified and experienced
- A range of music services available
- Music lessons can be held every day through term-time and delivered to your needs and scheduling

## WHO IS IT FOR?

- Schools with facilities to host various music activities
- Schools looking to give their students extensive access to a wide range of music activities
- All schools and students

## BENEFITS TO YOU

- Research shows that music lessons provide a myriad of benefits for the brain, physical & mental health and general well-being
- Students are more motivated to learn
- Music lessons aim to help students flourish in other areas of learning







# OTHER SERVICES

At Personal Best, we provide a variety of other provision to schools in need of supporting individuals or small groups with specific needs such as language training, digital learning and more.

## English as an Additional Language (EAL)

Our qualified and expert tutors can help support the needs of non-native speakers of English to ensure any difficulties are overcome and do not inhibit subject learning potential

## School Transport

Our fleet of minibuses with drivers are available to support schools with their transport needs to events, school trips and more at very reasonable rates.

Our minibuses can seat up to 16 people including staff

## Conference Centre

Our newly built hi-spec Personal Best Conference Centre offers clients the opportunity to hire small, medium or large spaces for groups of up to 30 to run off-site meetings, training, strategic planning sessions and more.

Benefit from free parking, good transport links and freshly brewed coffee. Catering can also be arranged for an additional cost

Please contact us for further information



## Professional Business Consultancy

Our highly experienced senior business professionals can support organisations seeking to identify opportunities to maximise the use of assets such as expertise, facilities and much more to help generate additional income as well as wider-access across the community





# PACKAGES

At Personal Best our focus is on working closely with schools to meet their specific and diverse needs whether through peripheral support or a comprehensive wraparound package from morning to evening on any school day. Our services are offered at three levels to offer your school the right support within your budget:



## Gold Day

A full day combination package from 8am - 6pm

### Example Package

8am-5pm Full wraparound including breakfast club, PPA and After-school Clubs



## Silver Day

A half day combination package in the morning or afternoon

### Example Package

1pm-3pm Sports PPA sessions  
3pm-5pm Sports & Activities  
After-school Clubs



## Bronze Day

One or two sessions of a specific activity a day

### Example Package

Sports PPA sessions, Life Skills or School Clubs (Am, Lunch or PM)

If you would like to find out more and tailor a package to fully meet your school's needs please contact us at:  
Tel: 01794 510225 Email: [enquiries@personalbesteducation.com](mailto:enquiries@personalbesteducation.com)







# MEET THE TEAM



Jack Renshaw  
Sports Coach  
Football Lead



Luke Knight MSc  
Project Manager



Beth Maxwell  
Sports Coach  
Sports Lead



Harry Ockwell  
Sports Coach  
Bikeability Lead



Casey Spry  
Sports Coach  
Gym Lead



Keighley Smith  
Sports Coach  
Dance Lead



Lauren Rizza  
Sports Coach  
Mental Health Lead





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