PERSONAL BEST EDUCATION

School Provision







Helping every school and child be the best version of themselves and achieve their personal best

personalbesteducation.com



PERSONAL BEST EDUCATION



CONTENTS

3 About Us

4-5 School Residential Trips

6 PPA Cover

7 Breakfast & After School Clubs

8 Alternative Provision

9 Y7 Transition Days & Team Building

10 Virtual Reality

11 Laser Tag

12 School Holiday Camps

13 Continual Professional Development

14 Sports Days, Festivals & Events

15 Other Services



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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 hold at least a **Level 2 multi-skills qualification** and engage in ongoing professional development to ensure high-quality training and support

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 and Athletics are offered as well as other inclusive activities such as Archery, New-Age Kurling 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 and health and more



SCHOOL RESIDENTIAL TRIPS

A New Residential Experience at The Mountbatten School

At Personal Best Education, we are excited to introduce The Broadlands Suite, a brand-new residential experience based at The Mountbatten School in Romsey. Designed to provide a safe, dynamic and inspiring environment, our residentials encourage young people to step out of their comfort zones, build confidence and create lasting memories. With flexible one- to five-day programmes, we can tailor each trip to meet your group's needs—whether it is for education, rewards, enrichment or team bonding. By making full use of The Mountbatten School's fantastic facilities and local partners, we can offer a wide range of engaging land and water-based activities, including immersive bushcraft experiences that take learning outdoors. These hands-on sessions develop resilience, problem-solving skills and teamwork, all in a unique setting.

BESPOKE PACKAGES ARE AVAILABLE BASED ON YOUR SCHOOL'S NEEDS.
PLEASE CONTACT OUR TEAM FOR FURTHER DETAILS.

WHAT MAKES US SPECIAL

- **Brand-New Premium Accommodation:** Stay in the newly developed Broadlands Suite – a safe, secure and vibrant space designed to accommodate up to 32 students and 6 teachers.
- **Outstanding Facilities:** Enjoy access to 3G artificial and grass pitches, basketball, netball and tennis courts, a gymnasium, a sports hall, a music theatre, a dance studio, computer labs and high-spec training rooms.
- **Safety and Security:** All staff are DBS-checked and our on-site managers provide 24/7 supervision and support.



To book a tour, contact us at
enquiries@personalbesteducation.com



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Activities That Support School Learning

Our programme of activities can complement classroom learning or introduce new skills in an engaging way. We tailor programmes to suit your students' needs, with activities including:

- Outdoor Learning and Adventure
- Sports and Teamwork
- Enrichment and Rewards

We will work with you to create the perfect programme for your students.

> *Our partnership with Personal Best Education has been truly transformative. They don't just provide support; they ignite student potential. Their exceptional and holistic approach to personal and professional development has been instrumental in raising the aspirations of all our students, but especially those from disadvantaged backgrounds.*
>
> *By focusing on vital skills like team building, communication, business acumen, interpersonal relations, and interview preparation, Personal Best goes beyond traditional academic support. They empower students to see possibilities they might not have otherwise considered.*
>
> **Barton Peveril Sixth Form College**

KEY FACTS

- Flexible 1-5 day trips at The Mountbatten School for education, enrichment and team bonding
- Sleeps 32 students and 6 teachers in a safe, premium setting
- Access to sports pitches, courts, gym, dance studio, theatre and more
- Outdoor learning, adventure and sports

WHO IS IT FOR?

- Key Stages 2 and 3, ages 7-14
- Schools seeking bespoke one-to five-day residential experiences for learners
- Schools looking to access specialist facilities and environments that are not available within their own school setting

BENEFITS TO YOU

- Improves listening, teamwork and communication skills
- Builds trust between students and teachers
- Encourages adaptability and critical thinking
- Equips students with valuable skills that extend beyond the classroom



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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.

> *The sports coaching delivered by Personal Best Education at our school has been fantastic. Their engaging and well-structured sessions have not only improved student skills but also boosted their confidence and enthusiasm for physical activity.*
>
> Romsey Abbey Primary School

KEY FACTS

- We offer a comprehensive range of academic subjects, sports and arts aligned with the PE National Curriculum, complete with end-of-term assessments
- Our activities include a variety of sports and activities including; Multi-Skills, Football, Cricket, Gymnastics and more
- PPA cover is available for full terms, ranging from 1-hour sessions to full-day support

WHO IS IT FOR?

- Key Stages 1, 2 and 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

- Access to skilled and qualified sports 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



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BREAKFAST & AFTER 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.

> *We have a strong relationship with Personal Best Education who supply us with our Football After School Sports Club which is always very popular! Aiden and Erin have been wonderful with supporting the children and encouraging them to rise to a challenge and trying something new.* **Cupernham Infant School**

KEY FACTS

- Funded by parents or school
- We offer a wide range of activities to support academic learning, including coding, sports, dance and arts and crafts
- Full wrap-around provision offered from 8am to 6pm including breakfast, lunchtime and after-school clubs

WHO IS IT FOR?

- Key Stages 1, 2 and 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 by outsourcing 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



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ALTERNATIVE PROVISION



At The Mountbatten School in Romsey, we have access to fantastic facilities that enable us to provide alternative provision tailored to the specific needs of students who require an alternative to mainstream education. This support addresses academic, emotional, social and behavioural needs, ensuring students receive a well-rounded educational experience.

Our Alternative Education Provision empowers students by equipping them with the skills and support necessary to excel. We aim to help students reach their full potential and achieve their personal best by developing resilience, self-confidence and a positive mindset.

KEY FACTS

- Alternative Provision offers a flexible curriculum
- It provides innovative approaches for students who are typically unsuited to traditional education methods

WHO IS IT FOR?

- Key Stages 2 and 3, ages 7-14
- Students whose school attendance is irregular or low due to a variety of reasons, including social, emotional, or behavioural challenges
- Schools that do not have the budgets to deliver alternative provision independently

BENEFITS TO YOU

- Alternative Provision ensures accessibility for all, creating a tailored, supportive environment that improves behaviour
- Supports academic, social and emotional growth
- Delivers a flexible curriculum for diverse learning styles



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Y7 TEAM BUILDING & TRANSITION DAYS



Starting secondary school is a big step and Personal Best Education helps students feel confident from day one. Our Year 7 Transition Days ease nerves, build friendships and introduce students to their new environment through fun team-building activities.

Held before or early in the academic year, these sessions help students connect with peers and teachers, boost confidence and foster a sense of belonging. Year 7 team-building days in autumn further support settling in, relationship-building and collaboration skills.

KEY FACTS

- Fun games help students bond, meet teachers and gain key skills
- Team activities boost collaboration and problem-solving
- Sessions build confidence in new surroundings
- Students feel ready for the year ahead

WHO IS IT FOR?

- For Year 6 students transitioning to Year 7 or new Year 7 students who have joined the school
- Schools aiming to enhance their transition process for new academic year starters
- Schools wishing to build early positive relationships amongst new year 7 cohorts

BENEFITS TO YOU

- Helps students feel comfortable and confident
- Encourages early friendships, reducing feelings of loneliness and social anxiety
- Sets the tone for teamwork, respect and shared values



VIRTUAL REALITY



Personal Best Education now offers schools its exciting new provision of educational, vocational and 'real world' experiences through the world of VR. In an ever-evolving world our aim to is to give students access to alternative learning to complement and enhance the knowledge and skills gained through traditional methodologies to create rounded citizens of the future world.

Our 'learn-by-doing' sessions are wide-ranging across academic curriculum subjects, professional careers and key life skills through working and social interaction in immersive, cutting-edge environments.

KEY FACTS

- Up to 14 students in each session
- Half or full day sessions
- Academic subjects include: STEM, Art, Languages, Geography, Music, PE and more
- Explore career paths through interactive Job Simulations, plus hands-on insights into Interior Design and Architecture

WHO IS IT FOR?

- Aged 10-17, year groups 6-12
- Schools seeking to expose their students to alternative ways of learning
- Ideal for tight budgets - access hard-to-reach topics and locations like cities, geography, STEM, music and art through VR
- Hands-on virtual work experiences (e.g. Job Simulator, Arkio, Car Mechanic Simulator)

BENEFITS TO YOU

- Increase motivation to learn and engagement
- Improve inclusion and accessibility to learning
- Enhance understanding of more complex concepts and knowledge retention
- Promote teamwork, communication and problem-solving through engaging VR escape rooms and virtual world challenges



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LASER TAG



Laser Tag is an exciting, action-packed activity that combines fun, physical activity and strategic thinking. In a fast-paced environment, players engage in thrilling, laser-based battles to achieve common objectives and outsmart the opposing team. This game is enjoyable and an excellent way to enhance essential skills such as teamwork, strategic planning, communication and physical well-being.

KEY FACTS

- Up to 100 students per day or 32 per session (half/full day)
- Ideal for large groups with carousel activities
- Laser tag builds confidence, decision-making and strategic thinking
- It keeps students active, reducing sedentary behaviour

WHO IS IT FOR?

- Key stages 2 and 3, ages 7-14
- For schools looking to boost key skills or to support fundraising and community events
- Schools looking to offer reward sessions for pupils to recognise their achievements throughout the academic year
- Schools who are seeking alternative physical activity to engage hard to reach pupils

BENEFITS TO YOU

- Builds communication, teamwork and leadership
- Boosts mood, reduces stress and increases happiness
- Fast-paced and active, making fitness fun
- Teaches sportsmanship through friendly competition
- Strengthens social bonds and community spirit



SCHOOL HOLIDAY CAMPS



Looking to run school holiday camps at your school? We offer a variety of exciting options, including multi-activity camps, sports camps, bushcraft adventures, cookery sessions and more—providing children with an unforgettable holiday experience.

> *We have also found the Personal Best Education team to be reliable and professional. They deliver high-quality after-school clubs tailored to our needs, run our outdoor P.E. curriculum—providing valuable training for staff—and host well-organised, fun holiday camps attended by students across Andover. Their impact on our school community has been fantastic!* **Knights Enham Junior School**

KEY FACTS

- School Holiday Activity Camps for children aged 5–11 (Year 1 to Year 7)
- Our highly qualified and experienced expert staff can run clubs in a wide-range of sports, crafts and other enriching activities
- Our camps are filled with fun, learning and adventure

WHO IS IT FOR?

- Schools looking to offer their students a fun and exciting Activity Camp for children aged 5–11 (Year 1 to Year 7)
- To provide a service to all parents in the school holidays
- Schools looking to generate income from premises

BENEFITS TO YOU

- 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
- Schools seeking to reduce risk of disengagement of children during school holidays



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

- A wide range of exciting sports such as Multi-sports and Gymnastics
- Available during 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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SPORTS DAYS, FESTIVALS AND EVENTS



Personal Best Education 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 date of your choosing

WHO IS IT FOR?

- Key stages 1 and 2
- 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
- Schools seeking to give their students an alternative activity focused on fun
- Schools seeking assistance with running their sports days

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 Education's experts



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OTHER SERVICES

At Personal Best Education, 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.

First Aid Training

We 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.

Please contact us for further information

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.

Professional 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.

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CONTACT

To learn more about our packages and pricing, get in touch with our friendly team. We would be happy to create a package tailored to your school's needs.

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