

PREMIER LEAGUE PRIMARY STARS

**BE INSPIRING
BE AMBITIOUS
BE CONNECTED
BE FAIR**



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PLPS WITH NOTTINGHAM FOREST COMMUNITY TRUST

AN INTRODUCTION

Premier League Primary Stars uses the appeal of the Premier League and professional football clubs, including Nottingham Forest, to help primary school children to be active and develop essential life skills.

The programme has been developed and is managed by the Premier League Charitable Fund (PLCF), a Premier League-funded charity which aims to create positive and lasting sporting, health and education outcomes for children, young people and the wider community.

Throughout the Premier League Primary Stars programme, Nottingham Forest Community Trust will:

- **Engage children to take part in and enjoy more football, sport and physical activity**
- **Support teachers with the knowledge, skills and confidence to deliver PE and sport**
- **Help children gain the skills they need to reach their goals**
- **Increase children's interest, understanding and confidence in English and Maths**

The overall programme is designed by teachers for teachers, with the curriculum-linked teaching resources supporting English, Maths, PSHE and PE, with flexible activity ideas, worksheets, lesson plans, assemblies, and exclusive videos.

Nottingham Forest Community Trust's Primary Stars offering splits into a number of key areas, all of which are tailored to your school's individual requirements and values, with our team providing a dedicated plan to weave into the curriculum and school's timetable, in order to gain maximum reach and outcomes.

Primary Stars is delivered within your school by our core team of lead coaches, all of whom have extensive delivery experience and AFPE qualifications, with staff on hand to support both pupils and staff, who will also gain additional external support and be in regular contact with our Primary Stars coordinator.



PREMIER LEAGUE PRIMARY STARS VALUES

BE AMBITIOUS

Work hard and never give up on your goals

BE INSPIRING

Set a great example to others

BE CONNECTED

Work well with others and in a team

BE FAIR

Treat people equally and think of others



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WHAT'S ON OFFER?

A dedicated coach for one day per week, 39 weeks per year, during which we will deliver:

- **Physical Education delivery and delivery support for teachers**
- **Targeted student interventions and delivery in English, Maths and PHSE including mental health**
- **Inclusive lunchtime and afterschool clubs (mixed and boys/girls dedicated)**
- **Targeted SEND sessions**
- **Collapsed Curriculum Days**
- **Standalone workshops**
- **Social Action Projects (Ambassadors in Sports and Mental Health, Planet Super League)**
- **Teacher CPD (Primary Teachers Award, inset day training, twilight courses)**
- **Competitions / Sports Days**



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PHYSICAL EDUCATION DELIVERY SUPPORT FOR TEACHERS

Nottingham Forest Community Trust offer Physical Education for both Key Stage 1 and 2 pupils, along with specialist SEND delivery. Our delivery is primarily to support teachers in areas where they may not be as confident or require additional support.

Topics of delivery are whatever the school requires. Of course, Nottingham Forest Community Trust can offer football, but we'll do everything else, from Bollywood dance and gymnastics to basketball and table tennis!

Teachers are consulted on what the delivery will consist of and have access to session plans including online resources which provide a range of warm up and skill-based games they can use inside and outside of the classroom.

“WE’RE DELIGHTED TO SEE COACHES LEADING ON THE DANCE SESSIONS AS WE WANTED TO SEE HOW THE BOYS WOULD RESPOND TO MALE ROLE MODELS, AND EVEN AFTER TWO WEEKS, IT’S ALREADY HAVING THE EFFECT WE WANTED.

THE BOYS ARE ABSOLUTELY LOVING IT, YOU COULD SEE THEIR ENTHUSIASM EVEN AFTER THE FIRST SESSION – THEY KEPT ASKING WHEN FOREST WOULD BE COMING BACK SO THEY COULD LEARN THE NEXT PART OF THE ROUTINE!

CHILDREN SPEND A LOT OF TIME WITH THEIR CLASS TEACHER, SO I THINK WHEN THERE’S SOMEONE WHO COMES IN EXTERNALLY ESPECIALLY SOMEONE WHO’S CONNECTED TO FOOTBALL, IT JUST HELPS TO GRAB THEIR ATTENTION.

I’D SAY IT’S MORE IMPACTFUL WITH THE BOYS WHO ARE TRYING TO IMPRESS HIM BECAUSE OF THE FOOTBALL ELEMENT, PARTICULARLY IN PRIMARY SCHOOLS WHERE MALES ARE UNDERREPRESENTED, IT HELPS THEM TO UNDERSTAND RESPECT BUT ALSO TO FOCUS AND AS A RESULT, LEARN.

PRIMARY STARS WIDENS THE CHILDREN’S UNDERSTANDING OF POTENTIAL CAREERS WHEN THEY GROW UP, BUT ALSO HELPS TO BOOST THEIR CONFIDENCE AND PUSH THEIR LIMITATIONS AS THIS IS ALREADY SHOWING IN WEEK TWO.

IT’S REALLY OPENED MY EYES TO DIFFERENT METHODS OF PE DELIVERY AND HOW TO ENGAGE THE CHILDREN IN DIFFERENT WAYS WHICH IS VALUABLE FOR MYSELF AND THE OTHER TEACHING STAFF, TO HAVE THAT SUPPORT NETWORK THERE THROUGH PRIMARY STARS IS A HUGE ADVANTAGE.”

Sarah Payne – Sherwood Junior School



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KEY STATISTICS

61 targeted pupil interventions



PSHE



English



Maths



SEND

63

Teachers mentored

45

Teachers attended CPD training

17 Competitions



EXTRACURRICULAR SESSIONS



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6 Social Action programmes
based on Sports /Mental
Health Ambassadors



8 ANTI-DISCRIMINATION
WORKSHOPS


55 SCHOOLS
engaged

15
PARTNER

SCHOOLS

Stats based on 21/22 academic year



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TARGETED STUDENT INTERVENTIONS

Working inside the classroom, Nottingham Forest Community Trust support schools by providing dedicated and focussed interventions with those students who may be struggling with their English and Maths.

Utilising the Premier League Primary Stars resources, our hardworking team of coaches will work closely with teachers to identify the areas where students may be struggling and devise a plan to help them learn, improve and progress.

In addition to English and Maths, Nottingham Forest Community Trust also offer a variety of PHSE workshops and assemblies focusing on topics including mental health, wellbeing, bullying, internet safety and more.



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“READING STARS IS A BIG FOCUS HERE AT CRABTREE, PARTICULARLY ON THE BACK OF THE STUDENT’S TIME LEARNING FROM HOME DURING THE HEIGHT OF THE PANDEMIC.

I’M THINKING OF ONE STUDENT IN PARTICULAR WHO WON AN AWARD FOR HIS READING THROUGH PRIMARY STARS WHICH IS FANTASTIC BECAUSE DURING LOCKDOWN HE WASN’T COMPLETING ANY OF THE WORK.

HE COMES FROM A BIG FAMILY SO MUM WAS REALLY STRUGGLING TO DO ALL OF THE WORK WITH FIVE BOYS, BUT AS SOON AS HE RETURNED TO SCHOOL, HE STARTED WORKING WITH THE NOTTINGHAM FOREST STAFF AND NOW HAS A MUCH MORE POSITIVE APPROACH TO READING.

THE STAFF BUILT UP HIS CONFIDENCE, EMPHASISING THE IMPORTANCE OF READING, TAKING TIME ON A ONE-TO-ONE BASIS BEFORE EASING HIM INTO GROUP WORK, IT HAS HAD SUCH A POSITIVE IMPACT JUST BY HAVING THAT MORE FOCUSSED APPROACH.”

Nichola Harper – Crabtree Farm Primary School



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INCLUSIVE LUNCHTIME AND AFTERSCHOOL CLUBS

Our lunchtime and afterschool provisions engage those pupils less confident in taking part in activities, as well as mentoring students with behavioural issues.

From Table Tennis to Football, we tailor our delivery to each schools' needs, and offer clubs dedicated to boys, girls or mixed gender.



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TARGETED SEND SESSIONS

As well as being able to deliver PE sessions to all year groups, Nottingham Forest Community Trust Lead PLPS coaches can deliver to pupils who have SEND & behavioural needs. These sessions can be delivered in small groups and focus more on the needs of the individual pupil in a safe and controlled environment.



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COLLAPSED CURRICULUM DAYS

Collapsed Curriculum Days gives schools an alternative learning environment, focussing on a variety of topics. Mixing-in with other Primary Schools, the events are held at the City Ground and include group discussions and activities to build participants confidence within a non-classroom setting.

Falling into the PHSE curriculum block, topics include mental health and well-being, healthy eating, behaviour and more – with pupils also having the chance to speak to Nottingham Forest stars where available.

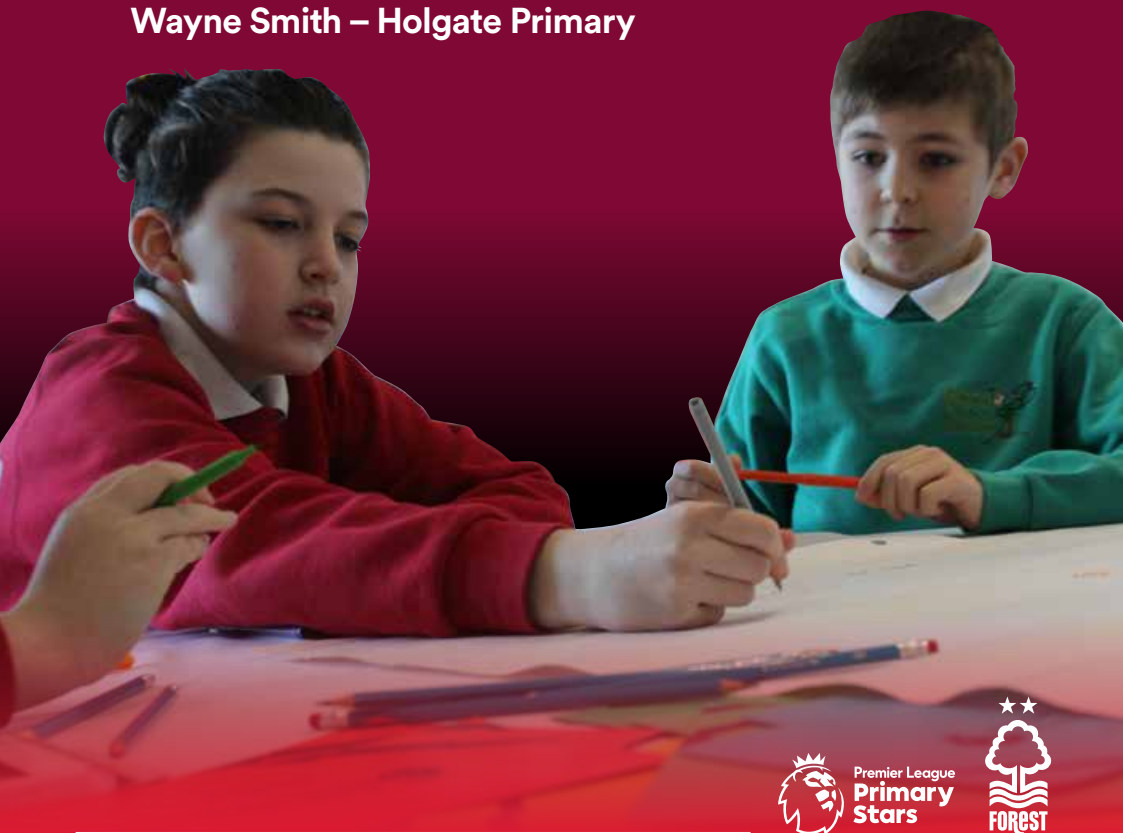


“WHEN WE BRING THE CHILDREN OUT INTO THIS DIFFERENT SETTING AND ENVIRONMENT, THEY REACT A LITTLE BIT DIFFERENTLY – IT HELPS TO RELAX THEM AND APPROACH LEARNING IN SUCH A WAY THAT THEY TAKE MORE IN AND ENGAGE MORE.

THAT IS SUCH A MASSIVE POSITIVE WHEN IT COMES TO APPROACHING DIFFICULT TOPICS, FOR EXAMPLE WE’VE BEEN LOOKING AT COPING WITH ANXIETIES, STRESS AND TALKING ABOUT THEIR FEELINGS.

FOR US AS TEACHERS, IT’S ALSO EXTREMELY HELPFUL TO SEE HOW COACHES APPROACH THE TOPICS AND DELIVER IT. WE’RE ABLE TO TAKE THOSE METHODS ON BOARD AND ADAPT OUR CLASSROOM DELIVERY ACCORDINGLY. ”

Wayne Smith – Holgate Primary



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WORKSHOPS

Throughout the academic year, Nottingham Forest Community Trust organises tailored workshops, delivered school-wide or to a specific class/year group, either via an assembly or within the classroom.

Like the Collapsed Curriculum Days, the workshops predominantly focus on PHSE topics such as mental health, internet safety and more – but also focus on key skill essentials like reading with World Book Day.

The workshops are a great way for young people to develop their skills in a more relaxed setting.



“THE RANGE OF WORKSHOPS NOTTINGHAM FOREST OFFER IS OUTSTANDING, THERE IS ALWAYS SOMETHING TO SUIT OUR CURRICULUM OR AWARENESS WEEKS, IT’S REALLY HELPED TO BOOST OUR PHSE OPTIONS.

SEEING PEOPLE COME IN FROM A DIFFERENT BACKGROUND HELPS TO HIGHLIGHT THINGS MORE AND SUBCONSCIOUSLY SIT UP, LISTEN, AND ENGAGE WITH THE TOPIC.

DURING MENTAL HEALTH AWARENESS WEEK, WE HAD FOREST IN TO DELIVER A WORKSHOP THEMED AROUND THAT AND THE APPROACH REALLY HELPED TO GAIN A GREATER UNDERSTANDING OF THEIR FEELINGS AND HOW THEIR BEHAVIOURS MAY IMPACT ON OTHERS.

THESE CHILDREN HAVE MISSED SO MUCH GROWING UP, IN TERMS OF BEING ABLE TO UNDERSTAND AND RELATE TO ONE AND OTHER BECAUSE OF HOME SCHOOLING DURING THE PANDEMIC – THAT’S WHY THESE WORKSHOPS ARE SO IMPACTFUL AND WE’RE EXTREMELY GRATEFUL FOR THE CONTINUED SUPPORT OF NOTTINGHAM FOREST COMMUNITY TRUST. ”

Claire Shipley – Crabtree Primary



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SOCIAL ACTION PROJECTS

Working in partnership with the Premier League, social action projects are an excellent way for pupils to take on a different approach to learning. We'll offer support in delivering social action projects including 'Planet Super League' – a nationally recognised environmental health campaign.



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TEACHER CPD

Through Premier League Primary Stars, we are committed to the continued development of teaching staff as well as pupils. Throughout our delivery, teachers will have access to resources and see first-hand our approach. Partner schools will also be offered the opportunity to send teaching staff to training courses.

These courses will cover a range of topics from invasion games for the sports field, to classroom-based activities – with each course being nationally recognised and delivered at the requirement of the school, be that in the evening, during half-term or on a nominated inset day.



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“WE’VE BEEN REALLY IMPRESSED WITH THE APPROACH TO TEACHER CPD, AND OUR STAFFS’ PE DELIVERY SKILLS HAVE IMPROVED REMARKABLY.

WHAT WE NOTICED THAT STAFF WOULD JUST LEAVE THE COACHES TO TEACH AND LEAD, TAKING THEIR LAPTOPS DOWN TO CATCH UP ON ADMIN WORK AND GENERALLY NOT ENGAGING WITH CPD, HOWEVER SINCE FOREST HAVE COME IN – THE APPROACH HAS CHANGED.

AS A SCHOOL, WE’RE DOING MORE QUESTIONNAIRES TO FIND OUT HOW WE CAN HELP STAFF AND SINCE THE START OF THE ACADEMIC YEAR, THEY’RE REPORTING THAT THEY FEEL MORE CONFIDENT IN PE DELIVERY, THEY’VE GOT MORE IDEAS SO THEY CAN TWEAK AND EDIT THEIR PLANNING.

THEY’RE ALSO UNDERSTANDING KEY VOCABULARY WHICH IS VITAL. FOR EXAMPLE, OUR STAFF AREN’T TRAINED IN GYMNASTICS SO IT’S DIFFICULT TO TEACH THINGS LIKE A STRADDLE – BUT BECAUSE FOREST HAVE STAFF WHO ARE EXPERTS IN THOSE FIELDS, TEACHERS ARE ABLE TO SEE WHAT IT SHOULD LOOK LIKE AND MORE IMPORTANTLY, RELAY THAT INFORMATION TO OUR STUDENTS.”

Ellie Byrne, Sutton Road Primary



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COMPETITIONS, FESTIVALS AND SPORTS DAYS

Competitive sport is a way of life, however Nottingham Forest Community Trust is dedicated to helping those children who may be struggling to engage with sport, or those who may not always get the opportunity to compete, to do just that!

The Trust runs Football Festivals throughout the academic year and schools are invited to participate against other schools local to them in a non-competitive festival.

Partner schools are also invited to compete in several multi-sport festivals and competitions, and to participate in the nationally recognised EFL competition – the EFL Kids Cup, with the winning team from the regional stages getting to represent Nottingham Forest at regional, and possibly national level – with the overall cup final taking place at Wembley Stadium.

We can also deliver Sports Days for your school, tailored to your needs, and facilitate keeping all children active and included in the school calendar of events.

Your Lead Coach can work with your PE Coordinator to align PE delivery and lunch time/ after school clubs with local inter school competition schedule, so pupils are fully prepared.



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“FOOTBALL IS A BIG SPORT WITHIN OUR SCHOOL, SO TO GIVE THESE CHILDREN THE OPPORTUNITY TO PLAY AT SOME GREAT FACILITIES IS REALLY IMPORTANT AND YOU CAN TELL BY THEIR FACES THAT THEY LOVE IT.

THE INCLUSIVE FOOTBALL EVENT IS BRILLIANT FOR THE CHILDREN, YOU CAN SEE THE CONFIDENCE RADIATE AMONGST THEM – THESE ARE THOSE CHILDREN WHO MAY NOT ALWAYS BE CHOSEN TO PLAY FOR THEIR SCHOOL TEAM BASED ON ABILITY, POSSIBLY THEIR CONFIDENCE TOO, I’VE ALREADY SEEN A MASSIVE IMPROVEMENT ON THAT ALREADY THANKS TO THIS TOURNAMENT.

THE CONFIDENCE THEY’LL TAKE FROM PARTICIPATING WILL STAY WITH THEM, AND THAT WILL CONTINUE TO GROW WITH THE MORE OPPORTUNITIES THEY’RE GIVEN. ”

Ashley McIlwaine - Holly Primary



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IN FOCUS:

ST ANN'S WELLS ACADEMY

Working with Nottingham Forest Community Trust over the last five years, St Ann's Wells Academy has seen a massive transformation within their students through PE provision, with the trust working alongside the Primary School to devise a PE plan specific to the needs of the curriculum.

“NOTTINGHAM FOREST HAVE BEEN KEY IN HELPING US TO DESIGN OUR CURRICULUM AND SUPPORTING ME IN MY ROLE, OVER TIME WE’VE BEEN ABLE TO PUT TOGETHER A REALLY OUTSTANDING PE PROGRAMME.

WE’VE BEEN REALLY IMPRESSED WITH THEIR WILLINGNESS TO SUPPORT OUR NEEDS AND HOW ADAPTABLE THEY’VE BEEN TOO THAT, AND WE’VE REACHED A POINT NOW WHERE IT’S A REALLY EXCITING OFFERING FOR OUR STUDENTS.

I STRONGLY BELIEVE IN THE ABILITY AND SKILLS OF OUR STUDENTS IF THEY ARE GIVEN THE RIGHT OPPORTUNITIES AND EXPECTATIONS TO DRIVE THEM THROUGH, AND THAT’S WHERE FORESTS’ PRIMARY STARS OFFERING HAS BEEN KEY IN BOTH CREATING AND IMPLEMENTING IDEAS AND EMBEDDING THEM WITHIN THE DAY-TO-DAY CURRICULUM WHICH EMPHASISES THE SCHOOLS CORE VALUES.

EACH TERM FOCUSSES ON A NEW THEME HERE AND WORKING WITH THE FOREST TEAM, WE’RE ABLE TO STRIP THAT BACK AND REALLY IDENTIFY THE KEY SKILLSET AND KNOWLEDGE WHICH CHILDREN NEED TO KNOW TO FLOURISH ACROSS THE YEAR GROUPS.

THAT FOCUSED PLANNING AND DELIVERY APPROACH HAS AN IMPACT IN THE CLASSROOM TOO, A KEY THING WE’VE DONE IS LOOK AT APPOINTING SPORTS LEADERS AND OFFERING OPPORTUNITIES AND EVENTS YOU DON’T REGULARLY GET AT PRIMARY LEVEL – SPORTS LEADERS BRINGS FOCUS TO THE STUDENTS, THEY KNOW THEY HAVE TO FOCUS WITHIN LESSONS IN ORDER TO REAP THE REWARDS AND RESPONSIBILITIES.

I COULDN’T RECOMMEND NOTTINGHAM FOREST COMMUNITY TRUST MORE HIGHLY, THE STAFF ARE INCREDIBLY HELPFUL AND HAVE HELPED US TO REALLY TRANSFORM OUR DELIVERY. I’M A FIRM BELIEVER THAT SCHOOLS SHOULD REALLY OWN THEIR PE OFFERING, WORKING WITH FOREST HELPS YOU TO DO THAT AND THE RESULTS ARE CLEAR TO SEE. ”

Chris Ibbett, Curriculum Lead for PE and Sport



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IN FOCUS:

WAINRIGHT PRIMARY ACADEMY

We have worked closely with Wainright Primary Academy to provide specialist PE provision to the school's Base 1 class which is a specialised setting for SEN children to provide them with engagement and enrichment away from mainstream classes.

Staff at Wainright and Megan identified that the pupils within Base 1 required a more focused and specialised approach to their PE learning and quickly established a target to have all Base 1 pupils taking part in regular PE activities with other pupils.

The aim of these sessions is to engage the pupils in physical activity within a smaller group setting to prepare them to return to mainstream PE lessons with their peers.

Each week, we spend 30 minutes with the children, conducting the sessions that cover a variety of sports and pieces of equipment which are delivered at their own pace and tailored to their individual skillsets.

Base 1 gives these pupils the opportunity to try out new activities and sports where they may struggle to within their usual PE lessons.

The sessions allow each child to be active in a comfortable and familiar environment allowing them to flourish and benefit from the extra support provided by Nottingham Forest Community Trust.

The impact of these sessions has seen a number of Base 1 pupils able to participate within their year groups regular PE delivery.

“ MEGAN IS CALM, CONSISTENT AND UNDERSTANDS THE NEEDS OF THE CHILDREN IN BASE 1.

THE CHILDREN HAVE ENJOYED USING THE CLIMBING EQUIPMENT TO GO OVER AND UNDER, SHOWING THE CHILDREN HOW TO MOVE SAFELY DURING THE BASE 1 SESSIONS.

THEY ARE ALSO ENJOYED USING A RANGE OF EQUIPMENT. MEGAN HAS BEEN FANTASTIC WITH THE CHILDREN AND WOULD HIGHLY RECOMMEND HER. ”

Zoe Holden, Wainright Primary Academy



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IN FOCUS:

CRABTREE FARM PRIMARY SCHOOL

Throughout the school year, Miss Harper has been working with Crabtree Farm Primary's PLPS Coach to further develop her PE delivering skills.

Miss Harper teaches year 6 at Crabtree Farm Primary and has been supported by the PLPS coach in delivering tennis, rounders, and outdoor and adventurous activities. By using the short and medium-term PL Primary Stars planning sheets they have been able to develop sessions to help improve her delivery in PE lessons. This helps ensure they are fun and enjoyable to deliver but also for the children taking part.

“ I ALREADY HAVE SOME EXPERIENCE TEACHING MARTIAL ARTS AS A COACH AND A LEVEL ONE SWIMMING CERTIFICATE FOR TEACHING SWIMMING IN SCHOOLS. HOWEVER, BEING ABLE TO BREAK DOWN A GAME TO FOCUS ON THE SKILLS INVOLVED HAS BEEN TRICKY FOR ME. I LOVE BEING INVOLVED IN PE. HAVING SAID THAT, I COULD OVERLOOK THE NECESSARY SMALLER PARTS AND SKILL DEVELOPMENT TO HELP BUILD THE BIGGER GAME. I ALSO REALLY WANTED TO ENCOURAGE CHILDREN TO GIVE FEEDBACK AND SUPPORT TO ONE ANOTHER IN A BENEFICIAL AND CONSTRUCTIVE WAY.

TOM HAS HELPED ME TO UNPICK THE BROADER SPORTS AND FOCUS ON SKILL DEVELOPMENT TAKING MUCH SMALLER STEPS WHEN NEEDED TO HELP BUILD THEIR OVERALL SKILLS. TOM MODELLED SUPERB COMMUNICATION SKILLS AND WAS ABLE TO MAINTAIN POSITIVE ATTITUDES TOWARDS SPORTS WHICH IN TURN HAS HELPED ME TO FOCUS MY COMMUNICATION SKILLS IN A BETTER WAY. HE HAS SUCH A VARIETY OF STRATEGIES TO ENCOURAGE ENGAGEMENT AND EFFORT THAT I FEEL BETTER EQUIPPED TO CONTINUE TO SUPPORT THEIR DEVELOPMENT PHYSICALLY AND MENTALLY WHEN THINKING ABOUT SPORT. HIS LESSONS ARE ALWAYS PACED WELL AND VERY WELL THOUGHT OUT AND NEVER OVER COMPLICATED. THIS TOO HAS BEEN SOMETHING FOR ME TO WORK ON AND I FEEL MORE CONFIDENT AND COMPETENT TO DELIVER EXCITING AND VARIED PE LESSONS. ”

Nichola Harper, Crabtree Primary School



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To register your school or to enquire further about our Premier League Primary Stars programme please contact

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