



Engage Community

**Programmes
of Engagement**



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Introduction

Sport is a cornerstone of a healthy, thriving community, offering countless benefits to children and the community at large.

Over the past 25 years, I have dedicated my career to community sport, witnessing first-hand its transformative power. Through our 12 carefully designed engagement programs, supported by a team of passionate and skilled community coaches, we aim to bring these benefits to as many people as possible.

For children, sport provides more than just physical activity. It instils essential life skills such as teamwork, discipline, and resilience. It helps them build confidence, develop friendships, and learn how to navigate both victory and defeat. Physically, sport promotes strong, healthy bodies, combats obesity, and instils lifelong habits of staying active. Mentally, it serves as an outlet for stress, enhances focus, and boosts overall emotional well-being.

On a community level, sport unites people across diverse backgrounds, fostering a sense of belonging and shared purpose. It creates spaces where individuals can connect, celebrate, and grow together. The ripple effect of these connections strengthens community bonds, reduces isolation, and promotes inclusivity.

Drawing from my years in community sport, our programs have been developed to maximise these benefits. Each is designed to engage participants of all ages and abilities, emphasising fun, learning, and personal growth. Backed by our dedicated coaches, we aim to create an environment where every child and community member can thrive—physically, mentally, and socially—through the power of sport.

Matt Price
Founder and CEO



Mentoring and Sport

Our comprehensive mentoring and sports programmes! Designed to empower children needing behavioural intervention, including those facing challenges with attendance, attitude, and general behaviour, as well as those with Social, Emotional, and Mental Health (SEMH) needs, our initiatives offer holistic support and guidance. Whether standalone or paired with our dynamic sports offerings including rugby, gymnastics, multi-sports, or strength & conditioning, our approach is tailored to suit the unique needs of each child.

Benefits:

- ✔ Personalised Support and Attention
- ✔ Holistic Approach: Whether standalone or paired with our dynamic sports offerings like rugby, gymnastics, multi-sports, or strength & conditioning, our approach is tailored to suit each child's unique needs
- ✔ Confidence and Resilience Building
- ✔ Support for Behavioural Challenges
- ✔ Empowerment and Growth

Audience:

Ideally for secondary school but can be adapted to work with KS2 in primary schools

Length of support:

Termly or all year



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“Having the team of coaches from Engage in school has made a huge difference to a group of pupils that have been struggling to maintain levels of engagement in class and even attend classes. The Engage coaches work with each pupil to support and help see their school journey in a different light.”

Teacher - Woodrush Secondary School

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Reading and Sport

Welcome to our dynamic Primary School Reading and Sport Programme!
Designed to foster both academic growth and physical development, our innovative approach combines tailored reading sessions with invigorating sports activities.

During our half-day sessions, students engage in targeted reading exercises, selected by the school to address individual needs, and enhance literacy skills. Our dedicated instructors work closely with students, providing guidance and support to ensure maximum progress. In the second half of the day, students dive into the world of sports, with a choice of rugby, gymnastics, or multi-sports activities. Our PE lessons are designed to promote teamwork, physical fitness, and coordination, while instilling a love for an active lifestyle.

Benefits:

- ✔ With a focus on achieving 60 minutes of daily exercise
- ✔ Promotes physical fitness while instilling a love for reading, fostering a well-rounded approach to education and health
- ✔ Led by positive role models, students not only develop athletic skills but also experience positive behavioural and attendance changes
- ✔ Supports the development of your staff by providing them with resources and training to promote healthy lifestyles and holistic student growth

Audience:

Ideally for primary school but can be adapted to work with in secondary schools

Length of support:

Termly or all year



Curriculum + and PPA cover

Discover the ultimate PPA cover solution for your secondary school with our Curriculum+ programme, where physical education takes centre stage! Our dedicated team specialises in providing dynamic PPA cover tailored specifically for secondary students, guaranteeing an exhilarating and educational experience from start to finish.

Choose our Curriculum+ programme for your secondary school's PPA cover needs and unleash the power of dynamic and engaging physical education experiences for your students!

Benefits:

- ✔ **Comprehensive PPA Cover:**
Curriculum+ provides a reliable solution for PPA cover, ensuring that students have enriching and invigorating experiences during this time.
- ✔ **Dynamic and Engaging Activities:**
The programme features high-energy games and skill-enhancing exercises designed to ignite students' interest and cultivate a lifelong passion for fitness and wellbeing.
- ✔ **Experienced Instruction:**
Students are guided by experienced instructors who help them embark on a journey of physical discovery, personal growth, and the development of essential life skills.
- ✔ **Enhanced Learning Experience:**
Every activity is infused with excitement and educational value, promoting active participation and engagement, and enhancing the overall learning experience for students.
- ✔ **Culture of Health and Achievement:**
Curriculum+ fosters a culture of health, fitness, and achievement, encouraging students to pursue a healthy and active lifestyle while elevating their learning journey.

Audience:

For primary school is PPA cover and Curriculum + for secondary schools.

Length of support:

Termly or all year





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“The wraparound care programme provided by the Engage team gives me peace of mind knowing my child is in a safe and fun environment after school, allowing me to focus on work without worrying about pick-up times.”

Parent

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Wrap Around Club (WAC)

Get ready for an unforgettable adventure at our Wrap Around Club programme! Our enthusiastic staff can't wait to spend time with your children in a welcoming, lively, and enjoyable environment. From exciting sports activities to creative crafts, delicious cooking (and eating!), and thrilling board game tournaments, there's something for every child to love!

At our School's Wrap Around Club Programme, we believe that learning doesn't stop when the school bell rings. That's why we've created a dynamic and engaging environment where your child can continue to grow, explore, and thrive long after the school day ends.

Benefits:

- ✓ Extended care for working families, with pick-up typically until 6:00pm
- ✓ Nutritious, healthy snacks keep children going until pick-up
- ✓ Our Programme nurtures a wide range of interests
- ✓ Creative, expressive opportunities develop important life skills
- ✓ A safe, fun environment puts children at ease and helps them make friends
Weekly or Ad Hoc bookings for families offering families full flexibility in booking

Audience:

For primary schools

Length of support:

All year



Confident Me Programme

A transformative journey designed to support and uplift young people as they navigate the challenges of adolescence. In a world filled with pressures around body image, self-esteem, confidence, friendships, and conflict, our programme offers a safe and nurturing space for growth and development.

Through interactive workshops, discussions, and activities, participants gain insights, build self-awareness, and cultivate the skills needed to thrive in today's world.

Benefits:

- ✔ Empowerment and Confidence Building
- ✔ Skill Development
- ✔ Positive Body Image and Self-Esteem
- ✔ Supportive Environment
- ✔ Healthy Relationships and Conflict Resolution

Audience:
For secondary schools

Length of support:
Termly or all year



Cheerleading

Cheerleading in the UK has grown significantly in popularity and is practiced at various levels, from schools to professional clubs. There are over 89,000 athletes and more than 900 teams in England alone with Cheerleading offered as an extracurricular activity in many schools.

Cheerleading offers a range of physical benefits that contribute to overall fitness and health. Here are some key advantages below.

Benefits:

- ✔ **Improves Cardiovascular Endurance:** Cheerleading involves high-energy routines with constant movement, jumping, and tumbling, which help improve cardiovascular health and endurance
- ✔ **Increases Strength and Muscle Tone:** Cheerleading requires lifting and tossing teammates, jumping, with aspects of gymnastics, all of which help build and tone muscles throughout the body, including the core, arms, legs, and shoulders
- ✔ **Enhances Flexibility and Coordination:** Cheerleaders regularly engage in stretching exercises to improve their range of motion. The precise timing and synchronisation required in cheerleading also enhance coordination and overall body control
- ✔ **Boosts Balance and Stability:** The stunts in cheerleading require excellent core and upper body strength and stability, which are developed through consistent practice

Overall, cheerleading is a dynamic and physically demanding sport that offers numerous benefits for fitness and health.

Audience:
For primary and secondary schools

Length of support:
Termly or all year



Healthy Fitness

A healthy fitness program in schools can effectively combine physical education, nutrition education, and anatomy lessons. By incorporating diverse, fun exercises, children learn the importance of regular physical activity in maintaining health. Interactive lessons on food groups help them understand balanced diets and how nutrients fuel their bodies.

Benefits:

- ✔ Can cover PE lessons in both primary and secondary schools
- ✔ Learning food groups as well as activities that impact different parts of the body
- ✔ Fun and Energetic
- ✔ To music is a real crowd pleaser!

Audience:

For primary and secondary schools

Length of support:

Termly or all year



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“I have enjoyed being coached by Sam, he listens to me and has helped me feel better about coming to school.”

Student - Woodrush Secondary School

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Sport Days

Get ready to elevate your sports events to the next level with our seasonal sports days hosted at our partner clubs! Whether it's the crisp excitement of autumn, the frosty thrill of winter, the blossoming energy of spring, or the sun-soaked fun of summer, we've got the perfect backdrop for your next big event.

Our experienced event coordinators will work closely with you to tailor every detail to your specifications, ensuring a seamless and exciting experience for participants and spectators alike. So why wait? Let's make your next sports day an unforgettable success at our partner clubs!

Benefits:

- ✔ Expert Organisation
- ✔ Professional Equipment and Setup
- ✔ Engaging Activities
- ✔ Reduced Teacher Workload
- ✔ Enhanced Student Motivation

Audience:

Ideally for primary school but can be adapted to work with in secondary schools

Length of support:

Termly or all year



CPD Days

Ready to take your teaching to the next level? Dive into our exhilarating Rugby and Gymnastics Continuing Professional Development (CPD) programs! Our workshops are designed to ignite your passion and refine your skills in these dynamic sports. Led by experienced professionals, our hands-on sessions provide innovative coaching techniques and practical insights to help you create engaging lesson plans that inspire student excellence.

Whether you're a seasoned educator or just starting out, our CPD sessions offer a perfect blend of theory and practice, ensuring you walk away with the confidence and expertise to elevate your teaching to new heights.

Join us on this exciting journey of growth and empowerment and unlock the potential to transform your school's sports program into an unforgettable experience for students. With our Rugby and Gymnastics CPD, every great educator shines brighter!

Benefits:

- ✔ Improve Confidence and Expertise
- ✔ New Learning on Coaching Practice
- ✔ Engaging Activities

Audience:

For Primary schools and Secondary schools

Length of support:

Termly or all year



CSR Opportunities

Many companies prioritise CSR initiatives, making sponsorships an excellent way for them to demonstrate their commitment to giving back to the community and helping schools.

Benefits:

- ✔ **Enhanced Brand Reputation & Trust**
Builds a positive brand image and strengthens customer loyalty directly while experiencing the benefits of your support face to face
Differentiates the company from competitors.
- ✔ **Increased Customer Loyalty & Sales**
Consumers are more likely to support businesses that align with their values.
CSR initiatives can create emotional connections with customers.
- ✔ **Attracting & Retaining Talent**
Employees prefer to work for socially responsible companies.
Enhances job satisfaction and engagement, leading to higher retention.
- ✔ **Investor & Stakeholder Appeal**
Ethical businesses attract socially responsible investors.
Improves long-term financial sustainability.
- ✔ **Regulatory & Legal Compliance**
Proactively addressing social and environmental issues reduces legal risks.
Ensures alignment with global and local regulations.
- ✔ **Cost Savings & Efficiency**
Sustainable practices (e.g., reducing waste, energy efficiency) lower operational costs.
Encourages innovation in processes and products.
- ✔ **Stronger Community & Business Relationships**
Builds goodwill with local communities and stakeholders.
Enhances partnerships and networking opportunities.
- ✔ **Competitive Advantage & Market Growth**
Consumers and businesses prefer to engage with ethical companies.
Opens new business opportunities in sustainability-driven markets.



Bids

Are you looking for funding for a project at your school, club or community group. WE CAN HELP!

We have professional bid writers that will write specific bids to large organisations seeking funding to support a project being delivered or built.

Benefits:

- ✔ **Business Growth & Revenue Generation**
Securing successful bids increases sales and expands market opportunities
Provides a steady pipeline of projects and contracts
- ✔ **Competitive Advantage**
Well-crafted bids highlight a company's strengths, differentiating it from competitors
Demonstrates expertise, reliability, and value to potential clients
- ✔ **Stronger Client Relationships**
Tailored proposals show a deep understanding of client needs
Professional bid management enhances credibility and trust
- ✔ **Improved Efficiency & Process Optimisation**
Standardising bid writing and submission improves response times
A structured approach reduces errors and enhances quality
- ✔ **Compliance & Risk Mitigation**
Ensures alignment with regulatory and contractual requirements
Reduces risks related to project delivery and financial obligations
- ✔ **Enhanced Brand & Market Positioning**
Successful bids establish a company as a key player in its industry
Builds a strong reputation for delivering high-value solutions
- ✔ **Data-Driven Decision Making**
Reporting on bids provides insights into success rates and areas for improvement
Helps refine bidding strategies for future opportunities.
- ✔ **Financial Planning & Stability**
Winning contracts through bids secures long-term revenue streams.
Allows for better resource allocation and workforce planning





For more information please contact us at info@engagecommunity.co.uk
or visit www.engagecommunity.co.uk