



# Oldham active

## School Swimming, PE and Sports delivery





# Curriculum - Sports

## Curriculum PE Delivery

Our School Coaching Programme delivers physical education (PE) and sports instruction during school hours. The programme supports schools by delivering engaging PE lessons and working alongside teaching staff to build confidence and expertise, particularly in planning, delivery, and assessment.

All coaches teach sports that meet national curriculum standards, nurturing essential skills in students. Each session focuses on engaging students through a guided discovery approach, creating a fun and interactive learning environment.

## Curriculum PE Delivery

At Sports Development, our experienced dance team delivers high-quality, curriculum-aligned dance lessons in over 30 schools across Oldham. Each session is carefully structured to support national curriculum dance units, taking pupils from dynamic warm-ups through to choreographed routines that develop technique, musicality, and expression.

Our approach encourages creativity and self-confidence, allowing children to explore movement, collaborate, and express their ideas through a variety of engaging choreographic methods.

## Sports Programme

PE and Dance

- ★ Contracted schools (for PE or Dance) can **choose 1 free workshop** from any of the 17 available options.
- ★ Contracted schools can **access Primary Sports Leader training** for free.
- ★ **Free afterschool club** – exclusively for primary schools enrolled Dance or Sport. Afternoon or full-day programme only.
- ★ **Bespoke programme hours** and days tailored to suit your school's specific requirements.
- ★ Access to the inflatable goal for one morning.

## Exclusive Health & Fitness Membership offer for schools enrolled in one of our packages.

Your staff can sign up for an Annual Oldham Active Ultimate Membership for only £250 (around £20 per month). **This is a £195 saving** off the regular annual membership price of £445.

# Curriculum - School Swimming

Our school swimming lessons are fully aligned with the National Curriculum, ensuring pupils learn to swim 25 metres using front crawl and 10 metres using a range of other recognised strokes. In addition to stroke development, lessons also focus on essential self-rescue techniques to help keep children safe in and around water.

For some children, school swimming lessons will be their only opportunity to learn to swim in a lesson environment. Oldham Active maintain a maximum ratio of 12 pupils per instructor to provide smaller group sizes to maximise active learning time in each lesson. This also allows school staff to focus on other responsibilities during sessions. All our instructors hold a minimum Level 2 qualification through Swim England or STA, ensuring consistently high standards of teaching and safety.

## Special Educational Needs and Disabilities (SEND)

In mainstream schools, approximately 20% of pupils have Special Educational Needs and Disabilities (SEND) or require reasonable adjustments to fully access lessons. At Oldham Active, all swimming instructors receive specialist training from Swim England, equipping them with the skills and knowledge needed to support pupils with SEND effectively.

To further promote inclusion, we also offer small group and one-to-one swimming lessons during the school swimming timetable. These sessions provide personalised support tailored to each pupil's individual needs, subject to staffing and programme availability.

## Swimming Programme

35 weeks of School Swimming Lessons

- ★ **Free annual swim pass for Oldham Active's public swim sessions** for all children participating in the school swimming programme.
- ★ Specialised swimming software Swimphony to access data and information about childrens swimming lessons.
- ★ Our **five leisure centre pools** provide a safe, clean space for swimming lessons with changing facilities for various class sizes.
- ★ **30 minute** swimming lessons  
**Duration:** 35 weeks
- ★ **60 minute** swimming lessons  
**Duration:** 35 weeks

## Exclusive Health & Fitness Membership offer for schools enrolled in one of our packages.

Your staff can sign up for an Annual Oldham Active Ultimate Membership for only £250 (around £20 per month). **This is a £195 saving** off the regular annual membership price of £445.

## Swimming and Sports Programme

When contracted to both School Swimming Lessons, PE or Dance Delivery

- ★ **Exclusive Offer:** Contracted schools for Swimming and Sports receive 20% off all FRESH, SPLAY, and Leadership programmes.
- ★ Contracted schools (for PE or Dance) can **choose 1 free workshop** from any of the 17 available options.
- ★ Contracted schools can **access Primary Sports Leader training** for free.
- ★ **Free afterschool club** – exclusively for primary schools enrolled in Dance or Sport. Afternoon or full-day programme only.
- ★ **Bespoke programme hours** and days tailored to suit your school's specific requirements.
- ★ Access to the inflatable goal for one morning.
- ★ **Free annual swim pass for Oldham Active's public swim sessions** for all children participating in the school swimming programme.
- ★ Specialised swimming software Swimphony to access data and information about childrens swimming lessons.
- ★ Our **five leisure centre pools** provide a safe, clean space for swimming lessons with changing facilities for various class sizes.
- ★ **30 minute** swimming lessons  
**Duration:** 35 weeks
- ★ **60 minute** swimming lessons  
**Duration:** 35 weeks

## Exclusive offer for any school enrolled on both our packages

Your staff can sign up for an Annual Oldham Active Ultimate Membership for only £150 (around £12.50 per month). This is a **£295 saving off the regular annual membership price of £445.**

# Supplementary Programmes

## Training

- ★ **Teacher Training:** Our teacher training program helps educators feel more confident in teaching inclusive and practical physical education (PE) lessons. It focuses on important core areas like dance, gymnastics, and athletics. Workshops last for 2 hours, but we can change the length to match the school's usual meeting time. They can be held during a staff meeting or on an inset day. **Contracted schools (for PE and Dance) can choose 1 free workshop from any of the 17 available options.**
- ★ **Midday Training:** A 6 hour training course (often delivered over 2 morning) for supervisors focuses on effective lunchtime management, including sports benefits, playground organisation, and engaging games.
- ★ **Primary Sports Leader (leadership programme):** A nationally accredited program that teaches kids under 11 essential leadership skills through fun sports activities and games.

## Health and Wellbeing

- ★ **FRESH:** Our healthy lifestyle program promotes a healthy lifestyle program for children and families, focusing on good nutrition and physical activity.
- ★ **FRESH MINDS:** The FRESH Minds programme promotes the well-being of children and young people by encouraging a healthy lifestyle that enhances physical activity and supports mental health.



## Events and Competitions

- ★ **Health Champions:** The program promotes health and wellbeing by training students to become Health Champions. They learn to share important health messages with their peers and the school community.
- ★ **Inter-School Competitions and Dance Events:** Supporting schools to promote competitive sports by organising local and intra-school events that follow the national physical education curriculum.



**Notes:**

---



---

## General enquiries:

If you have questions or would like to learn more about our School Swimming and Sports programmes, please feel free to contact us.

Steve Ferriss

Telephone: 0161 621 3256

Email: [steve.ferriss@ocll.co.uk](mailto:steve.ferriss@ocll.co.uk)