



For further information about camps in your area contact Craig Archer on 01642 832659 or email craig_archer@middlesbrough.gov.uk

Adult Health & Fitness Programme

As part of our adult health and fitness programme we can offer a broad range of activities aimed at your parents, teachers and families. Below is a taster of the sessions we can deliver:

Work Place Health

Support for your school initiatives.

Weight Management Programme

Advice, guidance and healthy eating tips to enable you to reach and maintain your ideal weight.

Healthy Lifestyle Course

This course embraces lifestyle advice, fitness assessments, dietary advice and bespoke exercise sessions.

Group Exercise Sessions

We can deliver Boxercise, Zumba, Bootcamps, Aerobics, Pilates, Hooda Hooping, Running Sessions, Power Walking and many more. Please ring for details.

Family Fitness

Relaxed and fun exercise sessions for parents & children of all levels of fitness.



Sports Development

'making more people more active'

Sports Development Contacts:

School Support Programme

Diane Harker Tel: 01642 515628

Email: diane_harker@middlesbrough.gov.uk

Adult Health and Fitness Programme

Sheila Whelan Tel: 01642 832654

Email: sheila_whelan@middlesbrough.gov.uk

Olympic Legacy Programme

Sheila Boyes Tel: 01642 515613

Email: sheila_boyes@middlesbrough.gov.uk

Sports Development Manager

Scott Hydon Tel: 01642 515625

Email: scott_hydon@middlesbrough.gov.uk

Postal enquiries:

Sports Development
Stewart Park
The Grove
Marton
Middlesbrough
TS7 8AR



BREAKFAST & LUNCHTIME CLUBS

Encourage children in your school to have a healthy start to the day with a physical activity breakfast club or ensure your children have an active lunchtime utilising a range of sports games and activities, both led by Sports Development.

AFTER SCHOOL CLUBS

After School Clubs can be delivered for any reason, for example to link the children to a local sports club, leisure facility or an event like the PCT Fun Run. They can also generate income for the school. Sports Development coaches can ensure that an after school club is relevant and promotes sustainable involvement in sport and physical activity.

CURRICULUM DELIVERY & PPA COVER

Our inclusive sessions are delivered by qualified coaches and are linked to the National Curriculum. Coaches are able to apply their skills and knowledge to the delivery of various schemes of work in a manner that will challenge and engage children of all abilities.

TEACHERS & PARENTS HEALTH & FITNESS SESSIONS

Increase community engagement and family sessions as well as encouraging a healthier workplace by employing our coaches to deliver sessions in your school. Please see Adult Health and Fitness Programme on inside cover for more information.

SCHOOL COMPETITIONS

The Sports Development Team has a wealth of experience and expertise delivering competitions and events across a range of sports from athletics to tennis, cricket to football. We can prepare children at your school for both schools and community based competitions and if required can manage the team on the day of competition.

HOLIDAY PROGRAMMES

Sports Development can organise and deliver a range of activity, sports, dance and leadership programmes from your school during school holidays, thereby making it easier for your children to attend.

OLYMPIC LEGACY PROGRAMME

The hosting by London of the 2012 Olympic and Paralympic Games provides a unique opportunity for children from Middlesbrough to be inspired and to participate in physical activity. Sports Development will create a programme of activities and events that will lead up to, take place during and continue after the Games. The programme will ensure that the excitement and the festival of the Olympic and Paralympic Games extend to schools in Middlesbrough. We will use this once in a lifetime opportunity of the Games being held in this country to inspire sustained participation in sport and active leisure. Our '100 Days of Sport' will kick-start a legacy of activities to help children stay active. Please contact Sports Development to find out how we could help you bring the Olympic and Paralympic Games to life for children at your school.

PARENT SUPPORT PROGRAMMES

The Sports Development Team have a proven record of working with schools, often via parent support advisors, to engage parents in physical activity and sport. This can be linked with local leisure venues or green spaces and takes account of many of the barriers parents face to engaging in physical activity – for example child care, cost and transport.

GIFTED & TALENTED PROGRAMMES

Sports Development, in partnership with Middlesbrough Schools and Teesside University delivers one of the strongest gifted and talented programmes in the country. Additional programmes for your school can be provided by the Sports Development Team to compliment this delivery.

OBESITY MANAGEMENT PROGRAMMES

MEND (Mind, Exercise, Nutrition and Do it) is a 10-week family obesity reduction programme. The programme is open to children between the ages of 7 – 13 years old along with their parents/guardians. The programme is perfectly suited for delivery in schools and can be an ideal tool for engaging parents in the life of the school.

COMMUNITY SPORTS LEADERSHIP AWARD

The Sports Development Team is a registered provider of the Level 2 Community Sports Leadership Award. The course is open to those aged 16+ and consists of 32 taught and 10 community based hours. Schools are a perfect base for this programme as it provides the opportunity to combine school and community life.

SCHOOL TO CLUB/VENUE/EVENTS LINKS

The Sports Development Team can create and deliver programmes that will link children from your school to clubs, venues and events in the community and in so doing help sustain their involvement in sport and physical activity.

LUNCHTIME SUPERVISOR TRAINING

Sports Development can train your lunchtime supervisors to provide meaningful, fun and engaging lunchtime physical activities for children at your school.