



# The activeNewham Prospectus

## 2015

A guide to our education services

in partnership with



**active**  
newham





# active newham

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## What can activeNewham offer?

**Being active leads to a healthier life and the earlier you start the better.**

This is why activeNewham is supporting local schools to make quality physical activity part of every child's day. We run a wide range of programmes for children and young people that involve physical activity of every kind; from swimming lessons to nature projects in the park, from sports coaching to support with reading.

Our staff have a unique understanding of the local community in Newham and have considerable experience of working with the young people who live here.

activeNewham operates three leisure centres, provides year-round activities in Newham's 22 parks and open spaces and delivers hundreds of sport and activity sessions each week with schools, colleges and

community groups in Newham. Other services that we offer include a range of activities at Newham City Farm and East Ham Nature Reserve.

We will work with you to meet the needs of your school, offering a wide range of sports and recreation activities for you to choose from.

Our staff are highly qualified and experienced at working with children of all ages and abilities so that our sessions are fun, engaging, inspiring and educational for every participant.

Please contact us to discuss your ideas and requirements and we can tailor a package to suit your school's needs.

[www.activenewham.org.uk](http://www.activenewham.org.uk)  
0300 124 0123







## Leisure Centres

activeNewham can offer your school some of the best leisure facilities in London, right here on your doorstep.

Each one of our leisure centres has first-class resources for sports, swimming, recreation and other group activities and we will tailor our facilities to suit your particular needs. In addition, activeNewham's expert sport and fitness instructors are available to visit your school or college to offer guidance and support about health and fitness for young people. All of our coaches are Level 2 Fitness Instructors with many having achieved higher qualifications. The majority of our instructors are on the Register of Exercise Professionals (REPs).

Our Customer Services Team is available to answer any queries that you may have and to help you to find what you are looking for. Please call 0300 124 0123.

### Balaam Leisure Centre 14, Balaam Street, Plaistow, E13 8AQ

#### Swimming Pools

25m pool and a smaller teaching pool available for schools to use. Both pools are fully accessible to people with disabilities.

#### Exercise Studio

The large and airy exercise studio is suitable for groups of up to 30 secondary school children. There is a superb music system available and we can provide instructors for activities such as dancing, aerobics and mini-circuits. Nursery schools can use the extensive collection of soft-play equipment in the studio.

#### Changing Rooms

We provide separate changing areas for school

children and a changing room for children with disabilities.

#### Gym

Secondary school pupils can use the gym for inductions in the correct use of the equipment, led by our expert fitness instructors.

### East Ham Leisure Centre 324, Barking Road, East Ham, E6 2RT

#### Sports Hall

Large 4 court sports hall for badminton, football, netball, basketball, handball and cricket. The flooring has recently been replaced, providing a state-of-the-art playing surface. The sports hall can also be used for any sort of one-off event. This is a private enclosed area where children are separate from the main leisure centre. This facility is available from 8am daily and can be booked either per session or as a block booking.

#### Swimming Pools

25m pool and a smaller teaching pool available which have been recently refurbished. Both pools are fully accessible to people with disabilities.

#### Changing Rooms

We provide separate wet and dry changing areas which have been recently refurbished and a changing room for children with disabilities

#### Exercise Studio

Our large studio can easily accommodate groups of 50 and is suitable for almost any type of exercise and any age group. We are able to provide qualified instructors in a range of sports and activities and will do our best to cater for your needs.

#### Crèche

East Ham Leisure Centre has a large crèche and soft play area, completely secure and safe, where children up to 5 years can have fun climbing and jumping in an exciting and stimulating environment. This area is particularly suitable for nursery schools to use and our staff are all fully qualified including first aid qualifications and enhanced DBS checks.

### Newham Leisure Centre 281, Prince Regent Lane, Plaistow, E13 8SD

#### Terence McMillan Stadium

Schools can use this Olympic standard athletics track, right in the heart of Newham. The stadium is available all year round (subject to availability) and there is floodlighting. The stadium is a perfect venue for Sports Days and other special events, as well as general sports lessons and training sessions.

#### Facilities include:

- 8 lane running track
- Large grassed area for football and other team games
- Areas for shot putt, discus, high jump, javelin
- Changing rooms and toilets in Newham Leisure Centre

#### Multi Sports Centre

This is a separate building adjacent to the Leisure Centre which contains state-of-the-art indoor sports facilities. These are available to hire in the evenings, at week-ends and during school holidays and half-term. There is no venue comparable to this anywhere in East London and school children can benefit from using these most advanced facilities including:

- 6 large courts and throwing / jumping areas
- Suitable for football, badminton, basketball,

netball, handball, tennis, indoor athletics and KeepFit sessions

- Cricket nets
- Facilities for disability sport

#### Multi Use Games Area

This is an outdoor sports area for groups of up to 15. It is mainly used for summer activities as it is not covered. The area has a running track and is used by schools and community groups for athletics and for general keep fit sessions.

#### Outdoor Pitches

We offer three 3G pitches, suitable for 7-a-side football, hockey and multi-sports. Each pitch is enclosed and floodlit.

#### Gym

The gym is available to pupils aged over 11 years. We can provide you with your own section of the gym inside the leisure centre, which can be cordoned off from the rest of the gym area. This provides your pupils with a safe, private and secure environment. We can provide a fitness instructor if you require, either male or female.

#### Group Cycling Studio

The group cycling studio on the first floor contains 20 state-of-the-art cycles and the most innovative and exciting virtual cycling technology. Schools can book this studio and have the whole area to themselves.

#### Group Exercise Studio

We have 2 large studios that can be used for group exercise or fitness classes. There is superb music equipment in each studio which you can use as part of the class. We can provide male and female instructors to lead your class and arrange for most types of sports equipment to be available should you require it.



Terence McMillan Stadium



## Sports Hall

The sports hall in the leisure centre has 8 courts and provides a huge space for indoor sport. This facility has all of the necessary equipment and infrastructure for badminton, basketball, football, handball, hockey and indoor cricket. We can provide qualified instructors and coaches if required. The large hall space can also be used for events such as Prize Giving, school meetings or as an examination venue.

## Swimming Pools

There is a 25m pool and a smaller teaching pool available. Both pools are fully accessible to people with disabilities.

## Changing Rooms

We provide separate wet and dry changing areas and a changing room for children with disabilities

## Swimming with activeNewham

**We believe that swimming lessons should not only teach children the key skills they need to stay safe in the water, but should also be fun and inspire children to swim more often to stay fit and healthy.**

We can offer you excellent facilities with large 25m pools and teaching pools at all of the three Leisure Centres

Our instructors can support your school to achieve the requirements of the National Curriculum which states: "All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2. In particular, pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 metres, using a range of strokes effectively such as front crawl, backstroke and breaststroke and perform safe self-rescue in different water-based situations."

## Our Staff

- All activeNewham swimming instructors hold an ASA Level 2 award in teaching aquatics/ swimming.
- Most of our teachers also hold NPLQ national pool life guard qualifications or NRASTC - National Rescue Award for Swimming Teachers and Coaches.
- All have had a recent enhanced DBS check.
- All regularly attend Safeguarding Protecting Children workshops.
- We can provide only female instructors if that is required and additional qualified instructors can be available to support the classes if necessary.

## What we can offer you

To support your school to achieve curriculum targets, activeNewham offers a variety of options for booking swimming lessons, including weekly 30, 45 or 60 minute lesson options as well as intensive crash courses of two or three weeks. We are pleased to offer training and workshops for school staff interested in supporting your children in the water. This is especially important for children with SEN and complex needs who may struggle to take part in a large group lesson.

## Swimming lessons for children with SEN and complex needs

Although swimming is a very inclusive sport, we recognise that some children need a little extra help to reach their full potential and so we are happy to provide booking space for groups of children with swimming teacher support. Each session will be looked after individually with our experienced swimming coordinators working with your school to ensure children are kept safe and lessons remain enjoyable. Ask us about available specialist equipment, tailored award schemes and additional in the water support for your school's group.



## School staff training for supporting children with SEN and complex needs

Many children need one-to-one or two-to-one support in the water, and this support is often best provided by those teachers and carers who work with the children every day. However, activeNewham recognises that the swimming pool environment may not be familiar to many teachers and carers which is why we've developed a support programme for schools to ensure your staff feel confident supporting your pupils in the water.

Beginning with a 3 hour workshop, designed and delivered by Michelle Weltman, an experienced disability swimming coach and head coach for the London disability swimming squad, the workshop will provide both theory and practical knowledge and experience for staff.

If your school would like to discuss your ideas for improving swimming lesson delivery for your pupils then contact us at [info@activenewham.org.uk](mailto:info@activenewham.org.uk) or by calling 0300 124 0123.

## Sport

**activeNewham's Sports & Activity Team has many years' experience delivering sports programmes within primary and secondary schools across Newham and neighbouring boroughs.**

Our community sport programmes provide a wide-range of exciting opportunities for children to participate in school and community sport. We provide high quality tailored packages for schools all delivered by professional fully qualified coaches.

## What we offer

- Planning and evaluation linked to the National Curriculum
- Competition packages (intra and inter school competitions)
- Coaching packages (extra curricular sport specific coaching sessions)
- School Sports Day packages
- Coaching packages to train teachers in the delivery of PE lessons

## Development pathways which link in with:

- Sports clubs
- Leisure Centres
- National Governing Bodies
- Talent identification development programmes







Our coaches can work alongside a school's PE coordinator or PE lead to provide support to your teachers on a wide range of different sports. Through our partnership with the sports clubs in Newham we are able to help schools to find the coaching and technical support that they may need.

### Facilities

activeNewham manages some of the best sports facilities in Newham, and can help your school to have access to them. This includes first class facilities at the three leisure centres in Newham, a wide range of outdoor facilities in the parks and sport specific pitches across the borough.

### Extra Curricular Clubs

activeNewham works in partnership with all of the main sports clubs in Newham, and can help your school or college to form links with them.

We also manage a variety of sports projects aimed at target groups including young people, adults, families, BME groups, girls and women, and we can cater for all ages and abilities.

Details of all of these programmes can be found on the activeNewham website.

### Our Staff

All of our coaches meet the highest standards to give you peace of mind:

- Enhanced DBS checks
- Fully qualified staff
- First aid qualified coaches
- Coaches receive regular in service training

## Parks – The Outdoor Classroom

Newham's parks are a great place for young people to explore the outdoors whilst learning about the environment. The outdoor classroom helps children to make sense of the world around them while building their environmental awareness and broadening their horizons.

We offer a range of learning and activity options, which can be adapted to suit any number of pupils, both primary and secondary.

### School Sports

Your local park is also a great venue for school PE lessons or a school sports day.

Almost every school in Newham has a park or green space within walking distance, and each park can provide a range of sports facilities. We are able to make alterations to the park to fit in with your requirements - such as adding line markings for a running track. Whatever your requirements, please call 0300 124 0123 and our Parks Team will be able to help you find the perfect venue along with the appropriate package.

### Learning Outside

Learning outside the classroom in a natural environment provides many opportunities for exciting and rewarding activities for children to take part in. activeNewham's staff can introduce your classes to your local park and our Outdoor Education package



will help schoolchildren learn about the nature that is all around them in Newham. We have some of the best parks in London and we can support your class to get the most out of their natural environment.

Please take a look at the options below and choose what would most benefit your school.

### Park Introduction (KS1-4)

We will host a session with your teachers at your local park to enable you to get the most out of your local green space. We will help you to locate the best park local to your school to suit your needs and introduce you to the different areas of the park. We realise there are certain needs that children have to make their visit safe and enjoyable so we will ensure you are made aware of toilet and hand washing facilities and can help in your risk assessments whilst you and your class are in the park.

### Activities in Parks (KS1-3)

There are a number of seasonal activities that we will be glad to lead on in partnership with your school. For example, autumn and winter are good times for bulb or tree planting. Our staff can manage a planting activity with a class and help to educate pupils about creating natural habitats that bring benefits to the local wildlife. The spring and summer terms are a great time to take part in outdoor activities such as mini beast hunts in grassland or in ponds. We provide all the equipment that you may require.

## Newham City Farm

The farm works closely with local schools to provide a unique setting for children to learn about all aspects of wildlife, agriculture and plant life.

From a self-guided tour to curriculum-specific workshops, the farm offers a fantastic resource for Outdoor Learning. Schools and community groups are always welcome to visit for which we will charge a minimal amount. It is very helpful if you please ensure that any visit to the farm is booked in advance by calling 0300 124 0123.

### Farm Workshops

Our workshops are particularly popular and give schoolchildren hands-on experience of every aspect of farm life in a practical and fun setting.



Exploring Beckton Park South





### Bird of prey workshop

As they shadow our in-house falconer, participants will learn about the very specialised requirements involved in taking care of birds of prey, their role in nature and most get the opportunity to witness and be part of their routine.

### Horses and their use as draught animals

Learn all about the importance of the horse in agriculture, compare the different horses on the farm and learn about their different uses.

### Bees and honey

Learn what goes on in the beehives and how the bees work together to make the honey and pollinate the nearby crops. Hear all about the important role of the Queen Bee and taste our very own City Farm honey.

### The story of milk and butter-making

Ever wondered where the milk on your breakfast cereal comes from? We will teach you about the journey milk makes from the cow to the supermarket shelves and even show you how to make butter.

### Which came first, the chicken or the egg?

From how we look after the chickens to picking the eggs and preparing them for incubation, we will teach you about the cycle of the chicken and the egg.

### Planting and sowing

Get your hands dirty at Newham City Farm's vegetable plot. Learn how to prepare soil, plant vegetables and discover what a plant needs to allow it to grow.

### Pond dipping and mini beasts

Discover what lurks beneath the surface of the farm's wildlife pond – we have newts, frogs, beetles and snails. You can even try your hand at catching a few creatures.

### Wildlife around the farm

Come and learn about the wildlife that lives on and around the farm. If you're very quiet, you might meet birds, squirrels and even hedgehogs.

### Natural crafts, art and drama workshops

Tailored to suit your needs we offer a range of creative activities based on the life of the farm throughout the year. Activities such as mask making, felt making, weaving, natural dye, the life of bees, seasonal colours, life cycles, creative play, healthy living/eating workshops can be delivered to support your specified outcomes. Please contact us to discuss the various options that are available.

### School Curriculum

We offer curriculum-specific tours to support a range of QCA units:

- Ourselves (1A)
- Health and Growth (2A)
- Plants and Animals in the Local Environment (2B)
- Variation (2C)
- Teeth and Eating (3A)
- Habitats (4B)
- Keeping Healthy (5A)
- Lifecycles (5B)
- Interdependence and adaptation (6A)
- Variation and classification (7D)
- Inheritance and selections (9A)
- Taking part (01)
- Animals and us (03)



### Farm Tours

Tours of the farm are the best way to become familiar with the layout and facilities that we offer. There is a great deal to see at Newham City Farm, and there is always a lot going on. By arranging a tour you can ensure that your pupils get the most out of their visit.

### Guided Tours

A member of the farm's educational staff will take your group on a guided walk around the farm, introducing the pupils to the animals and explaining how the City Farm operates. Your group will benefit from a deeper insight into the workings of the farm and will have the opportunity to make close contact with some of the smaller animals. Tours last 2 hrs and can be adapted to suit the needs of your group with prior notice.

### Self-Guided Farm Tour

Use our detailed information packs to prepare your own tour of the farm. You will have access to the whole farm together with an information pack. Your group will also be able to use the lunch room.

### Newham City Farm

Stansfeld Road  
E6 5LT

### East Ham Nature Reserve

East Ham Nature Reserve is one of Newham's hidden gems and is a great place for young people to discover more about nature. It is home to lots of different animals including birds, insects and lizards. There are particularly interesting plants here too – including trees that are over 100 years old.

The site is an important part of local history as its churchyard is one of the largest in London and includes St Mary Magdalene Church which was built in the year 1137.

Open every day from 8.00am - 7.30am. East Ham Nature Reserve can be explored by everyone – with different seasons of the year the appearance is always changing as plants and trees show their unique colours of flowers and leaves.

The Visitor's Centre has recently been refurbished and we can now offer curriculum based outdoor education sessions at the Nature Reserve and in the on-site classroom.

For further information on this, and how to book please visit [www.activenewham.org.uk](http://www.activenewham.org.uk)

### East Ham Nature Reserve

Norman Road  
London E6 6HN



Pond dipping at Newham City Farm



activeNewham is working in partnership with Newham Council to deliver leisure, sports and volunteering opportunities in Newham to enable local people to become more active in their local community.

We also work with a wide range of external partners which enables us to provide a unique variety of activities and services.



For more information about the services that we can offer your school or college please contact our Customer Service Centre on 0300 124 0123 or visit [www.activenewham.org.uk](http://www.activenewham.org.uk)