

NEWPORT LIVE CASNEWYDD FYW

Active Tots Programme for Nurseries and Childcare Providers Information Sheet

Newport Live's new innovative Active Tots programme provides high quality activity sessions for both children and staff in nursery settings to learn the importance and benefits of physical activity.

The programme focusses on engaging and guiding young children to take their first steps on the physical literacy ladder over a seven-week delivery period, whilst educating and providing staff with the tools to continue promoting the importance of the role that physical activity and well-being can play throughout a child's development.

Our active tots programme aims to enhance a child's physical and mental well-being through introducing and guiding them through the early years of the physical literacy process.

By supporting children from an early age in their development we, as professionals, carers and parents, can help them gain confidence to participate in sports and physical activity as they progress through life into adulthood.

This programme can help you to:

- Upskill your workforce
- Link in with your community
- Achieve Healthy Pre-Schools Accreditation
- Obtain new equipment
- Establish parental engagement sessions

Active Tots Package Overview:

- Two site visits prior to the programme starting - These meetings are to establish a member of staff to liaise with, mutually agree on objectives and aims, start date, times of sessions and setting an assessment date for staff.
- Seven-weeks of hands on delivery. The weeks are broken down into the following:
 - *Week 1–6:* 2 hours delivery per week to children aged 2–4 years.
One hour a week is delivered for ages 2–3 and one hour a week for ages 3-4.
Teaching staff will observe and shadow with the aim of continuing the delivery once Newport Live have finished the programme.
 - *Week 7 –* Family engagement session.
- Four weeks post-delivery of the seven weeks finishing, an informal assessment of the nursery staff will be arranged in which feedback will be provided to the staff.
- Session plan examples.
- Active Tots certificates for each child.
- Physical literacy training which includes a 'Play to Learn Pack' and 'Equipment Bag'.

Total cost of this programme is £400*.

This cost can be broken down as follows:

- 14 hours delivery (usually £25 per hour) plus additional meetings and assessment.
- Support and training to upskill your workforce.
- Equipment bag (worth £70 which includes: Hula-hoops, beanbags, skipping ropes, cones, range of different sizes balls, rackets and small rubber hoops in a holdall)
- Play to Learn Pack (worth £149)

*Payment options such as instalments can be discussed.

Optional Extra's

- Additional equipment provided at an additional cost based on equipment required.
- Additional delivery support for staff- £25 per hour.

Newport Live Active Tots Programme Terms and Conditions

Newport Live qualified and accredited staff will initially deliver sessions for the children to partake in with the support of the nursery staff, and then liaise with those staff identified to lead for the future. All identified staff will receive training on the delivery of the Play to Learn resource, which will enable them to deliver child-centred physical activities with confidence. Once familiar with the programme, nursery staff will then assume responsibility for the sessions with support from Newport Live staff and receive feedback after each session. The emphasis being that the Nursery continues to provide high quality sessions without the need for support down the line. Further support will be made available if required.

Newport Live will devise resources that nurseries will be provided with. This will ensure that a line of support and progression is in place for the children and staff who are delivering sessions.

Every session devised will be unique to each individual Nursery setting. This will guarantee that it is not only suitable for those involved but appropriate to the intended outcomes. All outcomes will be identified with both qualified playworkers/coaches and Nursery staff prior to the first session and will continue to be revised as sessions progress.

The support doesn't stop there either. There will also be a family engagement session where parents and carers can come along and enjoy a session with the children and staff whilst learning new ways to support and engage with their child. All parents and carers will be given activity cards for them to utilise at home and away from the nursery setting to further support their child's development and establish a positive attitude to physical activity.

Finally, all Nurseries engaging within programme will have further FREE training opportunities through Newport Live Sport Development. These will include resources from Play to Learn, Dragon Multi-skills and Sport & Physical Literacy – a journey through life as well as equipment packs to support all settings and the development of sessions.

Testimonials

The active tots programme has been tried and tested in Lullabyz Nursery, Newport.

“The children absolutely love it and ask every week if Joel is coming. I’ve seen an improvement in their gross motor skills such as throwing and also their team work-they really want to work together now.” Bethan, nursery practitioner.

“I do exercise like skipping. I love it.” Chloe, aged 4

“He does running, jumping, jogging. It’s great. It never goes rubbish.” Harri, aged 4

“We love having the Active Tots sessions at Lullabyz. The staff have gained so much experience from watching the Newport Live team and are more confident at carrying on the sessions on their own. The children really enjoy taking part and are keeping active whilst having fun. I would highly recommend the sessions to other settings.” Nicola, Lullabyz Nursery Owner