



SCHOOL SPORTS DAYS AND ACTIVITY WEEKS





AWARD WINNING SERVICES

ALTERNATIVE & TRADITIONAL

- CPD & TEACHER TRAINING
- PPA COVER - Planning and Assessment included
- Sports Day planning & Delivery
- Festivals
- BREAKFAST, LUNCH & AFTER SCHOOL CLUBS
- HOLIDAY ACTIVITY DAYS
- FUNDRAISING CHALLENGE DAYS





SPORT PREMIUM FUNDING

ADVICE & VALUE

- SPECIALIST ADVICE ON SPF UTILISATION
- SUSTAINABLE SPF **LEGACY THROUGH** CPD
- ENHANCED EFFICIENCY **& VALUE** MAXIMISATION
- BESPOKE HIGH **IMPACT PE** DEVELOPMENT PLANS
- **BREADTH & VARIETY OF** SPORTS/ACTIVITIES
- QUALITY ASSURED PROFESSIONAL COACHING
- HELPING TO IMPROVE **OFSTED RATINGS**





ALTERNATIVE SPORTS

Go Active provide one of the widest selection of alternative sports in the UK

Go Active is the only coaching company in the UK that specialises in Alternative Sports! We love trying new sports and activities, giving our coaches new challenges and giving everyone who attends a Go Active coaching session the opportunity to try something truly different!





“Battle Zone Archery is an adrenalin fuelled combat game with all of the excitement of Dodgeball with the precision of Archery”.

Why Battle Zone Archery?

Battle zone Archery uses the latest equipment to bring you this action packed real adrenalin fun game for all ages and all abilities. It is designed to be user friendly. The children at your school will love this game because it new and its exciting!

How Safe is Battle Zone Archery?

The equipment has been specially designed for the game. The Battle Zone Archery arrows have a round rubber tip, which will absorb the impact when it hits a player. The Battle Zone Archery bows are made of a flexible material so are difficult to break, no other type of bow must be used for the game. Each player will wear a safety mask for added protection to the head. Available if necessary are body protectors. Arm and finger guards are provided to all players.





Nerf Wars-Created with a fantastic and Fun Military twist, your children will be competing in our Nerf combat games. Designed with a military twist, pupils will play games such as capture the flag and King of the hill.

Why Nerf Wars?

Children love Nerf guns! We provide a safe and inclusive game that encourages team work and fun. Your children will come away from this activity with memories that will last for a long time.





Olympic Archery

Archery is a precision sport with competitors needing to demonstrate extreme levels of concentration and mind control as well as physical ability. It is an ancient sport that has its roots in medieval times.

Our coaches are fully trained through Archery GB, as such we have a 100% safety record.





Dodge ball

The best thing about dodge ball is that everyone can play. It is a sport that appeals to all ages and abilities and can be adapted to suit most disabilities making it very inclusive.

The balls we use are official UK dodge balls, designed for safety as well as playability, suitable for everyone.





Fencing

The most common version of fencing today is called Olympic fencing or competitive fencing, this is divided into three weapon categories: foil, sabre and épée.

Classical fencing uses the same three weapons, but approaches fencing as a martial art. We teach the foil which is perhaps the least aggressive, relying more on technique and cunning rather than aggression or power.





Handball

Handball is one of the fastest team sports and elite players require high levels of dexterity, stamina and physical fitness, we adapt the games to suit the needs of the individual developing each skill step by step.

It involves teams of seven players using their hands to pass or dribble a ball up a court, ultimately aiming to throw it into their opponent's goal.





Street Surfing

Street surfing appeals to everyone, thanks to its innovative technology that combines the natural fluidity of surfing with the smooth manoeuvrability of snowboarding and skating. With our expert tuition you will learn to perform precision 360s, carve downhill, and even ride uphill in no time at all.

[View our Street Surfing video online](#)





Dance Active (Street Dance/Classical)

We aim to provide high quality Professional Dance Education within schools across the UK. Our main focus is to treat Dance as a subject not just an activity, therefore educating students on the full encapsulation of Dance. We want to create a fun, safe and educational ethos in which our teachers strive to maintain throughout all the schools that will enable quality teaching and learning methods, but also maximise growth of the students' knowledge and learning strategies. We provide a unique awards scheme, which enables students to have an accredited dance level once completed this allows a focus on not only achieving interpersonal skills, but attaining highest possible levels with an accredited outcome.

Dance Active is a strong believer of cross-curricular links which encapsulates all learning styles, to create a happy and professional educational environment for ALL.





Rocket Ball

We've introduced this dynamic high-energy sport to help develop children's hand-eye coordination. Rocket ball provides a modern twist on traditional Lacrosse that enables it to be introduced to all children.

It's great fun and helps develop children's speed, agility and hand-eye coordination.





Ultimate Frisbee

Ultimate Frisbee is an exciting, non-contact team sport, played by thousands the world over. It mixes the best features of sports such as Soccer, Basketball, American Football and Netball into an elegantly simple yet fascinating and demanding game.

To compete at the top level, Ultimate players require an unmatched degree of speed, stamina and agility.





Urban Polo

Urban Polo is a high intensity invasion game that we have introduced to schools to aid with the KS2 children's ball striking.

The equipment is slightly oversized to increase the success level for the children, which then allows us to introduce other ball striking sports such as Hockey, Tennis and Cricket.





Zorb Football

Zorb Football is an exciting new sport that was first created in Norway and is now taking the UK by storm.

This fun variation on the classic game of football that sees the players encased in an inflatable Zorb that covers the upper body and head. Other games such as Zorb Sumo or Zorb bowling can also be played.





Fiitball

Fiitball is a brand new game that everyone can play and less focused on elite sporting ability which sees more advanced player's dominate games. This game could be played by young people together regardless of ability, sizes and gender and which everyone could feel part of and gain enjoyment.

This new sport is therefore ideal for a primary school to play with a whole class together but equally could be played by older children. The game is a hybrid of Netball, Basketball, American Football & Football.





Flag Football

Flag football is a version of American Football (NFL) where the basic rules of the game are similar to those of Tag Rugby but instead of throwing sideways and backwards the ball is thrown forwards, The defensive team must remove a Tag the ball carrier ("de-flagging") to end a down before they score in the end zone (Touch Down).

Why Flag Football? It is a great way to improve hand eye coordination whilst opening the children up to a new sport that they may come to love.





Goal Ball

Goalball is an exciting Paralympic, indoor, 3-side team sport, of attack and defend - with a unique twist! The sport was originally devised in 1946 to help rehabilitate soldiers who had lost their sight during the war. It has been played throughout the world ever since, at the highest level, by people who are blind or partially sighted.

We utilise Goal ball as a way to make children aware of the challenges Paralympic athletes and other disabled people face by opening them up to this fantastic sport. It's fun and inclusive for everyone.





Tchoukball is the fastest hand ball sport in the world today. Invented in the late 1960s, tchoukball is a team sport of 7 players that unites all key sporting skills; athleticism, concentration, respect for oneself and the opposition and teamwork. Without physical contact between players or interception of the ball tchoukball players are free to express themselves whilst playing in any way permitted by the rules.

Why Tchoukball? Most PE teachers will know that a proportion of children tend to dominate play in any invasion game, this sport helps level that playing field in the same way Fiitball does by creating new rules. The most important one of these is the interception rule as it enables children to develop their confidence in games without the fear of being pressured into dropping the ball.





Boccia

Boccia is a sport designed for athletes with severe impairments and has no Olympic equivalent. It is a target ball sport similar in principle to bowls but is played indoors with soft leather balls. It is a sport of intriguing tactics, incredible skill and nail biting tension. Once you see it you will be hooked!

Our Go Active Staff have been trained by Ex-Parlympians through Boccia GB, as such we have gained a real insight into ways of adapting the game for Primary school children.





TRADITIONAL SPORTS

Go Active provide one of the widest selection of traditional sports in the UK

Go Active loves traditional sports and takes pride in delivering innovative, inclusive and exciting coaching sessions for the classic sports. Before, during or after school, our courses are always structured to bring out the best in everyone.





Athletics

Fun athletics sessions that give children a taste of all athletics disciplines. Our qualified coaches teach children universal athletics techniques to help them run, jump and throw to the best of their ability.

Children are split into groups depending on their age and ability. Each session will include a warm up, games and event specific coaching





Basketball

Basketball has a very fast and exciting pace of play. Also, each player on the court gets to play both offense and defence and the roles of each player are only loosely defined.

Much of basketball easily can be practiced (like shooting or dribbling) with one person making it easy to learn. The sport also is great for one-on-one play all the way up to 5-on-5, so you don't need a big crowd to get a good game going.





Badminton

Badminton is a hugely popular sport, both in Britain and abroad. It appeals because it is easy to learn to rally but can quickly develop into an energetic Olympic sport, requiring high levels of power, agility, stamina, technique and tactical awareness.

Shuttles, which are designed to slow down, can still be struck at speeds in excess of 200mph.





Cricket

It is played between two teams of eleven players each who score runs (points) by running between two sets of three small, wooden posts called wickets.

Each of the wickets is at one end of a rectangle of flattened grass called the pitch. Around the pitch is a much larger oval of grass called the cricket ground.





Football

Go Active offers structured development, providing opportunities for young players to be creative, competitive and to face up to different challenges as individuals whilst in a group or team environment.

Players are able to build on their natural enthusiasm for movement, using it to explore and learn. Through our Partnership with Wolverhampton FC we aim to be the best football Academy in Cornwall by 2020.





Fund Raisers

Events in schools are primarily based on sponsorship, whereby we take the stress of organising a fundraiser away from the school.

We run the event in full for the school, by providing support with promoting the event, providing sponsorship forms, letters to parents/guardians explaining the nature of the event, and by providing certificates for every child in the school.





Gymnastics

Gymnastics is perfect for young starters, because it has so many different benefits. It helps to develop fundamental skills such as strength, flexibility and co-ordination that are really important for enjoying other sports and activities.

It's also a good foundation for learning about discipline, leadership and concentration, not to mention a great self-confidence builder.





Hockey

From skill-based learning sessions to competitive games, give your child the chance to experience the fun of hockey.

Children will learn the key skills needed to play as well as the rules of the game in fun sessions suitable for either those who haven't tried to sport before or those who want to hone their talents.





Multi Sports

A chance for your child to try their hand at everything – from football to rugby, tennis, cricket, athletics and more – Go Active multisport sessions are the perfect introduction to sport.

Children are taught a range of different sports each week, the ultimate experience in sporting learning, while mastering the many different skills needed to compete in each one.





Netball

A fantastic and fun sport with sessions that will teach your child the skills of netball while they learn the excitement of team play.

Children will learn dexterity and agility with the ball in a stimulating environment while getting to grips with the rules of the game.





Rounders

Give your child the ultimate rounder's experience with skill- based sessions designed to teach kids all they need to know to excel at the sport.

Go Active Rounder's sessions have been developed to create exciting, unpredictable players with the ability to express themselves on and off the field.





Tag Rugby

Children are taught in a fun and stimulating way, which encourages them to develop a love of the sport through inspirational coaching. We are working on the legacy the England team are creating through the Six Nations and the World Cup to inspire and Engage children to play the game whilst delivering a strong health and fitness awareness message.





Tennis

The emphasis of the coaching sessions is to ensure that the children have fun and at the same time teaching them skills that will sustain their interest and give them a desire to play tennis for life.

We have developed a series of fun and entertaining games and tennis drills with this in mind. We have found that this works well and is an extremely positive environment for the children to learn and discover their own strengths and abilities.





Volley Ball

Volleyball is a great team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court.

This is one of our favorite games at Go Active as it encourages hand eye coordination and can be played by a wide verity of ages and abilities. We have also learned to adapt the game to suit the needs of any disabled people that we work with as seen at the Olympics below.





QUALITY ASSURANCE

TRUSTED & APPROVED

- **Go ACTIVE**

- OVER **10 YEARS EXPERIENCE** OF WORKING WITH SCHOOLS
- PROVIDERS OF **AWARD WINNING** SPECIALIST SPORT SERVICES
- HIGHLY QUALIFIED, EXPERIENCED & RELIABLE STAFF

- **COMPASS BOARD MEMBER**

- THE COACHING INDUSTRY'S **NEW** GOVERNING BODY
- BOARD MEMBER **REPRESENTING THE SCHOOLS SECTOR**
- IMPROVING STANDARDS THROUGHOUT THE COACHING INDUSTRY
- ADVISING GOVERNMENT ON DELIVERING THE **PHYSICAL LITERACY FRAMEWORK**





AWARDS 2013



- **WINNER:** UK'S BEST AFTER SCHOOL & BREAKFAST CLUBS
- **WINNER:** INNOVATIVE NEW BUSINESS OF THE YEAR
- **FINALIST:** BEST SMALL BUSINESS OF THE YEAR
- **FINALIST:** BEST LEISURE SERVICES PROVIDER OF THE YEAR
- **UK'S TOP 10:** BEST NATIONAL ACTIVITY PROVIDER
- **UK'S TOP 10:** BEST NEW ACTIVITY FOR CHILDREN
- ***THE CHILDREN'S COACHING INDUSTRY NATIONAL AWARDS – 2013***
 - VOTED FOR BY SCHOOLS, PARENTS & CHILDREN
 - 76,000+ ON-LINE VOTES RECEIVED
- ***LOCAL WORLD BUSINESS AWARDS – 2013***
 - VOTED FOR BY CUSTOMERS & NATIONAL JUDGING PANEL
 - AWARDED FOR CUSTOMER SERVICE & BUSINESS PERFORMANCE





WHY GO ACTIVE?

COMPLETE COACHING SOLUTIONS

- AWARD WINNING SPECIALIST SPORTS SERVICES
- PHYSICAL LITERACY SPECIALISTS
- QUALITY ASSURED PROVIDERS TO THE EDUCATION SECTOR
- INNOVATIVE, INCLUSIVE & ALTERNATIVE SPORTS PROGRAMS
- DELIVERING QUALITY TO OVER 6,500 CHILDREN EVERY WEEK
- DRIVING CHANGE WITHIN THE SPORTS COACHING INDUSTRY
- COMPASS BOARD MEMBERS — REPRESENTING SCHOOLS.



THE PHYSICAL LITERACY SPECIALISTS



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