



**Plymouth SSP  
Menu of Opportunities 2025-2026**



# September 2025 Update

## Overview

Our VISION is to create a sustainable PE, School Sport and Physical Activity system as part of the health and well-being provision for all children and young people. Our MISSION is to positively impact on the lives of every child and young person attending Partnership schools and their parents/carers through the opportunities that we provide. We promote the Olympic and Paralympic VALUES of Friendship, Respect, Excellence, Determination, Inspiration, Courage and Equality

In addition to providing a PE Specialist Teacher and a 'Core Offer', it is important to highlight additional opportunities that subscribing schools can engage with. We have worked hard to create an offer that can be delivered regardless of the situation that schools may be working under.

Initially as part of your buy in we are able to offer you opportunities, resources and support enabling all schools to access activities outside of the normal curriculum and extra-curricular syllabus.

**As part of the offer each secondary school is entitled to six days of free activity, CPD or support, examples of which can be found within this booklet. Primary and Special schools can access three days from the same menu.** Additional time can be purchased at a discounted rate for all subscribing schools or free days can be used to build on the ratio of instructors to students for the wide ranging activities on offer.

To book your activities, coaching or CPD support please contact the relevant team member as listed within each section.

We will also continue to develop and maintain the Plymouth SSP website allowing all partnership members and staff access to online resources, bookings and support [www.plymouthssp.co.uk](http://www.plymouthssp.co.uk) Communication via the website and our weekly newsletter will go out to all subscribing schools promoting opportunities on offer. If you have not registered for our newsletter please email your Specialist PE Teacher.

The menu below is a taste and is by no means exhaustive. You know your students and know what is suitable for them, please help us shape our services for you!

## Competition

All Competitions and Central Venue Leagues will be managed by the Partnership Leader and School Games Organisers. We also deliver The 'School Games' in line with the Governments National Strategy ensuring that the opportunities created country wide are available to children and young people in Plymouth. A full list of competitions can be viewed and booked via our website [:www.plymouthssp.co.uk/events](http://www.plymouthssp.co.uk/events)

An outline of the provision for Primary School Competitions can also be found on the website in the resources section along with details of the 'School Games' Events. In addition to this your Specialist PE Teacher may organise family events, please contact them directly for details. SEN events and Special School Events have also been organised and are published on the website

## Bikeability

Bikeability is a progressive programme in which trainees first master cycle handling skills in traffic-free environments (Level 1), then develop the skills and confidence to cycle on local roads and simple junctions (Level 2), before tackling often busier, multi-lane roads and complex junctions (Level 3).

- Level 1 is offered to all students in Year 3 and 4
- Level 2 is generally offered to Year 5 and 6 but can also be accessed by children in secondary schools
- Level 3 is for all students in Year 7 and above who can demonstrate the Level 2 criteria

To ensure all pupils benefit the Partnership will ensure a number of roadworthy bikes are available for loan during the course (Level 1&2 only) along with helmets and we endeavour to teach non-cyclists to reach a basic level on the playground (Learn to Ride). This service is FREE to all PSSP Partner Schools and ensures that all students regardless of background can participate.

### **Bikeability Balance**

Bikeability Balance develops crucial early cycle handling and awareness skills in 4-7 year olds using games on balance bikes, trikes or adapted cycles, which drives up confidence and inspires progression to pedal cycling. This is available to all children in EYFS and KS1.

Bikeability Balance is designed to:

Focus on movement patterns, gross motor skills, spacial awareness and dynamic balance using a balance bike. Teach children how to pick up, manoeuvre, mount and dismount their bikes and then learn the skills to ride a balance bike safely.

Help improve the children's gliding, stopping and breaking skills to enable them to ride solo on a pedal bike safely and confidently by the final session.

**To make these bookings, please contact Anna Clooke – [a.clooke@sjhcsc.co.uk](mailto:a.clooke@sjhcsc.co.uk)**

### **Outdoor and Adventurous Activities (OAA)**

**To book these activities please contact [pssp0aa@sjhcsc.co.uk](mailto:pssp0aa@sjhcsc.co.uk) or 07908818151**

The Plymouth SSP has been developing its Outdoor Adventure provision and we are excited to put this brochure out for distribution across the Partnership. We are the only SSP in the country to have an Adventurous Activities License, which means we can provide a wide range of exciting outdoor activities to the students independently of external providers. We have the resources to provide activities for most children and young people from the Partnership, and are aiming to enable them to access lifelong learning experiences many times during their school life.

This list of activities is a working document and will be updated as and when new activities are established. Please have a read through and make it available to the Specialist PE Teachers and other staff members within your school who have a role in learning outside the classroom as well as in PE, GCSE, BTEC, Post 16 - including those with expedition units, personal and social development programs and activities weeks.

Any of the activities or options can be adapted to suit your pupils' needs, if you would like more of a bespoke programme, please email or call to discuss options. These courses are available during term time and weekends. There are plenty of opportunities to combine activities as part of a day, multi-day and overnight programs.

These activities are offered to all Partnership members. As members of the Plymouth School Sports Partnership you are entitled to free sessions, which are currently booked on a first come, first served bases. To avoid disappointment please book well in advance.

Please note that staff to student ratios varies depending on activities. If you wish to increase student numbers there will be an additional cost for the respective number of instructors.

Please refer to the booking form as well as the terms and conditions to begin the booking process.

*Please note that participation in outdoor and adventurous activities has an inherent degree of risk. Every effort is made through risk assessment and risk management to work with these risks to give the students a valuable and real experience. However it must be understood that the possibility of minor incident may occur and this is just part and parcel of the activity.*

## **Bell-Boating**

### **Activity Information:**

Bell-Boating is an extremely inclusive activity enabling many children to access the water at once. A bell-boat is a double hulled craft that is very stable on the water. Each boat can hold up to 10 students. There are a range of sessions or courses available. The Bell-Boat sessions times are 0930-12:00, 12:30-15:00, although there is some flexibility. Not all these session times will be available on each day as they are dictated by the tides. The youngest Year group is Year 3, requiring 2-3 adult members per boat to assist in paddling. This activity is run from Oreston Quay.

### **Brief Session Outline:**

Each session is a minimum of two hours. When the group arrives at Oreston Quay there is a quick brief on the location and safety points. We aim to give the students maximum time on the water, so after buoyancy aids are fitted the group heads out on to the water. Depending on the days wind and tide conditions the group would either travel to Laira Bridge or Hooe Lake. The journey gives the group a chance to spot any local wildlife, play confidence games and race the boats.

### **Activity Learning Outcomes:**

The group will learn:

Basic paddling skills

Water confidence

Water awareness

This session also encourages team work and personal development

Coaching entitlement: 1 days coaching will allow 30 students a 2 ½ hour session. If you wish to bring more than 30 students it will use 1½ days coaching to cover the additional qualified staff that is required.

**Staff ratios:** 1 helm: 10 students, Maximum of 30 students

### **Additional National Governing Body Awards:**

Bell Boat Helm (sheltered water)

For post 16 students or members of staff there is the option of achieving a Bell Boat helm qualification.

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## **Open Canoeing**

### **Activity Information:**

Open canoeing is an exciting and versatile activity which can be used in a variety of ways with extensive opportunities for progression. The open cockpit craft which can hold up to three people has excellent uses as part of personal and social development programs. The usual launch site is Oreston quay, however several other areas can be used, and for the longer courses a variety of settings will be required. For further information on the Paddle Power or Star awards visit the British Canoeing website.

### **Brief Session Outline:**

Each session is a minimum of 3 hours. The group will be taught basic skills to enable them to manoeuvre the craft. Each session allows time for the group to practise and put their new skills to the test in either a game or competition environment. The session will also consist of a journey (weather dependent). If required each session can be designed to achieve different learning outcomes.

### **Session Learning Outcomes:**

The group will learn:

Basic to intermediate paddle skills

Safety and environment awareness

Water confidence

Paddle sport games

Canoeing is particularly good at improving team work and communication between partners, as well as personal and social development

A canoeing session can be used as part of out of class room experiences for a variety of subjects

**Staff Ratios:** 1 Canoe coach: 8 students, 1 Canoe coaches plus 1 assistant: 12 students

### **National Governing Body Awards:**

For those wanting to progress their paddling skills through British Canoeing we can offer a variety of awards for different ages and abilities.

British Canoeing Paddle Awards (start, Discover, Explore)

British Canoeing Personal performance awards(Canoe award, progressive canoe award and advanced kayak /canoe award). For further information on paddle and personal performance awards visit the British Canoeing website.

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## **Rock Climbing**

### **Activity Information:**

There are a range of rock climbing opportunities available outdoors. Each of the options is facilitated by appropriately qualified staff. There are a variety of locations around Devon and Cornwall that can be used, crags such as Sheep's Tor, Lee Tor, Dewestone rock and Hound Tor. Climbing can be used as part of GCSE, BTEC or Post 16 courses. There are numerous further possibilities for climbing activities to reinforce classroom learning. If there is anything specific please get in contact.

### **Brief Session Outline:**

**Outdoor climbing:** Each session is a minimum of half a day. The normal location for this is on a granite crag at Sheep's Tor near Burrator reservoir. During the session the group will have the chance to climb different routes as well as abseil.

### **Session Learning Outcomes:**

The group will learn:

The difference between perceived and actual danger

Trust between each members of a climbing group

Personal comfort zones

Climbing knots

Rope safety techniques

Movement techniques

Learn about different rock types

Rock formations

A climbing session can be used as part of out of class room experiences for a variety of subjects

**Staff Ratios:** 1 climbing coach: 12 students with a suitable adult

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## **Indoor Climbing**

### **Activity Information:**

There are a range of indoor climbing opportunities available throughout and around the city. Each of the options is facilitated by appropriately qualified staff. There are several locations that can be used such as Plymouth life centre, The Hanger and The Barn. Indoor climbing can be used as part of GCSE, BTEC or Post 16 courses. There are numerous further possibilities for climbing activities to reinforce classroom learning. If there is anything specific please get in contact.

**Brief Session Outline:**

**Indoor climbing:** Each session is a minimum of 2 hours. There is an additional charge to cover hiring the wall (£4 PP).

**Session Learning Outcomes:**

The group will learn:

The difference between perceived and actual danger

Trust between each members of a climbing group

Personal comfort zones

Climbing knots

Rope safety techniques

Movement techniques

A climbing session can be used as part of out of class room experiences for a variety of subjects

**Staff Ratios:** 1 climbing coach: 12 students with a suitable adult

**National Governing Body Awards:**

For those wanting to progress their climbing skills there is a certificated course run by Mountain Training known as the Indoor Climbing Assistant. This is designed for anyone age 16 or over who want to assist running climbing sessions alongside a qualified instructor. For further information on ICA courses visit the Mountain Training website.

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**Moorland Activities**

**Activity Information:**

Dartmoor offers a wide range of walking and navigation opportunities. It can provide an exciting Outdoor Classroom that can be linked to projects within school. These experiences can be used to enrich classroom learning and help support the learning process. Moorland activities can also be incorporated into GCSE, BTEC and Post 16 courses.

**Key Stage 1 Guided Walks:**

This takes place at Burrator Reservoir where you meet your guide at the dam. From there they will lead the group around the area taking in such sites as water falls, the reservoir, woods, open moor land, leats and much more. The route is designed to allow a picnic style lunch next to the water's edge and there is use of a public toilet before the students get back on the coach. Normal times are meeting at 1000 at the dam and back at the coach by 1400.

**Brief Session Outline:**

Moorland walks – these can include elements of navigation and sites of interest, a wide range of venues can be used to suit the group's needs. The focus of the day is flexible. Here are some examples; rivers, hut circles, tors, human impact and geological landscaping.

Extended journeys – these day or multiday walks are aimed at those groups seeking to become more involved in planning and completing their own journeys. The sessions will cover trip planning, equipment, navigation and the journey itself.

The session duration is depended on the session objectives. A suggested minimum time is 3 hours.

There are possibilities for overnight expeditions, contact us to discuss your ideas.

**Session Learning Outcomes:**

The outcomes vary depending on the session focus. Each session will have an element of navigation (map reading and compass work) and identifying geological features. Extended journeys are a great way of increase a group's coherence, personal and social development.

**Staff Ratios:** 1 Qualified leader: 12 students. This can be increased to 24 if an appropriate adult is present and the learning objectives allow.

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## **Team Building**

### **Activity Information:**

A range of problem solving/ team building opportunities are available, ranging from 2 hour on site activities to inter group competitions. There are a wide range of elements that can be run in and outdoors depending on the suitability of the area. An example of some of the elements are; Spiders Web, Acid Spill, Towers of Hanoi and Islands. These tasks are great for breaking the ice of a new tutor group.

### **Brief Session Outline:**

These sessions can be very much bespoke depending on your desired learning outcomes. There is a minimum of 1 hour for a session. A standard session would consist of a number of elements which the groups would rotate around. The different elements would challenge the participant in a variety of ways, from logical to creative thinking.

### **Session Learning Outcomes:**

Each session the group would have to work on their;

- Communication skills
- Awareness of others
- Logical and creative thinking
- Breaking down physical barriers

Staff Ratios: Maximum 1:30 students with a suitable member of staff.

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## **Bush and Camp Craft**

### **Activity Information:**

Bush and camp craft activities offer a great way to develop teamwork and communication skills in an outside environment. It gives participating students the opportunity to develop connections with nature. For these sessions there is an additional charge of £15 to cover the cost of venue hire. There are choices of venues from Scout sites to National Trust areas. This activity is only available for secondary school students and above.

### **Brief Session Outline:**

There is a minimum session time of 2 hours. During that time the group will create a shelter from manmade and natural materials. They will also have a go at different methods of lighting fires. The group will also be involved in gutting and preparing a fish to cook on an open fire. Then if there is any spare time, they can roast a couple of marshmallows.

### **Session Learning Outcomes:**

The group will learn:

- The uses of natural materials
- Fire lighting techniques
- Camp and fire safety
- Environmental awareness
- How to prepare a fish for cooking

Staff Ratios: maximum 1: 12

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## **Orienteering**

### **Activity Information:**

Orienteering is an ideal way for pupils to develop their navigation skills, team work and fitness. There are several high quality sites in the local area which offer a range of courses from beginner to advance. Orienteering can be just a one off session or part of BTEC and Post 16 course. We also offer early years orienteering for years 1 and 2. There is also the option if desired for us to come and set up and run a temporary or permanent course at your school.

### **Brief Session Outline:**

The minimum time required is 2 hours for a one off session. In that time your group will move around the course in small groups finding markers. If desired there can be an element of competition.

GCSE PE courses take between 6 and 10 hours depending on group size. An evidence booklet is included for each student to work through.

The final session will be off site so a two hour time slot is needed.

Early years orienteering is designed for years 1 and 2. For the groups benefit it is recommended to take 15 students for a minimum of 30 minutes. During this time the group will look at map drawing and learn the points on a compass whilst finding pictures around your school site. This method of orienteering has many applications for cross-curricular learning.

### **Session Learning Outcomes:**

One off session;

Physical activity

Understanding maps

Navigation techniques

Team work

Communication

GCSE Orienteering:

All of the above

Compass mechanics

Map features

Navigating on the move

Early Years Orienteering

Physical exercise

Basic map understanding

Basic compass understanding

Following cardinal points

Staff Ratios: 1 leader: 15 this can be doubled to 2:30 with an additional staff member

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### **Mountain Biking**

Excellent located within Plymbridge woods and within easy reach of all primary and secondary schools the partnership has access to a locked storage container with bikes and helmets. A key for this can be booked via a member of our OAA team and used with or without an instructor.

### **Activity Information:**

Mountain biking is a great way to journey and increase fitness. All the equipment is supplied, but if members of the group wish to use their personal bike it has to pass a safety check and be suitable for the terrain. There are several options for mountain biking, the most popular is trail riding on and around purpose built mountain bike trails within Plymbridge Woods. The Plym cycle trail is also popular and at certain times of the year the group will be able to view nesting peregrine falcon.

### **Brief Session Outline:**

For one off sessions – These are on the Plym cycle trail a minimum of 2 hours is needed. Please note that all members of the group will need to be able to ride a bike to some degree.

Off road skills program - these sessions will be tailored to the groups needs and focus on developing rough terrain riding, the program can be run for however many hours your group have but a minimum of 2 hours is needed. This will take place on the Mountain bike specific trails which are just off the Plym cycle trail. These sessions can be tailored to go towards GCSE and post 16 courses.

Journeying on a MTB - these sessions include planning, navigation, environmental awareness and basic mechanical knowledge. The program can run for however long your group have.

We also offer multi day rides. Whether that is developing on from off road skills and journeying or if you wish to have some beginner sessions back-to-back to really fast track your learning.

### **Session Learning Outcomes:**

For a one off session on a cycle trail:

Bike confidence  
Local knowledge  
Physical exercise

Off road:

Technical skills  
Basic bike mechanics  
Environment awareness

Journeying:

All of the above  
Planning  
Navigation

**Staff Ratios:** 1 Mountain bike leader: 12 students, Maximum 2 Mountain bike leaders: 24 students

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### **Activity Weeks**

There are many options for activity weeks combining activities, using just one or completing an expedition.

The partnership will hold an OAA week for all subscribing primary schools based at Mount Edgcumbe and will involve activities such as shelter building, orienteering, beach art and team building.

Full details of this week can be found by visiting the website or by **emailing PSSP Admin – [psspadmin@sirjohnhunt.plymouth.sch.uk](mailto:psspadmin@sirjohnhunt.plymouth.sch.uk)**

### **Personal and Social Development Programs**

Any of these activities can be tailored to meet specific needs of your group with focuses on leadership, communication and teamwork as well as raising self-esteem, self-awareness and promoting positive self-image. A program will be put together with you to be suit the needs of your group, using a variety of activities or just one aiming for skills progression. There will also be a workbook included for each of the students so to extend their learning beyond the practical activity session.

### **Outdoor Adventure programs/clubs**

There are opportunities to establish a program of activities in a regular time slot within the schools normal hours/curriculum time or after school. These can be a range of activities or just one, please contact us with your ideas as we can tailor these clubs to your needs.

### **Expeditions**

There are options for UK wide expeditions in a variety of activities, these can be just for fun or part of activities weeks and post 16 courses.

### **Indoor Rowing Opportunities**

**This programme will run in Term 3 (after Christmas). You will be sent a booking form Admin – [psspadmin@sirjohnhunt.plymouth.sch.uk](mailto:psspadmin@sirjohnhunt.plymouth.sch.uk)**

Days or hourly time can be allocated against your allocation or paid for hourly.

The Indoor rowing experience can be tailored to suit the school day. A room will be required that can have space for 7 – 8 rowing machines and have the ability to project onto a screen or wall. An additional sound system is required or the instructor can provide a sound system with advance notice.

### **Activity Information - Primary schools:**

Indoor rowing is a great way to get students to try out a physical activity that is an individual event and also doubles up as a team event. Rowing is an event which often appeals to students who may not enjoy traditional sporting activities. Students will be placed into groups of similar ability to race and record each other's work on white-boards. Background activities for each group are stretching/flexibility and a mini circuit. This is normally led by the teacher or TA using the coaching cards provided. Classes are normally split into 4 groups working a rotation, Rowing, Stretching, Circuit, recording.

### **Session Learning Outcomes:**

Rowing machine and personal safety  
Develop the correct rowing technique  
Gain confidence to get out of breath (work the heart and lungs)  
Understand and record the figures displayed on the monitor  
Understand and develop their flexibility.  
Working as part of a team

**Staff Ratios:** 1 x coach per class of 30 plus the teacher/TA

**Clothing;** Students are to wear the standard PE clothes and shoes, sorry no skirts allowed. School shoes are ok if sports shoes are missing. No bare feet.

### **Activity Information - Secondary schools:**

Secondary schools are encouraged to run their own Level One Event using extra machines to give a bank of 6 – 8 to cover the event. If this is not possible then the instructors can run your event or be used for introduction fun days. Racing is not always the focus as we can play; Golf, Watts, Fishing, 'rowathlon' and many other team games to encourage the students to learn a different skill using the rowing machine.

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### **Additional Opportunities**

Additional time can be purchased at a discounted rate for all subscribing schools or free days can be used to build on the ratio of instructors to students for the wide ranging activities on offer.

#### **Coaching:**

Level 1 - £20.00 per hour

Level 2 - £30.00 per hour

The Plymouth SSP is able to offer support in finding local coaches and instructors who are highly qualified, DBS checked and quality assured.

#### **Equipment:**

To support these opportunities and enhance the school curriculum we also have a number of resources, which can be loaned to schools for example:

- Concept 2 dry rowing machines
- Weber Kayak Ergometers
- Mountain Bikes
- Indoor Athletics Equipment
- Indoor New Age Kurling
- Boccia
- Indoor archery
- Pop Lacrosse
- Frizbee Golf
- Tri-Golf
- Quicksticks Hockey

## **Continued Professional Development (CPD)**

The Partnership will coordinate and run

- An annual Primary PE Conference
- Secondary Continuous Professional Development (CPD) opportunities

The Partnership will

- Facilitate termly Heads of PE Meetings
- Facilitate termly Primary PE Coordinator Meetings
- Offer current, relevant and requested CPD opportunities to ensure flexible and affordable courses
  - > e.g. PE Specialist Teacher working alongside primary colleagues in the delivery of physical education in the areas identified as needing support by the Primary PE Coordinator
  - > These could include; Gymnastics, Dance and Multi Skills training, Meal Time Assistant training, and other courses that are deemed essential for the effective implementation of the National Curriculum

## **Leadership and Volunteering Opportunities**

The Partnership will coordinate and support the following

- Platinum Young Ambassador Training (Secondary)
- Gold Young Ambassador Training (Secondary)
- Silver Young Ambassador Training (Secondary)
- Bronze Young Ambassador Training (Primary)
- NGB Leadership Awards
- Leadership Academy Support Workshops
- Deployment of Young Leaders in schools in accordance with school COVID-19 policy
- Training and support of Playground Leaders (See 11 for more detail)
- PSSP Young Ambassador Celebration Event

Whilst we have made every effort to offer all schools the chance to access opportunities which will enhance your school's curriculum and extracurricular P.E and physical activity we are always looking to improve our service.

If there are other opportunities that you feel we may be able to offer in the future please provide us with feedback and we will do our best to accommodate:

**Anna Clooke – Partnership Leader**  
**Plymouth School Sports Partnership**  
**[a.clooke@sjhcsc.co.uk](mailto:a.clooke@sjhcsc.co.uk)**  
**07731471023**

