



Plymouth SSP Menu of Opportunities 2026-2027



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September 2027 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 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

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

Outdoor and Adventurous Activities (OAA)

To book these activities please contact psspadmin@sjhcsc.co.uk or Maddie: m.horton@sjhcsc.co.uk

The Plymouth SSP is an established Outdoor Adventure provider and 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.

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. There are plenty of opportunities to combine activities as part of a day or multi-day offer.

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 basis. To avoid disappointment please book well in advance.

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.

Mountain Biking

Get ready to hit the trails! Our school mountain biking sessions offer an exciting mix of adventure, outdoor fun, and physical fitness. Whether you're learning fundamental bike handling skills or tackling local dirt paths, you'll build confidence, endurance, and trail control under the guidance of experienced instructors. Strap on your helmet, experience the thrill of off-road riding, and discover a new way to stay active with your classmates.

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. All equipment is provided.

These sessions can be tailored to go towards GCSE and post 16 courses.

Please note that all members of the group will need to be able to ride a bike to some degree.

Staff Ratios: 1 Mountain bike leader: 10 students, Maximum 2 Mountain bike leaders: 16 students

We also run MIAS instructor courses for staff members of Partnership schools twice a year - please contact psspadmin@sjhcsc.co.uk if you are interested.

For schools with staff members who hold a MIAS mountain bike instructor qualification, a key for the bike storage container can be booked via a member of our OAA team and the bikes can be used without a PSSP instructor.

Indoor Climbing

Activity Information:

Reach new heights with our indoor climbing program! Designed to challenge your strength, focus, and problem-solving skills, indoor climbing offers an exciting environment to scale new walls and conquer fun routes. Learn essential movement techniques, rope management, and bouldering basics while encouraging your classmates from below. Test your limits, and discover the thrill of vertical adventure!

There are a range of indoor climbing opportunities available throughout and around the city. Each of the options is facilitated by appropriately qualified staff. Our usual venue is Plymouth life centre, we can also access The Hanger and The Barn.

There is an additional charge of £4.50 per student to cover hiring the Life Centre Climbing Wall.

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.

Staff Ratios:

1 climbing instructor: 9 students

1 climbing instructor: 12 students with a suitable adult

Woodland Walks

Activity Information:

Step into nature and explore the great outdoors! Our woodland walk activity takes learning outside the classroom and onto the forest floor. Discover local wildlife, navigate scenic trails, and learn practical outdoor skills like tree identification and map reading. It's the perfect mix of fresh air, adventure, and hands-on discovery with your classmates.

Plymouth's local woodland 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.

The walks can take place from Plym Bridge, or from a variety of local wood blocks within the city. They are a great opportunity to explore new areas of the city, or familiarise yourself with the woodland that is closest to your school.

Woodland activities can also be incorporated into GCSE, BTEC and Post 16 courses.

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

Team Building

Activity Information:

Connect, collaborate, and conquer challenges together! Our team-building sessions are packed with hands-on problem-solving games, physical challenges, and creative outdoor puzzles designed to test your communication and leadership. Step out of the classroom, work through fun obstacles with your peers, and build lasting friendships. Get ready to think on your feet and unleash the power of teamwork!

These sessions can be very much bespoke depending on your desired learning outcomes. 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.

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

Bush Craft

Activity Information:

Master the ultimate eco-friendly campfire skill! In our Ghillie kettle sessions, you'll learn how to forage for natural fuel—twigs, pinecones, and dry leaves—and harness the power of a chimney fire to boil water in minutes. Work in teams to build a clean, efficient fire, learn essential outdoor survival tricks, and enjoy a well-deserved warm drink in the great outdoors!

Bush 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. If you think you have a suitable area on your school site, please contact us to discuss this.

Staff Ratios: maximum 1: 12

Orienteering

Activity Information:

Put your navigation skills to the test with school orienteering! Part treasure hunt, part sport, orienteering challenges you to navigate through outdoor checkpoints using only a map and compass. Run, walk, and strategize your way through custom courses while racing the clock or working with a partner.

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. There is also the option for us to come and set up and run a temporary course at your school.

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

Bell-Boating

Activity Information:

Work together and make a splash with our bellboating activities! Bellboats are stable, twin-hulled canoes that fit a whole group, making them the ultimate vehicle for team water sports. Grab a paddle, sync up your stroke with your teammates, and take on fun water challenges, races, and navigation games. It's an exciting way to enjoy the water, build outdoor confidence, and have a blast with your classmates!

Each boat can hold up to 10 students. The youngest Year group for this activity is Year 5.

The sessions are run from Oreston Quay, and 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.

Coaching entitlement: 1 days coaching will allow a maximum of 30 students a 2 ½ hour session.

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

Open Canoeing

Activity Information:

Our canoeing program provides students with an engaging water-based activity that promotes physical fitness, teamwork, and environmental awareness. Under the supervision of qualified water-safety instructors, participants learn essential paddling skills, water safety protocols, capsized recovery, and route navigation. Canoeing fosters communication, leadership, and mutual trust as students work in pairs to maneuver their craft through a controlled, safety-first environment. The launch site is Oreston quay.

These sessions can be tailored to go towards GCSE and post 16 courses.

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

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.

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

Staff ratios: 1 climbing coach: 9 students

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 Edgumbe 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**

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

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 lunges)
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.

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:

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