



Managed by Huntingdonshire District Council

One Leisure Active Lifestyles

# **SPORT & ACTIVE RECREATION**

Activity Brochure

[www.huntingdonshire.gov.uk/activelifestyles](http://www.huntingdonshire.gov.uk/activelifestyles)

# WELCOME

The **One Leisure Active Lifestyles** team has over **20 years'** experience of providing **high quality tuition** in a wide range of sports and active recreational activities for all ages and abilities. We **strive to inspire** everyone to try something new and develop existing skills, to reach their full potential whilst having **fun!**

**One Leisure** has the largest base of Leisure Facilities across Huntingdonshire, access to Council owned open spaces such as the striking **Hinchingbrooke Country Park** and the ability to provide **Outreach Activities** at a venue and time to suit you.

Whether it's specialised sports tuition or team building for a school, sports club, youth group, or workplace we have opportunities for all!



## Contents

- 3 ABOUT US
- 4 SPORTS DEVELOPMENT FOR SCHOOLS AND YOUNG PEOPLE
- 7 SPORTS DEVELOPMENT FOR THE COMMUNITY
- 10 CONTACT US

# ABOUT US

Our expertise in sport and active recreation is combined with tailor made programmes to meet the needs of your group. Our team aims to encourage every participant to get the most out of their experience. All of our programmes are delivered by qualified activators who can provide you with a unique package of activities to suit any individual or group.

All employees;

- Are qualified to at least a **UKCC Level 2** Sport Specific Qualification
- Hold an up to date **First Aid Certificate**
- Have attended a **Safeguarding and Protecting Children** workshop and hold an **advanced DBS** (CRB) Certificate
- Hold **Public Liability** and **Employers Liability Insurances**

With these qualifications and annual continual professional development and mentoring schemes, we can ensure that the coaches have the skills and expertise to deliver the sessions for you.



# SPORTS DEVELOPMENT

## FOR SCHOOLS AND YOUNG PEOPLE

The One Leisure Active Lifestyles team recognises the positive impact that high quality sport and active recreation has on every young person to improve their health and well-being. Our vision **“to inspire our communities into more active, healthy and fulfilling lifestyles”** is at the forefront of everything we do. We pride ourselves on providing a quality experience that enhances the learning obtained from the activities we provide. Our offer includes:

### PHYSICAL LITERACY FOR THE UNDER 5'S

We provide 30 minute sport and active recreation sessions through play and games for the under 5's. Physical Literacy is simply about developing the fundamental movement skills that all children need, such as running, hopping, throwing, catching and jumping. These movement skills in turn give children the confidence to participate in different physical activities, sports, and games.

In the same way a child learns to speak by interacting with their parents from an early age, the same is true of learning to move with confidence.

Physical Literacy is essential today because the outdoor games and activities that once filled our childhood and helped us develop movement skills have been replaced by more screen time and inactivity in general.

### SPORTS LEADERSHIP

This project provides participants with recognised and accredited leadership training at all levels. Groups will develop generic skills, using the Sports Leaders UK or National Governing Body syllabuses.

- Bikeability
- Boccia Leaders
- Boccia Officials
- Inclusive Sports Awards
- Level 1 Qualification in Sports Leadership (SL1)
- Level 2 Qualification in Sports Leadership (SL2)
- Level 2 Qualification in Community Sports Leadership (CSL2)
- Play Leaders
- Sports Leader Day Certificate
- Young Leader Award
- Young Person First Aid



# SPORTS DEVELOPMENT

## FOR SCHOOLS AND YOUNG PEOPLE

### CURRICULUM PE AND SPORT

Hundreds of studies from around the world point to the same conclusion:

*“Regular physical activity throughout the day can lead to better behaviour, attendance, and academic performance”.*

This is true both in the short term (that is, immediately after physical activity has taken place) and the long term. Examples of schemes of work are:

- Before school, lunch time, and after school
- Extra-Curricular Activities
- Inclusive Sports Sessions
- Multi-Sports Sessions
- Sports Days
- Sport specific training in preparation for competitions
- Swimming Lessons
- Taster Events

### ALTERNATIVE CURRICULUM THROUGH SPORT

This service offers young people something a little bit different; a unique approach to learning only available to One Leisure across Huntingdonshire. This is offered to students from primary age right through to those in further education.

- Adaptive Cycling (PEDALS)
- Battle Zone Archery
- Bikeability
- Bubble Football
- Cyclone – Indoor Virtual Cycling
- Goggle Sports
- U Canoe – Indoor Kayaking

Two reasons for taking an alternative approach are to:

- Challenge disengaged pupils: we use sport and active recreation to engage with students who may be at risk of exclusion. Programmes can be tailored around the needs of the group to include sports sessions and leadership accreditation.
- Work with students who may need some additional support in order to achieve academically or socially. It provides creative and interesting activities which will take the focus off traditional learning in the classroom.



# ***SPORTS DEVELOPMENT***

## **FOR SCHOOLS AND YOUNG PEOPLE**

### **HOLIDAY CLUBS AND ACTIVITIES**

The One Leisure Active Lifestyles team offers outstanding quality sport and active recreation opportunities at our school holiday and activity camps. We have a fantastic and experienced team who make sure your children have a brilliant time with us in a safe environment. Whilst public sessions run throughout the school holidays, additional sessions can be planned with your group in mind for something that little bit extra to keep them active throughout the holidays.

### **HEALTHY WEIGHT CLUBS**

Healthy Weight Clubs are designed to help children aged 7 to 11 years who are above a healthy weight and need some extra help getting fit and healthy. The sessions are designed to be educational and fun whilst offering help, with support from specialist partners and Everyone Health.

### **SUPPORTING TEACHERS AND PUPILS**

We will work alongside the school to provide the best outcome for your students to learn, develop and become inspired. We will supply structured lesson plans with specific outcomes for your students. As part of our offer, we can provide you with any necessary evidence to demonstrate pupil learning progressions which will support you with the reporting of the primary PE and sport premium funding.



# ***SPORTS DEVELOPMENT***

## **FOR THE COMMUNITY**



One Leisure Active Lifestyles work with a number of community partners to promote community sport outside of school. All projects have a link to a community club or group and where possible, providing affiliated and appropriate exit routes for everyone.

### **INCLUSIVE ACTIVITIES**

The One Leisure Active Lifestyles team works with partners to continually increase opportunities for under-represented groups to participate in sport and physical activity. We pride ourselves on our Inclusive Fitness Initiative status and general activities available to everyone; we also have a range of Inclusive Sports Clubs across the district for under-represented groups and people requiring additional support to enjoy exercise.

### **ACTIVE & ABLE**

Active and Able are our weekly multi-sport sessions specifically tailored for people with disabilities. Sessions are held weekly during term time at One Leisure Huntingdon and One Leisure St Neots.

### **PEDALS**

PEDALS (Adaptive Cycling) embraces children and adults with disabilities and differing needs, to engage in a quality cycling activity exploring Hinchingsbrooke Country Park. Using specially adapted cycles, the activities are both physically and mentally stimulating and above all fun for everyone involved.

The sessions are equipped with specially adapted cycles and Wheels for All trained leaders, who have the knowledge and confidence to work with participants to enjoy the benefits of cycling. The sessions welcome individuals, groups and families to be involved and take part together.

### **SESSIONS FOR GROUPS**

We can offer the perfect place for your group, or alternatively we can come to you to provide activator led inclusive activities. Just take a look at our website to give you a taste, then call us and we will liaise with you to meet your needs.

Choose your activities, venue, dates and times and we will do the rest to ensure you have a fantastic experience.

# ***SPORTS DEVELOPMENT***

## **FOR THE COMMUNITY**

### **TEAM BUILDING EVENTS**

We are able to offer a range of different activities to meet your team's or groups individual needs. Whether you are looking for a fun day as a reward, a team building day to develop skills such as communication, leadership, or teamwork or a mixture of discussions and activities, One Leisure Active Lifestyles can offer you a bespoke and competitively priced package to meet your requirements.

### **ADDITIONAL SUPPORT**

One Leisure Active Lifestyles provides a range of services to support sports clubs and organisations to find and gain funding. We can assist clubs and organisations wishing to complete funding applications for large or small scale projects.





# ***SPORTS DEVELOPMENT***

**FOR THE COMMUNITY**

## **SESSIONS FOR ADULTS**

Anyone inspired to make a lifestyle change by exercising more can take advantage of one of many activities being offered by the One Leisure Active Lifestyles team. The Active Lifestyles team encourages adults to try new activities through our range of sports taster sessions, and courses. Our older residents looking for gentle exercise can also benefit from One Leisure Active Lifestyles' Rightstart, Health Walks Programme, Cyclone Start-Up or Walking Sports programme.

To see everything the One Leisure Active Lifestyles team offer visit [www.oneleisure.net](http://www.oneleisure.net) or [www.huntingdonshire.gov.uk/activelifestyles](http://www.huntingdonshire.gov.uk/activelifestyles).



# *CONTACT US*

## FOR MORE INFORMATION

Our friendly and helpful team are there to help you, in person, over the phone or by email.

If you can't find what you are looking for in our brochure, it's worth contacting us and asking if we can deliver an activity that's right for you.

Please contact us to check the latest availability of our activities, and to receive a booking form.

**Tel:** 01480 388469

**Email:** [activelifestyles@huntingdonshire.gov.uk](mailto:activelifestyles@huntingdonshire.gov.uk)





Inclusive Sports



Holiday Activities

Curriculum PE and Sport



# SPORT & ACTIVE RECREATION



PEDALS

U Canoe



...just some of the activities we offer!



Managed by Huntingdonshire District Council

One Leisure Active Lifestyles  
Huntingdonshire District Council  
Pathfinder House  
St Mary's Street  
Huntingdon  
Cambridgeshire  
PE29 3TN

[www.huntingdonshire.gov.uk/activelifestyles](http://www.huntingdonshire.gov.uk/activelifestyles)

All information is correct at the time of printing (03/2017).  
We reserve the right to amend the prices and services that are described in this publication.  
One Leisure Regulations apply.

