



RECRUITMENT PACK

**PHYSICAL ACTIVITY & HEALTH
COACH/MANAGER**

CHARITY NUMBER: 1175899

WHO WE ARE

Move More is an innovative, vibrant organisation; we pride ourselves on being able to make a positive difference to the lives of children and their families through sport and physical activity. Our vision is 'Every Child Active' as we want all children to experience the physical and mental benefits of a physically active lifestyle.

We are a Charitable Incorporated Organisation (CIO) that works across Cheltenham and Tewkesbury and wider across Gloucestershire and South Worcestershire. The organisation has gone through a period of growth over the past 5 years and in a typical year would work with 23,000 children and over 700 teachers.

WHAT WE DO

EDUCATION & SUPPORT

Our qualified teachers and coaches provide professional development opportunities through conferences, teacher training, school inset days, team teaching and showcasing best practice. This enables professionals to feel confident delivering high quality physical activity, PE and school sport.

PARTICIPATION

We pride ourselves on offering a breadth of opportunities for every child. We engage children with different abilities, motivations and backgrounds, inclusive of those with specific needs, disabilities or sedentary behaviours. Through our festivals and competitions, extra-curricular provision and holiday camps we provide children with the opportunity to be active outside of the school environment

HEALTH & FAMILIES

We use physical activity to achieve wider health outcomes for children and their families. We work with individual children and small groups, to improve knowledge, understanding, motivation and confidence, helping them make healthier life choices. Our work with families supports parents and carers, giving advice, skills and opportunities to enhance physical activity, diet and wider areas such as sleep, screen time and mental wellbeing.

OUR VALUES

Innovative – We are creative, forward-thinking and not afraid to try something new

Open – We foster a culture that is inclusive and welcome new partnerships

Quality – We are committed to achieving positive outcomes and impact for children

Responsive - We listen and make changes based on need and insight

Fun – We enjoy what we do and ensure we create a positive, happy experience for everyone

THE CHALLENGE

Activity levels amongst children and young people in Cheltenham and Tewkesbury have increased over the past 12 months with 51.4% now achieving the Chief Medical Officer guidelines of 60+ minutes of physical activity every day.



However, look closer and you will see that 1 in 4 children and young people across Cheltenham and Tewkesbury still do less than 30 minutes of physical activity everyday.



Children and young people from the most deprived areas in Cheltenham and Tewkesbury are twice as likely to be classified as overweight or obese when compared to those from the least deprived areas.



The prevalence of overweight (including obesity) children across Cheltenham and Tewkesbury increases from reception (23.3%) to Year 6 (31.2%).



Participation levels in children with vulnerable characteristics (reporting a disability; known to social care; identifying as LGBTQ+; experiencing serious bullying; Young carers; SEN/EHCP) are lower than overall participation levels.



Disabled children and young people and those who live in the most deprived areas of Gloucestershire have significantly lower levels of exercise when compared to their non-disabled and more affluent peers.

The most common reasons for not exercising given by children and young people are that they are not good at it; do not have time; expense and poor facilities.

JOB INFORMATION

Post: Physical Activity & Health Coach/Manager

Salary: £20,661-26,822

Hours: Full-time, 37.5 hours per week.

Reports to: Head of Education

We are seeking to recruit an exceptional physical activity deliverer to join our current team of teachers and experienced coaches at Move More. This is an exciting new opportunity for the right candidate which will build on and expand our current provision within a variety of settings. We are looking for people that share Move More's values and goals, to help us grow and prosper, to make a positive contribution to children's health and wellbeing across Cheltenham, Tewkesbury and wider across Gloucestershire and South Worcestershire.

JOB DESCRIPTION

PURPOSE

- To improve children's experience and knowledge of health, physical activity, sport and physical education through the delivery of outstanding provision.
- To effectively line manage staff and/or programmes and act as a senior member of the Move More team.

MAIN DUTIES

- To plan, organise and deliver high quality sports coaching sessions at primary schools in various forms (ie. morning club, lunchtime clubs, after school clubs).
- To deliver high quality PE lessons within primary schools whilst upskilling teachers and teaching assistants responsible for the class (Teacher CPD in PE).
- To support & lead the delivery of primary gifted and talented, SEND and physical activity programmes including Maximise Your Potential & Sportsability.
- To support lunchtime and after school activities, family based health work and intervention programmes to enhance the pupils' awareness, knowledge and choices to further improve and sustain their overall health and wellbeing.
- To deliver age appropriate, health awareness lessons (theoretical and practical based), delivering key messages around benefits of: physical activity, healthy eating and sleeping, and wellbeing.
- To deliver specific interventions for identified children i.e. those most at risk of disengaging from physical activity, being or becoming obese or children with poor fine/gross motor skills.
- To deliver the balanceability learn to cycle programme for reception/KS1 children.
- To be a Camp Leader and deliverer on holiday camps.
- To support and help deliver Move More's vision and organisational goals.
- To actively promote the work and public image of the charity, by always maintaining high standards of personal appearance and adopting a friendly, professional approach to the public.
- To undertake other duties, as specified by the Head of Education or a member of the Senior Management, which are appropriate to the level and general responsibilities of the post.

PERSONAL SPECIFICATION

KNOWLEDGE AND UNDERSTANDING

- A clear vision and understanding of how physical activity, PE and school sport positively impact the development of healthy lives for young people.
- A confident and proficient sports coach across many different sports/activities.
- Sound knowledge and understanding of child development, health factors and how to share key, child centred messages through fun and engaging programmes.
- Knowledge of disability sport and inclusion strategies to promote the involvement in physical activity, PE and sport to all.
- An up to date understanding of the current school sport landscape, health, obesity and wellbeing national concerns.

EXPERIENCE

- Extensive experience of working with primary aged children e.g. within curriculum PE lessons, after school clubs, holiday camps.
- Experience of line managing and mentoring staff.
- Experience of the management, organisation and delivery of programmes,
- Experience of working across a range of different sports and physical activities.
- Experience in developing innovative and informed solutions to the challenges faced by pupils, as well as supporting the ongoing motivation to sustain healthier lifestyle habits.

QUALIFICATIONS

- A Minimum Level 2 NGB Coaching Award.
- A sports related degree or teaching qualification would be preferable.
- Possible courses attended e.g. Safeguarding & Child Protection, Paediatric First Aid.
- Evidence of professional development relevant to the role.
- Current driving license (use of own transport essential).

SKILLS AND ATTRIBUTES

- Have a passion for the job, for working with mainly primary aged children and a drive for excellence.
- Highly motivated, able to demonstrate excellent communication and interpersonal skills that can be adapted to best suit a range of needs and audiences.
- Strong organisational skills with the ability to prioritise and meet conflicting deadlines.
- To be flexible, creative and innovative in overcoming barriers for positive change.
- The ability to create positive working relationships with a large range of professionals, organisations & individuals.
- The ability to have a supportive and empathetic approach to line management whilst maintaining expected standards.
- The ability to work independently or as part of a team.
- An ability to work in partnership, delivering high quality, front line services that are flexible and responsive to need and change.
- The ability to demonstrate the desire and passion to make a real difference to the lives and life-chances of children and young people, linking their school with their families.
- Proficient user of databases and Microsoft Office packages.
- Willingness to take on coaching based projects as they arise throughout the year.

A DAY IN THE LIFE OF PHYSICAL ACTIVITY & HEALTH COACH - SAM



08:30 - Collect Van from our All Saints Academy offices and drive to local primary school

09:15 - 11:30 - Deliver balanceability session to 3 consecutive groups of 10 reception children

11:30-12:30 Return van, have lunch and drive to afternoon session

12:30-13:00- Deliver physical activity 'Fizzy' intervention during lunchtime

13:10-14:00 - Deliver a year 2 multiskills lesson whilst working with the class teacher

14:00-15:00 - Deliver a year 6 CPD session in tag rugby

15:15-16:15 - Key stage 2 after school quicksticks hockey club.

During the week you will also have timetabled time to fulfil your manager duties

STAFF BENEFITS

As well as having a positive impact on children each and every day and working for one of the largest children's physical activity providers in Gloucestershire, Move More Staff also have the following benefits:

- 6% employer pension contribution (employees contribute 2%)
- Perkbox membership - employee discounts at a wide range of stores, free counselling sessions and wellness sessions.
- Cycle to Work Scheme
- 50% off Move More Camps for 2 children of your choice
- Mileage costs covered at 45p per mile
- Free Canterbury Move More uniform
- 25 days annual leave + bank holidays
- Sick pay
- Professional development opportunities
- Offices based at All Saints Academy, easily accessible and free parking

HOW DO I APPLY?

TO APPLY PLEASE DOWNLOAD A MOVE MORE APPLICATION FORM FROM [HTTPS://WWW.MOVE-MORE.ORG/GET-INVOLVED/VACANCIES/](https://www.move-more.org/get-involved/vacancies/) (PLEASE NOTE CV'S WILL NOT BE ACCEPTED). PLEASE EMAIL YOUR COMPLETED APPLICATION TO: [INFO@MOVE-MORE.ORG](mailto:info@move-more.org)

DEADLINE: 9:30AM 5TH APRIL 2023 - PLEASE NOTE THAT APPLICATIONS WILL BE PROCESSED AS THEY ARE RECEIVED AND THIS ADVERT MAY BE REMOVED BEFORE THE DEADLINE, SO PLEASE APPLY AS SOON AS YOU ARE ABLE.

