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## School Delivery Information Pack



# VISION:

Blues Foundation is the charitable arm of the rugby club. Working across Bedfordshire and neighbouring areas, our vision is to inspire our community through the values of rugby for the advancement and promotion of positive and informed lifestyle choices.



Teamwork



Communication



Resilience



Leadership



Employability

## WHY WE DO WHAT WE DO:

We are passionate that through our charity, we can inspire children through the power of Bedford Blues and the history the club has locally. Bedford Blues is at the heart of Bedford and through sport, exercise and education, our charity reaches over 3000 people each year to support the next generation of the Blues Family.

Our programmes are designed to change the lives of those they support, and through our dedicated team, we are proud of the difference we make. We want to give as many people as possible the opportunity to experience rugby or learn from the values engrained in our game. These values that enhance life skills, confidence and resilience and we believe everyone should have the opportunity to experience these through our work. We engage with a number of schools and organisations to deliver programmes across our three delivery strands:

Improving wellbeing

Creating inclusivity

Developing skills and education





## GET ONSIDE WITH OUR TEAM:



UPDATES ON  
LATEST NEWS



INCREASED CLASSROOM  
ENGAGEMENT



ACCESS TO  
GUARD OF HONOUR



PROFESSIONAL AND  
CERTIFIED COACHES



MENTAL HEALTH &  
WELLBEING



SUPPORTING  
ACTIVE LIFESTYLES



A PERSONABLE  
CONSISTENT COACH



TEACHING RUGBY  
VALUES



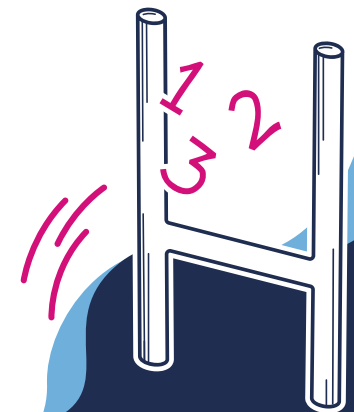
SESSIONS LINKED TO  
NATIONAL CURRICULUM



RUGBY & READING  
BESPOKE PROGRAMMES



FULL SUPPORT IN  
ACADEMIC YEAR



# Primary KS1 & KS2 key indicators

All of our delivery is in line with the guidance given and all of our staff undertake suitable training to ensure that we are supporting a whole child approach to PE, developing a wide range of motor skills during KS1 to provide a platform to develop sport specific knowledge as children progress through to KS2. Our staff can assist in the structure of curriculum with school teachers, reporting and help to build a suitable curriculum timetable for all children to thrive and create a positive PE programmes. We also ensure that our staff are in line with the 5 key indicators that the national curriculum advises on:

## Engagement of all pupils in regular physical activity

- Choice of regular morning, lunchtime and afterschool clubs
- Assistance in curriculum time working with students and teachers
- Specialist rugby coaching sessions for all abilities
- Opportunities to encourage Physical activity outside school, linked to clubs etc..\*

## The profile of PE and sport is raised across the school as a tool for whole-school improvement

- Promoting teamwork, respect, enjoyment, discipline, sportsmanship
- Guard of honour opportunities for all schools we work with
- Leadership programmes for children and peer to peer learning
- Player assemblies and visits from Blues Foundation

## Increase confidence, knowledge and skills of all staff in teaching PE and Sport

- Whole school staff training opportunities in rugby for all abilities
- Mentored by our Rugby Development Officer
- Linking Bedford Blues values throughout all our work
- Opportunities to observe (shadow), at later sessions – University sessions etc

## Increase participation in competitive sport

- Day of rugby delivered at schools to promote opportunities to play sport
- Guard of honour opportunities as a reward for pupils
- Match day package options, bringing you closer to the club
- Festivals with other schools or internally

## Broader experience of a range of sports and activities offered to all pupils

- Rugby and reading flagship programme delivered to schools
- Whole child approach to PE, promoting physical and mental health
- Multi-sport coaching, linking wider skills and opportunities to be active



## Lesson Support

Use our expert coaches to either cover PE lessons or support/upskill teacher on specialist coaching areas. We are passionate about rugby and promoting our values into session delivery and classroom workshops.

**Time:** Negotiable

[View](#)



## Specialised Rugby Coaching

Working with a ERACA (England Rugby Advanced Coaching Award) qualified coach. Our specialised coaching enhances the experience for players looking to develop game understanding and individual skills. Players will work with our staff to gain an understanding of IDP (individual development plan) and identify areas that could be developed, such as; scrum, lineout, contact skills.

**Time:** 2 hours (morning or afternoon)

[View](#)



## Day of Rugby

A member of our staff will join you at your school, ready to give all children an exciting day of rugby. The day is agreed beforehand with our team and a member of the school. The focus: FUN. We will showcase the best rugby has to offer by giving as many students as possible a chance to join us for a session.

**Time:** Negotiable

[View](#)



## Guard of Honour

Matchday package at Bedford Blues home matches to form the welcome tunnel as the players run out on to the pitch. Includes a training session pre-match, talk with the players and certificates.

[View](#)

## COMMUNITY RUGBY & SCHOOL SPORT

Through bespoke programmes designed by Blues Foundation, we combine rugby and physical activity with classroom learning to support KS1 and KS2 key indicators, this instils a whole child approach and develops wider outcomes, as well as dedicated rugby delivery across wide age range.

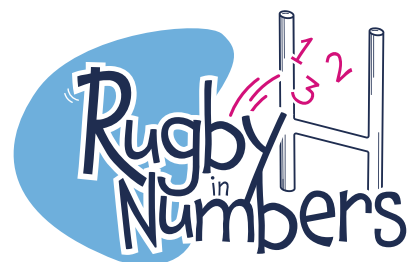


### Rugby & Reading

Engage children in the benefits of reading and participating in sport. Improves confidence, engagement, behaviour and provides a strong link between the classroom and values of rugby. KS1 and KS2 options available.

**Time:** 2 hours (morning or afternoon)

[View](#)



### Rugby & Numbers

Engage children in basic mathematics and numeracy, whilst participating in sport. Improves confidence, engagement, behaviour and provides a strong link between the classroom and values of rugby. KS1 and KS2 options available.

**Time:** 2 hours (morning or afternoon)

[View](#)



### Spelling & Sport

Engage children in spelling and participating in sport. Includes spelling tests and new word introduction with support alongside multi-sport practice. Improves confidence, engagement, behaviour and proves a strong link between classroom and values of sport. KS1 and KS2 available.

**Time:** 2 hours (morning or afternoon)

[View](#)



## Breakfast Club

Wake up with rugby, hand eye co-ordination games to prepare children for learning at the start of the day. Use our Breakfast Club to support pupils dropped off to school early, as well as supporting their physical and mental health.

**Time:** 8am - 8.45am

[View](#)



## Lunchtime Leaders

Develop your pupils leadership skills through our Lunchtime Leaders programme. Learn games and manage playground activities to promote healthy lunches. Support setting up activities to deliver to other year groups, this is a great opportunity to promote wider skills and communication with staff and pupils across all levels.

[View](#)



## After School Clubs

Ensure your pupils get the opportunity to be active in a fun and safe environment. Our After School Clubs cut across rugby, or multisport, and provide a fantastic chance to try something new, learn new skills and be active with peers.

**Time:** 1 hour

[View](#)



## Did you know?

You can further engage your students by adding on one of our spectacular clubs! A perfect pairing of classroom based learning and physical exercise with one of our experienced and qualified coaches.

# Outreach Support

Outreach support – Through targeted interventions, our outreach programmes support young people develop core life skills. These programmes are an alternative provision, bespoke for schools where we use the power of Bedford Blues to mentor and support young people with wider challenges.



## INSPIRE

Inspire Life Skills Wellbeing Employability

Inspire empowers young people to develop core functional skills through practical workshops and physical activity. We harness each young person's potential and provide a positive approach to build their leadership, teamwork and communication, whilst also focusing on their wellbeing.

**Time:** 3 hours

**Target Audience:** Secondary

[View](#)

## Be You

Be You Empowerment Wellbeing Individuality

Be You aims to inspire young women and girls and empower them to recognise their own potential, providing practical ways to carve their own path. The programme develops confidence, self-esteem and resilience through the values of rugby.

**Time:** 3 hours

**Target Audience:** Secondary

[View](#)

## ABILITY BLUES

Ability Blues Fun Active Social

Ability Blues is designed for those with physical or learning disabilities in mind, using a variety of sports and activities to develop fundamental movements such as agility, balance and co-ordination, as well as giving participants a safe, fun environment to be active.

**Time:** 1 hour

**Target Audience:** Young people with Autism

[View](#)





Tackle Life Resilience Confidence Attainment

Tackle Life uses the power of sport and education to inspire young people who are disengaged from mainstream education or those at risk of offending and offers an opportunity to develop fundamental life skills and support their wellbeing.

Time: 3 hours per week

Target Audience: Secondary

[View](#)

# Measuring Success & Adding Value

Throughout the academic year, we continuously collect feedback and closely follow the progress of our students. We provide students with mentoring sessions and have regular communication with their teachers. Below is our previous academic year results.

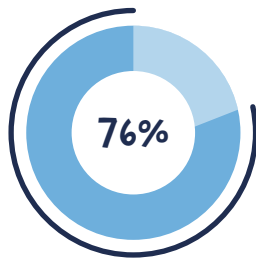
## Confidence

100% of students reported a significant increase in self-confidence



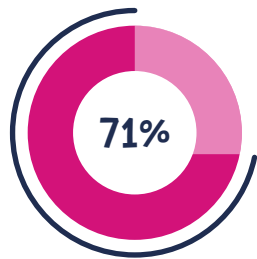
## Physical Well-being

76% of students reported a significant improvement in their physical well-being



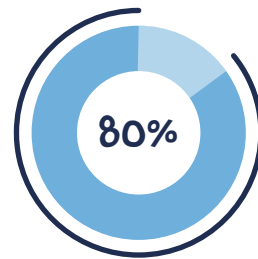
## Mental Well-being

71% of students reported an improvement in their mental well-being



## School Attendance

80% of students reported an improvement in their attendance at school



# High five

Our top 5 most improved skills.

1. Teamwork
2. Communication
3. Resilience
4. Leadership
5. Employability



## What they said!

We love to know what schools and students think about our programmes. Improving ourselves and learning how we can be better is so important, we truly learn so much from our students too! These are some of our favourite comments that we have received so far!

“

We've worked in partnership with the Blues for 4 years on various programmes. Our reluctant readers and learners are inspired and motivated after working alongside the Blues players and coaches, who provide excellent positive role models. We have also benefitted from the specialist sports coaching the team provide, both as part of our main curriculum and through extra-curricular clubs, which the children enjoy immensely.

Maria Soulsby – Head Teacher, St James VA Primary School

## Student Feedback

- "The programme has helped me focus in lessons and try my best to do all my work. It is something to look forward to each week"
- "Tackle LIFE has given me experiences I never thought I would do"
- "I have changed the way I think and will always try to see negative things in a positive way"
- "I have learned lots of skills like teamwork, communication and how to be a leader"
- "I absolutely love coming to Bedford Blues and it's the only space where I feel like I won't be judged and can be myself"
- "I would tell new students to give this programme a chance because it will change your life for the better"



# Wider Opportunities

Could you help our charity? We are passionate about supporting people in Bedfordshire through our projects, programmes and wider initiatives, but none of this can happen without the support of you or others. Whether you can volunteer at an event or you bring your class to a match day at Bedford Blues, there are a number of ways that you can support our charity.



## Events to remember:

Throughout the year we have a number of events that you can get involved with. From school festivals and engagement days, foodbank collections, running events or fundraising activities. Please get in touch if you think you can help us.



## Ways to support:

Our charity relies on funding to operate, could you help us fundraise? Have you thought about a bake sale or non-uniform day for the Blues Foundation? This all helps our passionate staff to do what we do. Maybe you are looking for something more challenging? Why not come along to one of our events or set yourself a challenge.

 blues\_foundation

 BedfordBluesFoundation

 [www.bluesfoundation.org.uk](http://www.bluesfoundation.org.uk)



## Let us know!

If you are thinking of raising money for the Blues Foundation, don't forget to let us know so we can support you on your journey!



[www.bluesfoundation.org.uk](http://www.bluesfoundation.org.uk)

