

Active Start Community Sports Coach (Multi-skill/FUNDamentals)

The Active Start Sports Coach Scheme is a three year joint venture between Active Gloucestershire and its partners: Sport England, Sports Leaders UK and Gloucestershire County Council's Children and Young People's Service, the University of Gloucestershire and Gloucestershire Primary Care Trust.



Active Start (Multi Skills & FUNdamentals) Community Sports Coaches



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If you need this policy translated into your language, or require it in an accessible format please contact:

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ACTIVE START A fun early years physical activity programme



Active Start,
Active Home,
Active Communities

It's as easy as A-B-C!

" Basic movement underpins lifelong involvement in physical activity"

Making Gloucestershire a
physically active and successful
sporting county

Active Start - What is it?

Active Start, Active Home, Active Communities, It's as easy as ABC!

**THE ABC'S = AGILITY, BALANCE,
COORDINATION, SPEED AND
STRENGTH**

- To provide children with the opportunities to acquire fundamental movement skills through a fun range of Multi-Skill activities: **ACTIVE START!**
- To offer, staff, parents, carers and volunteers the opportunity to acquire sports leadership skills and qualifications: **ACTIVE HOME!**
- To ensure the continuation and expansion of locally based activities: **ACTIVE COMMUNITIES!**



"Creating the foundation for a physically active life"

Proposed input & activities

CALLING ALL CHILDREN AND FAMILIES:

FUN and progressive activities will be available weekly at each centre.

We will be working with.....

Pre-School

Rising 2's

Rising 3's

Family drop-in sessions

Child minder drop-in sessions

Baby & Toddler Gym

Playschemes

"LEARN TO MOVE AND MOVE TO LEARN"



**Making Gloucestershire a
physically active and successful
sporting county**

Where can you find us?

• Phase 1 Children's Centres:

Cheltenham

Gardner's Lane (01242 252185)

Hester's Way (01242 222490)

Rowanfield (01242 524584)

Whaddon (01242 513010)

Gloucester

Lighthouse (01452 872290)

Finlay (01452 530312)

Link (Robinswood) (01452 530440)

Bartongate (01452 417593)

Stroud

Treetops (01453 549860)

• Phase 2 Children's Centres:

Gloucester

Oaks and Quedgley (01452 526856)

Stroud

Park and Five Ways (01453 821361)

Please contact your nearest Children's Centre for further details on sessions.