



SCHOOL PROGRAMS

DELIVERING POSITIVE PHYSICAL ACTIVITY
EXPERIENCES AND PROMOTING WELL-BEING

WWW.CORE.KIDS

OUR AIM



At **CORE Kids**, our mission is to **inspire millions of people to live happy, healthy, and fulfilling lives.** We achieve this by delivering **positive physical activity experiences** and **promoting well-being** for everyone in our community, including children, parents, schools, teachers, and coaches.



Our commitment extends beyond individuals to **encompass the wider community**, fostering a culture of **holistic health and vibrant living.**



SCHOOL SERVICES

CURRICULUM PE

AFTERSCHOOL PROGRAMS

STAFF TRAINING

ONLINE PE & WELLBEING PORTAL

OTHER SCHOOL PROGRAMS



WHAT WE OFFER

ATHLETICS

CURRICULUM PE



Covering the main areas of the NI curriculum and focusing on jumping, landing, running and throwing

Enhance Your School's Curriculum with Our
FREE PE Program!

We're excited to offer schools a comprehensive Physical Education program at no cost, including our popular Afterschools activities. Contact us for more information!

DANCE

A specialist coach will be in the school to deliver progressive PE Dance lessons from p1 - p7 classes. We incorporate all dance genres and add in fun games and routines



GAMES



We cover all areas of the NI curriculum, with a focus of exploring and developing all fundamental skills through fun games, exercises, and sports

**ALL OUR PROGRAMS CAN BE SUBSIDISED
THROUGH OUR EXERCISE-ATHON FUNDRAISER -
More info in the following pages**

GYMNASTICS

Our programs cover foundation, key stage 1 and key stage 2 focusing on teaching introductory skills and concepts in a safe way related to travelling, balancing, rolling, and the transfer of weight



AFTERSCHOOL PROGRAMS

PROGRAMS
START FROM
£4 PER
PER CHILD



MULTI SPORTS



FUNDAMENTAL GAMES



ARTS, CRAFTS & WELLBEING, LEGO THERAPY



BOXERCISE & KIDS FITNESS FUN

OUR AFTERSCHOOL PROGRAMS RUN FROM 2-4PM (THESE PROGRAMS CAN BE SUBSIDISED THROUGH OUR EXERCISE-ATHON)

WE CAN ALLOCATE UPTO 20 SPACES FOR P1-P2 & 24 SPACES FOR P3-P7

MULTI SPORTS

A WIDE RANGE OF SPORTS FEATURING ARCHERY, BADMINTON, CRICKET, DODGEBALL, FOOTBALL, GOLF, HANDBALL, HOCKEY, SOCCER, TENNIS AND MORE

FUNDAMENTAL GAMES

SKILLED GAMES BASED ON THROWING, KICKING, CATCHING, JUMPING AND STRIKING FUNDAMENTAL SKILLS

ARTS, CRAFTS & WELLBEING, LEGO THERAPY

USING A VARIETY OF MATERIALS TO HELP DEVELOP ART SKILLS INCORPORATING WELLBEING THEMES IN EACH SESSION. CONTACT US FOR MORE INFO ON LEGO THERAPY.

BOXERCISE & KIDS FITNESS FUN

CLASSES ARE DESIGNED TO HELP BUILD RESILIENCE AND DEMONSTRATE SOME EXERCISE TO HELP IMPROVE KIDS PHYSICAL AND MENTAL WELLBEING

STAFF TRAINING



We offer 3 hour or full-day workshops on;

- Running effective P.E. programs at school – the why and how
 - What is wellbeing and ways of looking after your own
- Improving and identifying a positive school culture and a stronger team

We can link these workshops together to positively affect the staff, children, parents, and everyone connected with the school. The workshop will be interactive at times, and the more involvement we get, the better it is for everyone.

Each workshop will last 3 hours starting from £497 each plus VAT

If paying through the school budget or EA funding, we are on the procurement system

We understand that the needs of every school may vary and are happy to discuss all options so that the school and children get as much as they can from our programs

SCAN HERE FOR MORE INFO



ONLINE PE & WELLBEING PORTAL



	P1	Activity: Throwing
Learning Objective	To understand... how to be able to throw using a correct technique	
Teachers Cues	Ensure all children... look up when throwing and have a target or area to focus on to throw at.	
Resources	Bibs, bean bags, balls, tall cones	Cross Curricular Links Literacy:
Breakdown	Name	Set up and Instructions
Instant Game	<u>Snowball Tag</u>	<ul style="list-style-type: none"> Give 2 children a bib to roll up in a ball They must throw the bib to catch other children. If a child gets hit by a bib, then they become the catcher.
Exploring the skill	<u>Clap and catch</u>	<ul style="list-style-type: none"> Give each child a bib/bean bag. Get them to throw the object up and catch it again. When object in air get them to see how many claps they can do before they catch it again.
Skill Demo and Practice	<u>Explorer</u>	<ul style="list-style-type: none"> Pair the children off and give them a ball, bean bag or bib. Have them throwing object back and forwards. Vary throwing styles (2 hands, 1 hand, balancing one 1 foot, increase distance between pairs etc).
Game with the skill	<u>Fire the Cannons</u>	<ul style="list-style-type: none"> Set tall cones up in a row. Split the children into equal groups and have them all aim at their own set of cones in their teams. Each child will throw a bean bag/soft ball at the cone and try knock it over. All cones knocked over wins Change distance of throw for regression and progression
Cool Down / Review	Breathing exercise	<ul style="list-style-type: none"> Count breathing slowly in and out using the palm of the hand. Each time you climb a finger breathe in slowly, then breathe out slowly when climbing down a finger
Lesson Evaluation	How do you feel the lesson went?	Learning objective achieved?
	Poorly OK Good Very Good	Yes/No
		If you were to complete the lesson again you would:

Hyperlinked PE lessons to view recorded games and skills

A fantastic resource with over 1,000 recourses. Make use of our full progressive lesson plans from Nursery- Primary 7 all with short video descriptions of each activity. In addition we have full follow along P.E. sessions, movement breaks, and a full Wellbeing section. All of which is linked to the Northern Ireland Curriculum. (we also offer student practical assessments)

PRICING

We offer a reduced price for renewals and long term investment, saving the school up to £420!

2-3 teacher school

One Year	£397 one-off fixed price
Yearly renewal price	£347 per year
Three Year renewal price	£297 per year

4-6 teacher school

One Year	£597 one off fixed price
Yearly renewal price	£547 per year
Three Year renewal price	£477 per year

SCAN HERE
FOR MORE
INFO

7+ teacher school

One Year	£897 one off fixed price
Yearly renewal price	£847 per year
Three Year renewal price	£757 per year

Please contact us to book your free 15min portal discovery call



OTHER SCHOOL PROGRAMS

School Exercise-athon - CORE Kids will come and deliver a 'School Exercise-a-thon'. The Exercise-a-thon will consist of a sustained workout the whole school will participate in throughout the day. This can be done in person or online with a cluster of schools. Monies raised can pay for any CORE Kids services.

Sportsdays - We have your sports day fully covered. We pre-plan and deliver our CORE Kids Sports Day program, with the key focus being on everyone participating, and winners are based on the total score of a team rather than the individual. CORE Kids also provide equipment and medals as part of the package.

Cross curriculum programs - We can deliver gymnastics, games and multi sports programs across this program with a keen focus on teamwork and involving every child.

School sports tournaments - Looking to host a school sports tournament, we send our expert coaches with full equipment for a wide variety of sports, including archery, basketball, cricket, dodgeball, football, hockey, rugby and soccer; other sports may be available on request.

Holiday camps - Host a holiday cap for your school or local cimmunity and keep the kids active during school breaks, this can also help raise money for school programs.

OTHER SCHOOL PROGRAMS

School sports tournaments

Cross curriculum programs

School sportsday



Holiday camps

School fundraisers



SCHOOL PRICES

After School Program

Starting from £4 per child per 1 hour session
contact us to see how your school can get **FREE PE** using our Afterschool program

Full Day PE

Full Day PE £145 plus VAT per day
5% Discount if two blocks booked together
10% Discount if three blocks booked together
5% Discount if four blocks booked together

Half Day PE

Half Day PE £85 plus VAT per half day
5% Discount if two blocks booked together
10% Discount if three blocks booked together
15% Discount if four blocks booked together

Staff Training

£497 for up to 20 staff
£15 per head over that

Foundation Coaching Certificate

£507 up to 50 people max

Level One Coaching Certificate

£507 up to 20 people max

All prices are subject to change and if you would like to discuss any of the prices please get in contact.

If you have any questions or would like to chat to us about the portal, after school programme or PE coaching, please do not hesitate to contact us at

info@coreni.co.uk or
gary@coreni.co.uk.



SEE WHAT TEACHERS AND PRINCIPALS HAVE TO SAY



WHERE TO FIND US



facebook.com/corenicorekids



instagram.com/coreni_corekids



instagram.com/coreni_corekids



x.com/coreni_corekids



linkedin.com/company/coreni

WHO TO CONTACT

Staff training and portal - Gary gary@coreni.co.uk

Finance - Karen finance@coreni.co.uk

Schools - Orla orla@coreni.co.uk

Holiday camps and socials Shaun shaun@coreni.co.uk