

YORK RLFC FOUNDATION- PRIMARY SCHOOL OFFER



2022/23

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ABOUT US

The York RLFC Foundation is the community partner of York RLFC and works to deliver a range of community initiatives to schools and communities throughout York and North Yorkshire. The Foundation was formed in 2006 and is a registered charity (Number 1112571). Over the years the Foundation has engaged with thousands of children and young people across the strands of Education, Health & Wellbeing, Community Engagement and Rugby League with ambitions to significantly increase the reach of our work over the coming years.

For more details on our work or to contact Adam Prentis on
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OUR MISSION

‘...to inspire communities and change lives through the power of sport. Using quality programmes and people alongside the York brand we will engage with young people and adults to lead active, healthy, rewarding lifestyles and enable them to make a positive contribution in their communities...’



OUR SERVICES- WEEKLY SESSIONS

Programme	Year Group	Cost	Aims
Extra Time After school clubs	1-6	From £30 when booked with Alliance or £40 if a stand alone session	To improve pupils physical and mental skills in relation to sport and exercise. Can be rugby league specific or multi-skill themed sessions. Discount is available when booking in conjunction with another programme
Alliance	1-6	£420 based on the 6 week half term.	To improve pupils' physical skills and understanding in relation to games using rugby league as one of the sport themes over a 6-week period. The program is flexible to suit your needs. We lead the curriculum PE sessions with the support of the teacher, helping to show them a range of delivery methods.
Alliance Plus	1-6	£600	6-week curriculum delivery + and after school club + stadium tour

OUR SERVICES-

INDIVIDUAL SESSIONS

Programme	Year Group	Cost	Aims
LNER Stadium Tours	Years 1-6	From £150 or free of Charge when booked with the Alliance	We are offering you the chance to have a guided, behind the scenes, tour of new LNER Community stadium. Packages available to schools are range from 2 hours to full day packages. The tour will include a visit to the York RLFC Heritage room located under the main stand.
York RLFC Heritage Sessions	Years 4-6	From £50 or Free of Charge when booked with the Alliance	Classroom based learning. Using cross curriculum links, we take pupils through time looking back at the clubs 150 years of history. We aim to bring history to life by bringing playing shirts and memorabilia into school. This session has the option of taking place at our stadium, whereby students can visit our Heritage wall!
Assembly	Years 1-6	Free of Charge when booked with the Alliance	Various assemblies have been delivered in the past focusing on the positive attributes which can be gained by being involved with sport and leading a healthy lifestyle. These will be made available at certain times in the year.
York Inflatables	Years 1-6	From £175 for half a day / £300 full day	To provide a fun-based session improving physical skills. Choose from of our inflatables to suit your event. Includes 2 staff members, insurance, setting up & delivery of sessions.
Smoothie Bike	KS2 +	From £50 or Free of Charge with the Alliance	Adding to our health offer, our new smoothie bike is a great way of bringing learning to life. Combining exercise, fun and healthy eating all in one activity. The bike is also a great way of fund raising.



EXTRA TIME AFTER SCHOOL CLUB

What is it: Fun, inclusive after school clubs designed to focus on 'FUNdamental' movement patterns. Learn the core skills centred at the heart of games whether it be throwing, catching, running or dodging. You can choose between rugby league or multi-sport activities.

Who is it for: Year Groups 1&2, 3&4 or 5&6 as requested by the school.

Cost: From £30 per session when booked in conjunction with another programme (for example, when booked to run conjunction the Alliance programme, with curriculum sessions running from 1:15-3:15pm then an after school club 3:20-4:20pm) or from £40 a session for a stand-alone club.

Ratio/ Group: Based on 1 coach delivering to max group size of 16 children. The group should be made up of no more than 2 year groups, for example Year 1 & Year 2 club, or a Year 3 & Year 4 club etc.

Payment: There are two options:

Option 1) The school pays for the after-school club with sessions invoiced post-delivery.

Option 2) We take bookings with parents booking and registering online priced at £4 a week. The club will only run with a minimum of 8 children attending.

Key Benefits: Activities are differentiated for the age groups and will develop agility, balance and coordination as well as communication, resilience, team working skills, creativity and a sense of fair play.



YORK ALLIANCE

What is it: 6 sessions of 2 hours curriculum time (normally 1 hour per class) coaching using Games through Youth Sport Trust and the Rugby Football League models of delivery. You may choose this programme to help support a class teacher who would like support to challenge their children further or for a teacher who feels less comfortable delivering any of the following: PE, Primary Rugby, and invasion games. This programme now includes:

- The opportunity to take part in intra and inter school Touch Rugby festival.
- Two places on a teachers CPD workshop.
- A ticket offer for participating pupils to attend a York RLFC fixture.
- Opportunities for children to be involved with pre-match on field activities at a York RLFC match such as guard of honour, player mascots, flag bearers.
- Opportunity to use one week as a stadium tour
- Regular Foundation newsletter updates.
- Free assembly offer at certain times of the year.
- Use of the Smoothie bike for 1 day.
- Invitation to an Alliance Festival

Who is it for: This programme caters for pupils from years 1-6. You tell us which year groups you would like us to work with.

Cost: From £420. Additional sessions can be included at a cost. Add an after-school club on as a bolt on for the discounted price of an additional £30 / week.

Key Benefits: These sessions focus on agility, balance, coordination, an understanding of games and look to develop the individual's communication, resilience, team working skills, creativity and sense of fair play.



TEACHER CPD

What is it: Primary Rugby League Teachers Course.

For many children, Primary Rugby League PE lessons are their first introduction to the sport. Ensuring these experiences are right for them is vital to offering the first step to a lifelong involvement with sport and physical activity. The course is normally run over half a day and is run in conjunction with our partners York St John University.

A further option is we come to your school and run a bespoke course directly to your staff at a time and in a format to suit your needs.

The tutor of this course is a NGB Coach Educator and also Level 5 PE Specialist with several years' experience Primary Rugby League in school settings.

Who is it for: School teachers, teaching assistants.

Availability: Open to all Primary schools

Cost: £35 per candidate or 2 places FOC when you sign up to the Alliance programme.

Key Benefits: The course is mainly practically based, as we look at the ethos, and resources in order to prepare you to deliver a 6 week block.





LNER COMMUNITY STADIUM TOURS

What is it: We are offering you the chance to have a guided tour of new LNER Community stadium. The offer available to schools can be from a 2 hour session to a full day tour and physical activity session. The tour includes an access all areas behind the scenes tour including the home changing rooms, the kit room, the media room, the club shop and heritage wall, treatment room, fan zone, pitch side access.

Should you wish to make a day of it, the Vanguard site is surrounded by activities which may be of interest including swimming, go-karting, bowling, cinema, Puttstars.

Children can come dressed in their PE kits and even enjoy a practical stadium at the stadium!

Who is it for: Your tour can be tailored for groups from Key Stage 1 through to Upper Key Stage 2.

Availability: Open to all schools

Cost: Free of Charge if part of the Alliance, other costs dependant on schools requirement.

Key Benefits: See how the club works and understand more about the different elements involved in professional sports.



YORK RLFC HERITAGE PROGRAMME

What is it: Using cross curriculum links we prominently use classroom based learning to take pupils through time looking back at the clubs 150 years of history. We aim to bring history to life by bringing playing shirts and memorabilia into school. Create a timeline, look at the history of York and what York is famous for, dress up in a real playing shirt from years gone by!

This can be delivered at the New LNER Community stadium in the specially set a side Heritage room. Ask for more information!

Who is it for: Years 5 / 6

Availability: Open to all Primary schools

Cost: Free of Charge if part of the Alliance, other costs dependant on schools requirement.

Key Benefits: See how York rugby league has changed over the years and how this has happened as the city has grown and changed with it.





PRIMARY FESTIVALS

What is it: Throughout the year we will be holding various Touch Rugby League Festivals for year groups 3, 4, 5 and 6. These will be held at venues across the city. Further details on timings, venues and rules will be confirmed with participating schools closer to the time. Ethos Primary Rugby League for most children is their first experience of Rugby League and is a step towards a lifelong involvement with the sport and physical activity. Our festivals are non-competitive and we do not keep scores in line with the evidence based research by the RFL and supported by Youth Sport Trust.

The Primary Rugby League games programme is now firmly established and accepted as the vehicle to introduce children to the great game of Rugby League.

All players play all the time, inclusive not exclusive, regardless of race, religion, gender, size or ability. Small, sided games = increased involvement = increase fun + skill development.

Who is it for: Teams can be made up of boys and girls (no restriction on a set number of boys or girls in a team) from the specified age groups. Festivals are typically 5 or 6 a-side depending on the age group with schools being allowed to enter 2 teams if necessary.

Availability: Open to all Primary schools

Cost: Free of charge



SMOOTHIE BIKE

What is it: Adding to our health offer, our smoothie bike is a great way of bring learning to life. Combining exercise, fun and healthy eating all in one activity. The bike is also a great way of fund raising

Who is it for: This is suitable for all year groups with both full class groups or smaller groups being catered for. Ideal for school fairs, celebration days and community events.

Cost: From £50 a day. Includes delivery. Or free of use for a day with the Alliance programme.

Key Benefits: This is a great opportunity for your pupils to participate in a one off special event.

Availability: Open to all Primary schools

Cost: Free of charge





YORK INFLATABLES

What is it: Fun, safe Rugby League based activities delivered with a difference! The inflatables offer a range of games for fun safe sports sessions.

Who is it for: All year groups

The target throw ideal for school fairs and mass participation events. The Arena, pictured above, suitable for sessions between 30-60 minutes. Classes can be split when taking turns or full class groups depending on the age of children and length of session. Ideal for celebration days and community events. Our obstacle course is a fun way to be active with our Obstacle course! Get a timed lap or take part in the speed challenge.

Cost: From £175 half a day/ £300 full day. Two coaches are included within the price to set up and manage the equipment.





THE RUGBY LEAGUE WORLD CUP IN YORK

The York City Knights Foundation are aiming to inspire a new generation of players with the launch of a new school's programme, which sees York RLFC working in partnership with City of York Council, School Sports Partnership and the Rugby League World Cup (RLWC) 2021. The opportunities include:

- Specific RLWC Festivals
- Free tickets and involvement as part of RLWC matchdays
- Health & Wellbeing sessions
- Player Meet & Greet
- Competitions

Further details will be provided early in the 2022/23 academic year.





To book your Knights sessions or
for more information please
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