



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

**EARLY YEARS AND
PRIMARY EDUCATION**

WHO WE ARE, WHAT WE DO!



WHY USE US?

There are lots of organisations nowadays offering support to schools but there are three clear reasons why you should consider us before all others.

EXPERIENCE AND CREDIBILITY

With over two decades experience, and with credible partners including the Premier League and EFL; national and local government; multinationals like Caterpillar and Nissan; the NHS and Army; you know that we are an established organisation you can trust.

EXCELLENCE

Our trophy cabinet speaks for itself, with our programmes, people, facility and the Foundation of Light itself, winning prestigious national and regional awards. Our programmes are also mapped to the National Curriculum and suitable for OFSTED inspections.

WE MAKE LIFE BETTER FOR PEOPLE IN THE NORTH EAST

To use the power of football to tackle the North East's biggest challenges, helping those in our communities live happier and healthier lives.

We are financially independent of Sunderland AFC, raising over £4m each year through donations, grants, contracts, partnerships and trading activities.

We have been supporting the region's schools for over 20 years with programmes that enhance their curriculum, enthuse and inspire pupils and engage youngsters in topics. This prospectus will offer you an insight into our work, our people and our passion.

It will also give you an idea of how you could benefit from our work too.

We are the official charity of Sunderland AFC, established in 2001 by former club Chairman Sir Bob Murray CBE with a simple mission:



USING THE POWER OF THE SUNDERLAND AFC BADGE

There are few other brands in the North East that can engage youngsters like Sunderland AFC. We have used the context of football and SAFC for decades to engage youngsters in learning and enthuse them in core subjects that they previously weren't interested in.

Our staff deliver sessions in SAFC training kit, learning assets are SAFC branded with other opportunities including player visits and match tickets.

HOW TO USE THIS PROSPECTUS

This prospectus contains information about the ways that we can support local schools.

However, the information provided should be considered a guide only – we can tailor programmes and sessions to meet the needs of your school and your young people to ensure that our partnership has the maximum impact.

Funding can apply in certain areas, which would impact any potential costs and we can agree packages for most budgets.

We recommend using this prospectus to start discussions in your offices and staff rooms, to spark ideas of what's possible, and then arrange a chat with our schools specialist who'll be able to provide more support to help you make the right choice.



OUR VALUES

Collaborative

We work together, encourage diversity and build strong relationships in our community.



Integrity

We are honest, respectful and inclusive. We care about our colleagues and our community.



Innovative

We are creative in solving problems and bold in trying out new ideas.



Agile

We adapt to all situations with flexibility and positivity. We are resilient in times of challenge.



Excellence

We are professional, accountable for our actions and contribute to a high performing team.



Passionate

We are proud of what we do and committed to making a difference.



OUR PROGRAMMES



Premier League
Primary Stars



FOUNDATION OF LIGHT

THE WORLD AT YOUR FEET

PHYSICAL EDUCATION

Through physical literacy, multi-skills, invasion games and dance, we develop fundamental movement skills improving agility, balance and coordination. Pupils are engaged in a range of confidence building yet increasingly challenging situations.

CURRICULUM AREAS SUPPORTED:

PE, numeracy, literacy and ICT.

KEY BENEFITS:

- Lesson plans linked to the new national curriculum
- Yearlong curriculum plans to meet the needs of the key stage
- Access to resources
- NCPPE, DOJO, MTP/LTP and tracking document

DURATION

Six weeks up to a full academic year

LITTLE DRIBBLERS

Our flagship Early Year programme, Little Dribblers, has been developed in partnership with Early Years professionals and teachers, and is a fun introduction to a range of topics such as football, multi-sports, numeracy and literacy. Mapped to the National Curriculum, Little Dribblers develops interpersonal skills and much more while enjoying a variety of themed sessions.

CURRICULUM AREAS SUPPORTED:

PSHE, PE, Numeracy and Literacy.

KEY BENEFITS:

- Teamwork
- Fundamental Movement Skills
- Basic Football Skills
- Speaking and Listening
- Number Recognition and Simple Maths

DURATION

Six weeks up to a full academic year

WEEKLY MENTORING

This coincides with any weekly PE delivery given to schools where there is a TA or teacher present and is designed to build knowledge and confidence to deliver PE/sport. Our delivery team will mentor school staff on a weekly basis involving them in planning and delivering the sessions as well as providing constructive feedback.

KEY BENEFITS:

- Teacher guidance notes and lesson plan support
- Observation feedback for teachers
- Collaborative PE delivery and planning between coach and teacher
- Improved confidence to deliver PE for school staff
- Qualifications (Primary Teachers Award)

DURATION

Six weeks up to a full academic year

TWILIGHT WORKSHOP

These bespoke twilight workshops are designed to support smaller groups/individuals in any area of PE/sport that is needed. These workshops can be a one-off session over one to two hours or delivered over a number of weeks.

KEY BENEFITS:

- Teacher guidance notes and lesson plan support
- Observation feedback for teachers
- Collaborative PE delivery and planning between coach and teacher
- Improved confidence to deliver PE for school staff
- Qualifications (Primary Teachers Award)

DURATION

Bespoke

OUT OF SCHOOL SPORT

Through breakfast, lunch, after-school and holiday clubs young people are engaged in sport specific (football, dodgeball, etc.) sessions with the focus on fun and social development. Out of School Sport caters for all ages and abilities, including disability.

KEY BENEFITS:

- Fun and engaging sessions designed to increase participation and physical activity
- Access to high quality coaching
- Increases school's extracurricular offer
- Access to progression pathways

DURATION

Six weeks up to a full academic year

SOCIAL ACTION

Social action is people coming together to: tackle an issue, support other people, or improve their local area. It involves people giving their time and other resources for the common good, in a range of forms – from volunteering to community-owned services, and peer networks to community fundraising.

CURRICULUM AREAS SUPPORTED:

PSHE, Spiritual, moral, social and cultural development

KEY BENEFITS:

- Social Interaction
- Communication
- Teamwork
- Cooperation

DURATION

Six weeks up to a full academic year

SCHOOL FUNDRAISERS

We run a range of fun activities which can help you raise vital funds for your school including our 'speed cage' shooting area and our inflatable 'football darts board'. The equipment comes with fully trained staff members and we can even provide SAFC-themed prizes including signed shirts and footballs. The equipment can be provided on a hire only or profit-share basis, offering a 'no risk' option for schools who are unsure of how successful fundraising will be.

KEY BENEFITS:

- Raise extra funds for your school
- Engage parents and the local community
- Introduce pupils to fundraising and charity

DURATION

Half or full day

INSET WORKSHOP

These bespoke full or half day inset workshops are designed specifically to meet the needs of your school and will assist in the development of your school PE/sports.

KEY BENEFITS:

- Designed around PE National Curriculum
- Involves a mixture of practical work and theory
- Minimum of six teachers

DURATION

Half or full day

FIND OUT MORE

danielle.chapman@foundationoflight.co.uk / 0191 563 4777

OUR PROGRAMMES



Premier League
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BUSINESS AND ENTERPRISE

Samson's Shoes is an exciting and well-established programme based around business and enterprise. Pupils learn to work as a team in order to develop and promote an innovative shoe design that Samson the Cat (SAFC's mascot) can sell to countries across the world, taking into consideration the diversity of other cultures. A grand finale is held at the Beacon of Light.

CURRICULUM AREAS SUPPORTED:

Numeracy, literacy, design technology, ICT, art and design and citizenship.

KEY BENEFITS:

- Teamwork
- Confidence
- Communication
- Innovation
- Creativity
- Presentation Skills
- Speaking
- Listening

DURATION

10 week course

READING INTERVENTION

Read the Game is an intervention programme which has been designed to engage children through the power of football. Ideal for supporting pupils for SATs and improving knowledge in a fun way. The intervention aims to develop the ability to infer meanings from a text and increase a child's motivation to read.

CURRICULUM AREAS SUPPORTED:

Literacy

KEY BENEFITS:

- Confidence
- Development of inference skills
- Reconsolidate
- Motivation

DURATION

Six weeks with the opportunity to extend

COMMANDO JOE'S

This programme enables young people to develop life skills, character traits, attributes and behaviours which have a positive impact on their educational attainment, engagement, employability and well-being.

THE PROGRAMME IS DESIGNED TO:

- Support all staff and pupils in any educational setting
- Have flexibility for schools to choose to deliver and develop a whole school approach based on what is appropriate for their school, demographic, resources and staff.

CURRICULUM AREAS SUPPORTED:

PSHE, History, Geography

KEY BENEFITS:

- Self-esteem
- Resilience
- Communication
- Teamwork
- Improved behaviour
- Confidence

DURATION

Bespoke

SPHERO CODING

A brand new coding programme which uses the power of football to challenge and engage pupils in STEAM. The programme uses Sphero robots to inspire the children and is the perfect solution to get students excited about STEAM learning through a sport they already know and love. One of the aims of the programme is to encourage more children to pursue STEAM related fields and prepare them for the jobs of tomorrow.

CURRICULUM AREAS SUPPORTED:

Maths, ICT, Literacy, Science, Technology

KEY BENEFITS:

- Develop problem solving skills and computational thinking
- Development of social skills such as resilience, patience and teamwork
- Teach valuable STEAM principles
- Introduction to coding

DURATION

Six weeks with the opportunity to extend

FIND OUT MORE

danielle.chapman@foundationoflight.co.uk / 0191 563 4777

WRITING INTERVENTION

Learning Through Football Writing is a new programme which is designed to improve children's motivation towards wanting to write. This programme provides engaging and fun football-themed writing material for Upper Key Stage 2 pupils. The project uses SAFC as a backdrop to show children how the business/people rely on different genres of writing.

CURRICULUM AREAS SUPPORTED:

Literacy, ICT

KEY BENEFITS:

- Confidence
- Knowledge
- Motivation

DURATION

10 week course with the opportunity to extend

PSHE PROGRAMME

This series of programmes challenges the attitudes and perceptions of young people towards issues within their communities with topics including: Self Care -Emotional Intelligence -Equality, Diversity and Inclusion -Transition - World Awareness.

CURRICULUM AREAS SUPPORTED:

PSHE, spiritual, moral, social and cultural (SMSC) development.

KEY BENEFITS:

- Self-esteem
- Resilience
- Social interaction
- Teamwork
- Communication
- Improved behaviour
- Cooperation
- Emotional Intelligence

DURATION

Ranges from six to 10 weeks, one hour per week, can also be delivered as a collapsed curriculum day

OUT OF SCHOOL EDUCATION

Through breakfast, lunch, after-school and holiday clubs young people are engaged in STEAM specific sessions including Sphero coding. Out of school caters for all ages and abilities including disability.

KEY BENEFITS

- Fun and engaging
- Increase school's extra curricular offer
- Develop problem solving skills
- Introduction to coding
- Teach valuable STEAM principles

DURATION

Bespoke



OUR PROGRAMMES

HEALTHY COOKING

GROUP:
Primary school

AGE RANGE:
Parents and Carers 19+ and their children

INTRODUCTION:
Families learn how to cook meals together, exploring different meals from around the world and aims to increase knowledge of different knife skills and the different areas of the eat well plate.

WHERE:
Beacon of Light.

DURATION:
8 x 2 hour weekly sessions. The first hour is for parents and carers only. The second hour is for adults and children to work together.

TYPICAL OUTCOME:
Families leave this course with an increased confidence of how to cook meals for their families. Adults feel more confident letting their children help in the kitchen and children are more open to trying new ingredients.

HEALTHY MINDS

GROUP:
Primary school

AGE RANGE:
Parents and Carers 19+ and their children

INTRODUCTION:
The course will look at mental health in children and adults. This will include the environments and experiences they may face, the feelings and emotions they may encounter daily as well as exploring their mindsets and managing their overall wellbeing.

WHERE:
Within primary schools

DURATION:
8 x 2 hour weekly sessions. The first hour is for parents and carers only. The second hour is for adults and children to work together.

TYPICAL OUTCOME:
Families leave having practiced a range of tools and strategies that can be used to look after their own wellbeing as well as increased awareness of support services available. Families feel more confident to support themselves and other mental health.

AN INTRODUCTION TO COACHING

GROUP:
Primary school

AGE RANGE:
Parents and Carers 19+ and their children

INTRODUCTION:
The introduction to coaching child development course will look at growth v fixed mindsets, creating a positive environment, incorporating play, resilience, selective practice, learning styles and developmental psychology.

WHERE:
Within primary schools

DURATION:
8 x 2 hour weekly sessions. The first hour is for parents and carers only. The second hour is for adults and children to work together.

TYPICAL OUTCOME:
Adults feel more aware of the role of a coach and how they can support the children they work with.

TOPICS COVERED INCLUDE:
Safeguarding, Role of a Coach, Positive Impact, Positive Behaviours and Life Skills.

COALS TO GOALS - HERITAGE

GROUP: Primary, Key Stage 2

Delivery of a school education programme in which the children learn about the history of Sunderland and the football club in fun interactive sessions. Pupils are engaged in a range of sessions that showcase the unique history of SAFC and the mining heritage of the area.

CURRICULUM AREAS SUPPORTED:
Literacy, Numeracy, PE and PSHE

KEY BENEFITS:

- Unique lessons written and developed by those with lived experiences of mining.
- Involves a mixture of practical and classroom based sessions
- Delivered over one day at the Beacon of Light
- Suitable for large classes or multiple year groups.

DURATION
One day at the Beacon of Light

FIND OUT MORE

danielle.chapman@foundationoflight.co.uk / 0191 563 4777



BEING A SPORTS PARENT

GROUP:
Adults only

AGE RANGE:
Parents and Carers 19+ and their children

INTRODUCTION:
The course will look at why children take part in sport, creating the environment, mindsets, communication with coach/parents/officals, develop a love for the game, set realistic expectations and positively supporting your children supporting journey.

WHERE:
Various locations across the North East

DURATION:
4 x 1 hour weekly sessions.

TYPICAL OUTCOME:
Adults feel more confident supporting their children/grandchildren within their sport. Adults feel more knowledgeable about their role and how this can affect the child's experience within their sport.



OUR PROGRAMMES

CREATING MORE INCLUSIVE COMMUNITIES THROUGH DISABILITY AWARENESS

GROUP:
Primary.

AGE RANGE:
Primary school children.

Giving disabled and non-disabled participants the opportunity to develop their knowledge and understanding of a wide range of special educational needs and disabilities (SEND) through classroom-based workshops and physical activity.

WHERE:
Within Primary schools.

DURATION:
6x 1 hour sessions around impairment specific work plus 1x 1 hour session for Disability Sport Festival
** sessions can work with full class group, 1 x class group per hour **

TYPICAL OUTCOME:
Each session focuses on an impairment such as: Learning Disabilities, Hearing Impairments, Visual Impairments, Physical Disabilities, Autism and Asperger's and Speech Impairments. Our aim is to develop children and young people's knowledge and understanding of SEND to help support the development of more inclusive communities.

INTRODUCING SIGN LANGUAGE FOR CHILDREN

GROUP:
Primary.

AGE RANGE:
5-11 year-olds

We use sport and football to introduce children and young people's knowledge and understanding of Sign Language, supporting the development of inclusive communities alongside providing them the opportunity to learn a new language.

WHERE:
Within Primary Schools.

DURATION:
6x 1-hour sessions, with each session focused on an individual topic.

TYPICAL OUTCOME:
Through a mix of classroom and activity-based sessions pupils learn the basics of sign language covering topics including: Meeting People; Numbers; Days of the Week; Time; Colour; and Weather.

DISABILITY - IN SCHOOL SUPPORT

GROUP:
Primary and secondary.

AGE RANGE:
5-16 year-olds.

AREAS SUPPORTED:
PE, SEN

Planned and structured specialist programmes for young people with disabilities, suited to the needs of each school or group being worked with, but most importantly tailored to meet the needs of every young person.

Sessions can be full PE Curriculums, which are planned, delivered and reviewed in partnership with the school being worked with. We can also offer sport specific or early / basic moves programmes tailored to the needs of the groups being worked with.

WHERE:
Primary and secondary schools.

DURATION:
35 x 1 hour sessions but can be tailored to school and pupil needs.

TYPICAL OUTCOME:
Improved physical health and confidence.

DISABILITY - OUT OF SCHOOL SUPPORT

GROUP:
Primary and secondary.

AGE RANGE:
5-25 year-olds.

Tailored out of school clubs (breakfast, lunch, or afterschool) used as behaviour management tools, to support positive behaviours within the school or to provide additional access to sport and physical activity.

WHERE:
Primary and secondary schools.

DURATION:
35 x 1 hour sessions but can be tailored to school and pupil needs.

TYPICAL OUTCOME:
Improving positive behaviours within school environments whilst allowing children and young people to enjoy sport and physical activity as part of their school day.

TEACHER CPD - SUPPORTING SEND PUPILS

AGE RANGE:
Qualified teaching staff in school

This programme helps teachers, support staff and educators who work with children, young people, and adults with special educational needs and disabilities (SEND) to gain improve their knowledge, skills and understanding.

WHERE:
Within primary and secondary schools or at the Beacon of Light

DURATION:
2 hour sessions as required

TYPICAL OUTCOME:
Courses cover: SEND Awareness, Autism, Dyslexia and Dyspraxia, ADHD and ADD, Mental Health, Pathological Demand Avoidance (PDA), Sensory and Communication and Hearing and Visual Impairments.



Find out more about our Disability, Sign language and Teacher CPD programmes please contact:

phillip.park@foundationoflight.co.uk / 0191 563 4777

OUR PROGRAMMES

DAY AT THE BEACON OF LIGHT

EXCITE AND MOTIVATE YOUR PUPILS WITH A VISIT TO OUR STATE-OF-THE-ART EDUCATION AND SPORTS VENUE.

Beacon of Light is home to Sunderland AFC charity Foundation of Light, situated next to Sunderland Aquatic Centre and the Stadium of Light. The Beacon opened its doors in Summer 2018 with the purpose of improving people's lives in the North East.

The Beacon of Light features:

- Versatile sports arena
- Classrooms and learning spaces
- Dedicated work-related learning zones
- Seven-a-side pitch on the roof
- Six five-a-side pitches

We are welcoming schools to the Beacon of Light where we can help enhance learning in key curriculum areas including maths, english, enterprise and sport, as well as create bespoke learning programmes in line with your pupils needs.



HALF/FULL DAY PACKAGES

The Foundation of Light programmes are very bespoke and not only do we offer individual programmes, but we can also supply staff for half or full days each week to support delivery within your schools.

The main benefits of having a staff member each week is that they can really get to know the pupils and are seen as a member of school.

These packages have been very popular and are designed to help strengthen the relationship between schools and the Foundation of Light.

Our staff can deliver a varied timetable of activities throughout the day in your school. For example it wouldn't need to be sport every lesson with each class, the timetable of delivery could be -

- LESSON 1:**
Little Dribblers session
- LESSON 2:**
PSHE lesson in classroom
- LESSON 3:**
Enterprise session
- LESSON 4:**
PE
- AFTER SCHOOL CLUB:**
KS2
Football



SCAN FOR MORE



Penalty Prizes

Here's how it works:

A Foundation of Light coach will visit your school with a goal and speed sensor for pupils to have a go!

INDIVIDUAL FUNDRAISING

All children to raise sponsorship

- ▶ **Highest fundraiser in school**
Chance to win in a signed 2024-25 signed ball Minimum amount to raise £50
- ▶ **Highest fundraiser overall**
Could one of your pupils be the highest fundraiser across all schools and have the chance to win a 2024-25 mascot place? Minimum amount to raise £200



SCHOOL FUNDRAISING

All sponsorship raised will be split 50/50 between your school and Foundation of Light. Not only are you raising money for charity, but also for your school.

The school that raise the most money will have a player visit their school.

FASTEST SHOT

Certificate for all pupils taking part

Win a prize for the 'Fastest Shot', per year group per school

FIND OUT MORE

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**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

Foundation of Light | Beacon of Light | Stadium Park | Sunderland
SR5 1SN | T: 0191 563 4777 | Registered Charity No.1089333

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