



**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

**EARLY YEARS AND
PRIMARY EDUCATION**

WHO WE ARE, WHAT WE DO!



WE MAKE LIFE BETTER FOR PEOPLE IN THE NORTH EAST

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

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.

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.

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

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 | • Teamwork |
| • Resilience | • Improved behaviour |
| • Communication | • 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

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 | • Creativity |
| • Confidence | • Presentation Skills |
| • Communication | • Speaking |
| • Innovation | • Listening |

DURATION

10 week course



Premier League
Primary Stars



THE WORLD AT YOUR FEET

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 | • Reconsolidate |
| • Development of inference skills | • Motivation |

DURATION

Six weeks with the opportunity to extend

FIND OUT MORE

jake.hannah@foundationoflight.co.uk / 0191 563 4777

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



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 | • Improved behaviour |
| • Resilience | • Cooperation |
| • Social interaction | • Emotional |
| • Teamwork | Intelligence |
| • Communication | |

DURATION

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

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
- NCPE, 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 | • Speaking and Listening |
| • Fundamental Movement Skills | • Number Recognition and Simple Maths |
| • Basic Football Skills | |

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 | • Teamwork |
| • Communication | • 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

jake.hannah@foundationoflight.co.uk / 0191 563 4777

OUR PROGRAMMES

FOR THE LOVE OF READING

GROUP:
Early years.

AREAS SUPPORTED:
Families with pre-school children, those in Early Years Foundation Stage and KS1.

WHERE:
In primary schools or at the 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. Families are invited to a half day celebration at the end of term.

TYPICAL OUTCOME:
Adults accessing this course with their children feel more confident to read with their children at home and continue to do so after the course. Adults become more aware of the methods used to teach and support their children in school and feel more confident to support them with their homework.

MAKING MATHS FUN

GROUP:
Primary

AGE RANGE:
Families with a youngster aged 7-11 years old

Maths is presented in a creative and fun way that brings families together, boosting their knowledge and enthusiasm for the subject.

WHERE:
Primary schools or at the 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. Families are invited to a half day celebration at the end of term.

TYPICAL OUTCOME:
Adults feel more aware methods used to teach and support their children in school, and feel more confident to support them with their homework.

TOPICS COVERED INCLUDE:
Multiplication and division; fractions, decimals and percentages; shapes and directions.

IMPROVING MENTAL HEALTH IN FAMILIES

GROUP:
Primary and secondary schools.

AGE RANGE:
Parents aged 19+ and their families.

This course helps learn more about their mental health. It equips families with the tools and strategies to support their mental wellbeing on a daily basis.

WHERE:
Primary and secondary schools or the Beacon of Light.

DURATION:
8 x 2 hour weekly sessions. The first hour is for parents and carers only. In the second hour, adults and children work together. Families are invited to a half day celebration at the end of term.

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 an increased awareness of support services available. Families feel more confident to support themselves and others mental health.

KEEPING FAMILIES SAFE ONLINE AND CHILDREN

GROUP:
Primary and secondary schools.

AGE RANGE:
Parents aged 19+.

This course is designed to help parents keep their children safe online. The course will explore popular apps and social media sites, their purpose and the safety options in place.

WHERE:
Within primary and secondary schools at the Beacon of Light, or other community venues.

DURATION:
3 x 1 hour sessions. Families are invited to a half day celebration at the end of term.

TYPICAL OUTCOME:
Adults feel more knowledgeable about the safety features available on devices that can keep their children safe and happy online. They are more aware of how the internet can support us in our everyday lives and how to have conversations about internet use with their children.

FIND OUT MORE

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HEALTHY FAMILY MEALS ON A BUDGET

GROUP:
Primary and secondary schools.

AGE RANGE:
Parents aged 19+ and their children.

Families learn how to cook healthy meals on a budget. The course explores meals from around the world and aims to increase knowledge of the benefits of eating a balanced diet.

WHERE:
Within primary and secondary schools, at the 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. Families are invited to a half day celebration at the end of term.

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

HELPING PARENTS UNDERSTAND NUTRITION

GROUP:
Early years, primary and secondary schools.

AGE RANGE SUPPORTED:
Families with children aged 1-5 years old.

This course is designed for families with children aged 1-5 year olds looking to introduce and explore new foods with their toddler. Families will explore fun ways to wean your baby and the nutritional needs of toddlers.

WHERE:
Within primary and secondary schools, at the Beacon of Light, or other community venues.

DURATION:
8 x 2 hour weekly sessions.

TYPICAL OUTCOME:
This course helps adults feel more knowledgeable about safe foods they can feed their baby. They have experimented with and introduced their toddlers to different tastes and textures to help encourage a positive attitude towards new foods at an early age.

FITTER AND HEALTHIER FAMILIES

GROUP:
Primary and secondary.

AGE RANGE SUPPORTED:
Parents aged 19+ and their children.

Families learn about their physical health and wellbeing and are introduced to fun ways to being healthier and more active.

WHERE:
Within primary and secondary schools, or at the 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. Families are invited to a half day celebration at the end of term.

TYPICAL OUTCOME:
Families leave the course feeling more confident and in control of their own lifestyles. They have the knowledge to make small positive changes to their lives, contributing to a healthier body and mind. Families are more aware of opportunities in the local community they can access, to help them stay fit and healthy.

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

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:

kevin.darke@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 benefit 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:

Reception
Little Dribblers session

LESSON 2:

Year 3
PSHE lesson in classroom

LESSON 3:

Year 6
Enterprise session

LESSON 4:

Year 4
PE

AFTER SCHOOL CLUB:

KS2
Football



SCAN FOR MORE



EXAMPLE ITINERARY FOR A FULL DAY

TIME	ACTIVITY
9.45 - 10.45am	Session 1
10.45 - 11am	Break (pitch)
11 - 12am	Session 2
12 - 12.45pm	Lunch
12.45 - 1.45pm	Session 3
1.45 - 2pm	Break (pitch/classroom)
2 - 3pm	Session 4
3pm	Thank you/depart

PROGRAMMES AVAILABLE

PE	Cookery	Coding
Maths	Construction	Literacy
Enterprise	Stadium	Heritage
PSHE	Tour	

FIND OUT MORE

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**FOUNDATION
OF LIGHT**

THE WORLD AT YOUR FEET

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