



6-WEEK ENGAGEMENT PROGRAMME

ENGAGE **ANY** GROUP. BUILD CONFIDENCE. CREATE **IMPACT**.

A practical, game-based engagement programme for schools, alternative provisions, youth settings and groups that need connection, confidence and positive participation.

BUILT ON **13+ YEARS OF EXPERIENCE** IN COACHING,
MENTORING, SPORT AND GROUP ENGAGEMENT.



AGE RANGE

**ALL YEAR
GROUPS**

ALL PROVISIONS



DURATION

6 WEEKS

2 HOURS PER SESSION



FOCUS

LIFE SKILLS

COMMUNICATION • TEAMWORK
LEADERSHIP • RESILIENCE
PROBLEM SOLVING



**FINALE
CHALLENGE DAY
& GRADUATION**

CERTIFICATES,
MEDALS & CELEBRATION

SKILLS FOR LIFE. CONFIDENCE FOR THE FUTURE.

A School Brochure for Practical Engagement

This brochure explains how The Engagement Coach 6-Week Schools Programme supports pupils who need a practical route into confidence, participation and positive behaviour. It is not a lecture, worksheet package or one-sport session. It is a structured, high-energy engagement programme built around weekly life-skill themes and adaptable games.

The core promise

Helping schools engage any group through movement, challenge, reflection and recognition. Pupils do not just hear the skills - they practise them, review them and receive positive recognition for using them.

Week	Theme	What pupils practise
1	Communication	Listening, clear instructions, tone, body language and patience.
2	Teamwork	Sharing roles, including others and supporting different personalities.
3	Leadership	Leading by example, making decisions and taking responsibility.
4	Resilience	Handling pressure, mistakes and setbacks without giving up.
5	Problem Solving	Planning, trial and error, creative thinking and group decisions.
6	Challenge Day & Graduation	Applying all five skills and celebrating progress with certificates, medals and reward cards.

Who it is for

Schools, alternative provisions, pastoral teams, behaviour groups, transition cohorts, confidence-building groups, enrichment groups and pupils who may not respond to traditional classroom-based delivery.

What makes it different

The programme is designed around engagement first: short instructions, fast starts, reduced waiting time, positive pressure, meaningful roles and visible recognition every week.

Why Schools Book This Programme

Many pupils do not disengage because they are lazy or incapable. They disengage because the activity does not feel safe, relevant, active or achievable. This programme creates quick wins, purposeful challenge and repeated opportunities to contribute.

Built for hard-to-engage groups

Activities are selected to reduce waiting time, avoid long lines and involve every pupil in a meaningful role.

Practical, not lecture-based

Each theme is taught through games, challenges and reflection so pupils learn by doing.

Visible progress every week

Pupils can earn weekly awards, reward cards, leadership roles, certificates and medals.

Flexible for school needs

Can support transition, behaviour, confidence, enrichment, pastoral intervention, inclusion or AP provision.

Positive behaviour narrative

Schools can highlight effort, courage, self-control, kindness, communication and improvement.

Adaptable delivery

Age, space, ability, SEND needs, confidence levels and school behaviour systems can all be considered.

Delivery note

Sessions can be adapted for indoor or outdoor spaces including sports halls, playgrounds, fields, classrooms and mixed learning spaces. The games listed later in this brochure are examples, not fixed session scripts.

The Delivery Approach

The programme is developed by The Engagement Coach platform, built on 13+ years of experience in sport, coaching, mentoring and group engagement. Delivery knowledge includes work across schools, youth groups, adolescent units, SEN settings, community programmes, boxing and multi-sport environments.

The method is simple: build connection first, create movement early, remove unnecessary waiting, make success visible and use games to teach the life skill behind the activity.

Principle	What this looks like
Connection before correction	Pupils are welcomed, grouped carefully and given early success before being stretched.
No standing in lines	Games are structured to keep pupils active, involved and responsible.
Short instructions, fast start	Activities begin quickly. Rules are layered in as the group is ready.
Positive pressure	Challenges are competitive enough to engage, but safe enough for pupils to keep trying.
Reflect, reward, repeat	Each session ends with review questions, recognition and a weekly achievement focus.

The 2-hour session rhythm

Time	Phase	Purpose
0-10 mins	Welcome, register, theme	Set expectations, connect with pupils and introduce the weekly skill.
10-25 mins	High-energy example warm-up	Engage quickly, reduce anxiety and get everyone moving.
25-50 mins	Example core challenge 1	Introduce the weekly theme through a practical team game.
50-60 mins	Reflection reset	Review what worked, what failed and what needs to change.
60-90 mins	Example core challenge 2	Increase difficulty and apply the lesson under pressure.
90-105 mins	Example final mission	Demonstrate the theme in a competitive but positive format.
105-120 mins	Debrief and recognition	Award reward cards and recognise effort, progress and contribution.

How the Six Weeks Build Progress

Each week focuses on one main skill, while still reinforcing the others. This creates a simple progression for pupils and a clear story of development for schools.

Stage	School-facing purpose	Pupil experience
Weeks 1-2	Create connection, communication and trust.	Fast, inclusive games that help pupils talk, listen, move, share roles and support others.
Weeks 3-4	Develop responsibility and resilience.	Leadership tasks, positive pressure, mistakes, restarts and reflection.
Weeks 5-6	Apply learning and celebrate progress.	Problem-solving missions, final challenge day, certificates, medals and recognition.

Important note about example activities

The activities listed in this brochure are examples only. They show the type of game-based learning that can be used to deliver each weekly theme. The delivery team may adapt, adopt or replace games depending on the group, the space, the school priorities and the pupils in front of us.

Weekly Themes and Example Delivery

These examples demonstrate the kind of activities that may be used. They are not fixed scripts. Each session is adapted to the group while keeping the weekly skill outcome consistent.

Week 1: Communication

Focus: Pupils explore how listening, clear instructions, tone, body language and patience affect group success.

Example activity types:

- No Lines Communication Warm-Up - a fast-start example that demonstrates instant engagement and zero waiting time.
- Blind Partner Navigation - an example trust and clarity task using verbal instructions.
- Human Knot / Silent Strategy Challenge - examples that highlight body language, planning and patient communication.

Learning outcomes:

- I can listen before reacting.
- I can give instructions that help my team.
- I can use body language and patience to support others.

Award focus: Best Communicator Award plus reward cards for effort, progress and positive contribution.

Week 2: Teamwork

Focus: Pupils learn how to share roles, include quieter members, encourage others and work towards a group goal.

Example activity types:

- Fast inclusive movement game - selected to build
- Inclusive team building activities - examples that build calm communication, shared roles and group connection.
- Island Rescue / Team Relay Builders - examples that encourage planning, inclusion and meaningful roles.

Learning outcomes:

- I can include people who are quiet or unsure.
- I can play a useful role even when I am not the leader.
- I can encourage my team when things go wrong.

Award focus: Team Player Award plus reward cards for effort, progress and positive contribution.

Coach note

The aim is not to find the most talented pupil. The aim is to spot engagement, courage, improvement, kindness, communication and positive contribution - especially from pupils who do not always get recognised.

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Week 3: Leadership

Focus: Pupils practise leading by example, making decisions, using a positive voice and taking responsibility for the group.

Example activity types:

- Quick-start leadership game - roles rotate so different pupils influence the group.
- Captain's Call - an example where a rotating captain gives simple instructions.
- Mission Brief / Lead Without Shouting - examples that practise calm leadership without relying on volume.

Learning outcomes:

- I can lead by example, not just by talking.
- I can take responsibility for my decisions.
- I can help others feel confident during a challenge.

Award focus: Leading by Example Award plus reward cards for effort, progress and positive contribution.

Week 4: Resilience

Focus: Pupils learn how to respond when they fail, lose, make mistakes or feel pressure.

Example activity types:

- Positive-pressure warm-up - chosen to create quick success and safe mistakes.
- Restart Rule - an example where teams repeat a challenge after mistakes.
- Pressure Points / Bounce Back Battles - examples that teach self-talk and improvement after setbacks.

Learning outcomes:

- I can recover after a mistake.
- I can keep trying when the task is difficult.
- I can support others when they feel frustrated.

Award focus: Resilience Award plus reward cards for effort, progress and positive contribution.

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Weekly Themes and Example Delivery

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Week 5: Problem Solving

Focus: Pupils solve practical challenges using creativity, planning, trial and error and group decision-making.

Example activity types:

- Quick-thinking team game - encourages pupils to share ideas before a bigger challenge.
- Escape Task - an example clue-based or mini-task mission for classroom, hall or outdoor use.
- Equipment Puzzle / Build the Route - examples that ask pupils to design, test and improve a solution.

Learning outcomes:

- I can suggest ideas without worrying if they are perfect.
- I can test, review and improve a plan.
- I can help my team solve problems under pressure.

Award focus: Problem Solver Award plus reward cards for effort, progress and positive contribution.

Week 6: Challenge Day & Graduation

Focus: Pupils apply communication, teamwork, leadership, resilience and problem solving in a final challenge day, followed by graduation.

Example activity types:

- High-energy recap game - revisits the five weekly themes.
- Final Team Challenge - an example multi-stage mission using all five engagement skills.
- Personal Progress Reflection / Graduation Ceremony - examples that help pupils identify progress before certificates and medals.

Learning outcomes:

- I can recognise my own progress.
- I can apply all five engagement skills in a challenge.
- I can celebrate the achievements of others.

Award focus: Graduation Medal Awards plus reward cards for effort, progress and positive contribution.

Coach note

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Reward System & Recognition

Recognition is built into the programme because engagement grows when pupils can see progress. Awards are not only for the loudest, fastest or most naturally confident pupils. They are designed to reward the behaviours schools want to see more often.

Recognition	How it works
Weekly achievement awards	At the end of each session, pupils can be recognised for the weekly theme: communication, teamwork, leadership, resilience or problem solving.
Reward cards	A minimum of three reward cards are handed out at the end of each week. Additional cards can be awarded depending on group size, school preference and pupil progress.
Positive behaviour moments	Staff can highlight pupils who showed effort, kindness, courage, self-control, support or improvement.
Graduation certificates	Every pupil who completes the six-week programme receives a certificate on graduation day.
Medals	Selected pupils receive medals for standout achievement, including top engagement, biggest confidence growth, best teamwork, leadership, resilience, courage or problem-solving.

Suggested award categories

Most Engaged | Best Team Player | Leading by Example | Biggest Confidence Growth | Conquered a Fear | Best Communicator | Resilience Champion | Problem Solver | Positive Influence | Coach's Choice

Pre-Printed Reward Cards

Reward cards will be provided prior to sessions. Cards will already be pre-printed and ready to bring to each session, with blank areas available for the pupil name, award reason, date and staff/coach signature.

Important reward card note

A minimum of three reward cards will be awarded at the end of each week's session. This creates a consistent weekly recognition point and gives schools a positive way to celebrate engagement, contribution and progress.

Reward card example	Awarded for...
COMMUNICATION CHAMPION	Listening, explaining clearly and helping the group understand.
TEAM PLAYER	Including others, encouraging the group and putting the team first.
RESILIENCE CHAMPION	Bouncing back, staying calm and trying again after setbacks.
LEADING BY EXAMPLE	Taking responsibility, supporting others and showing positive leadership.
PROBLEM SOLVER	Creative thinking, planning and helping the team find a solution.
BIGGEST CONFIDENCE GROWTH	Stepping outside the comfort zone and showing personal progress.

Reward cards can support conversations with parents, carers, teachers and pastoral teams because they provide simple evidence of positive behaviour, contribution and personal development.

Certificate, Medals & Graduation

Certificates and medals give the programme a clear finish line. They help pupils connect effort with achievement and create a positive memory linked to school engagement.

Item	Purpose	Who receives it
Completion certificate	Recognises commitment, attendance and completion of the six-week programme.	Every pupil who completes the programme.
Graduation medal	Recognises standout contribution, growth or achievement.	Selected pupils chosen using agreed categories.
Reward cards	Recognise specific positive behaviours throughout the programme.	A minimum of three awarded at the end of each week's session.
School summary	Optional short summary for staff showing themes covered and pupil achievements.	School contact / pastoral lead.

Graduation day structure

Time	Graduation Day Element	Details
0-15 mins	Welcome and recap	Review the five skills: communication, teamwork, leadership, resilience and problem solving.
15-75 mins	Final Team Challenge	Teams rotate through example challenge stations linked to the programme themes.
75-90 mins	Team reflection	Teams identify strengths, improvements and proud moments.
90-105 mins	Personal progress card	Each pupil completes a short reflection: I used to..., now I can..., my next challenge is...
105-120 mins	Graduation ceremony	Certificates, medals, reward cards and celebration. Group photo opportunity where policy allows.

Impact Tracking for Schools

Schools often need more than a fun session - they need evidence that pupils have participated, reflected and developed. This programme can include simple tracking that does not overload staff or pupils.

Measure	Simple evidence collected
Attendance and participation	Weekly register and engagement notes.
Skill development	Session theme score or observation: emerging, developing, secure.
Confidence and communication	Before and after pupil reflection questions.
Behaviour and contribution	Positive moments recorded weekly, especially for pupils who struggle in mainstream settings.
Completion	Certificate issued at the end of Week 6.

Optional pupil reflection questions

What did I do well today? Where did I help someone else?
What was difficult and how did I respond? What skill could I use back in class? What am I proud of from today?

School photo / media option

Where school policy and consent allow, Week 6 can create positive content for newsletters, school social media or internal celebration boards.

School Booking Summary

This page is designed as a simple leave-behind summary for senior leaders, pastoral teams, PE departments, inclusion leads and alternative provision contacts.

Length	6 weeks
Session duration	2 hours per week
Themes	Communication, teamwork, leadership, resilience, problem solving, challenge day and graduation.
Best suited for	Schools, AP settings, behaviour groups, transition groups, enrichment, pastoral interventions, sports leadership groups and confidence-building groups.
Included	Planning, delivery, adaptable example games, reflection, weekly awards, pre-printed reward cards, graduation certificate framework and medal ceremony option.
Outcome	A practical programme that helps pupils engage, contribute, communicate, support others, lead, recover from setbacks and solve problems as a group.

Free taster session option

Schools can be offered a short taster session to experience the delivery style, pupil engagement approach and practical value before booking the full six-week programme.

“Don’t reduce participation. Design for engagement.”

The Engagement Coach programme is built for schools that want pupils active, involved and recognised. Through six weeks of practical games and meaningful challenge, pupils learn the skills behind positive engagement: communication, teamwork, leadership, resilience and problem solving.

REGISTER INTEREST / BOOK A TASTER SESSION

Email: _____ Phone: _____ Socials: _____