



Sports Coach (Sessional – Holiday Camps & Ad Hoc Term-Time Work)

PAL Fitness Education CIC

Purpose of the Role

We are seeking **Sports Coaches** to deliver high-quality, engaging and inclusive physical activity sessions as part of our **holiday camp programmes**, with additional **ad hoc term-time opportunities** where available. This role is ideal for enthusiastic coaches who are passionate about inspiring children and young people through sport and physical activity.

Hours:

Up to 40 hours per week during school holidays, with ad hoc opportunities during term time

Pay:

Pay dependent on **age, experience and qualifications** – to be discussed at interview

All roles are subject to providing two suitable references and an enhanced DBS check. Attendance at compulsory and optional training is required.

About the Company

PAL Fitness Education CIC provides inclusive and enriching opportunities for children and young people (CYP) who experience disadvantage, including those with Special Educational Needs and Disabilities (SEND) and children from low-income backgrounds.

We deliver a wide range of specialist programmes such as Holiday Activity & Food (HAF) camps, SEND family sessions, youth provisions, inclusive sport programmes, and educational and wellbeing initiatives. Our work promotes physical activity, confidence, independence and social inclusion in safe, supportive environments.

Key Responsibilities

- Plan and deliver engaging, safe and inclusive sports and physical activity sessions.
- Lead structured activities appropriate to different ages and abilities.
- Promote positive behaviour, teamwork and enjoyment through sport.
- Ensure sessions adhere to health & safety and safeguarding standards.
- Adapt sessions to meet the needs of children with diverse abilities, including SEND.

- Support with setting up and packing away equipment.
- Communicate professionally with children, colleagues, parents and carers.
- Accurately complete registers and any required session documentation.
- Promote the values and ethos of PAL Fitness Education CIC.

Essential Criteria

- A **relevant sports coaching qualification** (UK NGB or equivalent).
- Experience delivering sport or physical activity sessions to children or young people.
- Right to work in the UK.
- Strong awareness of safeguarding and professional boundaries.
- Ability to engage and motivate children in a positive, inclusive manner.
- Willingness to attend training and ongoing professional development.
- Must pass an enhanced DBS check prior to starting.
- Ability to independently travel to delivery venues.

Qualifications & Safeguarding

It is **essential** that candidates hold:

- A recognised **sports coaching qualification or be in the process of completing one** (any sport discipline).

It is **desirable** to have:

- First Aid qualification (or willingness to undertake).
- Safeguarding Level 1 or above.

Key Competencies & Skills

- Enthusiastic and professional approach to coaching.
- Excellent communication and interpersonal skills.
- Ability to manage groups safely and effectively.
- Understanding of inclusive practice and participant wellbeing.



- Ability to work independently and as part of a delivery team.
- Strong organisational skills and attention to detail.
- Ability to maintain accurate records and confidentiality.

Additional Considerations

- Opportunities for CPD and progression within PAL.
- Ad hoc work across a variety of PAL projects and programmes.
- Potential to work across SEND and targeted provisions.

The successful applicant will only commence employment once all pre-employment checks have been satisfactorily completed.

If you wish to discuss this role further, please contact:

info@pal-fitness-education.org.uk

Apply via email, please send your CV & a cover letter, highlighting why you believe you will make a good fit for this position.

All information will be handled in line with GDPR guidelines.