



# Provider Fact Sheet

## Junior Fitness Squad

Warriors World Fitness Centre- Unit 8 Rowley Dr, Coventry CV3 4FG

Charlie Jones

07767536623

info@juniorfitnesssquad.co.uk

www.juniorfitnesssquad.co.uk

## Who we are

Junior Fitness Squad is a community-focused sports and wellbeing provider dedicated to helping children and young people build healthy, active lifestyles through fun, engaging, and inclusive physical activity programmes. Based in the Midlands, we deliver structured sessions that combine fitness, sport, and play to develop confidence, coordination, and a lifelong love for being active. Our qualified and experienced coaching team specialise in early years and primary-aged children, ensuring every session is safe, supportive, and tailored to individual needs. We work closely with schools, community centres, and local authorities to provide accessible opportunities for all children—regardless of background or ability—to take part in physical activity.



## What we offer



Our pastoral support aims to help every young person re-engage with learning, develop resilience, and build the life skills they need to thrive both in and beyond education.

### Student Outcomes

As a new provider, Junior Fitness Squad is focused on creating positive, measurable outcomes for every young person we work with through the CAP scheme. While we are at the early stages of delivery, our programme has been carefully designed to support students who may be disengaged from mainstream education and to help them rediscover enjoyment and purpose through physical activity. Our expected outcomes include:

- Improved engagement with learning: Students will develop routines, discipline, and a sense of achievement that can be transferred back into the classroom environment.
- Enhanced confidence and self-esteem: Through positive feedback, teamwork, and goal setting, students will build self-belief and resilience.
- Improved physical and mental wellbeing: Regular participation in structured fitness sessions will promote healthy habits, reduce stress, and support emotional regulation.
- Improved behaviour and attendance: By offering a supportive and motivating environment, students will be encouraged to attend regularly and demonstrate positive behaviour both in sessions and at school.
- Pathway into coaching and leadership: As students progress, we aim to offer opportunities to volunteer or take part in junior coaching activities—helping them build transferable skills, leadership qualities, and potential pathways into sports coaching or youth work. We will measure progress through attendance records, behaviour feedback, personal development targets, and engagement levels reported by partner schools. Over time, we aim to build a strong portfolio of case studies demonstrating the impact of our work on re-engagement, wellbeing, and future aspirations.

## Safeguarding

DSL - Charlie Jones info@juniorfitnesssquad.co.uk, 07767536623

Enhanced DBS Staff

Safeguarding policy - Available

Insurance Documents - Available

QA - Available

## Health and Safety

Delivery site is on-site, Fitness education

Risk Assessment - Oct 2027



FSM



Transport  
Can be  
Arranged



Quality Assured by CAP  
Documents on Sharepoint

### Specialisms

Vocational  
SEND  
Mental Well-being  
Mentoring  
Secondary  
Primary

### Mode of delivery

On-Site  
In-School

