Active Essex School Sport & Physical Activity Bulletin

As the County Sports Partnership, Active Essex is the commissioner for School Sport. As such, it is responsible through funding provided by Sport England and Essex County Council to provide support for schools throughout Greater Essex in relation to the effective spend and the resultant impact of the delivery of high quality PE & school sport and of the Primary Sport Premium. This and subsequent bulletins, along with the pages at www.ActiveEssex.org, outline support and opportunities that are provided by Active Essex.

Dear Colleagues,

I hope you had an enjoyable Christmas break and wish you all a very Happy New Year. With the first release of the National Active Lives CYP Survey in December, it is clear that we must continue to support and encourage our children and young people to be more active. As a County Sports Partnership we are committed to increasing participation and will achieve this with your support, ensuring additional funding is put to best use, providing targeted intervention alongside our core offer and existing programmes.

Dawn Emberson; Thematic Lead, Children & Young People

Active Essex: Changing 1 Million Lives – Increasing Physical Activity and Improving the Health & Wellbeing of Children & Young People in Greater Essex

Spring Term 1

Satellite Clubs 2019

Active Essex have been awarded further funding from Sport England to run new physical activity programmes for young people aged 14-19yrs.

Our overarching objectives for this programme are:

Providing positive experiences
Tailored, enjoyable and fun experiences to help ensure young people have a positive attitude to sport/physical activity. To develop their confidence in taking part and so that fewer young people have negative experiences of sport and physical activity.

Behaviour Change
Create regular activity habits among young people, particularly those from under-represented groups, or at points of disruption.

Influencing the sector
Support the supply side in providing greater variety to meet the different needs/motivations of young people.

Project Criteria

Must target young people aged 14-19yrs, these young people should be currently inactive or irregularly active.

Must include physical activity
Must target at least 1 of the following identified groups: (some themes will obviously cover more than 1)

- Women & Girls
- Low Socio-Economic Groups
- Black, Asian or Minority Ethnic Groups (BAME)
- Young people with disabilities or additional needs
- Young people with or at risk of mental health issues

The need for the project/intervention has to be proven and based on current insight and consultation with young people. We are looking for innovative projects that meet the needs of young people, therefore budget is negotiable.

For more information and to make an application please contact:
Jim.messenger@activeessex.org

January 2019

Secondary

OPEN TO ALL AGES

1 Day, 1 Dance, 1000 Dancers!
World Cup Fever 2019

Celebrate the 2019 World Cups of Rugby, Cricket and Netball through dance.

LIMITED OPPORTUNITY: Secondary schools are eligible for an Active Essex Education Small Grant to fund programme participation - up to £400

For more information and to book your place contact:
emma@dancenetworkassociation.org.uk

Sport England new teacher training to target attitudes to PE in schools


Get involved:
Any schools or teachers who are interested in taking part are invited to make their Teaching School Alliance aware of the opportunity and request them to register their interest with Sport England.

Each school term, Sport England will work with 50-75 Teaching School Alliances, with the aim of giving all schools in England the opportunity to take part by 2021.

For more information please email sportengland.teachertrainingscheme@sportengland.org

Issue 21

Primary

Create development: Real PE course

Active Essex continue our work in partnership with Create Development and bring REAL PE to Essex in 2019. If you are looking to ensure sustainability of your Primary PE and Sport Premium funding by investing in your staff, this is a perfect opportunity.

Real PE is a unique, child-centred approach that transforms how we teach PE to engage and challenge EVERY child in primary school. It provides fun and simple to follow schemes of work and support for Early Years Foundation Stage, Key Stage 1 and Key Stage 2 practitioners, giving them the confidence and skills to deliver outstanding PE.

The groundbreaking 3-day training includes unrivalled personalised resources, schemes of work for your year group, ongoing support via a teacher portal and access to the new digital platform. REAL PE can transform how you teach PE, supporting teachers and other deliverers, enabling them to make small changes that have significant impacts on their learners.

Course dates: CHELMSFORD Venue,

1) 11 February 2019
2) 11 March 2019
3) 10 June 2019

For more information visit: [https://spark.adobe.com/page/ZKnauYvCL2287/](https://spark.adobe.com/page/ZKnauYvCL2287/)

Book your place at: [https://www.activeessex.org/training-course/real-pe/#](https://www.activeessex.org/training-course/real-pe/#)
Daily Mile

Following the launch of the Daily Mile in Scotland in 2012, Active Essex have supported its introduction to Essex schools, promoting the importance of daily physical activity for our children and young people.

Sport England have now pledged £1.5 million of National Lottery funding to grow The Daily Mile™. The new partnership is part of a joint mission to help children get active as new figures show 1/3 of children are ‘less active’, meaning they do fewer than 30 minutes of activity a day.

Sport England CEO, Tim Hollingsworth said: “Earlier this month, the landmark Active Lives Children’s survey revealed that a third of children in England do less than 30 minutes of activity a day. It’s the strongest evidence yet that not enough is being done to support our youngsters, and change is needed if we’re to increase activity levels.

“Through getting schoolchildren to walk or run for 15 minutes every day, The Daily Mile has been proven to significantly improve fitness levels’.

The investment will fund the recruitment of National and Local Coordinators to support and encourage more schools in England to participate. Active Essex is one of 12 County Sports Partnerships who are hosting a Local Coordinator. We look forward to this welcome addition to our team and to working with more schools across the county to become more active.

We are also extremely proud to welcome Olympic Max Whitlock as an Active Essex Daily Mile Ambassador. Max is keen to encourage and inspire pupils to move more and be active everyday. For more information or if you have an interesting case study to share about Daily Mile please contact: dawn.emberson@activeessex.org

Active Lives Survey

We would like to extend a huge thank you to all colleagues and schools who have completed the Active Lives Survey so far.

On December 6th 2018 Sport England and Ipsos Mori published the first set of survey results.

Active Lives Children and Young People survey report

The Survey shows that around 3 million children (43.3%) lead active lives, however of that group, only 1.2 million (17.5%) are meeting the Chief Medical Officer’s guidelines of more than 60 minutes of activity a day, every day of the week.

Public Health England’s head of diet, obesity and physical activity, Dr Alison Tedstone, added: “Physical activity is crucial for good physical and mental health of children and young people - this work is a timely reminder for everyone to do more to help them be more active.”

Whist the breakdown shows that Essex does have higher rates of participation than the national averages, there are still nearly 53,000 children and young people who are currently doing less than 30minutes of physical activity per day.

This term 86 Schools have been randomly selected to undertake the survey during the 2019 Spring term. The survey has now run for over 18 months so some schools will find that they have been selected to participate again. Sport England continue to offer financial incentives for participation with pupil and parent survey completion. School level reports are now being released and will be great evidence to support Healthy School applications and Ofsted inspections.

The list of selected schools can be found at: https://www.activeessex.org/news/active-lives-survey/

For more information please contact: Dawn.emberson@activeessex.org

DATES & UPCOMING EVENTS/CPD

School Games Events 2018

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<td>Dodgeball</td>
<td>11 Jan</td>
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<td>Boccia</td>
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<td>BSV</td>
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<td>Winter Games</td>
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<td>Primary Badminton</td>
<td>23 Jan</td>
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<td>Mini Hockey</td>
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<td>Felstead School</td>
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Please visit our website for the full Essex School Games Calendar, event rule packs, code of conduct and current competition information. https://www.activeessex.org/school-games-calendar/

Design a Netball Competition - Make sure your school send us your favourite design. Contact: HPeeg@EASTWOOD.SOUTHEND.SCH.UK

KS1 Awards

Active Essex will be notifying the recently successful schools and inviting them to attend their awards ceremony early this term. Applications are on a rolling basis with the award valid for 2 years, to apply now visit: Apply here: https://www.activeessex.org/resource/ks1-award-apply/

Special School Games 2019

We are pleased to confirm that the Special School Games will be held on Wednesday 19 June 2019 at Basildon Sporting Village. The SEND focused multi-sport event is delivered in partnership with Active Essex and the Multi Schools Council. This year events will include: Zone Basketball, Basketball, Quad Athletics, Mini-Tennis, Boccia, New Age Kurling, Kwik Cricket, Handball, Football, Rock Climbing and Archery

For full information and to register please contact: Kierran.Pearce@marketfield.essex.sch.uk

Disability4Sport

Opportunity for Ages: 7-11yrs & 12-16yrs.

Develop through the England Talent Pathway and to be invited to join the ‘The Essex TalentHub’. For full information visit: https://www.activeessex.org/news/england-impairment-talent-pathway/