Active Essex School Sport & Physical Activity Bulletin

“As 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 Colleague,

Welcome back to another new academic year. I trust that you enjoyed a restful holiday and an exhilarating Rio Olympic Games. I know that a great amount of hard work and high quality delivery goes into inspiring our next generation of athletes and creating a generation of young people who lead healthy and active lifestyles. This summer has seen the release of a number of important documents relating to School Sport, particularly the confirmation of the continuation of the School Games and the Primary &PE Sport Premium and these are referenced ion this edition.

Brian Shaw; Strategic Lead Education and Skills

Autumn Term 1

Summer School Games
The Rio Olympics may have had us all glued to our seats but back in June over 1000 Essex pupils were participating in the Essex School Games at Basildon Sporting Village. The games included a variety of sports including High 5 Netball, Quad Kids Athletics, Key Steps Gymnastics and Swimming. During this year’s Games, pupils were treated to visits from VIP guest speakers including England Netballer Lindsay Keable and Paralympic gold medalist skier and sighted guide Charlotte Evans. Local athletes supported by Active Essex also attended, including Inspired Athlete Michael Shields, Essex County Championship 100m hurdler, Sam Bennett, U17 Cadet first British Foil and James Page, U15 80m hurdler first British position. Our team works proactively with schools to host these events and develop plans that support pupils to reach their full potential, at whatever level, in physical education. Cllr Ray Gooding, Essex County Council’s Cabinet Member with responsibility for Sport and Physical Activity, said: “The Olympic values of excellence, friendship and respect, and Paralympic values of determination, courage, equality and inspiration, are useful tools for teaching and this year’s Games provide the perfect backdrop for embedding these values in everyday school life.

Disability & Inclusive Sport
Special Games

As we look forward to all of the action from the Rio 2016 Paralympic Games we would also like to celebrate and share the success of our own Essex Special School Games. Held in June, and originally introduced in 2015, this event involved over 300 young people as competitors, or as Young Leaders. The games targets children in Essex SEND education incorporating a wide variety of competitive sports alongside a ‘come & try’ activity programme. The games is organised and funded by Active Essex in partnership with the Multi-Schools Council. www.multischoolscouncil.org.uk

MUST WATCH: Video Link: https://www.youtube.com/watch?v=ifxbw_1spMo

Is the next Ellie Simmonds or Jack Bridge a pupil in your school or swimming club? ASA England Programmes, Para-Swimming Talent Identification and Skills Festival for Disabled Swimmers will be held on: Sunday 18th September 2016 at Basildon Sporting Village. For more information visit: http://www.activeessex.org/events/asa-england-programme-para-swimming

Power House Games Series

Our Power House Games series proved to be a great success with effective and lasting partnerships being formed and considerable impact achieved. We have our final few games of this series to be held in September and as a result of their engagement in the programme several schools have already made further arrangements to continue their partnerships and to support sports days and other events. We are now offering secondary schools an additional opportunity to host a Paralympics/inspirational themed assembly free of charge. These will be delivered by John Willis from Power2Inspire. Due to its resounding success we have committed funding to repeat the project in 2016-17, if you are interested in participating or hosting an assembly, please contact: Dawn.catley@activeessex.org

MUST WATCH: Video Link: https://www.youtube.com/watch?v=cQqVZXTvXr0

School Games Review

The School Games Level 1/2/3 will continue as they are but with a refreshed ethos which will encapsulate;

MISSION
Keeping competitive sport at the heart of schools and providing more young people with the opportunity to compete and achieve their personal best

VISION
By 2020 the School Games will be continuing to make a clear and meaningful difference to the lives of even more children and young people

CHARACTERISTICS
The next phase of development of the School Games will focus on ensuring it is relevant to more children and young people and their lives today, and allows more of them to achieve their potential. In driving this forward the School Games will seek to:

• engender a sense of competence;
• promote enjoyment; and
• avoid negative or bad experience

Childhood Obesity: A Plan for Action

As the name suggests this document sets out a strategy which aims to; ‘significantly reduce England’s rate of childhood obesity within the next ten years. We are confident that our approach will reduce childhood obesity while respecting consumer choice, economic realities and, ultimately, our need to eat. Although we are clear in our goals and firm in the action we will take; the launch of this plan represents the start of a conversation, rather than the final word’. This document establishes the important role that the Primary PE & Sport Premium plays and an increase in this funding in relation to the proposed ‘sugar tax’. It also outlines new investment to support families and children’s engagement in Active Play and active breakfast clubs. An interesting side line is the suggestion that from September 2017 there will be a ‘healthy rating scheme for primary schools’.
Daily Mile
Four years ago a headteacher in Scotland asked a class of 11yr olds to run around the school field. By half way around most of them had to stop as they were exhausted, what happened after this had a phenomenal impact, not just on the health and lives of the children at that school but on children in schools across the nation and even across the world. A number of Essex Schools are already delivering successful versions of the daily mile or incorporate mandatory daily activity. As a result Active Essex is keen for every primary school across the county to share this success and to introduce the Daily Mile into their school life. The initiative is fully inclusive, simple to organise, requires no additional specialist equipment or staff and takes just 15mins to complete.

Take the first step in the right direction and be in with the chance to win a host of exciting prizes for your school. Our full Active Essex Daily Mile pack can be downloaded at: http://www.activeessex.org/schools/

Essex ECO Race
Join the Essex Schools Eco Race
Starts September 2016 for more information, resources and to register on line contact: Aba www.ecoraceessex.org.uk
E’mail: aphiferri@sustrans.org.uk
Phone: 07584087182

Education Small Grants
Due to the resounding success of the Education Small Grants 2015-16 we are releasing an Impact document in order to share some of the most innovative and effective projects from schools and education settings across the county. These case studies cover all three themes: Women & Girls, Early Years and Health & Physical Activity. It has been astounding what can be achieved with £400 investment and it is fantastic to hear that the majority of projects and programmes have been made sustainable.

With this in mind we are excited to announce that we will be releasing another wave of Women & Girls Funding this September. This will go live on Monday 19 September. Full criteria along with the application form and Impact Study document will then be available at: http://www.activeessex.org/schools/

Teacher Training
Active Essex began working on a programme with School Centred Initial Teacher Trainees (SCITT) in 2014, in response to an observed deficit in PE and School Sport input into some existing teacher training programmes. The overriding objective was; ‘To achieve self-sustaining improvement in the quality of PE and sport in primary schools’. Specifically impacting on:
- The engagement of all pupils in regular physical activity – kick-starting healthy active lifestyles.
- The profile of PE and sport being raised across the school as a tool for whole school improvement.
- Increased confidence, knowledge and skills of all staff in teaching PE and sport.
- Broader experience of a range of sports and activities offered to all pupils.
- Increased participation in competitive sport.

The programme brought together a number of training providers; the Professional Learning Network in Braintree, Thames SCITT, Tendring SCITT and Lee Chapel SCITT, Active Essex and a number of National Governing Bodies; all with the vision of creating and delivering a three day programme to the trainee teachers.

This year’s programme took place in 4 different venues over the summer holidays, and saw around 128 Primary SCITT teachers attend an excellent 3 days involving 5 NGB’s, Create Development and 4 Training Providers.

Congratulations to all involved!

DATES & UPCOMING EVENTS
School Games Events
Coming Soon! 2016-17 Essex School Games Calendar
Don’t forget, if you are planning any special Olympic or Paralympic events, assemblies or presentations and would like a visit from our school games mascot ‘Spirit the Peacock’ please contact: Emily.wingate@activeessex.org

ESSEX SCHOOL OPENS ASSOCIATION for PHYSICAL EDUCATION NATIONAL CONFERENCE
Many of you will have taken part in one of the Keeping Dance Alive programmes over the past four years. This year’s programme was well supported as usual with 1000 young dancers involved and 500 of them performing at Colchester united and Essex County Cricket Ground.

We are extremely proud that the programme received national recognition this year with an invitation to perform the ‘2016 Rio’ dance as the opener to the annual Association for Physical Education Conference at St Georges Park Burton (the home of the England Football team).

Pupils from St Michaels school Braintree and Harlow College ‘Dance Leaders’ left Essex in the early hours of the morning of the 6th July but had enough energy to perform an outstanding performance to the 200 delegates from the UK and beyond.