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,

It is difficult to believe that we are at the start of another summer half term which looks to be as full of sporting activity as usual. I wish you well with all of your sports days and residential visits and look forward to meeting many of you at our Essex Special School and Summer School Games in June. Over the summer months we are eagerly awaiting further announcements regarding School Games funding, Primary PE & Sport Premium, ‘Sugar Tax’ and programmes aimed at 5-11 year olds school related activity and will update you when we have any news.

Brian Shaw; Strategic Lead Education and Skills

Summer Term 2

Power House Games Series
Since our last Bulletin we have delivered 8 events working with 16 Essex schools in partnership with the charity Power2Inspire. The series is proving to be a great success with effective and lasting partnerships being formed. Several schools have already made further arrangements to continue their partnerships support sports days and other events.

A short film from our first event can be found at: https://www.youtube.com/watch?v=cQqVZXT vKrD

We would like to thank the following schools for their engagement and are looking forward to the remaining events.
For more information contact: Dawn.Catley@activeessex.org

Treetops
Grays Convent
Shorefields
Clacton County High
Marketfield
Colne
Columbus
St John Payne
Endeavour
Brentwood Ursuline
Thriftwood
Moulsham
Lexden Springs
Maltings
Lancaster
Chase High School

Panathlon update – Essex Athlete
Panathlon Role Model Freya Levy was handed a dream opportunity by Olympic legend Michael Johnson to attend his elite performance centre in the USA. The 20-year-old from Essex is one of 12 athletes from around the world selected by the four-time Olympic gold medallist and a panel of experts in youth leadership, sport and social change to be part of his Positive Track course in Dallas, Texas.

The programme was held in May, with Freya arriving straight from Germany, where she was competing in the European Under-25 Wheelchair Basketball Championship for Great Britain. Freya, who overcame muscular dystrophy to represent GB and has been a Panathlon ambassador for the past three years, commented: “I feel incredibly honoured to be chosen to be part of the Positive Track programme.”

Lively Lives Competition
Logan looks lively – Laindon schoolgirl scoops poster prize
Logan Newbery, aged 9, from Merrylands Primary School in Laindon has won first prize in the Healthwatch Essex Lively Lives Competition, beating 2,367 other entrants from all over Essex who also designed posters.

The competition, launched earlier this year by Healthwatch Essex, invited primary school children to design a poster that would encourage children to be more physically active, so that they grow into healthy, active adults. The response was somewhat overwhelming, leaving the judges with a very hard time coming to a final decision.

Logan’s design wins her school £1,000 worth of activity equipment, an activity day at Essex Outdoors and the chance to star in the Healthwatch Essex awareness campaign launched later this year. Logan will be presented with her prizes at the Essex Summer Games on the 30th June.

Keeping Dance Alive
Our 2015/16 programme has been the most successful year so far involving 22 Essex Schools & groups.

Performances were held at Colchester United, Western Homes Stadium on Saturday 23rd April & at Essex County Cricket Ground on Thursday 12th May with 500 young dancers taking part.

Once again we would like to extend our thanks and congratulations to all of the schools involved, both performers and staff and to the fantastic dance captains from Harlow College.

Matt Hudson, Colchester FC said ‘The performance was the best to date and we look forward to welcoming Keeping Dance Alive back next year’.

A short video clip from the Colchester United performance: https://vimeo.com/164383522

Physical Activity Infographic
Chief Medical Officers have released a new infographic outlining the physical activity guidelines for children and young people (aged 5-18). The infographic displays the UK physical activity guidelines in an engaging and easy to understand format for use by professionals working with children and young people.

It visually displays the physical activity guidelines, information on the benefits of physical activity for children and examples of the types of activity that count towards meeting the guidelines. Visit: http://www.bhfactive.org.uk/news-item/368/index.html

For more information please visit: www.livelylives.org.uk or www.healthwatchessex.org.uk
Inclusive Leadership event

On Thursday 28th April, Over 40 young people from Primary and Secondary Schools in Essex attended our first inclusive leadership event at the Stanway Learning Federation, Colchester.

The volunteer young leaders are supporting the Essex Multi School Council and will all be involved with event delivery at the 2016 Special School Games on 22 June at Basildon Sporting Village.

The aim of the leadership day was to:
- provide access to high quality leadership training and role models
- create and strengthen positive relationships between schools
- raise awareness of disability and encourage positive attitudes towards those with additional needs

The day began with a series of ice breaker activities followed by the group watching the video of last year’s special school games. With this inspiration in mind they then headed off to their workshop carousel which included Wheelchair/Zone Basketball, ‘How to be a good leader’ and ‘Modifying activities using the STEP principles’. The majority of the students rated their wheelchair sports experience as the highlight of the training day. After a buffet lunch, two practical activities of New Age Kurling and Handball were held giving the children the chance to learn and play new sports and also a taste of how to lead and deliver these rules and skills to others.

All of the children stated that they had enjoyed the event and were looking forwards to their involvement with the Special School Games in June. Our evaluation revealed that all participants increased their (self-rated) level of leadership knowledge and confidence after their involvement in the day.

Mark Orin from the Gilberd School said ‘Hosting the training event over a full day and in a different venue helped to give it a ‘conference’ feel and made the students feel part of something important. Additional touches such as lunch and t-shirts being provided really added to this feeling’

Active Essex is working in partnership with the University of Cambridge to deliver a national pilot of Get Others Active. GoActive is a new physical activity programme for Year 9 students, developed by researchers in collaboration with students. After successful pilot tests in four East of England secondary schools, and are now recruiting 16 schools for a full scale evaluation of the programme. Active Essex is inviting any Secondary Schools interested in taking part in the programme to contact; brian.shaw@essex.gov.uk

A video explaining the GoActive evaluation study is available here: www.goactive-uk.com

Road to Rio

Glad so many or you are enjoying using our Road to Rio booklet, feedback has been really positive and we are delighted schools are finding this resource so useful. This cross curricular support was designed to utilise the inspiration of the games to engage schools and young people in all areas of school life.

To download your copy for FREE visit: http://www.activeessex.org/schools/road-to-rio/

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

DATES & UPCOMING EVENTS

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Video clips from our Summer 2015 events can be found at:
http://www.youtube.com/watch?v=F8o09D LVFuM

Photos from all school Games & Special Games can be found at:
http://www.activeessex.org/schools/school-games/photos/

https://flc.kr/s/aHskfec7FR

Please visit the link below for the full Essex School Games Calendar:
http://www.activeessex.org/schools/school-games-calendar/

Netball Holiday Camp for 11-16 year olds

Dates: Monday 25th – Friday 29th July 2016
Time: 10am-3pm
Venue: Chelmer Valley High School, Court Road, Broomfield, Chelmsford, CM1 7ER
Cost: £155 England Netball members/ £185 non-members (Sibling & group discounts available)

For information and booking please visit www.netballevents.co.uk or email east@englandnetball.co.uk

Player confirmed: Lindsay Keable