

Schools & CYP Newsletter

Getting young people active



Commonwealth Games Resources

With the Birmingham 2022 Commonwealth Games fast approaching, the Essex School Games are helping you support the event with our online resources.

Designed in partnership with Essex's School Games Organisers and young people across the county, we hope they will engage new and different children and young people in the Essex School Games, with a clear focus on tackling inequalities whilst providing a universal offer for all children and young people to access and have positive and meaningful experiences.

On [Commonwealth Games](#) page you will find:

- England athletes, Jess & Dan are challenging your school and pupils to a [Commonwealth Games challenge](#).
- [United by Birmingham 2022 Resources](#). From toolkits and resources to lesson materials and opportunities.
- [The Active Essex Legacy Leader Course](#); challenging and engaging Sports Leaders course, in line with United by 2022, aimed at Year 8 and 9 students across Essex.



Daily Dance

To celebrate The Queen's Platinum Jubilee and the 10 Year Anniversary of the Daily Mile, Active Essex are hosting a live stream to get students dancing.

As part of 'On Your Feet Britain Day 2022' we are encouraging schools to get moving with our Daily Dance session. The Commonwealth Games themed dance will be 15-minute long and it's a chance to get your whole school moving.

The live stream will be posted on the Find Your Active YouTube channel at 09:30 & 1:30 on Thursday 28th April, but can be watched and replayed thereafter.

Your school will receive a certificate on completion.

To join us on our journey through the countries, please sign up [here](#).

Essex Health Series

Understanding the Importance of Physical Activity for Children & Young People

Wednesday 18th May, 10am-11am

As part of our Essex Health Series, Active Essex will be facilitating a presentation led by Dr William Bird, CEO and Founder of Intelligent Health. Dr William Bird is a practicing GP, championing the positive impact that physical activity has on our health and happiness. We aim to provide the audience with a better understanding of the positive impact that physical activity has on the health and happiness of children of all ages, with suggestions of how to approach conversations with children and families when talking about physical activity. This session is aimed at practitioners, professionals, coaches, teachers and commissioners all with a remit of supporting children and families in Essex to be healthy, happy and active. Register for free [here](#).

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Ride London: Essex - How Your School Can Get Involved!

RideLondon, the world's greatest festival of cycling, comes to the county for the first time this year. In partnership with Essex County Council, RideLondon is an important legacy event from the London 2012 Olympic Games and the Tour de France in 2014.

So, how can your school get involved?

- Request a full activation pack, inclusive of RideLondon and the Queen's Jubilee cheering sticks, flags, design your own banners and bunting, as well as resources to help engage your school and parents/ carers.
- Take up practical support and guidance to implement an Active Travel Plan for your school.
- Download Active Essex's resources and active travel toolkit, which has details of initiatives such as the WOW Challenge, Bikeability and the Daily Mile to inspire pupils and families to adopt active travel methods

We would like to encourage all schools to celebrate this unique sporting event to have some fun and kick start a week of celebrations. For more information about the school offer, please head to the Active Essex website, [here](#).

Walk to School Week

It is Walk to School Week from 16th – 20th May and why not join the fun of getting pupils actively travelling to school?

Active Essex are providing schools with a FREE Walk to School Bingo Checklist, whereby pupils can tick off how many items they see either walking to school, from school or after school throughout the week. From birds to benches, trees to post-boxes, see how many you will find on your journey! To receive a Free Walk to School Bingo Checklist, please contact tom.weller@activeessex.org

Active Lives Survey

We have now entered Term 3 for the Active Lives Survey report this year. Active Lives is a national survey driven by Sport England in partnership with three key Government Departments – Education, Health and Culture.

If your school has been selected and you have any questions on the survey, please email tom.weller@activeessex.org



PE & School Sport Conference 2022

Friday 17th June 2022

Join us for this fully funded workshop and networking event, for Primary PE Subject Leads, Secondary PE Teachers & Head Teachers. We will be joined by keynote speaker Dr William Bird, who will provide some insight on The power of PE and School Sport to enhance student wellbeing, attainment, and aspiration.

Full details [here](#).

KS1 Physical Education, Sport & Activity Mark

Active Essex and the Chelmsford School Sports Partnership are pleased that the government have extended the Primary Sport Premium. This Funding has been used across the country to enhance the provision and quality of PE, physical activity, and school sport within our schools.

The award officially recognises excellence in delivery of physical activity, school sport and physical education in Key Stage 1. If you wish your school to apply again, please submit your application [here](#). The deadline for applications is Friday 13th May.