

Schools & CYP Newsletter

Getting young people active



Campaign launching!

An exciting new campaign is coming to Essex for Children & Young People called #MoveWithUs. #MoveWithUs campaign is all about finding an activity that is right for your pupils, whether that's our upcoming Active Maths activities, Daily Mile programmes and even helping design the new #MoveWithUs mascot! We are delighted to announce GB Gymnast Courtney Tulloch is the #MoveWithUs ambassador and will be hosting his own Active Maths challenges called 'Count With Courtney' in the lead up to his journey to Olympics next summer. To launch the campaign Active Essex will be hosting a 15 minute activity live stream on the 20th September to get your pupils moving. Please keep this quiet until 20th September, but to find out more about the campaign and how to join the live stream, please visit our [website](#).



School Games

The Essex School Games creates opportunities and experiences that young people will enjoy. The combined network of 14 School Games Organisers and Active Essex work together locally to deliver targeted opportunities for young people from a range different sports and activities. The Essex School Games supports the wider development of young people and we want schools to position this as a key component of their offer. The offer across Essex is fully inclusive and provides opportunities for all schools and pupils in Greater Essex to take part.

Please view the Essex School Games 2023/24 calendar [here](#).

School Sport and Activity Action Plan

The Government recently published its School Sport and Activity Action plan, detailing a two-year plan to support schools to deliver two hours of high-quality PE and extra-curricular sport and competitive opportunities for all pupils. The Action Plan aims to ensure access to a broad range of extra-curricular activities, including investment in physical activity for girls, disadvantaged pupils, and young people with special educational needs and disabilities. The full document can be viewed [here](#).

Continuing Professional Development Offer

Active Essex offers a variety of courses with fully funded opportunities to support teachers in Essex, to build their skills & confidence in delivering high quality PE, School Sport & Physical Activity. Through courses such as Health & Safety for PE, Physical Activity & Emotional Wellbeing, Sport Specific Workshops and Inclusion in PE, Active Essex offer a range of different workshops to enhance your PE, School Sport & Physical Activity sessions. To find out more and book onto these courses, please visit our [CPD website](#).

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Active Travel Advice

A big step towards a safer, greener, and healthier Essex amongst children and young people. Essex County Council, with the help from Active Essex, are committed to optimising the levels of physical activity among school pupils across Essex. Here at Active Essex we understand that it is not convenient or possible for all students to actively travel to school, mainly due to distance, but walking, scooting or cycling should be the default for many, whilst those living further away could park-and-stride. In doing so, we have produced an [Active Travel Toolkit](#) for schools to utilise and encourage families to travel in new ways to and from school.

Active Essex Activity Awards

Has your school gone above and beyond this past year when it comes to physical activity? This year we are celebrating those who have achieved great things and are looking for a school, early years or further education setting that gives its pupils a wide range of opportunities to participate in high quality physical education and extra-curricular sport. They will help young people understand and embrace daily exercise as beneficial to their health and wellbeing at school and beyond the academic years. If this describes your school, nominate them before 2nd October [here!](#)



What's on this term?



#MoveWithUs Campaign Launch & Livestream

20th September



Active in Mind CPD Workshop

- F2F 4th October, 19th October
- Virtual 7th & 14th November



Bike to School Week - 25th - 29th September



Daily Mile - September & December



Count with Courtney Challenge - October & December



Walk to School Month - October



KS1 Awards Deadline - 10th November



Year of Numbers Campaign - 13th November



Mascot Competition Deadline - 10th November

