Norfolk Sport, PE, Physical Activity and Development Strategy for Young People 2015-2017

the vision

“To ensure that all young people in Norfolk experience and enjoy high quality physical education and sport, are inspired and supported to fulfil their potential, and motivated to choose an active and healthy lifestyle”

Key Actions:
- All pre-school aged young people to achieve the expected level of physical development by age 5
- All young people aged 0-5 to undertake 180 minutes of physical activity throughout each day
- All school aged young people to receive at least 2 hours of high quality physical education per week
- All Year 6 pupils to be able to swim 25m
- All young people aged 5-18 to undertake 60 minutes of physical activity every day
- All young people to have the opportunity to take part in a range of sports and physical activities in appropriate formats
- All young people to have age appropriate competitive sporting opportunities at their level of ability
- All young people to have access to a simple and clear pathway from high quality education to high quality community sport
- All gifted and talented young people to be supported to reach their potential
- All appropriately aged young people to be offered the opportunity to be the leaders, coaches and officials of the future

Where are we now?

0-5
- 23% of young people at reception age are overweight and 8.6% very overweight

Key Actions:
- Promote a range of developmentally appropriate opportunities to engage in physical activity both indoors and outdoors throughout the session
- Targeted training and support to improve practitioners’ knowledge of physical development

5-11
- At Year 6, 32.1% of young people are overweight and 18.8% very overweight
- 65% of Year 6s currently meet the national guideline of 60 minutes of moderate to intense exercise per day

Key Actions:
- Schools should offer 2 hours of high quality PE per week
- Promotion and delivery of staff CPD to ensure effective PE leadership and quality of teaching and learning
- Develop clear links between school & community sport
- Promote and advocate national guideline of 60 mins a day of physical activity

11-16
- We don’t know – a new Norfolk schools survey is being developed to help us understand current provision and measure impact

Key Actions:
- Schools should offer 2 hours of high quality PE per week
- Develop clear links between school & community sport
- Promote and advocate national guideline of 60 minutes a day of physical activity
- Develop opportunities for those who want to develop their leadership skills and help organise sport and physical activity

16-18
- 44.7% of 16-25 year olds do 30 mins of moderate intensity exercise at least once a week

Key Actions:
- 6th forms & colleges to deliver a wide ranging sport and physical activity offer to encourage ALL students to participate
- Ensure 6th form and college sport has strong links with community sport to aid transition into sustainable lifelong participation
- Develop opportunities for young people to take their first step or continue their development in leadership, coaching and officiating
- Offer a broad range of work-based sport and physical activity programmes

18-25
- 44.7% of 16-25 year olds do 30 minutes of moderate intensity exercise at least once a week

Key Actions:
- Ensure University sport has strong links with community sport
- Provision of condition specific physical activity interventions including weight management
- Offer a broad range of work-based sport and physical activity programmes
- Offer a range of activities aimed at engaging those who do not prioritise sport in their own time

For the full strategy and details of how it impacts your organisation visit: www.activenorfolk.org/cyp