

Further Education Info Sheet

This strategy sets out the vision for sport, physical activity, physical education and physical development for all young people aged 0-25 in Norfolk. It will ensure a collaborative approach from all agencies contributing towards shared aspirations, ensuring the best possible experience for Norfolk's young people.

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”

What do I need to do?

Colleges and 6th Forms should:

1. Offer a wide ranging sport and physical activity offer to encourage ALL students to participate
2. Increase the number of students becoming qualified in a range of sport, health and leisure qualifications, to expand the workforce in the sector
3. Ensure competitive sporting opportunities are offered to all students at their level
4. Ensure sport has strong links with community sport to aid transition into sustainable, lifelong participation
5. Promote 60 minutes of physical activity a day as part of a healthy lifestyle
6. Develop and promote affordable opportunities for young people to take their first step or continue their development in leadership, coaching and officiating to support the demand from community sport
7. Maintain and improve facility provision for students and the community
8. Ensure gifted and talented young people are signposted to opportunities to support them to reach their potential



Why is it important?

Sport and physical activity have been proven to enhance:

1. Cognitive functions that can impact **attainment** including **concentration, memory** and **perception** ¹
2. Emotional wellbeing, having a positive impact on **self esteem, anxiety, depression** and **mood** ²
3. **Attendance, retention, school/college connectedness** and **satisfaction**. The number of Sport Academy students achieving 95% or above attendance is **4.47% higher** than the College average ^{3,4}
4. Positive social behaviours including **leadership, morality, social integration and responsibility** ⁵
5. A healthy lifestyle and can significantly reduce the risk of **obesity, diabetes** and other **health conditions** ⁶
6. **Student recruitment** - more than **1 in 5** students state that sport and physical activity provision influenced their **college selection** ⁷
7. **Community engagement** - sport is a highly effective tool in providing opportunities for students to contribute to the **local community** leading to greater **employability and earning potential** ⁸

What support is available to help me achieve this?

<p>Association of Colleges</p>	<p>AoC Sport is the lead representative organisation for college sport and physical activity. Their aim is to encourage and support every student to participate in sport and physical activity as an integrated part of their college experience. To achieve this, we deliver a vast range of services to members that maximise the impact of sport on both college and student outcomes.</p>	<p>www.aocsport.co.uk</p> <p>www.aoc.co.uk/term/aoc-sport</p>
<p>Active Norfolk</p>	<p>Active Norfolk are the strategic lead for sport and physical activity in Norfolk. They have a comprehensive knowledge of the sport and physical activity landscape and can offer support and advice on how to broaden and improve your current provision, including volunteer opportunities, links to National Governing Bodies and community sports clubs, workforce development and developing inclusive sport.</p>	<p>info@activenorfolk.org</p>

¹ Stead, R. and Neville, M, 2010. The Impact of Physical Education and Sport on Education Outcomes: A review of literature. Loughborough: Institute of Youth Sport.

² Sport and Recreation Alliance, 2012. Game of Life: How sport and recreation can make us healthier, happier and richer: London: Sport and Recreation Alliance.

³ Welk G, 2009. Cardiovascular Fitness and Body Mass Index are Associated with Academic Achievement in Schools. Dallas, Texas: Cooper Institute.

⁴ Association of Colleges, 2013. Why Sport matters: The importance of sport and physical activity to achieving college objectives. London: AoC.

⁵ Wild A, 2002. Citizenship Education: Physical education... the forgotten subject? The British Journal of Teaching Physical Education;33:23–24.

⁶ British Heart Foundation, 2013. Making the Case for Physical Activity: Loughborough: British Heart Foundation

⁷ Sport England, 2013. Evaluation of Active Colleges: Summary of student survey: Loughborough: Sport England

⁸ V, 2008. Youth Volunteering: Attitudes and Perceptions: London: V.