What do I need to do?

Schools should:

1. Offer 2 hours of high quality PE per week
2. Offer a broad range of extra curricular sport & physical activity to meet the needs of all students
3. Ensure that competitive sporting opportunities are offered to all students at their level
4. Support pupils to transition into local community sports clubs
5. Promote 60 minutes of physical activity a day as part of a healthy lifestyle
6. Offer all appropriately aged young people the opportunity to be the leaders, coaches and officials of the future
7. Ensure gifted and talented young people are supported to reach their potential
Why is it important?

High Quality PE, sport and physical activity is proven to improve and promote:

1. In-class cognitive functions that can impact **attainment** including **concentration, memory** and **perception**.
2. **Classroom behaviours**.
3. **Emotional wellbeing**, having a positive impact on **self esteem, anxiety, depression** and **mood**.
4. **Attendance, school connectedness and satisfaction**.
5. Positive social behaviours including **leadership, morality, social integration** and **responsibility**.
6. A healthy lifestyle and can reduce the risk of obesity, diabetes and other health conditions.

What support is available to help me achieve this?

<table>
<thead>
<tr>
<th>Norfolk Integrated Education Advisory Service (NIEAS)</th>
<th>Norfolk County Council through NIEAS offer a range of advise, training and support for schools to impact on the quality of the experience and entitlement which pupils in Norfolk schools receive. Norfolk PE through NIEAS offers a fully progressive developmental CPD programme for teachers from Levels 3 – 6, these are all accredited and quality assured courses that will support your staff to be confident and competent to deliver High Quality PE and sport.</th>
<th><a href="mailto:kevin.holland@norfolk.gov.uk">kevin.holland@norfolk.gov.uk</a> 01603 307701 <a href="http://www.cpd.norfolk.gov.uk/sdms">www.cpd.norfolk.gov.uk/sdms</a></th>
</tr>
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<tbody>
<tr>
<td>School Sports</td>
<td>SSPs are able to provide and signpost to a variety of local opportunities to help schools fulfil identified areas of need including staff CPD, competitive sports and help develop leadership skills.</td>
<td><a href="http://www.norfolkssp.co.uk">www.norfolkssp.co.uk</a></td>
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<tr>
<td>Active Norfolk</td>
<td>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 especially around delivering an impact with your PE and sport premium.</td>
<td><a href="mailto:info@activenorfolk.org">info@activenorfolk.org</a></td>
</tr>
</tbody>
</table>

4. Welk G. Cardiovascular Fitness and Body Mass Index are Associated with Academic Achievement in Schools. Dallas, Texas: Cooper Institute, 2009.
6. UK Active. Turning the Tide of Inactivity. 2014.