

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

Secondary School 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?

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

What support is available to help me achieve this?

<p>Norfolk Integrated Education Advisory Service (NIEAS)</p>	<p>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.</p>	<p>kevin.holland@norfolk.gov.uk</p> <p>01603 307701</p> <p>www.cpd.norfolk.gov.uk/sdms</p>
<p>School Sports</p>	<p>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.</p>	<p>www.norfolkssp.co.uk</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 especially around delivering an impact with your PE and sport premium.</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 Trudeau F & Shephard RJ. Physical education, school physical activity, school sports and academic performance. International Journal of Behavioural Nutrition and Physical Activity 2008; 5:10.

³ Trudeau F & Shephard RJ. Relationships of Physical Activity to Brain Health and Academic Performance of Schoolchildren. American Journal of Lifestyle Medicine 2010; 4:138.

⁴ Welk G. Cardiovascular Fitness and Body Mass Index are Associated with Academic Achievement in Schools. Dallas, Texas: Cooper Institute. 2009.

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

⁶ UK Active. Turning the Tide of Inactivity: 2014.