Welcome to the October 2019 Edition of the Primary Sports Premium Newsletter

In this edition of the Primary Sports Premium newsletter, you will find information and relevant links to the following:

- School Sport and Activity Action Plan - 2019
- Active Lives Survey and NEW Healthy Schools Rating Scheme
'Children to have greater opportunity to access 60 minutes of physical activity every day'

Children will have a greater opportunity to access 60 minutes of daily sport and physical activity, whether that be in school, after school or during weekends and holidays, under new Government plans.

The School Sport and Activity Action Plan, outlined by Education Secretary Damian Hinds, Sport Minister Mims Davies and Minister for Public Health, Seema Kennedy, will set out a range of new measures to strengthen the role of sport within a young person's daily routine, explain how teachers and parents can play their part, and promote a joined-up approach to physical activity and mental wellbeing.

It comes after the latest data from Sport England's Active Lives Children and Young People survey showed that a third of children are currently doing fewer than 30 minutes of physical activity a day.

Ofsted's new Inspection Framework came into effect in September. Amanda Spielman, HM Chief Inspector of Education, said: "Schools that offer children a broad, balanced education, including plenty of opportunities to get active during the school day and through extracurricular activities, will be rewarded under our new inspection regime."
As part of the plan, the Government has committed to launch a series of regional pilots to trial innovative approaches to getting more young people active, particularly less active groups such as girls and those from disadvantaged backgrounds.

Schools and sports clubs will also work together to share their facilities and expertise, giving more pupils access to character-building competitive sport and volunteering opportunities. They will focus on ensuring boys and girls have an equal and coordinated offer of sport, competition and activity, including modern PE lessons and access to high-quality clubs and competitions after school and during weekends and holidays.

The Chief Medical Officers’ guidance on daily physical activity levels sets out that children should do at least 60 minutes of physical activity a day. Schools should ensure all pupils have access to 30 minutes of physical activity every day, which are currently delivered through PE lessons and lunchtime sports clubs as well as innovative activities such as The Daily Mile, and building in activity to classroom lessons, with 30 minutes also delivered outside the school day.

To view the full report, click HERE
Activity Levels are Worryingly Low for Young People

In December 2018, Sport England published the first Active Lives Children and Young People report, which showed that more than a third of children/young people in England do fewer than 30 minutes of physical activity a day. They state that not enough is being done. Urgent change is needed if we’re to increase the activity levels for future generations, and to influence positive health outcomes for the future.

Measuring Activity in Wiltshire and Swindon Schools

Sport England aims to survey 100,000 children and young people in Years 1 to 11 each academic year, of which 1800 are from Wiltshire and Swindon. The survey is school-based and covers measures of children's activity levels, physical literacy, swimming proficiency, well-being, self-efficacy and levels of social trust.

All schools will receive a bespoke report from Sport England about their pupils, and credits to exchange for sports equipment. One survey takes 15 minutes to answer on-line, but the results will last for longer. They will influence local decision-making and inform government policy.

This year, a new Healthy Schools Rating can be achieved by schools. Completing the 15-minute teacher survey will generate a bronze, silver or gold award. Further information on the award can be found HERE.

Schools are encouraged to take part in the survey, both to access the healthy schools rating scheme and to gain insight into how their pupils engage with sport and physical activity.

Schools that are selected to take part are contacted by their local Active Partnership. Schools can also ‘opt in’ to take part in the survey and should contact their Active Partnership if they wish to do this. Click HERE for further information or if you would like your school to ‘opt in’.

While not all schools will be asked to take part in the survey this academic year, we estimate that schools will be asked to take part every three or four years.

We’ve designed the survey to be as easy for schools to administer as possible. The survey can be done at any point in the relevant term, depending on what works best for the school involved.

Active Partnerships will provide schools with everything they need, including templates for letters to parents, information sheets for teachers and pupils, and technical guidance.

For full details on the Active Lives Survey 2019 / 20 including which schools have been selected to take part, please click HERE
Wiltshire and Swindon Sport's Primary PE and Sport Premium Lead Officer Rik Grover can offer two separate PowerPoint presentations offering guidance and support on the primary sports premium.

The first presentation is designed for Head teachers, PLT's and school staff, whilst the second is intended for School Governors. Both presentations are approximately 20 minutes in duration and give an overview of the local and national picture of the Primary Sports Premium, plus relevant information depending on the presentation audience. A guidebook accompanies the Governors presentation. These presentations are FREE of charge.

**Does PE matter in your school**

There has never been a more important time for PE in primary schools.

Recent research finds that half of all seven-year olds do not get enough exercise, only 38 per cent of girls at that age take part in the recommended hour of moderate or vigorous exercise a day and one in three young people leave primary school overweight. These statistics show how important high-quality PE and sport is in tackling the growing levels of inactivity amongst primary age children in the UK.

If young people enjoy taking part in physical activity early on in life they will go on to lead active healthy lifestyles, but if they have a bad experience, particularly at school, they could be put off for life. Physical activity is associated with numerous health benefits for children, such as muscle and bone strength, health and fitness, improved quality of sleep and maintenance of a healthy weight. There is also evidence that physical activity and participating in organised sports and after school clubs is linked to improved academic performance.
If you would like Rik to come to your school to deliver the presentation, or if you require advice or support with any aspects of the PSP, please contact him on 01225 781500 or via email HERE.

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**Active Mile**

An active mile is one way in which schools can increase the amount of regular physical activity undertaken by children during the school day.

Physical activity is important for good physical and mental health of children and young people. Research published in the British Medical Journal (BMJ) concluded that:

“The findings show that in primary school children, the Daily Mile intervention is effective at increasing levels of moderate to vigorous intensity physical activity (MVPA), reducing sedentary time, increasing physical fitness and improving body composition. These findings have relevance for teachers, policymakers, public health practitioners, and health researchers.”

**The Daily Mile**

The Daily Mile is simple and free and gets children out of the classroom for fifteen minutes every day to run or jog, at their own pace, with their classmates, making them fitter, healthier, and more able to concentrate in the classroom.

For further details with links to free resources, click HERE.

Click HERE to see many schools in Wiltshire are taking part.

**The Golden Mile**

The Golden Mile is an all year round initiative for pupils, staff and parents. Walk, jog or run around your track and use downloadable resources to upload the number of laps your pupils achieve. Your
interactive school and class pages will convert laps into miles and display the pupil’s progress via graphs and league tables.
For around 5% of your sport premium funding, your whole school can access The Golden Mile for one year.
National website: www.premier-education.com/golden-mile
Local support from Wiltshire and Swindon Sport (WASP) available HERE

For further information and regional case studies from Wiltshire Healthy Schools and Wiltshire Council, click HERE

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CPD Opportunities - Professional Learning for Teachers

Fortius
Physical Education

Broaden your curriculum

Physical Education Subject Leaders Course for NEW Subject Leaders
Tuesday 12th November
9am – 3.30pm
Venue - Swindon

Are you a new PE subject leader? If so, this course is for you. We will cover all aspects of the role including curriculum planning, medium term planning, assessment, delivering and reporting on the PE premium grant and helping your school become more active. It can be a daunting task leading PE and this course will support you in your role and help you to develop an action plan in order to assess and prioritise your aims.

This course will involve theory and practical elements.

Cost £130 / £104 Fortius members

For further details or to book a place, click HERE

Physical Education Course for NQTs and NQTs + 1/2

Tuesday 24th March
9am – 3.30pm
Venue – Swindon

Have you had limited training on how to deliver high quality physical education? Are you unsure where to start when teaching PE? Then this course is for you. We will cover the fundamental pedagogical principles of delivering PE including planning, class management, lesson organisation, differentiation and keeping your PE lesson active, FUN and challenging for all.

This course will involve theory and practical elements.

Cost £130 / £104 Fortius members

For further details or to book a place, click HERE
Fortius Primary Physical Education

2019 CONFERENCE
It's so much more!

Impacting the whole school through physical education

WHERE
De Vere Hotel, Cotswold Water Park, South Cerney,
Gloucestershire, GL7 6EP

WHEN
Friday 22nd November 2019, 9am - 4pm
Create Development

Does your PE curriculum align with the new Ofsted framework?

The new Ofsted framework focuses on key areas including:

• Personal development
• Behaviours and attitudes
• Quality of education: Intent, Implementation and Impact

The Create Development child-centred approach:
• raises the profile of PE and Sport across the school as a tool for whole school improvement
• increases confidence, knowledge and skills of all staff in teaching PE and Sport
• transforms how we teach PE to include, challenge and support EVERY child
• develops essential behaviours, physical literacy, emotional and thinking skills in EVERY child.

Book your place on the next training course

real PE
Giving EVERY child the physical literacy, emotional and thinking skills to achieve in PE, Sport and life
• Day 1 commences on: **14th January 2020 in Swindon**

real gym
Enabling EVERY child to stretch themselves
• **18th November 2019 in Chippenham**
• **28th January 2020 in Swindon**

real leaders
Enabling EVERY child to develop Leadership Fundamentals
• **25th November 2019 in Chippenham**
To book your place or to find out more contact:

Jess Pierce at jep@abbeyfield.wilts.sch.uk for Chippenham courses

Andy Steckbeck at Andy@fortiuspe.co.uk for Swindon courses

Look out for the FREE bitesize workshops coming soon to Salisbury in 2020

• EYFS/KS1: A thematic approach through PE
• Healthy competition in PE
• Developing the whole child through PE
• Delivering outstanding PE

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A copy of our full privacy notice can be found here.
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If you no longer wish to receive these type of messages you may update your email preferences and unsubscribe.