

Welcome to the May 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 :

- Active Mile
- DfE - PE and Sport Premium Grant Funding Confirmation for 2019 / 20
- '10 Weeks to Go' - Reporting Deadline Information
- Active Lives - Latest Survey Information

- Change for Life - New Phonics Resources
- ASA Teachers Swimming Course
- Big Pledge
- 2K and Dash - Avon Valley Runners

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

A national website with free resources <http://thedailymile.co.uk>
Children usually run outside for around 15 minutes, with most children running a mile a day.
Your school can sign up on the Daily Mile website to show how many schools in Wiltshire are taking part [HERE](#)

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](#)

Department for Education – PE and Sport Premium Grant funding confirmed for 2019 / 20

Department for Education – PE and Sport Premium Grant - Confirmation of funding for 2019 / 20

The Department for Education has confirmed to us that it will fund the Primary PE and Sport Premium for the 2019/20 academic year.

A total of £320 million will again be made available to primary schools in England to improve the quality of PE and sport. This is the same amount as allocated this current academic year, so schools can expect to receive a very similar amount and therefore plan accordingly.

It is expected that further details will be published by the department soon.

Responding to the update, YST Chief Executive Ali Oliver said:

"It is good news that primary schools know the certainty over their PE and sport premium for the next academic year.

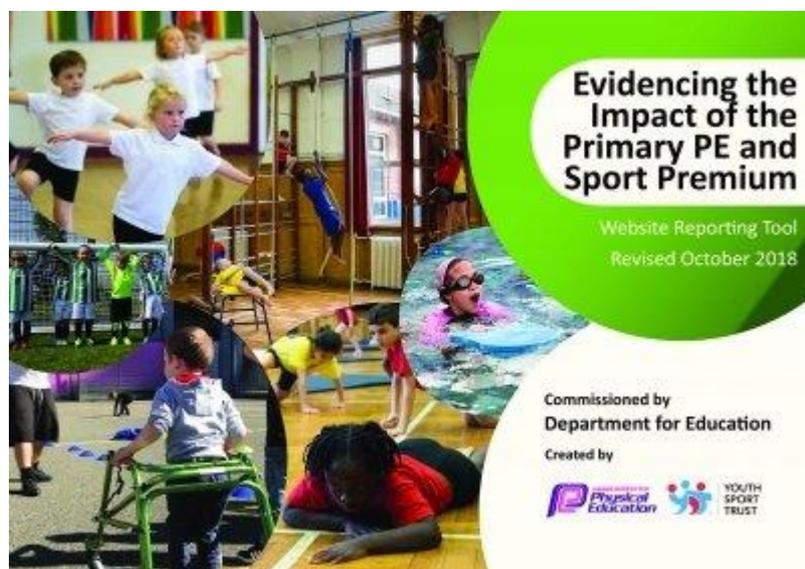


Department
for Education

"This funding brings with it a huge amount of potential to improve children's formative experiences of PE at primary school but it will be vital that it is spent in the right way. We want to see every primary school teacher professionally supported to develop young people's physical literacy with the same skill and passion as language literacy and numeracy.

"With a School Sport Action Plan due to be published by government soon, we look forward to seeing a more long-term, joined up approach which reverses cuts to PE and maximises the potential of sport and play to improve children's wellbeing and life chances."

'10 weeks to go' reminder : PE and Sport Premium for Primary Schools - Reporting deadline 31st July 2019



Maintained schools, including those that convert to academies, **MUST publish**, on their website by **31st July 2019**, information about their use of the Primary PE and Sport Premium.

- **Schools must publish the amount of premium received**
- **A full breakdown of how it has been spent (or will be spent)**
- **The impact the school has seen on pupils' PE, physical activity, and sport participation and attainment**
- **How the improvements will be sustainable in the future**

Schools are also required to publish the percentage of pupils within your year 6 cohort in the 2018 to 2019 academic year who met the national curriculum requirement to:

- **Swim competently, confidently and proficiently over a distance of at least 25 metres**

- **Use a range of strokes effectively**
- **Perform safe self-rescue in different water-based situations**

Attainment data for year 6 pupils should be provided from their most recent swimming lessons. This may be data from years 3, 4, 5 or 6, depending on the swimming programme at your school. Further information regarding swimming can be found [HERE](#)

Schools are required to [publish details](#) of how they spend this funding as well as on the **'Impact it has on pupils' PE and sport participation and attainment'**. We recommend regularly updating the table and publishing it on your website as evidence of your ongoing review into how you are using the money to secure maximum, sustainable impact. To see an example of how to complete the table please click [HERE](#) to download a copy.

Click [HERE](#) for further information and to download a **Word** copy of the revised template.

Click [HERE](#) to download a **PDF** copy of the revised template.

Active Lives Survey - Attitudes towards sport and physical activity (academic year 2017/18)

The Sport England Active Lives Surveys measure the activity levels of people across England. There are two surveys: Active Lives Adult, which is published twice a year, and the world-leading Active Lives Children and Young People, which is published annually. Both give a unique and comprehensive view of how people are getting active.

ACTIVE LIVES ADULT SURVEY

This focuses on people aged 16 and above.

Collection of data for our Active Lives Adult Survey began in November 2015 – replacing the Active People Survey – and runs for an initial period of five years. The survey is sent out to a randomly selected sample of households across England and help to provide an in-depth picture of how many people take part in sport and physical activity by demographic group, location and activity type.

ACTIVE LIVES CHILDREN AND YOUNG PEOPLE

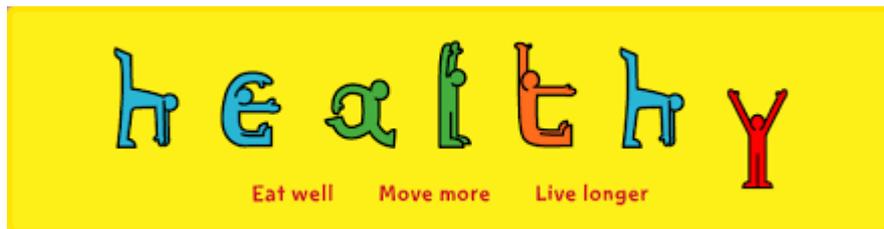
This survey looks at the activity levels of children aged 5-16. Schools that have been randomly selected arrange for up to three mixed ability classes in up to three randomly chosen year groups to complete an online survey. The survey has a different design for Years 1-2, Years 3-6 and Years 7-11 to ensure it's suitable for each age group. In addition to this, parents of children sampled in Years 1-2 are asked to complete a questionnaire to provide more detail about their child's physical activity behaviours and one teacher per school is also asked to complete a questionnaire on



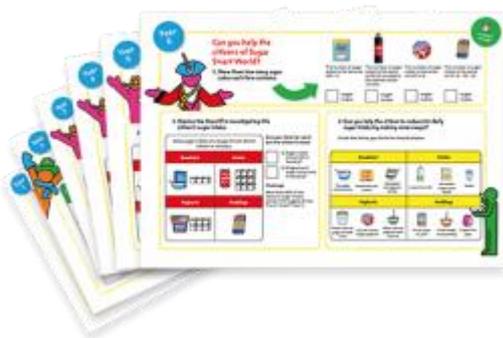
facilities, teacher training, active travel, types of physical activity on offer and the impact of PE and School Sport Premium funding to provide context to children's responses.

For full details of the latest survey results both nationally and locally, click [HERE](#)

Phonics resources to tackle childhood obesity



New resources will help primary teachers to incorporate healthy-eating messages into English and Maths lessons



New Change4Life teaching resources will support teachers to use English and Maths lessons to help children cut back on sugar.

This comes as Public Health England (PHE) reveals the average 10 year old has already consumed at least 18 years' worth of sugar. While children's sugar intakes have declined slightly in recent years, they are still consuming around eight extra sugar cubes each day, equivalent to around 2,800 excess sugar cubes per year.

For the first time, PHE has developed dedicated English and Math's teaching resources for primary schools across England, to help pupils and their families understand how much sugar is in their food and drink. It will also teach them about making healthier swaps to reduce their sugar intake.

This will complement the national campaign encouraging parents to "*make a swap when you next shop*", to help families enjoy healthier versions of the foods and drinks they are currently consuming.

Primary pupils could learn how to cut down on sugar while practising their phonics through new resources that give primary teachers advice on how to introduce healthy-eating messages into English and maths lessons.

[The resources](#), published by Public Health England's Change4Life campaign, are aimed at helping pupils to understand how much sugar is in their food and drink.

The new English lesson plans will help teachers to develop pupils' literacy skills, including phonics, vocabulary, grammar and persuasive writing, while introducing children to characters living in "Sugar Smart World".

The maths lessons, also based around "Sugar Smart World", help pupils to explore how much sugar is in everyday food and drink and use maths skills to find healthier swaps.

<https://www.tes.com/news/phonics-resources-tackle-childhood-obesity>

ASA's Swimming Teachers' Course National Curriculum Training Programme (NCTP)



Course Overview

The NCTP is comprised of two training programmes that use a combination of theory and practical sessions on how best to deliver school swimming.

Fundamentals of School Swimming (previously known as Module – 1) – once completed the holder will be able to actively assist and support a more qualified teacher. Candidates can then progress to the second training programme.

Aquatic Skills of School Swimming (previously known as Module – 2) – once completed the holder will be qualified to plan and evaluate sessions in line with the national curriculum and teach independently within a school swimming programme. Candidates can only undertake this Aquatics course having successfully completed the Fundamentals course.

Course Outline:

Fundamentals and Aquatic Skills - Full Course: This will take the 2 full days, there will be time in the pool on both days and a teaching assessment with children on day 2. Once successfully completed candidates will receive an ASA certificate. Candidates will have online access to Aquatics in the National Curriculum Activity Cards giving fun, varied and progressive introductory activities for children learning to swim and a learner guide to support them through the training.

Audience: All courses are open to any adult working in a school swimming environment: school teachers, classroom assistants, learning support staff, nursery nurses, qualified swimming teachers, parents, PGCE students or other helpers.

Venue: Cheltenham Ladies College Sports Centre Malvern Road, Cheltenham, GL50 2NX

Course Details:

Fundamentals and Aquatic Skills – Full Course

Thursday 27th June 2019 8:00 – 18:00 and

Friday 28th June 2019 8:00 – 18:00

Move More Core Members £95 (part funded by membership)

Non Move More Core Members: £310 per person

To book please complete the booking form found [HERE](#) and send it to Emma Pooley

e-mail: emma@move-more.org

Big Pledge It's Not Just Cricket Schools Challenge



Celebrating this year's ICC Cricket World Cup coming to the UK this summer it's time for your school to step up to the Big Pledge Challenge!

Register your school for **FREE NOW** for the It's Not Just Cricket School Challenge and undertake **ANY** sport or activity as part of the timed challenge as your school 'completes a century' by logging minutes of activity to 'score a run' and to get gold!

There is no limit on the number of pupils in a team so whether your school is large or small everyone can take part. One member of staff will need to register the school. The system will

calculate your school's total time target based on the number of pupils in your team. It will be calculated using the Chief Medical Officer's recommendation that children should be undertaking 60 minutes of activity a day. For more information on how to sign up please email bigpledge@wiltshire.gov.uk for your *Schools Sign Up Guide*.

Each school will receive a School Resource Pack that will help support you and your pupils, including an A1 wall chart that will help your school record your progress!

2018 participating schools said,

"We wanted to take part in the Big Pledge Challenge because as a school we identified physical exercise as an area that we need to improve in. We have been working on ways to encourage our students to become more physically active, introducing more playtime activities and after school sport clubs. The Big Pledge Challenge has given us the awareness of the importance of exercise and we have discovered we are doing more than we thought we were. Pupils have really engaged with the challenge and enjoyed recording their progress." - Studley Green Primary School

Be one of the first 45 schools to register to win a school's kitbag! Register your school by 3 June 2019 to be entered in to a prize draw for the chance to win a free sports coaching session for your school.

Can your school hit it for six and exceed your 'century target' to be in with a chance to win Most Active School?

Find out more and sign up now at www.wiltshire.gov.uk/bigpledge



Junior Avon Valley Runners 2 K & Dash - Monthly Event

JAVR 2k & Dash



A FREE monthly community sports event for all children under 16



Last Saturday of every month in Southwick Country Park

- JAVR 2k & Dash is a monthly free community sports event, organised by Junior Avon Valley Runners, for all children U16.
- Those aged 7-15 can run the 2k event and unders 7s can run the Dash.
- Registration is at 9:30am and the event starts at 10am.
- Points are awarded for attendance, position and personal achievement with an award presented each year based on the league table.

All welcome – just turn up and run!

For more information please email juniors@avonvalleyrunners.org.uk

AVR would like to thank the four organisations that have donated money to help establish the Junior AVR race. Proseus, Morrisons, Apetito and Avon Valley Runners have all made substantial donations to help pay for race equipment including electronic timing and a computer to help upload results directly to the web.

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