

PE and Sport Matters:

The Primary School PE and Sport Funding Newsletter

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Welcome to the second edition of the Sports Premium Newsletter.

We start with the most positive news possible. Ring fenced, Sport Premium funding for all Primary Schools is guaranteed until August 2016, a total of £450 million allocated to schools nationwide. Delivered through a lump sum and per-pupil top-up mechanism, a typical primary of 250 pupils would receive £9250 each year.

Depending on the result of the next election, there could be a further extension. David Cameron has pledged his support until 2020.

Excellent news for Primary School PE and Sport!

Newsletter 1 (February e-courier) introduced Sport Premium and its potential uses. Highlighting the 7 key OFSTED areas, it suggested ways Sport Premium funding could assist in moving PE and School Sport forward. In case you missed it, [here is the link](#)



Purpose of Newsletter 2. This time we are highlighting some of the successful approaches schools are taking in the use of the Sport Premium funding. Primary schools across Norfolk report that Sport Premium has made a significant difference to the quality of the PE and School Sport offer, but is now also beginning to impact on the motivation and attainment of students in the classroom.

For simplicity, the case studies are categorised in those seven OFSTED areas used in Newsletter 1 from the subsidiary guidance available at the launch of the Sports Premium.

Our thanks to those schools who volunteered to tell us their Sport Premium stories.

Premium PE and Sport Premium

The nationally agreed vision for the Primary PE and Sport Premium is:

A measurable and sustained improvement in school PE and sport, underpinned by high-quality teaching that increases participation levels in physical activity, and leads to healthier pupils who are more engaged across the whole curriculum. This will be our legacy to the London 2012 Olympic and Paralympic Games.

Objectives

1. To improve the quality of existing PE teaching through continuing professional development in PE for generalists, so that all primary pupils improve their health, skills and physical literacy, and have broader exposure to a range of sports.
2. To increase participation levels in competitive sport and healthy activity of pupils, and maintain these into adolescence.
3. To increase the quality of initial teacher training in PE and sport, and to promote PE specialisation in primary level workforce.
4. Schools understand and value the benefits of high quality PE and sport, including its use as tool for whole school improvement.



Self Review

Establishing a baseline position through an audit is a great way to target funding support. Norfolk PE Advisor Martin Radmore, has developed a quick and easy **Self Review tool** which may prove useful.

OFSTED

OFSTED are assessing how well schools have used Sport Premium funding to improve the quality and breadth of PE and School Sport. They have released a report on the use of the funding based on 22 visits that they have undertaken. This report outlines common areas of spend, good practice and not so good practice as well as emphasising some of the messages contained within this newsletter. For the report [click here](#).

OFSTED are also carrying out one-day survey visits reporting on the impact of the new funding. Follow the link to view likely areas of questioning. [click here](#).

School Websites

From April 2014, school websites were required to detail areas of Sport Premium spending and its intended impact on pupils' PE and sport participation and attainment.

AfPE (the Association for Physical Education) offer a downloadable Sport Premium planning tool with associated guidance which meets all requirements, is easily modified and be transferred directly onto websites. [Click here](#) for a copy of the planning tool and [click here](#) for the guidance.

Support

Finally, Active Norfolk is committed to ensuring all Primary schools have the required support to make best use of Sport Premium. Should you require additional help, as an individual school or Cluster, please call us on **01603 732381** or email to info@activenorfolk.org. We will be only too happy to put you in touch with someone who can help.

Effective Professional Learning

The nationally agreed vision and objectives clearly state that improving the quality of PE teaching is imperative to the success of the Primary PE and Sport Premium. Effective professional learning will develop high standards of PE and sport in your school and ensures a more sustainable legacy beyond the three years of funding.

Click here for a useful guide on effective professional learning.

Norfolk PE 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. Courses include:

Primary PE Subject Leaders Award
(nationally accredited at level 3).

Primary PE Subject Leaders Award.
(nationally accredited at level 4) is unique to Norfolk at present. This course can be accessed in a number of ways, including delivered in a cluster(s).

National Level 5/6 Primary PE Subject Leadership Award (afPE) – This is a more academic qualification, with the level 6 only available to QTS qualified staff.

In addition Norfolk PE offer a range of CPD to improve your Physical Education including dance and risk management. For a full programme of opportunities **click here**.

Real PE

The 'real PE' programme provides fun and simple to follow Schemes of Work and support for Early Years Foundation Stage, Key Stage 1 and Key Stage 2 practitioners that give them the confidence and skills to deliver outstanding PE. It is fully aligned to the new National Curriculum and Ofsted requirements and focuses on the development of agility, balance and coordination, healthy competition and cooperative learning. For more information **click here**.



The Youth Sport Trust offer a number of free professional development opportunities for member schools including:

- Key Stage 1 training
- Key Stage 2 training
- Using PE and sport to raise achievement in school training
- Subject Coordinator training: Modules 1-3
- Subject Coordinator training: Modules 4-6
- Inclusive PE training

All of this is free with YST membership which costs £300 with additional CPD opportunities available for an additional cost. For information **click here**.

Some School Sports Partnerships are able to offer a range of sport specific courses, to find out what is available contact your **SSP**. Alternatively visit the 'Increasing Sports Participation Section.

Appropriately skilled and qualified coaches can enhance you PE and sport offer, supplementing excellent teaching but there are considerations when deploying coaches within your schools. **Click here** for a useful guide on employment and deployment of sports coaches.

Increased Participation Rates

OFSTED requirement; the increase in participation rates in such activities as games, dance, gymnastics, swimming and athletics.

Investment in high quality training impacts on quality of delivery and therefore participation rates. A Sport Premium investment of **£2420** from **North Wootton Primary**, Kings Lynn provided Gymnastics training for the all staff (**£650**), places on the excellent NPECTS training (**£550 course fee, £700 release costs**), 2 County Swimming training opportunities (**£230 fees, £200 release costs**) and accreditation for an HLTA in the Safe Supervision of Curricular Swimming. For details contact Martin Radmore at Norfolk County Council. For Dance CPD, **Holly Meadows Primary** near Kings Lynn used Sport Premium to hire Slanted Dance, a Norwich based provider approved by Martin Radmore himself, for staff training and student workshops.

Sports equipment looking a bit tired?

Sport Premium can buy equipment to improve engagement and therefore participation. The Youth Sport Trust recommend Youth Sport Direct as a supplier; www.youthsportdirect.org. Top quality equipment, reasonably priced and innovative too; why not consider the Key Stage 1 Physical Literacy pack as an example.



With 1500 runners in the main event and 700 children in the fun run, the GEAR (Grand East Anglian Run) is one of the UK's leading events.

St. Marthas R.C Primary School, Kings Lynn used Sports Premium funding to enter 40% of the children and 85% of the staff, joined by parents and former pupils. The result; mass participation, **£2500** raised for Whizz Kidz charity and the top prize for participation of **£800** for pupils to spend! Why not use Sport Premium to support your local charity run? For details of the GEAR, [click here](#). With interest generated in an activity, please offer ongoing opportunities for students by encouraging progression into clubs for example.



Cliff Park Junior School use Sport Premium to employ a Sports Apprentice. Casey Emblem coordinates the extra-curricular programme, holiday clubs, lunchtime and break-time activities to maximise activity levels. Sport Premium funded the Playground Angels scheme at **Heacham Junior**, with Year 5/6 pupils trained as playground buddies, assisting SMAs to run ball game activities and supervising space hoppers and stilts. A module of their training; conflict resolution! Funded by Sport Premium, PATHS Playground Pals, part of the PATHS PHSE scheme, play a similar role at **Toftwood Junior School** assisting playground game setting out and packing away, helping others to find playmates, giving children ideas on games to play and implementing their training by being reliable Peer Mediators resolving 'playground friendship' issues.

The Sportosaurus scheme

The Sportosaurus scheme, promoted by Norwich City Community Sports Foundation, sees 4 pupils a week (one per house) recognised for sporting achievement. Their reward? A Sportosaurus soft toy to take to sporting activities and lasting fame through the diary they keep. Why not use Sport Premium to fund a similar scheme in your school?

Power Walking

Keen to maximise engagement, **Ormesby Junior School** offered Power Walking as an alternative to Cross Country running. Operating at 60–80% of maximum heart rate but offering fitness benefits, power walking is within reach of all students. Resources and training for staff were funded using Sport Premium. For information [click here](#).

Dance

Utilising Sport Premium, **Hillcrest Primary School**, Downham, revitalised their Dance provision through specialist Dance teacher, Helen Battelley. They aligned the dance focus with the curriculum topic, for example, Rainbow Fish and Colours for Reception and Rivers for the Year 6. Keen to promote Dance, **Sheringham Primary** included it on their Sport Premium funded Activate Board and also improved their Trim Trail increasing lunchtime student activity.

Engaging the disengaged

Engaging the disengaged; a constant challenge. 'Livewires' club is **Mundesley Junior schools** answer. Open to all, with targeted invitations for some, the club runs on Thursday lunchtimes for 40 minutes offering unusual activities; Boccia, Kurling, Goalball, Table Cricket and Handball. Sport Premium provided equipment and additional MSA staffing to make it happen.



Increased Competitive Opportunities

OFSTED requirement; the increased success in competitive school sport

The Norfolk Sainsbury's School games, the largest school sport event to ever be held in Norfolk has been a stunning success and provides thousands of students with competitive sporting opportunities every year. During the 2013-14 academic year, over 15,000 young people took part in 250 competitions across the County. 2500 represented their School Sport Partnerships in 42 County Final events. The aim; to inspire more young people to take part in competitive school sport at their level of ability. The Norfolk School Games is organised by Active Norfolk and the eight School Sport Partnerships (SSPs) in the county and sponsored by the Sportspark.

The Games are made up of four levels of activity: competition in schools, between schools, at county/area level and a national finals event:

Level 1 – sporting competition for all students in school through intra-school competition

Level 2 – individuals and teams are selected to represent their schools against other local schools in School Games qualifying competitions run by the eight School Sport Partnerships (SSPs). The winning individuals and teams are selected to represent their SSP at Level 3.

Level 3 – the Norfolk School Games Finals are two week long multi-sport competitions (Winter and Summer) where the most talented pupils from across the county represent their SSP whilst competing against each other.

Level 4 – the Sainsbury's School Games finals: a national multi-sport event where the most talented young people in the UK will be selected to compete in the countries sporting venues.

Sport Premium funding can be used creatively to support involvement in competitive opportunities through the School Games programme at all levels.

Examples include:

- Purchase of equipment to support School Games activities, improve lesson provision and stimulate interest in clubs
- Buying into the services of the SSP through the School Games Organiser, either for delivery of activities or organisation of level 2 competitive opportunities. Clusters of schools can 'pool' their Sport Premium funding to make this possible
- Hiring of external coaches in specific sports where in school expertise is lacking but there is an interest in promoting School Games activities
- Meeting the cost of transport to Level 2 and Level 3 events
- Purchase costs of sports gear for use of teams
- Link projects with local clubs to provide progression routes

Why not use some of your Sports Premium to extend your range of competitive opportunities this year? Your School Games Organiser will be pleased to help.

Their contact details can be found on the School Games website at:

www.norfolkschoolgames.co.uk



Inclusive PE

OFSTED requirement; an increase in the inclusivity of the physical education curriculum

The appointment in school of a full time PE Coordinator is a reasonable use of Sport Premium funding. Many Norfolk schools have done this, including **Sheringham Primary** where Matt Groves is responsible for ensuring that all students, irrespective of ability or background, have proper access to a well designed PE and extra curricular opportunities as well as a plethora of competitive opportunities; a truly inclusive PE and school sport provision.



The Playground to Podium scheme continues to offer SEND students facing barriers the opportunity to take part in a range of activities using top quality equipment in world class facilities supported by fully qualified professional coaches. Sport Premium is being used by many schools to make this happen, from funding transport to release time for staff to supervise. Norfolk School Games even provide team T-shirts for free to create that real team feeling! School Sport Partnerships also run Adapted Sports Days, another ideal opportunity for SEND pupils, from both mainstream and Complex Needs schools. For advice on setting up opportunities for students with disabilities, [click here](#) to visit the Active Norfolk website and follow the links.

Finding a Physical Education scheme that is truly inclusive is a difficult ask; 'Real PE' may be the answer! Already in use at **Reepham Primary**, **Toftwood Junior** and many others, Real PE provides fun and simple to follow Schemes of Work and support for Key Stage 1 and 2 practitioners that give them the confidence and skills to deliver outstanding PE. It is fully aligned to the proposed National Curriculum and Ofsted requirements and focuses on the development of agility, balance and coordination, healthy competition and cooperative learning. The foundations of the Schemes are based on the Fundamental Movement Skills (FMS) of agility, balance and coordination, inclusive competition and broader essential holistic skills. Sport Premium can be used to pay for Real PE or any other PE scheme to improve the quality of your PE provision. For details [click here](#) to go to the Create Development website, the designers of Real PE.



Provisional and Alternative Activities

OFSTED requirement; the growth in the range of provisional and alternative sporting activities

If water sports appeal, follow **Rollesby Primary's** lead and offer sailing. Organised through School Games Organiser, Paul Hunter, with transport funded through Sport Premium, 12 year 6 students experienced sailing at the National Schools Sailing Centre at Filby Broad. With competitive progression available through the School Games, sailing provides another, very different, sporting pathway. Other sailing centres in Norfolk include:

NSSA at Filby
www.nssa.co.uk

Nancy Oldfield Trust
www.nancyoldfield.org.uk/

Horning Sailing Club
www.horningsc.co.uk/

Norfolk ETC
www.norfolketc.co.uk/

Whitlingham Outdoor Education Centre
www.whitlinghamoec.co.uk

Snettisham Beach Sailing Club
www.snetbeach.co.uk

Bike fever has hit **Cliff Park Junior School** through Sport Premium and the encouragement of Bike It Officer, Kevin House, offering:

- Subsidised Bike Breakfasts
- Tour de France inter class competitions
- Tour of Britain-pupils joined the stars racing on Yarmouth seafront
- Bike maintenance with Dr. Bob
- Project BOB (Bums On Bikes)

Why not set up your own cycling scheme? Improve physical activity levels and reduce school run parking problems all in one!

Willow Farm Equestrian Centre hosted the **Ormesby Junior School's** horseriding opportunity with groups of 6 children taking part in the Summer Term. Sport Premium subsidised the fees and covered transport. Find your nearest approved equestrian centre [here](#). All are keen to engage schools at competitive rates including equipment hire.

Heacham Junior School have used Sport Premium funding to buy equipment or pay instructor fees to support alternative activities, many involving parents to strengthen partnerships. They include: Taekwon Do, Street Dance, Zumba, Outdoor Adventurous activity involving Compass Yoga and Gardening with each class having its own area. A particular success was Bowls. Retired Heacham residents, all qualified coaches offered free tuition on afternoons in the Summer Term, 3 coaching sessions per student. Sport Premium bought the bowls and with a local club to join, a great scheme showing real community cohesion.

Equally adventurous; **Holly Meadows Primary** near Kings Lynn, with their offer of Handball, Table Tennis, Speedstacking, Snooker and Taekwondo, all supported once again by Sport Premium.



Golf

Golf is big with youngsters. How about encouraging the next Rory McIlroy by following **North Wootton Primary**'s example. Ahead of the Partnership Tri Golf competition, they used Sport Premium to subsidise tuition from local Kings Lynn professional Mike Timson, with affordable teaching and joining fees to follow.



Taekwon Do

Ever thought of Taekwon Do as an alternative sport? **Great Witchingham Primary** offered Sport Premium funded sessions to all students and a demonstration to parents resulting in pupils progressing to a club, achieving Black Belt status and now returning to coach others. The principles of the sport; discipline and mutual respect proved invaluable to some of the more challenging youngsters. For details of the sport [click here](#).



Duathlon

Olympic Triathlon success in 2012 for the Brownlie brothers generated enormous interest in events combining different physical challenges. **Sheringham Primary** have used Sport Premium funding to staff a very popular Duathlon Club (running and cycling), meeting weekly after school. [Click here](#) to visit the National Duathlon website. Sheringham have also ridden the 'Murray wave', developing racket experiences for students starting with tennis, progressing to squash and badminton. In each case, Sport Premium funding provides equipment which students keep and subsidises attendance at local club sessions, offering the greatest chance of involvement beyond school.



Cheerleading

Cheerleading, a fun activity accessible to all, is proving very popular at **Northwold Primary**. Using Sport Premium funding, the Thundercats group from Thetford trained 20 enthusiasts after school. Performances followed with appearances at local carnivals and concerts with Sport Premium providing 'uniforms' for the cheerleaders. Students not only were engaged in the activity but learned about choreography along the way. To find out more about the benefits of cheerleading [click here](#).

Partnership Work

OFSTED requirement; the improvement in partnership work on physical education with other schools and other local partners

Forming partnerships with colleges, universities and high schools offers opportunities with associated expenses (travel etc) being met from Sport Premium. **Ormesby Junior School** host Sports Coaching students from **Easton College**, who team up with the staff to support delivery of PE lessons, run teams and supervise lunchtime activities.

Why not contact your local Further or Higher Education provider to explore the possibilities?

Holt Primary have joined forces with **Greshams Independent School** to offer a top quality swimming opportunity to their children. The self employed tutor is paid for by Sport Premium with Greshams providing lifeguards and free use of a mini bus to save transport time. An excellent example of partnership working between state and independent sectors. Were it necessary, Sport Premium could be used to fully fund such an arrangement; tutor fees, pool hire, lifeguards and transport. Why not contact your local swimming facility and see what can be arranged?



An excellent model for partnership working in a Federation can be found in Dereham. The Trinity Federation, comprising **Great Witchingham, Hockering** and **St. Peters schools** have joined forces to use Sport Premium in a number of ways:

- A full audit of all Federation schools was undertaken in September 2013 to establish a starting point for future developments. The PE Lead spoke to staff in all schools about the findings and the plans that were developed as a result
- A PE lead for the Federation was appointed, with Sport Premium funding supporting her salary costs
- High profile Sport Premium funded projects started across the Federation to improve cohesion. Example; Skip 2 B Fit. All pupils across the entire Federation were given a skipping rope and were involved in six lessons. Specially adapted ropes automatically monitored performance. Scores were displayed in school to encourage improvement of personal best. Assemblies included 'Top Banana Award' and 'Most Improved' certificates both within individual schools and across Federation. Developments included a league across schools, with results displayed on websites. For more details go to www.skip2bfit.com
- Within PE, Team Teaching and a round of an enhanced observation programme across Federation schools have been organised (Sport Premium funding releases staff)
- Utilising Sport Premium funding, **all staff** from **all schools** within the Federation will attend a PE Conference

Links With Other Subjects

OFSTED requirement; links with other subjects that contribute to pupils' overall achievement and their greater social, spiritual, moral and cultural skills

Inviting back local sports stars 'made good' is inspirational to pupils. Following 2012, Olympics and Paralympics stars are readily available. Active Norfolk can find you a local athlete. Contact Paul Evans at paul.evans@activenorfolk.org. Fees and expenses can be met from Sport Premium and are usually reasonable. Through their stories, athletes deliver important messages to students about success; the need for determination, the importance of dreaming big, the inevitability of set backs.

'Be the best you can be'

'Be the best you can be' is a OFSTED approved programme aimed at motivating and inspiring pupils to unlock their potential, run as part of the 21st Century Legacy, post Olympics campaign. For details [click here](#). **St. Marthas R.C. Primary** used Sports Premium to fund the scheme, bringing them an Olympians visit and INSET for staff. With a sporting theme linked to school achievement, pupils complete a Dream folder charting current successes and recording future dreams. **'Be the best you can be'** is one of many schemes; well worth checking out others and allocating Sport Premium to make it happen.

Awards system

Sportsmanship, team spirit, praising and encouraging others, listening and following instructions, self discipline, progress; priorities for **Holly Meadows Primary** who used Sport Premium to fund a medal system with Bronze, Silver and Gold awarded each week. Why not use the Sports Premium to introduce a sports based scheme to encourage desirable behaviours around school?



Residential experiences

Residential experiences, offer different, exciting activities and opportunities to promote teamwork motivating yet more students towards physical activity. Sport Premium can financially support families and pay transport costs. Norfolk boasts several excellent centres; websites below. Check them out and consider offering an activity residential or try somewhere new.

Kingswood Residential Centre, West Runton
www.kingswood.co.uk

Hilltop Residential Centre, Sheringham
www.hilltopoutdoorcentre.co.uk

Eaton Vale Activity Centre
www.eatonvale.co.uk

Thorpe Woodlands Adventure Centre
www.thorpewoodlands.co.uk

Hautbois House, Coltishall
www.hautbois.org.uk

Whitlingham Outdoor Education Centre, Norwich
www.whitlinghamoec.co.uk

Horstead Centre, Norwich
www.horsteadcentre.org.uk

Brancaster Activity Centre
www.nationaltrust.org.uk/brancaster-activity-centre

School projects and sport

Ormiston Herman Academy found an innovative way to link their year 1 and 2 Castles project with a new skill. Archery skills were part of the work, an archery coach was engaged using Sport Premium to offer an after school club. What links could you make between the curriculum and sporting activities?



Use technology

Technology enhances all subjects, PE and School Sport included. **Arden Grove Infant and Nursery** used £400 of Sport Premium to purchase an ipad, to take pictures and videos during PE, enabling students to reflect on their own performance and improve.



Outdoor learning

Great Withingham Primary plan to branch out into Outdoor Learning through targetting Sport Premium funding towards Forest Schools training, an approach promoting active learning. This teaching approach improves motivation and raises standards for some pupils favouring the kinaesthetic learning style. For details go to www.forestschoools.com

Geography and culture

'A Journey through Africa' provided the focus for a Year 6 Dance project at **Northwold Primary**. A Sport Premium funded Dance specialist helped students explore the geography and culture of Africa through dance with half termly performances in assemblies. Year 3/4 Northwold students meanwhile choreographed dances on the theme, 'Machines', a project requiring preparatory research on 'how things work'. Dance related activities are popular in schools; why not contact your local dance specialist and explore the possibilities and fund it all through Sport Premium?

Global sports events

The Olympics has proved inspiration for many school projects since 2012, for example **Attleborough Junior School** with their Year 6 mini Olympics project. Events with equipment provided from Sport Premium offered students the chance to participate but also improve their Mathematics and English skills engaging in measuring and creative writing activities. Why not look to use global sports events to provide the focus for whole school cross curricular opportunities and use Sport Premium to purchase off the shelf resources to make it all manageable; the possibilities are endless!

Attleborough have used Sport Premium to boost leadership activity. Trained Year 6 sports leaders benefitting from the Young Leaders programme, support MSA and TA at breaks and lunchtimes offering activities to younger children. Space hoppers, Frisbees, rainbow balls, bean bags, skipping ropes and much more including the containers to store it in, all provided by Sport Premium.

Health Awareness

OFSTED requirement; greater awareness amongst pupils about the dangers of obesity, smoking and other such activities that undermine pupils health

5 a day TV!

5 a day TV! The ultimate school fitness resource! **Hillcrest Primary**, Downham Market, used £200 of Sport Premium funding to subscribe to 5 minute demonstrated exercise routines, streamed from the Internet. No teacher preparation or training required, an opportunity to involve the whole school. An additional £60 per year enables students to access routines at home, so parents can join in! With on screen translation into foreign languages and leadership opportunities through the routines, there are cross-curricular benefits too. For details [click here](#).

Change4Life

Change4Life clubs are an exciting opportunity to harness the inspiration of the Olympic and Paralympic Games to engage less-active children in physical activity and school sport. Change4Life Sport Clubs are fun, vibrant and exciting activity clubs giving young people the confidence and competence to take part in lifelong physical activity. Clubs capture the essence of the sport without directly delivering sport-specific content, and are grouped under five multi-sport themes:

• Adventure • Creative • Combat • Flight • Target

Your School Games Organiser may be able to provide an equipment bag and training free; if not, Sport Premium can be used to purchase them and hire staffing to deliver the programme, if required. For more information about Change4Life, [click here](#).



Zumba

Arden Grove Infant and Nursery school invested £5000 of Sport Premium to promote Health and Well Being and raise levels of physical activity, embedding important messages at school but also crucially, at home. Zumba, the dance fitness programme, is used to improve pupil fitness levels but also involve parents. Sport Premium provides free, yes free, sessions for both pupils and parents where tips on physical literacy are given with advice on fitness work at home. Partnership working with parents at its best! Zumba also forms a part of **Health Week** in January. Building on New Years Resolutions, the school funds outside providers using Sport Premium to increase physical activity levels. Special sessions cover healthy eating and the dangers of drugs. Finally, as part of a LA pilot, PE Cafes, parents visit school with pupils, hear about the benefits of exercise and take home resources to increase activity levels. For further details contact Martin Radmore at Norfolk County Council; Martin's email is: martin.radmore@norfolk.gov.uk



Healthy Schools

Healthy Schools support schools to become health promoting schools. They cover PSHE, Emotional Health and Wellbeing, and all aspects of school life including physical activity that can have an influence on children's health and well-being. They do not work directly with pupils but support with training, advice, policy development and resources for all staff and governors. In addition they have simple tools that schools can use when planning focused interventions that can help them to show evidence of impact.

[Click here](#) or phone Adele Godsmark 01603 221812

Local health professionals

Using local health professionals to reinforce important messages has proved beneficial for **Sheringham Primary**, who invited their local medical practice in to deliver assemblies focusing on the value of physical activity and a healthy diet. Sport Premium funding could pay the expenses for visiting speakers but the Sheringham practice did it for free! Why not give your local surgery a ring.



Step counters

Holt Primary used Sport Premium to purchase Step Counters for Year 6 students and 18 staff with School Nurse support. Daily and weekly counts quickly progressed to target setting; can we walk to Disneyland! Cross-curricular opportunities here for Mathematics and Geography. For details of step counters [click here](#).

PHSE Association

Langham Primary have found their subscription to the PHSE Association a valuable use of Sport Premium, providing access to teaching resources targeting health and well being issues.

Why not take a look;
www.phse-association.org.uk

Active Sports Week

Raising awareness of the need for healthy lifestyles, **Attleborough Junior School** introduced an Active Sports Week. Whole school physical activity happens from 9.00 until 9.25 through a circus of 4 activities; skipping, dance, 'follow my leader' and the Golden Mile. A one hour cross curricular slot follows with Sports Maths and in the afternoon a range of practical sporting activities; Tri Golf, Shoot Hoop and Dodge Ball. All equipment, resources and any staffing costs are met from Sport Premium.

In order to engage parents, there are designated '**Healthy Eating Weeks**', with booklets for parents containing a weekly food chart for children to complete. Class teachers spend time talking to students about sensible eating and team points for the house system are awarded for children bringing in water bottles and fruit. All associated costs (photocopying of booklets etc) met from Sport Premium.

