

High Quality Physical Education and School Sport

Norfolk County Council's PE, Sport and Physical Development Service

What are we all about?

Our Service is dedicated to ensuring that the entitlement and experience of all young people in schools in Norfolk is high quality. As a Service we will be concentrating our resources on the following key areas of work:

- *A high quality Physical Education experience which is planned, progressive and well delivered*
- *An entitlement to two hours a week high quality Physical Education*
- *Establishing a clear progressive pathway for gifted in PE and talented in sport young people*
- *Supporting the Five Hour Offer*
- *Monitoring standards*
- *Providing school based support, CPD and guidance to impact on teaching and learning*

These key areas of work will be achieved through working in partnership where appropriate and with key stakeholders. Such programmes as our innovative Norfolk PE Teaching Competence Standards course will work to cut across several of these key areas. Therefore the main focus of our core team of three will be directed to these areas above.



The Service also plays host to the Norfolk Competition Team, who are working closely with the eight School Sports Partnerships to bring about a systemic change to sport and competition.

High Quality Physical Education

Because Every Child Matters

Ensuring a high quality entitlement and experience in PE for all children in Norfolk schools

Through the governments national PE and Sport Strategy for Young People every child is entitled to 2 hours a week Physical Education. This is to be brought in over time so that 100% of pupils receive this entitlement by 2010. Here in Norfolk we are well on the way to achieving this target and are currently 3% above the national average for the 2008/09 academic year with 93% of our young people aged 5-16 receiving the full entitlement and hope to have built further upon this during 2009.

But here in Norfolk we are passionate about PE and want to really ensure that all children receive a high quality entitlement and experience which will help them achieve and enjoy in their school life and encourage them to live more healthy and active lifestyles, making physical activity a part of their everyday lives. This will also help address the growing concerns about childhood obesity.

We are therefore launching a High Quality in Physical Education Award – a charter mark which recognises those schools who not only provide the quantity but deliver a high quality entitlement and experience for all their pupils. Launched at our annual PE conference in May, the Award is already receiving attention from national organisations that recognise its merit and commitment to young people



The Award will last for two years and all schools, special, primary and high can apply. We will be working with all schools to try and ensure more and more schools achieve this Award. Schools achieving this award can use the logo (above) on their newsletter or headed paper as we think that they will want to shout about it when they achieve it as it recognises quality of provision.

Primary Schools are being supported through the School Sports Partnerships network, with time being given over to completing the Award and collating the evidence, monitoring standards and developing the pupil experience.



Enjoyment combined with an understanding of what they are trying to achieve – helping pupils to improve performance

Applications are invited bi-annually with the first wave deadline for applications being 31 December 2009 and then again on 31 July 2010. Successful applications, those schools who have high quality PE will be invited to a celebration event at County Hall to recognise the high quality outcomes which they are providing for pupils.

Further details can be obtained on the website or by contacting us directly.

Annual PE Conference May 2009 (PESSYP)

This year's conference was held at the John Innes Centre, Norwich, which provided a great venue and exhibition space. There were 32 exhibitors this year and 212 delegates through the day, who attended a variety of workshops around the key areas of the PE and Sport Strategy for Young People (PESSYP). The Conference saw the launch of the High Quality PE

Award and the Power of Five Week to correspond with National School Sport Week. The Conference was hailed as a success with 100% positive feedback about the event.

Practical workshops were added to the event to ensure that theory could be demonstrated and to help keep the Conference in context and real. National speakers, Norfolk Sports Ambassadors, key shakers and movers in PE in Norfolk and members of the Service all helped to make the event a huge success – thank you to all who either contributed or attended on the day.

Norfolk PE Teaching Competence Standards Programme (NPETCS)

This extremely popular and nationally acclaimed course will be running again this year, with applications being invited during September and October for the commencement in January 2010. Successful applicants will be invited together with their school based mentor to a briefing in December.

This course as you may be aware is for teaching assistants who have appropriate abilities and enthusiasms to be trained to teach PE lessons in the Primary school. This will allow headteachers to deploy NPETCS qualified teaching assistants to deliver PPA or raise the quality of delivery and standards in PE. The course is now in its sixth year and grows in strength and number. To date over 200 TA's have been enrolled on the programme and are making a significant difference to the quality of PE provision in the schools in which they are working.

Early applications are recommended as this course is very popular and fills up very quickly. We also have a limited number of places which we can offer and still maintain the high quality of training and support. Further details have been circulated to schools but are also available on e-courier, contacting us directly, or on the PE website.

!!!!STOP PRESS!!!!

SECONDARY INNOVATION

We are currently looking at developing an exciting new programme to look at Cover Supervisors in Secondary Schools. If this programme sounds like something you may be interested in, or willing to contribute to then further details can be



obtained by contacting Keren Thompson, County PE Adviser.

School Based INSET – the effective solution

Over the last couple of years we have provided an increased number of training sessions through partners where subject leaders and others are pulled out of school to central training venues. We have grown increasingly concerned about the impact on schools of the increased provision. Colleagues have also expressed concerns that at times these are not the most effective ways of moving practice on in schools and making an impact on the pupils; therefore we have always maintained a high number of individual school based INSET sessions. We are absolutely committed to these and will make more time available to support schools who want to ensure that their practice is influenced and effective. Please contact us directly on 01603 697000 to book a school based INSET

This could for example, look at apparatus handling and safety in gymnastics, or teaching progressions in gym, dance for KS1 – whatever your school need (this should have been identified through

subject leader support time and SSP audit). Using your school facilities, resources and as appropriate your pupils can make for a very effective piece of CPD for all staff – especially when followed up with team teaching or a further session later in the term or academic year. Already for September to January 2010 we have seen an increase of 35% in bookings.

2009 / 2010 Courses

PE CPD opportunities

All schools will be sent a copy of our full programme of courses for this academic year. They are listed on the back of this issue and also available on-line via our PE website: www.school.norfolk.gov.uk/go/pe

You will notice a range of different courses designed to meet your needs but if you feel that you need help and support in areas other than those targeted, or sooner than the course dates permit; then get in contact with us on 01603 697000. Any of these courses can be adapted to be delivered in your school with your staff to help address school development needs and plans; contact Martin Radmore, on the number above, to discuss your needs further and plan an effective school based inset.

Action Kids Course November 6th 2009.

Due to popular demand we have secured the services of a trainer to deliver a one day course on Action Kids. This very popular and hugely effective programme for Early Years settings is a must and we are delighted with the county's response to this programme from Val Sabin Publications. The day will be held on November 6th at Lionwood Infants from 09:00 – 16:00 and will cost the standard £135 course delegate fee. Bookings will be taken early in September so please use the flier when it comes through or book online via the PE website. Alternatively you can contact Claire Burrows, our Administrator on 01603 697000 to request a booking form – unfortunately no bookings can be taken by phone as they must be written and signed by the headteacher of the school.

New County Swimming Assistant Course for Teachers and TA's

This course has been designed to support the quality of teaching and learning in swimming. The course is aimed at those school staff that help the swimming instructor to teach swimming by working with small groups etc. The course does not qualify you to teach swimming or replace in any way the qualified swimming teacher but is designed to ensure that you have appropriate knowledge, skills and understanding to help facilitate learning poolside.

It will provide delegates with a framework to help improve pupils swimming, resource material to use and ideas to help pupils with their swimming actions. This course is a must for all those school staff that help their instructors by working with a small group under their direction. The course does have a practical component and will require all participants to be competent in the water. Further details are available on the web or by contacting us directly. Places are limited due to the nature of the course so please apply today. NPETCS trained Teaching assistants are particularly welcomed as this is a progression from their original training.



In September of 2008, Keren Thompson was seconded from our Service to work at the UEA to help deliver their successful secondary PE PGCE programme. Here she reflects on that secondment.

Secondary Physical Education PGCE Tutor Secondment

Keren Thompson UEA 2008 - 2009

The 'buzz' that good teaching creates for the teacher and the pupils is very special and for many this makes teaching the best job in the world.'

(School of Education and Lifelong Learning Teacher Training Prospectus p9, 2008/09, UEA)

This past academic year I have had the exciting opportunity of working with 20 trainee teachers, guiding them through their PGCE year in their quest to enter, in my opinion, the best career in the world. I feel incredibly privileged to have experienced the world of teaching from this perspective and witnessed just how many colleagues support the teacher training programme.

My year has involved me stepping back in time, attending and delivering lectures, leading and participating in seminars and reliving 'burning the midnight oil' through the marking of assignments instead of writing them! This role has enabled me to maintain contact with a significant number of our county's high school PE departments who contribute to and support the PGCE programme at the UEA. Working together with colleagues the programme seeks to ensure UEA students are ready for the rigours of teaching. I have seen at first hand how much of a two way process learning can be as the students have brought with them new and different ideas to support teaching and learning, whilst gaining themselves in knowledge from our more experienced colleagues.

I personally have learnt a tremendous amount from guest speakers, fellow lecturers and being a tutor about what a teacher of the 21st Century could look like, and I will be striving to apply this knowledge to my work within the service from September 2009.

The joy of watching the students graduate and embark on their careers and first teaching posts gives the same sense of achievement one can experience

when a pupil succeeds at the simplest of tasks; and is one that will remain with me.

It just remains for me to thank everyone who allowed this experience to happen; it has been a great year.



Norfolk hosts the Regional Multi-Skill Academy

Over 80 students from across the East Region attended a Regional Multi-skill Academy focussing on elements of the Multi-Ability Framework (Physical, Social, Personal, Thinking and Creative) in May during National School Sport week.

Forty Norfolk young people attended the University of East Anglia Sportspark where students underwent a challenging day of assessment of their performance based on the 5 abilities.

Mel Clarke, Jon Thaxton, Paul Evans and Craig Flemming (four of Norfolk's Sports Ambassadors) opened proceedings and continued with their inspirational involvement throughout the day through assessing, conversing and joining in.

At the end of the Academy, all of the coaches involved were asked to select two students, whose performance and attitude had impressed them. An 11-year-old boy Torelle Porter, who attends Bignold Junior School, was named best overall male performer in the East of England.



Torelle Porter being presented with a signed and framed poster, certificate and award

Sports Ambassadors

Twenty-three events were visited last year by our Sports Ambassadors, and this Autumn term sees the official launch of the scheme. We now have ten local Sports Ambassadors available to inspire and motivate young people by school or event visits, to work in the classroom with young people. The scheme is being headed up by Paul Evans – no stranger to top sporting success as he competed in two Olympic games and also won the Chicago marathon. Paul also works as Norfolk's athletic development officer and under his direction the scheme is set to grow.



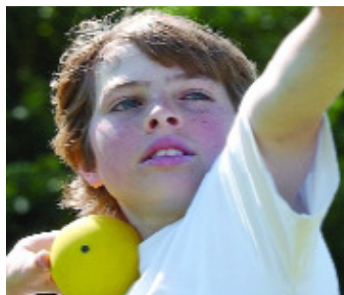
Do you have an event which could be boosted by the addition of a Sporting Ambassador? Would a visit help inspire your pupils or raise the profile of PE in your school? If so contact Paul to discuss your needs and arrange a Sporting Ambassador visit. Telephone 01603 697000.

Competitive Edge STARS information

Competitive Edge STARS (Supporting Talented Athletes on the Road to Success) Squads is an exciting new project that works with Norfolk state and independent schools to give high performing young athletes the best chance of realising their potential by creating a high performance county STARS squad. The project is about the development of a squad system and mentality that drives, inspires and supports the ambitions and achievements of talented young athletes.

In September, Norfolk County Council seeks applications for the first year of the STARS Squads project. Application forms will be distributed to Norfolk state and

private schools, sports colleges and sports clubs. Applications will also be made available on the website or by contacting us directly – Contact Gary Penn on 01603 697002



Norfolk's Competition Team

Roger Sweet, Senior Competition Manager

One year on and over 25,000 children and young people engaged in competition!

Looking back over the last school year the Competition Team can take a great deal of satisfaction with what has been achieved in its first full operational year.

Good relationships have been established with all 8 School Sport Partnerships which has been essential to the delivery of high quality and age and ability appropriate competition. Strong links have been made with the leading NGBs at local, regional and national level in sports such as athletics, tennis, rugby, cricket, table-tennis, swimming, golf, rowing and football. Close working with Active Norfolk has seen very effective collaborative projects through the 'sport unlimited' programme and the creation of strong school club links essential to the development of any young aspiring competitor. The support of Norfolk County Council and the PE, Sport and Physical Development Service has enabled the Competition Team to draw on excellent resources, advice and guidance.

The Competition Team has been involved in developing competitive opportunities across all Key Stages and all schools in Norfolk. Multi-skills, dance and gymnastics festivals at cluster level for KS1 children developing into more sport specific events a KS2 and into full competition at KS3 & 4. At primary level cluster school festivals have also included dance and gymnastics, while at Years 3 & 4 children get a taste of real competition through mini-tennis, which culminated in an excellent county final at Easton's new indoor tennis centre.



At Key Stage 3 & 4 Partnership and County Finals have included indoor-rowing, B/C football, trampoline and table-tennis, while the Competition Team has taken an active part in the annual SSP Games, an event bringing together approximately 800 competitors.

The success of these and other festivals tournaments and competitions throughout the county has been the excellent relationship developed with High Schools and Further and Higher Education establishments and the use of Youth Leaders and Volunteers. Without this workforce effective competitions just could not take place.

An annual major event that for the last two years has been co-ordinated and managed by the Competition Team is the Active Norfolk Youth Games. This is an opportunity for young people from all of Norfolk's Special Schools and those from high schools with a physical and/or sensory disability to come together at the UEA Sportspark to participate in a variety of sports from athletics, badminton, tennis and zone hockey to boccia, rugby, indoor-rowing and capoeira, along with a separate swimming gala. For me this is one of the highlights of the sporting year, once

again made possible by the fantastic Youth Leaders and Volunteers (nearly one hundred in total) working alongside the participants.

Certainly one of the great successes of last year was the programme of disability sport and competition written into the County Competition Plan. These have included basketball, sportshall athletics, Kwik cricket, wheelchair basketball and football, rugby and trampoline. During the course of these events, where the level of competition is always high and fiercely fought, many friendships have been formed and we look forward to developing these in the years to come.

And what of this year? An expanded County Competition Calendar recognising the 16 sports identified at national level and their prioritised competitions will see basketball, badminton and aquathlon added. Working closely with the Further Education School Sport Co-ordinators (FESCO's) will see a new programme of 16-19 competition including rugby, volleyball, dodgeball, tennis, indoor-rowing and athletics.

Implementation of the new Playground to Podium (P2P) initiative in collaboration with Active Norfolk's Disability Officer, as Norfolk goes in search of its next Paralympian Champions. Plus of course building and reinforcing on the work of last year.

My thanks to all teachers, staff, coaches and volunteers who have made this such a successful year and to headteachers for recognising the role that competition, sport and physical activity can play in developing the whole child.

My special thanks to Alex, Jon and Nick who, as Competition Managers, have made a very positive impact on the development of inter-school competition within the county. We lose Nick this year as he heads off to work for the county on physical activity and health and we all wish him every success. Nick will be replaced by Stuart Brunton-Douglas and I am sure we will all make him welcome and help him to hit the ground running!

Have you got your copy of the County Competition Calendar? If not contact Roger Sweet to arrange for one to be sent.

Alex Bond – Competition Manager, reflects on 2008/09

A personal success for me was the Junior Cross Country Partnership Competition for the Norwich School Sport Partnership. The event hosted by the Hewett School and with the support of athletics coach Richard Jackson, and a group of Young Leaders from the school, who had various roles, allowed nearly 150 children across years 3 – 6 the opportunity to take part.

Prior to the event, schools the partnership were offered coaching time and Richard Jackson delivered these sessions, preparing the athletes for the competition. This type of event always leaves the event organisers constantly looking to the skies in the hope that the rain will stay away just long to enough to run the event without having to worry about a contingency "wet weather plan", but as Cross Country is an event that happens whatever the weather, it's the workforce that worry about the weather not the participants I quickly found out!

With many of the athletes taking part in their first cross country event, it was great to see so many children trying a new activity.

Norwich were able to send to the County Finals representatives in each age group, and offer many creditable performances, along with the other athletes from around the County. This event was one which I thoroughly enjoyed and hope that this years event is just as wonderful.

There are many events and activities we could single out, so please accept our most sincere thanks to all those involved in helping Norfolk's young people enjoy so many great competitions, festivals and events.

Thank you to everyone, we look forward to working with you this year.

PE, Sport and Physical Development Service Contact List

Cut out and pin up!

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We're on the Web!



















www.norfolk.gov.uk/go/PE

County PE INSET Course Planner 2009 – 2010







October 2009

- Wed 7th     **Outdoor and Adventurous Activity (OAA) - Developing Thinking Skills and Problem Solving at KS1 / 2.**
Swanton Morley Primary School
- Tues 20th  **Safe Supervision of Swimming – Thorpe St. Andrew High School**












November 2009

- Fri 6th     **Action Kids – Val Sabin training for Early Years Practitioners – Lionwood Infant School, Norwich**
- Mon 9th   **Teaching High Quality PE in your NQT Year – a practical survival guide! (SECONDARY)** Framingham Earl Sports College
- Tues 10th    **High Quality Gymnastics – Floorwork to apparatus, planning the progression a practical guide (PRIMARY)**
Lionwood Junior School
- Wed 11th   **Developing and Implementing your Gifted and Talented in PE and Sport provision – Policy into Practice**
Methwold High Sports College
- Mon 16th     **Outdoor and Adventurous Activity (OAA) - Developing Thinking Skills and Problem Solving at KS1 / 2.**
Sidestrand Hall School
- Thurs 19th   **Teaching High Quality PE in your NQT Year – a practical survival guide! (PRIMARY)** Bawburgh Primary School
- Tues 24th  **Safe Supervision of Swimming – Thorpe St. Andrew High School**









December 2009

- Wed 2nd   **Understanding Physical Health and Well-being – Planning for the New Primary Curriculum** FITC Norwich
- Mon 7th     **Delivering High Quality PE to young people with Autism – John Grant Special School and Sports College**







January 2010

- Mon 4th    **County Swimming Assistant Certificate – supporting the learning poolside** Hewett High School, Norwich
- Tues 19th   **High Quality Gymnastics – Floorwork to apparatus, planning the progression a practical guide (PRIMARY)** All Saints Primary, Stibbard
- Tues 26th    **High Quality Dance at KS2 – a practical survival guide** Lionwood Infant School
- Thurs 28th    **High Quality Dance at KS3 – Developing creativity and preparing for GCSE** Caister Specialist Arts College, Caister.





February 2010

- Wed 10th   **Understanding Physical Health and Well-being – Planning for the New Primary Curriculum** FITC Norwich
- Mon 22nd     **Delivering High Quality PE to young people with Autism – Parkside School**
- Tues 23rd   **High Quality Gymnastics – Floorwork to apparatus, planning the progression a practical guide (PRIMARY)**
Rackheath Primary School

March 2010

- Tues 2nd    **Planning and Organising a fully Inclusive Sports Day – Dussendale Primary School**
- Tues 23rd    **Active Play for Early Years and KS1 – All Saints Primary, Stibbard**

Key to symbols:

-  These courses are suitable for school staff with QTS (Teachers)
-  These courses are suitable for Teaching Assistants / NPETCS candidates
-  These courses are suitable for wider school based workforce eg. Coaches, SENCO, Nursery Nurses
-  These courses have a Practical element and need suitable clothing and footwear

To book a course please use the website or contact us direct on 01603 697000