

High Quality Physical Education and School Sport

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

Working hard to deliver High Quality outcomes for Young People

Since September we have delivered school-based inset, courses and other CPD opportunities to 1195 Teachers and other school based staff.

Schools such as Tuckswood Junior, St. George's Junior, Denver Primary, Howard Infants, Fairstead Primary, Mundesley Infant, Manorfield Infant, Eastgate Primary, Hingham Primary, Larkman Primary, Wells Primary, Langham Primary, South Repps and Antringham Primary have all engaged in whole school INSET (this list is not exhaustive).

Through our evaluation process we have been rated 100% for the quality of our tutoring and overall satisfaction of our work. Since September we have run Courses in a variety of areas including swimming, OAA, Gymnastics, NQT support (primary and secondary) and Early Years.



Pupils and teachers at work on a Gymnastics apparatus course.

We have delivered at National and Regional events and have secured contracts to deliver outside of the County – showing the work that Norfolk is often leading the way on. Our web-site continues to be rated as one of the best resources for teachers of physical education and content is even being sold on e-bay!!.

None of this would be possible without the significant engagement, enthusiasm and passion of you, the teachers and staff in

our schools. We wanted to celebrate your hard work and dedication and recognise those schools who are achieving high quality provision for their pupils. To this end we launched the **Norfolk Chartermark** – a High Quality PE Award for schools who are delivering the entitlement and experience our young people deserve.



High Quality PE Chartermark Award - Winners

Applications were invited from those schools who felt that they can evidence the quality of their provision by 31st December 2009. The process is supported by training, advice and material on the web-site.

In the first round we had a good number of applications. Not all schools achieved the rigorous standards that we set and they will be helped to re-submit in July.

The following schools were able to meet the very high standards providing clear evidence of their quality of provision for all pupils and so have been awarded the High Quality Chartermark:

Primary Phase

**Anthony Curtin Primary
Brundall Primary School
Clenchwarton Primary
Eastgate Community Primary
Freethorpe Primary School
Great Dunham Primary
St. Michael's Nursery & Infant
White Woman Lane Junior**

We also received the following positive comment about the process of applying and reviewing what the quality of provision is really like:

"On behalf of the staff I would like to say that it was an extremely useful process and helped us to identify areas we could develop, but also reminded us of all the things we have achieved too. In a primary school, I think it is often easy to forget how much we do just in the space of a term and therefore something like this helps us to reflect and celebrate."
Julie Wones – St. Michael's Nursery and Infant School

Secondary Phase

- Aylsham High School**

The successful schools will be invited to a high profile celebration event at County Hall on February 5th to receive their Chartermark Award from David White – Chief Executive of Norfolk County Council. Coverage of this event will feature in the next Update.

Congratulations to each school. In following Updates we shall be showcasing best practice typified by these schools.

The next round for applications is July 31st 2010.

2 Hour Entitlement *On-going Success, but we still need to do more*

Norfolk is committed to ensuring that all young people in Norfolk schools are able to access their entitlement to 2 hours a week high quality PE.

The High Quality Chartermark is our way of ensuring that the quality is as good as the quantity. Our drive and approach has meant that we have all been successful at increasing the percentage of our young people spending 2 hours a week on PE. Some schools have even increased provision to 3 hours.

This means that the following performance data can be viewed.

	Norfolk
Yrs 1-2	93%
Yrs 3-6	97%
Yrs 7-9	86%
Yrs 10-11	71%
Yrs 12-13	24%

The Key Stage 2 results are very encouraging and we are only behind Luton Unitary Authority in the whole of the Eastern Region (including Lincs. Northamptonshire).

This means that in total, **88%** of all young people in Norfolk are spending 2 hours a week on PE within the curriculum. We are doing well, but we must not get complacent or lose sight of the target to get **ALL young people accessing the entitlement to 2 hours a week high quality PE. This is our goal.**

We want to encourage all schools to deliver the 2 hour entitlement and this is why no school in Norfolk can achieve the High Quality PE Chartermark Award without it, for example. Well done and thank you to all – let's keep pushing for the full entitlement together.

High Quality PE Photo Competition

****WIN a Digital Camera for your School****



An example of what we are looking for

They say a picture says a thousand words, well, have you got a photograph which shows or exemplifies the outcomes of High Quality PE? Do you have an eye for taking photos or a passion for photography? If so put it to good use.

We are looking for photos to highlight the unique contribution that PE can make to the development of young people and the 10 High Quality PE outcomes.

To enter please simply send your photo(s) on a memory stick to us here at **The Turner Road Centre, Turner Road, Norwich. NR2 4HB.**

Entries to reach us before 31st March, 2010 please for consideration.

There are two main categories and the overall school winner of each category will receive a Digital Camera for use in PE. The two categories are:

- 1) ***PE Matters to Every Child***
- 2) ***Our Pupils experiencing High Quality PE***

Photographs should be in the bitmap (bmp) or jpeg format please for ease of handling. All pictures of pupils must have their permission and consent before sending to us so that the pupils and their parents are aware that the images will be used to promote physical education in schools and through such mediums as this newsletter and training courses, INSET and teacher training booklets. Winning images will be used on the website and an additional consent will be sought at that time.

Closing Date: March 31st 2010.

Winning entries and other photos will be showcased through this newsletter and other NCC PE publications.

Norfolk PE Teaching Competence Standards Programme (NPETCS)

Making an Impact Award

We have run this course for 5 years now and those teaching assistants who have been involved in the programme have been making a significant impact on standards and the quality of the experience which pupils in their schools have received.

To recognise and celebrate their achievements, we recently wrote to all schools to ask headteachers to nominate NPETCS qualified staff in their school who have made such an impact - outlining the nature of this.

We had a high number of nominations from across the whole

county. The overall winner and runners – up will be announced at the Celebration of PE Event at County Hall on February 5th, where the High Quality Awards will be presented along with the NPETCS and Outstanding Contribution Award.

Therefore we are delighted to announce that the following are the three overall finalists:

**Anne Whitnall of Mattishall Primary
Jane Eastwell of Drayton Junior
Paula Grey of Mundesley First School**

Watch this space for photographs and the final result in Issue 3. Good luck to all three candidates.

Special mentions are to the following NPETCS qualified TA's who made the long list:

Beverley Cullum, Bridget Annand, Sharon Hammond, Bridgit Pemberton, Suzanne Jervis, Gary Hydon, Jane Chapman, Debbie Savage, Theresa Perkins, Sarah Saunders, Trudy Cutting, Tracey Simmons, Dawn George, Jackie High, F. Lucken, Sarah Manning, Emma Jewell, Terry Keating, Jo Thompson, Ann Cottingham, Debra Newson, Deborah Groves, Julie Fitt, Alison Cooke, Kirsty Sims, Bo Adegoke.

The NPETCS Programme is just a part of our strategic planning to help raise the standards of teaching and learning in PE as well as the quality of the Experience that our pupils receive.

When combined with the training programme that we provide, through SSP's for the subject leaders in primary schools, provision of school based advice and support, CPD, INSET and county safety courses we are able to support schools progress towards the delivery of a High Quality Entitlement and Experience for all young people in Norfolk's schools.

This programme continues to go from strength to strength, thanks to your on-going support.

Congratulations to NPETCS Cohort Seven!



Some of this years cohort with Stuart Aldous (3rd from right, back row) at their Outdoor and Adventurous Activities Training day at Swanton Morley Primary School

Well done to all 47 candidates on the 2009 NPETCS Course. This has been our biggest cohort to date and we have tried new methods and modules with this group in our constant desire to improve.

It also gives us the opportunity to thank colleagues who have been involved in the successful delivery of this course. Our grateful thanks to Stuart Aldous, Advanced Skills Teacher (AST), who has planned and led most of the practical sessions. Stuart has provided a high degree of support to candidates and his practical sessions have been incredibly well structured. Stuart has been ably assisted by Anna Welsh from All Saints Primary Stibbard. Anna has brought an expertise in KS1 in particular. We were also very fortunate to be able to secure the services of a former headteacher in Martin Neave. Martin brought a huge range of expertise and experience to our team and conducted a significant number of lesson observations and feedback. Thank you to all of you.

2010 NPETCS Course

This course is now full and we look forward to working with you over the coming year. Details as always are on the web-site.

Cover Supervisor's Course – NPETCS Secondary

In the light of the 'rarely cover' workforce reform issue which came into play September 2009 we have

developed a programme of training to support the delivery of High Quality PE.

The course works by providing specialist training in core areas of the PE curriculum as well as generic support on risk management, safety, assessment, National Curriculum (2007) and teaching and learning. The course is flexible and is easily adapted to meet schools requirements where they are seeking to provide cover for absent PE staff through such arrangements.

The NPETCS Secondary course is due to start in February 2010, for additional information about the training programme contact Keren Thompson

NQT Course Teaching PE in your NQT year – a survival guide!

Bawburgh Primary School, 19th November 2009.

Congratulations to all those NQT's who participated in a fun day dedicated to supporting them to deliver high quality PE in their schools.

28 delegates from all over the County attended and took part in a range of activities designed to showcase best practice and tips to help them deliver PE. The course was rated by the delegates as 100% high qualitybut very tiring!

Delegates were taken through gymnastics safety and content, games, OAA and elements of Dance.

Thanks from me as the tutor to all who took part and helped to make it such a successful day. I hope you enjoy using the resources we allocated and produced especially for you. Remember to keep accessing courses and I look forward to working with you in the future.

Martin Radmore

2009 / 2010 Courses

PE CPD opportunities

All schools were sent a full copy of our INSET programme for 2009 and 2010 back in November 2009.

This was because we were asked to organise some additional events but also that we had the opportunity to co-ordinate essential training courses concerning safety and pupil achievement (such as trampolining and rowing).

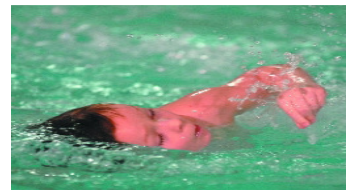
New Course County Swimming Certificate

Supporting the Learning Poolside

17 teachers and teaching assistants attended the new County Swimming Certificate Course.

This course take practical and theory components to ensure that staff can work under the supervision of the swimming instructor taking responsibility for a maximum group size of 10 young people of a similar standard in shallow water.

This course will become a County minimum standard in 2010 for all school staff wanting to work with a small group poolside. Delegates received resources (including video clips and animation), work cards and a full set of resources to teach either non-swimmers, beginners or improvers.



The Course was very well received and all delegates rated it highly in terms of quality of tutoring, impact and meeting their needs.

Action Kids Course November 6th 2009.

This was a huge success with 27 teachers and teaching assistants taking the opportunity to really focus on delivering a high quality experience in the Early Years.



Some of the delegates at the end of a fantastic CPD session focussing on the Early Years

This course was delivered by an enthusiastic and experienced tutor from Val Sabin Publications, who are responsible for the Action Kids Programme. Delegates explored a range of activities designed to help deliver the early learning goals and lay firm foundations for children's physical development, including focussing on the links to writing, manipulation skills, tracking and reading.

They engaged in and experienced a wide range of physical development activities which included activities leading towards Gym, Dance and Games.

HEALTH AND SAFETY GUIDANCE Updates Secondary

Rowing

We have been working closely with the British Rowing Association (BRA), looking into the provision of a qualification for teachers delivering rowing within the curriculum. The purpose of this programme gives us the opportunity to review practice, guidance, and increase the number of staff qualified to teach Rowing safely. Norfolk County Council Children's Services requires that any one teaching Rowing must have an up to date qualification, (within the last two years). We are committed to providing training to support this requirement.

The BRA has recently produced a new qualification for teachers; The Indoor Rowing Award. This curriculum-based award has been designed by teachers for teachers specifically to meet the needs of National Curriculum 2007. A countywide training programme is to begin in the spring/summer term. Once you have successfully completed this course you will then enter a rolling CPD programme, whereby every 2 years you will be expected to do a one day refresher course in order to maintain the necessary

level of competence to deliver rowing effectively and safely in your schools, both within curriculum time and as an extra curricular activity.

Lead contact: **Keren Thompson**

Trampolining Update

We have established a countywide trampolining programme to ensure that pupils and staff are kept safe and that teaching and learning is at the forefront. Refresher courses, a Level 1 and two Level 2 courses have been organised. The purpose of this programme is to review practice, guidance, and increase the number of staff qualified to teach trampolining safely. NCC Children's Services requires that anyone teaching Trampolining must have an up to date qualification, (within the last two years).

Lead Contact: **Keren Thompson**

End Decks

National guidance has indicated that the use of end decks with weight absorbing mattresses as additional safety mechanisms will become mandatory by the end of 2010. We strongly endorse this recommendation and as such we will require **all** Norfolk schools offering Trampolining to follow this guidance to have the necessary equipment in place by **31st March 2011**. We have taken the decision to extend the national deadline in order to allow schools to prepare for this requirement in a realistic time frame.

We have managed to secure a 10% discount for Norfolk Schools, on a pair of end decks with weight absorbing mattresses if purchased through Universal Services, making the overall cost under £1,000.



Reach for the STARS

Norfolk County Council's Competitive Edge STARS (Supporting Talented Athletes on the Road to Success) scheme has allowed 27 talented young athletes from across the county to meet with Olympians (Stephen Turner and Paul Evans) and Paralympic medallist (Mel Clarke and Danny Nobbs) to share their desire, commitment and training in a squad environment.

The STARS Squad programme works with schools that have exceptionally talented young pupils and helps them to nurture their young athletes and offer them the best chance of realising their potential.

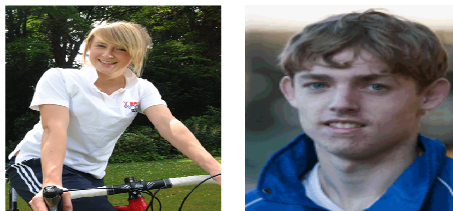
The STARS training days have enabled young athletes to build squad identity and learn more about themselves and their peers, as well as getting an insight into what it takes to be the best. At the first two STARS squads, Norfolk's finest sporting students have looked at the mindset of an Olympian and have investigated what support and funding it takes to become a professional athlete, with a view to understanding how this can enhance their performance.

Norfolk County Council has worked with the University of East Anglia to base its STARS programme on the national Youth Sport Trust model. The scheme is working with national standard athletes across twelve sports, with a squad consisting of national champions, English School winners, British representatives and international competitors.

Victoria Williamson, Year 11 pupil, whom has been accepted onto the Olympic Junior Development Programme for Cycling commented, "British Cycling help me with my performance and the STARS programme helps me balance up my academic studies with my sport. Through STARS I have also got to meet others who are in the same

position as me and I have learnt lots from them."

Miles Garner, Year 10, won a silver medal at the ASA National Age Group Championships and broke the Junior Men East Region Records for 200m butterfly and 800m freestyle. Miles commented, "STARS has helped me gain the confidence to think that I can make it as a full-time swimmer, through allowing me to meet Norfolk people that have been and done it. Through meeting other performance athletes in full-time education I now also know that I am not the only one training for 22 hours per week whilst revising for my exams."



Above Victoria Williamson and Miles Garner

The next two STARS squad days are planned for February and March and will culminate with a tour of London's Olympic facilities and motivational talk from BBC Regional Coach of the Year finalist Tim Newenham.

Current Paralympian Mel Clarke was very impressed with the STARS initiative and ex-Olympians Paul Evans and Stephen Turner both commented about the fantastic support that Norfolk was giving to its athletes. Stephen Turner added, "I wish this level of support and guidance had been available to me when I was at school".

Dare2Dream and Sports Ambassadors

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 Evans or Claire Burrows to discuss your needs and arrange a Sporting Ambassador visit for your school.

Telephone 01603 697000.

Norfolk Partnership Games

**King's Lynn
November 9th 2009**

What a fantastic day; over 650 young people came together from all over the County to compete in the annual Norfolk Partnership Games and the sun shone!

Norfolk County Council was delighted to have been a major funder of this event yet again. The sun shone and the smiles said it all. Competition was fierce this year and all the young people wanted their School Sports Partnership to be the winners



South Norfolk girls' rugby player makes a break and goes onto score. South Norfolk went on to win the Girls Rugby overall – well-done girls!

Congratulations to all those who took part but a special thank you to all those involved in making the day such a success.

New Competition Manager Stuart Brunton-Douglas writes about a key event for him this year.

Rowing Regatta Races Reach New Heights!!!

On Wednesday 9th December, Norfolk's 8 School Sports Partnerships came together for the year 7&8, year 12&13 and Special Schools County Indoor Rowing Regatta Finals at UEA.

Over a 100 children raced on indoor rowing machines against British Rowing Gold Medal Targets. Linked up to a virtual lake projected onto the wall. The competition quickly got underway to a series of cheering, shouting and encouragement from competitors and spectators alike. With the Year 7 Boys on 1st any pre race nerves were soon forgotten as the sight of the partnership boats on the virtual lake lay ready. Senior Competition Manager, Roger Sweet was on fine form as race commentator for the day as Norwich East came away with the trophy for Y7&8 winners. With Norwich Rowing Club on hand to provide expertise on rowing technique throughout the day, an enjoyable day was spent by all on the virtual lake. It was great to have 4 special schools take part today. Congratulations must go to Fredrick Nicholson School who won the Special Schools Competition, followed by Sidestrand Hall, the Clare School and John Grant.

The day was concluded with the Y12/Y13 Competition. Congratulations go to Norwich East School Sport Partnership who were overall winners.

Competition Team Update

It doesn't seem like yesterday that we were starting out on a new school year, now here I am recovering from too much festive food and reflecting on the term now gone. And what an action packed one on the school competition front it has been.

Over 500 schools across the county, both primary and secondary have been competing in a range of competitions including High Fives Netball, indoor-rowing, trampoline, girls and boys B/C football, basketball, quicksticks hockey, table-tennis and badminton. The first of the Special Schools basketball events has also taken place and it was great to see 4 Special Schools competing alongside mainstream schools at the County Indoor-Rowing Final. To date over 5,500 children and

young people have competed in inter-school competitions and this has facilitated over 200 Youth Leaders being able to officiate and get involved.

The Partnership Games moved venue and a highly successful day of competition took place at Lynnsport in King's Lynn. All eight Partnerships fielded teams in eight separate sports – table-tennis, indoor-rowing, badminton, girls' football, girls and boys rugby, hockey and netball. Nearly 700 young people battled it out for the coveted trophy, with hosts West Norfolk winning by just one point from West Norwich and Dereham.

The new term promises to be no less busy with Partnership competitions taking place in order to find teams to represent them at a range of county finals including table-tennis, trampoline, basketball, B/C teams football, cross-country and tag-rugby.

An exciting new initiative, Playground 2 Podium (P2P), will be launched as Norfolk searches for Paralympic Champions. At the Sportspark on the 12th March and the John Grant School on the 26th March disabled young athletes from Norfolk's schools will assemble to take part in 5 Paralympic Sports – wheelchair basketball, Boccia, table-tennis, football and athletics. A separate disabled swimming gala will take place at the Sportspark on the 22nd April. Talented athletes will be invited back to an assessment day later in the summer term. Watch this space for more news.

Roger Sweet

EDP Golden Mile



We are delighted to be supporting this innovative approach to encouraging pupils to be more active.

You can get involved FREE by logging onto the web-site below. It is a simple yet highly effective programme that compliments our Power of Five. Go on do it now – sign-up, get involved, get active!

www.edp.golden-mile.org

New Key Stage 3 Support for Teachers

We are delighted to be working in partnership with Methwold Sports College and Wayland Community High School, on a new innovative approach to supporting the development of the key stage 3 curriculum.

The project will involve filming young people engaged on tasks from the new curriculum which help to exemplify the new learning foci. These will include pupil interviews, teachers planning and the actual activity sequences being filmed.

The result will be the development of material and content to be hosted on a portal site on the web; accessible to all Norfolk High Schools later this year.

To facilitate this venture I have ensured that support is readily available from our team. Gary Penn will be seconded for one day a week to oversee the project and Keren Thompson will act as content consultant. Jon Winn at Methwold Sports College will be leading the overall project due to be completed in June of this year.

Details will be featured in this Update in the Summer term.



Visual Learning DVD's Primary

These are now available to purchase for Athletics (KS1-KS2) and Outdoor and Adventure (KS1- KS2).

They are excellent, filmed in Norfolk Schools, they provide vital guidance for teachers and pupils alike.

Details / orders are available from:
www.visuallearning.co.uk

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PE and Sport Update

Issue 1 Autumn Term 2009