

Position Statement for Children & Young People's Health & Physical Development

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Newcastle Education Position Statement 2006 – 2008 (Draft 1)

Promoting Children & Young People's Health & Physical Development

Vision

Newcastle pre – school settings and nursery, first, primary, middle, secondary and high schools, including special schools are a collaborative network of autonomous schools that provide the highest possible quality of education, care and support for children in the City. A core element of focus both nationally and within Newcastle is the development of the physically literate child. The aspiration is for each child to maximise his / her full potential and reap the rewards of achievement, enjoyment and making a positive contribution and for each to understand and play an active role in choices about his / her lifestyle to maximise health potential. The link between physical well-being and the readiness to learn has a direct impact on all educational achievement and attainment.

Background – Current Position in Newcastle

There has never been a more important or opportune time for the development of an Education Position Statement to improve the health and physical development of children and young people in Newcastle. One of the five priorities for change in the Newcastle plan for Children & Young People 2006 -2009 is to reduce obesity in children under 11 years of age and physical activity and healthy dietary choices have pivotal parts to play if this is to be achieved.

Nationally in May 2006 out of 5.3 million children aged 2 -10 years 28.5% were obese or overweight, (DH, DfES, dcms Obesity Bulletin). Indications are that the Newcastle percentage is higher than this (See Childhood Obesity in Newcastle, Baseline Assessment, published May 2005).

Leisure Services runs a referral programme for children who are overweight / obese entitled 'On the Go'. Children must be within the 8 -16 age range, resident in Newcastle, have a BMI greater than the 85th percentile and be willing to commit to a programme of physical activity and lifestyle education. This is Physical Activity Project is funded by Sport England and Newcastle Primary Care Trust.

The Government agenda to improve the health and wellbeing of young people is being tackled in Newcastle through helping schools achieve the national healthy school status and working with statutory and voluntary agencies involved in supporting young people to adopt healthy lifestyles. Training for schools is ongoing in Personal, Social and Health Education, Physical Activity, Healthy Eating and Emotional Health and Wellbeing as they work towards the national status. Support, training and advice has been given to schools to assist them to implement the Government's Food Standards to improve school meal provision as well as food and drink served on the premises. The LA has engaged with school meal providers to ensure a coordinated approach to changes related to provision of food and drink on school premises.

In terms of physical activity, the Government is committed to the long – term ambition for all children to spend 4 hours each week on sport by 2010 with 2 hours high quality PE & School Sport within the curriculum and 2 to 3 hours beyond the school day. Early indications for Newcastle are that the 2006 interim national target for the School Sport Partnerships of 75% of pupils to take part in 2 hours high quality PE & School Sport will be reached. The Government targets are set against the exciting backdrop of the hosting the Olympic Games in 2012.

Leisure Services has initiated, planned and is implementing a very successful and high profile programme across the City Council called 'Year of Exercise & Sport' for 2006. There is currently an agenda to consider how the considerable impetus which has been generated can be sustained.

Physical, emotional, mental and spiritual wellbeing are now recognised as positive outcomes of being active and help young people to feel good about themselves. The further development of physical education and school sport will provide contexts for children to achieve and enjoy at all levels and for some to make a positive contribution, for example through leadership roles.

The Association for Physical Education (AfPE) is currently undertaking work to define and promote the importance of 'physical literacy' and the aspiration for all children to be active for an hour every day. There is a new strong commitment to the development of all pupils through physical education in a variety of roles. The Youth Sport Trust has embraced the work of academics David Morley & Richard Bailey. Their model for talent development embraces the broad educational needs of the child. Environmental factors, personal characteristics, chance, access and opportunity are collectively regarded as more important than the idea that elite sports people are born not made. This can have significant impact on the approach to teaching and learning for all children in relation to their psychomotor ability, interpersonal ability, cognitive ability, intrapersonal ability and creative ability and more importantly how pupils regard and embrace the subject and its outcomes. Broader emphasis on lifelong physical activity & enjoyment, rewarding experiences and devotion to a sport, elite sport performance, sport leadership such as coaching, teaching and sports management should help to further popularise physical education and contribute to reducing obesity through increased engagement.

As part of the Local Authority professional development programme for teachers, Newcastle Local Authority has joined with North Tyneside Local Authority to organise an Able, Gifted and Talented Conference at St James' Park in November 2006. David Morley has accepted an invitation to be the keynote speaker and best practice workshops are being offered. The audience includes primary, secondary and special school teachers and workshops will be tailored accordingly. Newcastle is also working with North Tyneside to offer joint secondary citywide twilight professional development evenings in 2006 - 2007 to pool expertise and facilitate a wider range of workshops.

The focus on physical activity extends to opportunities beyond the physical education national curriculum with School Sport Partnerships playing a leading role in the development of additional opportunities beyond the school day often linking with external providers such as sports /dance clubs or leisure providers. Intra and inter school events are promoted. Competition managers are being introduced. Schools themselves are increasingly focusing upon ways to encourage children to be active at breaks and lunch times, especially in the primary sector. Walking or in some cases biking to school have also been promoted. Opportunities also occur via special focus events or weeks such as outdoor education, swimming galas, athletics and cross country championships. Schools play an active part in helping more able young people to access further opportunities to represent the city, county, region or country. Much of this work is supported by the Newcastle Schools' Sports Association.

The benefits to health of exercise are well documented and by involving parents and families as well as the child can create a win – win situation for all. A positive focus on physical activity ideally begins from a very young age. It is most important that

young children should feel “happy in their bodies.” Young children make gains in confidence and learn how to form social relationships as well as improving their physical literacy by learning new motor skills. Older children develop their cognitive abilities and learn physical concepts such as tactics or the physiological principles of exercise. Even young children can learn the basis for leadership or teamwork and develop individual capacity for self control, self efficacy and emotional intelligence. Physical activity also provides the opportunity for demonstrating creative ability.

The outcomes of physical activity can be enormously beneficial. They can ensure that children experience enjoyment and achievement, that they understand that PE and sport are an important part of a healthy and active lifestyle and that it helps them feel fit in body and mind.

Provision audit: What is available now

Structures to support the future development of physical education & school sport across the City are developing.

Benfield School is the only specialist sports college in Newcastle. Benfield works closely and collaboratively with the Local Authority. The sports college is currently working hard to address a number of local issues such as community outreach work with the unemployed who have become disengaged from Job Centre Plus, work to raise the standard of physical education teaching with partner primary schools and teaching leadership skills and empowering children in secondary schools.

Newcastle Schools' Sports Association provides important opportunities for more able pupils to be able to extend their work and represent their school at citywide events and progress to represent the City in a wide range of sports. This is facilitated by a small annual grant from the LA. Pupils are therefore then able to access opportunities at county, regional and national levels. Competition managers are to be appointed across a number of School Sport Partnerships and they will have a part to play in the future structuring of extended opportunities.

From September 2005 all schools in Newcastle are part of a School Sport Partnership and from September 2006 both Partnerships will be administered from Benfield Specialist Sports College. This provides an infrastructure for the delivery of programmes via families of schools. School Sport Coordinators are in place working from a secondary school with the respective feeder primaries. Each School Sport Coordinator is allocated 2 days a week for this work. The special schools form a discrete family but have close relationships with mainstream schools both locally and across the City. Much of the Partnership work focuses upon opportunities for young people to increase their activity and participate more and attain and achieve including that within the community.

To support the link between the LA and the School Sport Partnerships a Working Group meets to share information to help strategic planning for physical activity across the City. This helps in the coordination of the big picture which can help inform programme development and the strategic deployment of resources.

The School Sport Partnerships operate a steering group for their work and the specialist adviser runs a PE, Exercise and School Sport Executive which operates at headteacher level to help in the dissemination of strategy to the localities and to gain feedback from the schools.

The LA provides a robust programme of continuing professional development for teachers and support staff closely aligned to the emerging national agenda for PE & School Sport & Club links and the expressed needs of schools. The LA holds the national kitemark to quality assure the delivery of such courses. The emerging national priorities of the PESSCL strategy are reflected in the programme. The support for middle management is enhanced by the delivery of primary link teacher modules and via termly network meetings for subject leaders at both primary and secondary levels. This allows some time for the issues surrounding achievement and standards including teaching and learning, curriculum development, self evaluation, capital build to be shared, explored and good practice identified. The LA also quality assures and provides development opportunities for teachers undertaking tutoring roles.

The LA runs an 'Activekids' fitness programme for primary schools, currently targeted at all Y5 & Y6 pupils. This programme is administered by the specialist adviser on a buy back basis with schools and is highly valued by them. Evaluations are excellent. It has been successfully evolved over the last 3 years and is over subscribed for 2006 – 2007. The 'Activekids' programme provides a six week block of intense aerobic activity which hopes to change pupils' perceptions of and attitudes to physical activity linked to the health agenda. The course is certificated by the Director of Children's Services. In some schools it has been possible to use the final week as a focus for a whole school activity afternoon including an assembly sometimes involving a GP (Doctor) to speak about the benefits of exercise to health and for the pupils to showcase their fitness work in front of their peers. In 2005 – 2006, 48 primary schools participated with approximately 3000 certificates issued to Year 5 & 6 pupils from the Director. This equates to 18,000 pupil places over the year. This volume is likely to be repeated for 2006 – 2007.

The LA is working in conjunction with the Northumberland Scout Association to provide a new outdoor and adventurous activity / education centre at Kielder for use by City schools. Hawkthirst will be managed through a Management Committee in conjunction with the Scout Association. This project has been grant funded by the Big Lottery (£530K). It will provide an additional 34 pupil / adult places in a state of the art residential block. There is development work being undertaken by the LA to align the work programmes of the Centre more closely with education requirements. This facility will enhance opportunities for quality residential experiences, study skills, team building, problem solving, enjoyment and healthy and active lifestyles. Additionally in the secondary sector it will deliver opportunities at GCSE, Leadership, Duke of Edinburgh Award scheme or more independent study. It is part of a bigger complex on an attractive waterside site which extends over 70 acres and already enjoys a good reputation for the delivery of existing courses. It is hoped that adult and community groups as well as children will be users of the facility and that the site might be further developed in years to come.

The LA work undertaken in many schools across the City teaching to the University of the First Age (UFA) principles has contributed significantly to the embedding of emotional intelligence and the benefits of exercise to stimulate the brain. In pre – school and nursery settings there has been some work developed to improve psychomotor abilities in young children through Developmental Movement Play. The UFA work in primary schools has provided a significant impetus to the promotion of physical activity on a daily basis as well as gains in pupil concentration and behaviour in their wider learning. The provision of an Adviser for Culture & Creativity has enabled a more coordinated approach to dance with some links established with Dance City to complement the work of the LA and School Sport Partnerships.

The strategic deployment of resources for capital build is an important area of work which directly impacts upon standards and the number, range and level of physical activity opportunities for children & young people. Funded by the Big Lottery the LA worked with five primary schools to produce customised Space for Sport & Arts halls and ancillary facilities. These have been very successful and with the help of revenue grants from Sport England children and young people and the wider community are now benefiting at these venues. The new swimming and hydrotherapy pools at Sir Charles Parsons School have provided specialist facilities for the secondary age range special needs pupils from across the City and the new synthetic surface and tennis courts at Walbottle Campus are now being used by the school and the local Community Association. The Sports Centre at Kenton School is being developed within the BSF project and Hawkthirst Outdoor Education Centre will provide a dedicated residential facility for the city schools which it currently does not have.

Through DfES grants including Building Schools for the Future and Private Finance Initiatives facilities for physical education and school sport have been considerably improved in some primary and secondary schools. Benfield Specialist Sports College has a fantastic sports complex and gymnastic centre. The gymnastic centre services the north – east region as well as Newcastle. There is currently an ongoing programme of capital investment which should help improve pupil outcomes for physical education, exercise and school sport and help generate a ‘step change’. Opportunities exist for excellence in design to be realised in both the primary and secondary new build and to learn from previous projects. The further development of indoor and outdoor play / lesson / activity spaces of a more multi functional nature, especially in the primary sector, is still a developing science. Links need to be made with a broad strategy of facility provision to ensure that on a citywide and locality basis Games, Gymnastics, Dance, Outdoor and Adventurous Activities, Swimming, Athletics and Fitness are all coordinated and able to be delivered. Athletics, for example is a current void and Benfield Specialist Sports College is trying to secure a 50 metre swimming pool which will then make it a performance centre for the city.

The Healthy School Programme in Newcastle has consistently held a green rating for engaging and supporting schools to achieve Level 3 healthy school status. This award has been supported by the Directors of Children’s Services and Public Health and schools value the award and apply year on year to achieve or retain it. 73% of Newcastle schools have healthy school status which exceeds the target of 65% in the Children and young People’s Plan.

The Local Authority has orchestrated a coordinated approach to implementing the government’s Food and Nutrition Standards. All school meal providers meet regularly as part of a multi agency group to work on their School Food and Drinks Plan. This has begun to have positive impact on school meal provision with the result that children and young people as well as school staff are enjoying access to more healthy and nutritious food and drink.

Ambitions for improvement -to outcomes (CYP) and provision

Priorities for development / improvement:-

1. Strategic Plan to inform future planning of facilities on school sites for Games, Gymnastics, Dance, Outdoor & Adventurous Activities, Swimming, Athletics, Fitness and Play for children and young people across the City and within the localities. This

includes the excellence agenda and links to Leisure Services provision, Early Years facilities, neighbouring schools and extended schools, Youth Service private sector clubs and housing developers.

Full Excellence Infrastructure in place by 2012 with school facilities all delivering statutory curriculum and range of activities in the localities.

2. Single Strategic plan for physical activity programmes across the LA to include Education, Leisure Services and Youth Service.

3. Commitment to children and young people becoming more active from all providers to help improve health and well being, achievement and positive contribution. This to be achieved via:-

- a. more time spent on physical activity (pupil commitment and increased opportunities to participate), aspiration of at least 1 hour a day.
- b. increased intensity,
- c. greater range and depth, including new experiences (innovative curriculum / course development, involvement of parents),
- d. improved quality of lessons, coaching and leadership (monitor outcomes for children & young people),
- e. better understanding of motivators / drivers which influence participation and attitudes of children & young people related to Education and Health,
- f. attention to individual need, identification and referral including the needs of children & young people in alternative education or with SEN in mainstream schools,
- g. development of workforce and leadership, including access,
- h. advocacy about exercise and the benefits to physical health, development and links to mental and emotional wellbeing to be sustained following the Year of Exercise and Sport (plan to revisit prior to 2012 Olympic games in London),
- i. research and disseminate the key strategies which deliver high quality outcomes for staff, children & young people alike,
- j. children & young people being given opportunities to contribute (organise, help others, leadership roles, coaching, refereeing).

4. All schools to achieve Healthy School Status- on target re Personal, Social and Health Education, Physical Activity, Healthy Eating & Emotional Health & Wellbeing. All schools to implement the Government's Food Standards to improve school meal provision as well as food and drink served on school premises. Engage with school meal providers to ensure a coordinated approach to changes related to provision of food & drink on school premises.

What the position statement is – what will be done to get there?

Work with partners to produce a

1. Swimming Strategy for the City which addresses guidance and provision for school swimming at public, school and private pools. Address the needs of those not able to swim. By the end of Key Stage 2 more pupils % able to swim 25m at least in line with national average. (Introduce Newcastle City certification).

Questionnaire to all schools to establish bases line and key data and annual cycle for data collection

Capacity audit of pool time and staffing

Develop new guidance for schools about swimming provision including health & safety

Develop contract and programme with regard for transport within a locality

Establish quality control mechanisms for teaching, pupil outcomes, accreditation

Link information to performance strategy for more able and least able.

Provide information / courses to allow swimming teacher development

2. Coordinated approach to Outdoor Education. At least an additional 2000 children per year to benefit from a residential experience at Hawkhirst. Improve school links to Newburn Leisure Centre for local, non residential provision.

Through the Leisure Services – Education strategic forum jointly plan, market and deliver outdoor education provision, including the new residential centre at Hawkhirst via representation on the management committee.

3. Explore the possibility of a coordinated approach to fitness for example, linking the 'Activekids' programme run by Education with the Obesity project run by Leisure Services.

Expansion of the number accessing 'Activekids' by 100% over 3 years.

Promotion of weight management referral system to schools.

4. Liaison to maximise future capital build projects, to address school as well as community needs and provide for the full range of activities across the City and in the localities.

Position statement for Excellence re Infra structure by 2012.

Joint planning via Leisure Services – Education strategic forum.

5. Establish commitment from all Children & Young People in Newcastle and establish entitlement to:

1. be able to swim,
2. have a residential experience,
3. be physical activity for at least 1 hour each day,
4. visit one of the professional sporting clubs in the city – football (Magpies), basketball (Eagles), rugby (Falcons), Dance City, ice hockey (Vipers),
5. know about local school – club links,
6. undertake at least one leadership role,
7. participate in school clubs, intra school or inter school sport / dance, including primary focus weeks.
8. the benefit from The Healthy School Programme.

6. Improve GCSE & A Level PE results across the City to be at least in line with the national average and ensure schools provide for pupils wishing to take GCSE Dance or vocational options through joint arrangements if necessary.

Via Subject Leader networks, school self reviews

7. Further develop the professional development agency.

Provide physical education, exercise and school sport courses for teachers, support staff, coaches, tutors, young people within and beyond Newcastle.