

Physical Activity *in Gateshead Schools*

Raising Achievement Service, Learning and Children

April 2006



Why is Physical Activity important?

- Physical Activity has educational benefits which include enhancing academic performance. It also enables children and young people to acquire the skills and attitudes to promote a lifelong participation in physical activity. Young people learn to work together as a team and to recognise and respect the skills of others. It contributes to young people's Personal Social Health Education and Citizenship development and in particular attitude, behaviour and attendance.
- The Government - Game Plan recommended to adopt an ambitious target to increase levels of participation in physical activity and sport of 70% of individuals undertaking 30 minutes of physical activity 5 days a week by 2020.
- In 2004 the Regional Sports Board endorsed the Regional Plan for Sport and Physical Activity and will through Sport England seek to meet the set targets.

Key priorities include:

- Working in partnership to promote the benefits of regular exercise as part of everyday life.
- Working in partnership to promote and support a 4 hour weekly target for sport and physical activity in schools; with the expectation that 2 hours of activity are delivered within and 2 hours beyond the core curriculum for school age children in the North East.

This would support and increase the DfES-DCMS Public Service Agreement target set for 2 hours of high quality physical education curriculum in 2006.

Gateshead Physical Activity Strategy

The Council and Gateshead Primary Care Trust has produced a Strategy/Action Plan to meet the Government target to increase participation in sport and physical activity to 70% of the population by 2020. The targets include the programmes in schools involving children and young people.

Every Child Matters

Schools take into account the benefits and opportunities for children and young people to take part in regular exercise/physical activity.

www.everychildmatters.gov.uk



New National Healthy School Status

Physical Activity is one of the 4 key themes schools have to provide evidence and demonstrate they have met the criteria.

"Pupils are provided with a range of opportunities to be physically active. They understand how physical activity can help them to be more healthy and how physical activity can improve and be a part of everyday life."

Gateshead Schools should seek further guidance from their Gateshead Healthy School Award Guidelines.

Schools should have **"a whole school physical activity policy - developed through wide consultation, implemented, monitored and evaluated for impact."**

The NHSS - GHSA includes **"encouraging pupils, parents/carers and staff to walk or cycle to school under safe conditions, utilising the School Travel Plan."** Further information is available from the Gateshead - School Travel Plan Co-ordinator at the Civic Centre **Tel: 0191 4333000.**

Physical Activity

Physical Activity is promoted and celebrated with schools gaining the Gateshead Primary/Secondary Physical Education Award. Many schools have previously gained the Sportsmark (Secondary) and Activemark Gold (Primary Award). Schools in future will seek to gain the new award linked with School Sports Partnership. Details to follow.

BASE

The BASE Activity programme develops Balance, Agility, Speed and Endurance to develop children and young people's physical activity levels of skill, fitness and healthy lifestyles.

Balance It

A joint pilot scheme funded and delivered by the Gateshead Primary Care Trust and Gateshead Council aims to help children, young people 5 - 15 years to lead a healthy lifestyle, through balancing physical activity with a healthy diet. Experts, on diet and physical activity provide support, advice and activities to help children manage a healthy weight. The programme involves parents and carers supporting their children throughout the scheme. The project involves a School Health Advisor (School Nurse), a Dietitian from the Queen Elizabeth Hospital, Gateshead, and a Physical Activity Instructor at the "Active 8" Gym at the Gateshead Leisure Centre.

For further information ring 0191 4789061 or 0191 4335733.

Step into Sport

The Step into Sport programme aims to provide a simple framework of co-ordinated opportunities to increase the potential for young people to participate in volunteering and leadership initiatives through sport.

Funded by the Department for Culture, Media and Sport (DCMC) as part of the National School Sports Strategy. The programme is developing a future generation of leaders and volunteers who have the knowledge and experience to make a positive contribution to local sporting communities whilst at the same time developing individuals.

For further information contact the Gateshead/Whickham School Sport Partnership Assistant PDM. Tel: 0191 433 8500 / 433 8719 or 0191 496 0026 ext 267.



Physical Education and School Sport and Club Link - (PESSCL)

Gateshead Council's Raising Achievement Service, Learning and Children is committed to support the Government - National Physical Education School Sport and Club Link (PESSCL Strategy) and the Professional Development Programme. It is funded and delivered in partnership by the Department for Education and Skills (DfES) and the Department for Culture Media and Sport (DCMS) through the following eight programmes.

- Specialist Sports College (Whickham School).
- School Sports Co-ordinators - Partnership Programme.
- Gifted and Talented.
- QCA PE and School Sport Investigation
- Step into Sport
- Professional Development Programme
- School/Club Links
- Swimming

The overall objective, a joint DfES and DCMS Public Service Agreement target, is to enhance the take-up of sporting opportunities by 5 - 16 year olds. The aim is

to increase the percentages of school children in England who spend a minimum of 2 hours each week on high quality Physical Education and School Sport within and beyond the curriculum to 85% by 2008.

For more information on the National Strategy NPESSCL go to www.teachernet.gov.uk/pe

"High quality Physical Education and School Sport will produce young people with the skills, understanding, desire and commitment to continue to improve and achieve in a range of physical education, sport, and health enhancing physical activities in line with their abilities."

All children, whatever their circumstances or abilities, should be able to participate in and enjoy physical education and sport.

Gateshead Schools, teachers and adults other than teachers may access free CPD training - **information available from Raising Achievement, CPD Catalogue at Dryden PDC Tel 0191 4338500.**

Key Evidence and Messages

** One of the PESSCL Strategy promoting High quality Physical Education and Sport for Young People outcomes focuses on "A healthy, active lifestyle. Young people understand that physical education and sport are an important part of a healthy, active lifestyle."*

** Pupils "are able to describe how each activity they get involved in affects their fitness, health and feelings about themselves."*

** Know how taking part in physical education and sport can tribute to a balanced healthy, active lifestyle.*

Why should you exercise?

Increasing the amount of physical activity in your life is a positive step towards getting fit, feeling good and having a healthy lifestyle.

Gateshead Young Sports Achievers Scheme

The Gateshead Schools Young Sports Achievers Scheme is designed to encourage and recognise sporting achievement in all Gateshead Schools.

Selection is based on candidates sporting Achievement and Progress both within and outside school over the previous 12 months, for the Young Sports Achiever and Team Award.

Nominations for young disabled sports people and Young Volunteers are also encouraged.

For further information ring 0191 4338500 / 4338668 / 4338719.

Opportunities for Physical Education Activity in Gateshead

Leisure time is well catered for in Gateshead - whatever exercise, sport or physical activity you enjoy. Venues include:-

- Birtley Swimming Pool, Durham Road, Birtley 0191 4335775.
- Blaydon Swimming Pool, Shibdon Road, Blaydon 0191 4335770.
- Dunston Swimming Pool, Dunston Bank, Dunston 0191 4335757.
- Derwent Walk Country Park & Whickham Thorns Outdoor Activity Centre, Market Lane, Dunston 0191 4335767.
- Dunston Activity Centre, Ellison Road 0191 4335678.
- Felling Swimming Pool, Fewster Square 0191 4335715.
- Gateshead Leisure Centre, Alexandra Road 0191 4335733.
- Gateshead International Stadium Neilson Road 0191 4335700.
- Gateshead Indoor Bowling Centre, Gladstone Terrace 0191 4335750.
- The Broadway Centre, Elgin Road, Carr Hill 0191 4335665.
- Thornley Woodlands Centre, Rowlands Gill 01207 545212.

Websites - for further information

- www.gatesheadgrid.org/peas
- www.gatesheadhealthyschools.org
- www.gateshead.gov.uk
- www.healthpromotion.demon.co.uk
- www.sportengland.org
- www.teachernet.gov.uk/pe
- www.qca.org.uk/pe
- www.qca.org.uk/nc
- www.standards.dfes.gov.uk/schemes
- www.qca.org.uk/ncaction
- www.qca.org.uk/safeswimming
- www.qca.org.uk/pe
- www.youthsporttrust.org
- www.ncss.org.uk
- www.sustrans.org.uk
- www.sportrelief.com
- www.asthma.org.uk
- www.lifebytes.gov.uk
- www.britishswimming.org
- www.schoolsport.co.uk (NCSS) National Council for School Sport

Initiatives to Support Physical Activity

- PESSCL Strategy
- Healthy Schools - Programme (Gateshead Healthy School Award)
- Sport Englands Active Schools Programme
- Zone Park
- Safe routes to school (School Travel Plan) (Walk to School Week Walking Bus).

Resources to Support Physical Activity

- Tracks 2 Health (2005) Gateshead Council / Funded by Gateshead PCT, Tel 0191 4335700.
- Primary Playground Resources Pak - YST Loughborough 01509 226600.
- Coachwise - 0113 2025555
- British Heart Foundation - 02079 350185 Jump Rope for Heart Scheme.
- NPESPDP Modules for Teachers and AOTTs Tel 0191 4338500.

Local Contacts

- **Learning and Children - Raising Achievement Service**
Physical Education & Sport Adviser
at Dryden Professional Development Centre,
Evisstones Road, Gateshead NE9 5UR
Tel 0191 4338500/4338670
- **Gateshead Whickham School Sport Partnership**
Partnership Development Manager (PDM)
Tel 0191 4338668 / 4960026 / 0785459706
- **Gateshead Sports/Physical Activity Partnership**
Contact Civic Centre. Tel 0191 4333000
- **Gateshead Leisure Service**
Contact Civic Centre. Tel 0191 4333000
- **Gateshead International Stadium**
Regional Sports Institute. Tel 0191 4335700
- **Gateshead College - Sports Academy**
Tel ????????
- **Gateshead Physical Activity Development Officer**
Contact Civic Centre. Tel 0191 4335739
- **Gateshead PCT - Physical Activity Health Promotion Specialist**
Tel 0191 478 9061
- **Sport England NE**
Tel 0191 384 9595 / 0191 375 3111
- **Youth Sport Trust**
Tel 01509 226600