

TEAM TALK

Redcar & Eston School Sport Partnership CIC Newsletter



Welcome

Welcome to the summer term 1 newsletter. The summer term is always a great time to take part in sport and physical activity as the sun starts to shine on us. We have a jam packed programme of competitions and events on offer plus a full timetable of active travel training and personalised support to schools.

We hope the newsletter gives you a flavour of things that are happening, along with some reminders of why children should take part in physical activity and some reminders about key deadlines for the end of the academic year.

This term we have noticed some teachers/staff struggling with workload and their work-life balance, which is upsetting to see, and I am sure you all see it every day. We therefore, just want to remind the fabulous PE Subject Leaders that our team offer lots of opportunities, but please do use these opportunities as a 'pick and mix' to enhance what you are doing in school already. Please do not feel pressured to do everything all of the time. Look after yourselves first. The children need you to enthuse and inspire them, so we need you to be well. If we can help with anything, it goes without saying, then please just ask.

Take care, from the whole RESSP Team.

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Birmingham Commonwealth Games

29th July - 9th August 2022

Building on the inspiration and positivity children will feel from watching sports stars compete at this summer's Commonwealth Games in Birmingham between 28th July and 8th August, we are promoting the Games during the whole summer term.

We know the powerful potential that big sporting events like the Commonwealth Games have in building a lasting positive impact on young people. Research has previously shown that among young people who watched 2020's Olympic and Paralympic Games: 71% agreed that it made them feel inspired to work hard at whatever they do and 28% agree it had made them want to try a new sport.

How can you get involved?

- On the School Games dashboard you will find a 'United by Birmingham 2022' school resource pack, a CWG school assembly and virtual challenges linked to CWG values.
- At our events this term we have allocated each school a country to represent.
- Perry, (the BCWG2022 Mascot), will be making his way around our events and we will be running competitions on our social media channels linked to this.



NATIONAL SCHOOL SPORT WEEK

Registrations for National School Sport Week 2022 are now open! Free resources for schools registering: <https://www.youthsporttrust.org/join-us/national-school-sport-week>

National School Sport Week 2022 are campaigning to ensure there is a **place for every young person to belong in school sport**.

Join the mission to guarantee there is a role for every young person in a school sports day this summer.

The theme for 2022: Belonging – a place in sport for every child.

School sport should be an important part of every child's education and development – every child should feel they have a place to belong. But for too many children this isn't happening. They are left feeling alienated by sport, that it isn't for them and they don't have a place within it. After the huge disruption of the past two years, the inequalities in young people's health and activity levels have got worse. There is so much that all young people can gain from school sport – connecting with others, developing important life skills and improving both their physical and mental health.

Join us this National School Sport Week in the drive to make sure that, when it comes to school sport, there is a place for every child.

20th - 26th June 2022



School Games Mark

School Games Mark has been through a transition period over the last couple of unprecedented years. The 2021-22 accreditation has now been changed to match the new School Games Outcomes:

1. To maintain and grow school engagement in the School Games and their delivery of 60 active minutes.
2. To create positive experiences by ensuring physical activity and competition provision is designed to reflect the motivation, competence and confidence of young people and has clear intent
3. To have a clear focus on secondary schools and transition points
4. To create positive experiences that support the character development of young people, capitalising on Birmingham 2022 Commonwealth Games by empowering young people to design, deliver and promote Physical Activity and/or Competition
5. To advocate to key stakeholders how the School Games makes a meaningful difference to the lives of children and young people, including supporting schools to engage and educate parents.



The application window is now open until 27th July. If anyone wants help applying then please contact us.

Importance of Daily Physical Activity

A young person who is physically active and plays sport on a regular basis will have better...



PHYSICAL HEALTH

- > Cardio-vascular fitness
- > Healthy weight
- > Strength
- > Co-ordination
- > Energy levels



MENTAL HEALTH

- > Happiness
- > Resilience
- > Equipped to tackle anxiety and stress
- > Improved mood through release of 'feel good' endorphins



SOCIAL WELLBEING

- > Less lonely
- > More trusting
- > Improved communication and teamwork skills



BRAIN FUNCTION

Evidence shows being physically active impacts on progress and achievement. It **improves the brain** by stimulating growth in the part of the brain responsible for **learning and memory**. Young people's **ability to concentrate** also improves after physical activity.

These statistics remind us of the power of daily physical activity, PE and sport.

How many minutes do children in your school take part in physical activity every day?

Wouldn't it be great if we could create fully active schools?

If you are interested in taking part in a pilot project with RESSP and the South Tees 'You've Got This' team to become a fully active school, then please contact Claire for more details.

claire.tennison@ressp.co.uk



www.ressp.co.uk



Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week.
UK Chief Medical Officers

But too many children in England are missing out...

ONLY 45%

of young people meet the Chief Medical Officers' guidelines. 4 million do not.



Girls, children from less affluent backgrounds, young disabled people, and those from ethnically diverse communities are all more likely to be inactive.



COVID-19 made the situation worse. Overall activity levels declined and inequalities grew.

... while also struggling with their health and wellbeing



Young people in the UK have among the lowest life satisfaction in Europe.

ONE in THREE

children aged 2 to 15 are overweight or obese.



The number of young people with a probable mental health disorder had gone from one in nine to one in six in the last 5 years.



67% of children believe the pandemic will have a long-term negative impact on their mental health.

One of the most important things young people should develop through daily physical activity, PE and sport is physical literacy. This means that they have the motivation, confidence, competence, knowledge and understanding to stay active for life.



Department
for Education

PE Premium Funding

2022-23 funding - No news yet! There is a ministerial briefing on School Sport on Mon 16th May 2022. Our fingers are crossed and we will let you know when we know.

2021-22 Reporting - The deadline for it to be on your school website is 31st July 2022. The carried forward funding guidance is as follows:

"As a result of the coronavirus (COVID-19) pandemic, DfE relaxed the ring-fencing arrangements for the PE and sport premium in the 2019 to 2020 academic year, to allow any unspent grant to be carried forward into the 2020 to 2021 academic year. Due to the continuation of the pandemic, this has also been applied to any unspent funding for the 2020 to 2021 academic year.

Any unspent funding that has been carried forward must be spent in full by 31 July 2022. Schools will need to factor this into spending plans for their 2021 to 2022 PE and sport premium allocation. The conditions of grant reflect this".

2022-23 SERVICE LEVEL AGREEMENT

Redcar & Eston School Sport Partnership, as you know, is now a community interest company. On this basis, we have to cover our costs every year. Our business model for the last 17 years is to support and work with our partnership schools. Our clients/schools will never increase because we only cover Redcar & Eston area. We therefore rely on the partnership schools buying into our service so that we can continue to provide opportunities for your children and young people.

The funding brought in through the service level agreements only contributes to one third of the partnership costs, and we also attract external funding to cover the rest.

In a time where everything is going up in cost, the Directors have all agreed to keep our costs the same as the last six years for next academic year.

The service level agreement for the year will be finalised through consultation from the schools at our June Subject Leader meeting.

Major League Baseball - First Pitch

Major League Baseball (MLB) First Pitch is a programme that offers fun and inclusive resources to spark an interest in physical activity and sport through play and basic skill development.

The programme provides content orientation and training to up-skill key stage 2 (KS2) teachers to support the development of children and young people's health, wellbeing and wider skill and personal development.

We have the opportunity for 15 schools to take part in the project. All schools will receive a 2hr online training opportunity, resource cards and a small equipment pack.

If your school wants to take part, then make sure you let Claire know asap: claire.tennyson@ressp.co.uk



SERVICE LEVEL AGREEMENT 2022-2023



@RedcarEstonSSP



Year 4 Playground Leaders Training Day



We held a fantastic playground leaders training day on Wednesday 4th May with over 150 leaders in attendance.

The Y4 pupils took part in a skipping workshop with Gail from Skipping School. The Leaders learnt the basics of skipping and also the teaching points so they can return to school and support younger children how to skip during their break and lunch times.

The Leaders also learnt how to deliver a range of playground games involving hoops, cones and balls. The pupils learned fun and engaging games whilst being tested on their leadership skills of problem solving, organisation and creativity.

Back at school we expect the leaders to be used as a workforce for key stage 1 break and lunchtimes to develop fundamental movement skills through play and generally support the break times to be more active.

Walk to School Week

Date for your diary: 16th - 20th May 2022



It would be fantastic if schools could encourage their pupils to walk to school during this national week. Walking to school can contribute to an active school and helps children achieve their recommended 60 active minutes every day.

Girls Football Baseline Survey is OPEN

As a Girls football hub all of our primary schools have been asked to complete the Girls Football Baseline Survey. This helps with promoting the amazing work you are all doing around Girls Football, ensures the funding for the project continues, but above all, it identifies gaps or areas of development that we can support your school with to grow the game.

All links have been sent out, if anyone is struggling to find their link, please don't hesitate to contact Neil at: neil.young@ressp.co.uk

Don't forget the Women's Euro's take place in England this summer which will generate lots of interest and hopefully engage more young girls to take up football or increase their physical activity levels off the back of it. Watch out for FREE resources and our Girls Euro's competition taking place in July.

