

SECONDARY Schools PE Department Briefing Autumn Term 1



WELCOME BACK

It turned out to be a very disappointing end to the 2019/2020 academic year and a huge loss to an academic year that had so much potential at the start. Whilst we could focus on the doom and gloom, we shouldn't and instead have a much more positive outlook. It has given us all a great opportunity to reflect on our provision and forced us to change the way we do things presently and I think as we move to the future. I am pleased that so many Northampton schools got involved with the Northamptonshire Sport virtual challenges and the Virtual School Games Day that replaced the County School Games Summer Finals on the 9th July 2020. Without a doubt this (forced) new approach engaged so many more children and young people who would never have dreamt of engaging in the School Games had we continued as 'normal' through the 2019/2020 academic year.

The situation has forced the Northamptonshire Sport School Team to work considerably closer together and has now resulted in county School Games offer which will allow every school in the county to access exactly the same School Games offer, something that has never been achieved before. I am really excited by this new approach and hope that it will sustain the renewed enthusiasm of children and young people to continue their School Games journey and continue to develop confidence to try new activities in their own school setting and in the latter part of the academic year in a setting where they can truly experience a positive competitive experience competing against other schools within The town and county—I can't wait to be surrounded by the buzz of a School Games competition again—I have really missed it!

In light of the 2020/2021 Northamptonshire School Games Offer, Alex Mitchell (Sports Development Officer—School Sport) will only be working for the Partnership 2 days per week (typically Tuesdays and Wednesdays) as he has been given the opportunity to be redeployed to another area of the Northamptonshire Sport service. He will however continue to plan and deliver the School Games Competitions, with support from myself.

We will be doing things slightly differently this year and I hope that the offer we have developed will enable schools to engage in the School Games safely and provide a platform for many more children and young people to have a positive experience of competitive school sport. As always I will be very receptive to feedback so please do not hesitate to contact me if you think we are doing something well or it could be improved. Likewise if you need help, support or guidance throughout the year I am always here to help so please just get in touch.

Here's to a more positive and fulfilling year of PE and School Sport

Thanks
Natalie

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TO DO LIST...

- ★ Complete Inclusive Health Check
- ★ Download 2020/2021 Comp Information Booklet

TERMS EVENTS

- ★ Virtual Intra-School Badminton Competition
- ★ Virtual Intra-School Boccia Competition

REJUVENATING LEARNING



The Association for PE have recently launched a double sided poster to support primary schools to rejuvenate their pupils' physical, emotional, social and cognitive wellbeing on their return in the autumn.

The posters are free for schools to download and use.

To download the posters click [HERE](#)

The AfPE website also has lots of useful information on it regarding Covid-19 and school PE, Swimming etc...

For more information click [HERE](#)

YOUTH SPORT TRUST RESOURCES



For schools still looking for physical activity ideas and suggestions for PE and School sport opportunities the National Governing Bodies of Sport (NGBs) have worked alongside the School Games to build and develop a series of sport formats for intra and inter-school competition. These formats aim to encourage all young people to participate and are based on supporting young people to build and extend their skills and confidence.

The National Governing Bodies have identified a number of activities that you can continue to work on to develop skills and confidence.

For more information click [HERE](#)

ACTIVE LIVES SURVEY



Sport England's Active Lives survey measures the activity levels of children and young people across England. There has never been a more critical time than now to evaluate the impact that Covid-19 has had on children and young peoples health and well-being, and consider how programmes and initiatives can be developed to minimise any long lasting effects.

Sport England randomly select schools and year groups from every local authority area in England. If randomly selected schools are required to undertake the survey (some selected schools may be been randomly selected before—they are still required to repeat the survey.

Schools are rewarded for their involvement in the research with sports equipment vouchers.

The following schools have been randomly selected to participate in the national Active Lives Survey this academic year—further information will be shared with you in the half term before your school is due to undertake the survey

Autumn Term

- ★ Delapre Primary
- ★ Lings Primary
- ★ NSB
- ★ NSG
- ★ Thomas Becket Catholic School
- ★ Whitehills Primary

Spring Term

- ★ Abbeyfield School
- ★ Headlands Primary
- ★ Kingsthorpe College
- ★ Kingsthorpe Village Primary
- ★ Malcolm Arnold Academy
- ★ St James CofE Primary
- ★ Stimpson Avenue Primary
- ★ Wootton Park School

Summer Term

- ★ All Saints CofE VA Primary
- ★ Boothville Primary
- ★ Barry Primary
- ★ Northampton Academy
- ★ Quinton House School
- ★ The Duston School
- ★ Weston Favell Academy

Reserve Schools (these schools will only be used if we do not reach our national target for completed surveys):
Cedar Road Primary, Castle Academy, St Gregory's Primary and Lumbertubs Primary

SCHOOL GAMES

2020/2021 NORTHAMPTONSHIRE SCHOOL GAMES OFFER LAUNCHED

After a long-awaited return to School Games delivery within the county, Northamptonshire Sport is excited to launch the 2020-2021 Northamptonshire School Games Offer.

Following significant consultation with schools regarding planning and preparation, we have developed a countywide offer which we are confident will engage many more children and young people in the School Games programme than ever before, providing them with positive and motivating experiences of physical activity and competitive school sport.

To access the FREE resources which include; sports specific activity cards, competition cards, scorecards and certificates, schools will need to register on the Northamptonshire Sport website.

For more information click [HERE](#)

2020/2021 COMPETITION INFORMATION BOOKLETS

The 2020/2021 Northampton Competition Information Booklets are now available for schools to download [HERE](#)

The booklet contains some key information and dates for this academic year. Please feel free to share the document with other staff and/or leave one in the staff room.

You will note that whilst dates have been confirmed for competitions times for these competitions are yet to be confirmed. Times will be published and shared with schools closer to the event once we know the number of schools competing.

AUTUMN TERM 1 COMPETITIONS

Virtual Intra-School Competitions:

- ★ Badminton
- ★ Boccia

LEADERSHIP

FOOTBALL REFEREEING & COACHING

Mel at Sir Christopher Hatton has taken over the Women & Girls role within the County Schools Football Association. She is really keen to get some girls Refereeing and Coaching courses established within the county.

She is asking secondary schools across the county to contact her and advise if there is interest from girls for these courses.

Can you please contact her (call or text) if you think you have any girls who would be interested in accessing any Refereeing or Coaching workshops in the very near future.

Tel: 07532 069965

2020/2021 LEADERSHIP ALLOCATIONS

The draft 2020/2021 Leadership Allocation document has been written. We have tried our best to give each school a number of leadership opportunities but this has been difficult as the number of 'actual' competitions has been reduced due to the provision of the virtual inter-school games offer this year.

Can I please ask that you look through the programme and confirm with [Alex Mitchell by Friday 2nd October 2020](#) if you can commit to providing leaders for these competitions. Of course we appreciate that there is an every changing landscape and we will continue to monitor it and liaise with schools to confirm training and competitions (we are aiming to confirm events 6 weeks before them taking place).

The document can be downloaded [HERE](#)

THE FA PLAYMAKER

The FA has launched a new, entry-level football course for both current and future volunteers in the grassroots game - The FA Playmaker supported by BT. It's open to anyone aged 14+, completely free to sign up, and requires no previous football experience or qualifications to get the most of out it.

Over five modules, the course focuses on the brilliant basics of football providing a toolkit anyone can use to get involved and help create fun, safe and inclusive experiences in the game.

For further information click [HERE](#)

CEREBRAL PALSY SPORT—ITS OK TO PLAY RESOURCES



Cerebral Palsy Sport's aim is to raise aspirations, promote inclusion and support people with cerebral palsy and other disabilities to play, participate and enjoy sport and active recreation.

Through the 'It's Okay to Play Project', the aim of CP Sport is to make it easier for people with cerebral palsy and associated physical impairments to access sport and activities, just as their siblings and peers do, in school and in the community.

To do this, CP Sport have create two new resources. One for families to use, and the second for education sector and health professionals who work with young people and adults with physical disabilities.

The resources contain key information, helpful ideas and games that will allow for both audiences to support someone with a physical disability to access sport and activity that we hope will result in them leading a happier, healthier life.

Subject to government guidance on coronavirus and returning to play, the project will help ensure that within school people with a physical disability are able to take part in PE and extracurricular activity the same way their peers do. The resources will provide teachers and those that lead PE with the tools to be able to run fully inclusive sessions and activities breaking down barriers and perceptions. The family resource will provide families and carers hints and tips on how to be active with members of the family who have a physical disability. It will provide the confidence to 'play' within the home setting, go into the local community and access green spaces and parks and ultimately encourage the family to be active together.

The resources are available to download for free from the CP Sport website here:

<http://www.cpsport.org/resources/resources/its-okay-to-play/>

ALL ABOUT AUTISM, ALL ABOUT ME

The All about Autism, All about me booklet is designed to be a practical toolkit, building your knowledge of autism and some of the key considerations for making PE and sport inclusive to all. The key factor throughout this process is to know the young person you are working with, which includes familiarising yourself with their Individual Education Plans and motivators.

The booklets objectives are:

1. To help you understand misconceptions about young autistic people taking part in PE and sport.
2. To help identify and reduce barriers to participation
3. To help you to realise the wider benefits that PE and sport bring, particularly when used as a therapeutic vehicle to help regulate emotions, facilitate learning and improve social inclusion.

To download the booklet click [HERE](#)

INCLUSIVE HEALTH CHECKS

It is that time of year again when schools are required to complete their Inclusive Health Check (IHC). The IHC will review SEND PE and School Sport provision across a school.

There are no right or wrong answers to the questionnaire. It is important that you are honest in your responses.

Throughout the questionnaire you will get useful tips and advice on how you could improve in certain areas.

For schools wishing to apply for School Games Mark it is compulsory for the IHC to be completed.

The survey can be found at the bottom of your School Games dashboard. I would suggest that you complete this before October half term.

www.yourschoolgames.com

EXTERNAL PARTNERS



NORTHAMPTON SAINTS: SAINTS IN SCHOOLS PROGRAMME

Through our Community programmes, Northampton Saints hope to continue to grow the Northampton Saints family and strive to provide opportunities for people of all ages, genders, abilities and ethnicities to be able to access the game at all levels – be it playing, coaching or as a fan. They want to give as many people as possible the opportunity to experience rugby, from picking up a ball for the first time at school or joining their local rugby club, to sitting pitch-side and experiencing a packed house at Franklin's Gardens.

Schools play an integral role in developing young people both on and off the field, and through their Saints in the Schools programme they hope to grow a family of schools and colleges who are passionate about providing their students and staff with opportunities to access the game of rugby, whilst building positive environments for young people to achieve and reach their full potential. Through the Saints in the Schools programme they create bespoke packages, catering to each individual school's needs across primary, secondary, state and independent schools – including specialist provision for SEND schools and units. We also incorporate unique experiences accessible only to our partner schools, making your staff and students feel like a true part of the Northampton Saints family.

More information can be found [HERE](#)

NORTHAMPTON TOWN FC—KICKS PROGRAMME

For the last 13 years, Premier League Kicks has been working in local communities to inspire thousands of young people. PL Kicks started in 2006 and has a long history of using the power of football and the value of sports participation to help youngsters in some of the most high-need areas.

By engaging them in constructive activities, including a wide variety of sports, coaching, music and educational and personal development sessions, communities up and down the country have been transformed with impressive football and sports participation rates and the authorities reporting significant reductions in anti-social behaviour in the areas in which it is delivered.

The programme started with four pilot projects, at Tottenham Hotspur, Manchester City, Fulham and Brentford. Thanks to another three year funding commitment from the Premier League, the programme has grown so that 90 Premier League, EFL and National League clubs will deliver sport and education sessions at over 700 venues in local communities where projects are needed most.

The scheme has enabled thousands of youngsters to find routes into education, training and employment with volunteering being a key component. One of the key elements for the success of Kicks is the workforce, with 20 per cent of the coaching and delivery staff being former participants, often hailing from the same area in which they are now working.

For more information click [HERE](#) and the posters can be found [HERE](#)

PREMIER LEAGUE KICKS COMMUNITY **Kicks**

FREE FOOTBALL COACHING!

Are you interested in coming to play football and receive football coaching free of charge?

From the 7th September we are re-starting our Premier League Kicks site in Kingsthorpe. Make sure you come and join us!

Every Monday from 5:00pm to 7:00pm we will be at:

St David's Church Rooms,
Kingsthorpe, St David's,
Eastern Avenue,
Northampton,
NN2 7QB

(Outside on the MUGA at Bradlaugh Fields in the summer months - access via church rooms)

THIS IS FOR SCHOOL YEARS 7-13.

Due to COVID-19 regulations, participants **MUST** register in advance at: ntfccommunity.co.uk/pl-kicks

For any Premier League Kicks enquiries please call us on 07848473528.

NORTHAMPTON TOWN FC #PROUDTOBE KINGSTHORPE Team Ministry

PREMIER LEAGUE KICKS COMMUNITY **Kicks**

FREE FOOTBALL COACHING!

Are you interested in coming to play football and receive football coaching free of charge?

From the 8th September we are re-starting our Premier League Kicks site in Blackthorn. Make sure you come and join us!

Every Tuesday from 5:00pm to 6:30pm we will be at:

Park on Blackthorn Road (opposite Croft Meadow Court)
Blackthorn,
Northampton,
NN3 8QA

Winter months: MUGA opposite Blackthorn Community Centre.

THIS IS FOR SCHOOL YEARS 5-13.

Due to COVID-19 regulations, participants **MUST** register in advance at: ntfccommunity.co.uk/pl-kicks

For any Premier League Kicks enquiries please call us on 07848473528.

NORTHAMPTON TOWN FC #PROUDTOBE