

Promoting Health and Fitness at North

We have been classed as a *Healthy School* since 2002, upgraded to *Enhanced Status* from 2015. We promote healthy lifestyles of which physical activity is a very important aspect. Teachers have the responsibility of planning and delivering high quality PE lessons. All classes enjoy daily 10-minute brain-gym sessions too. Children's opportunities are enhanced through the good sporting links we have with a number of organisations as well as our partnerships aiming to make the best use of community coaches, clubs and (where possible) their facilities.

Managing PE, Health and Fitness at North

Mrs. Eves, former sports co-ordinator of a secondary sports partnership is our full-time sports coach. On top of her teaching commitment she co-ordinates and promotes participation on sport and fitness activities which includes membership of the Children's University. She works closely with Miss Jacobs, our Healthy Schools co-ordinator.

Enjoyment through participation is our primary goal. Opportunities for competitive sport are widely available too. Match reports and other sports reports are a regular feature of the parents' newsletter, *Newsline*.

Links	Description
St. Helena	A sports co-ordinator from their PE department delivers sports programmes for KS1 and KS2 and organises sporting events for the St. Helena primary cluster of schools She also has helped train our Year 5 playleaders. Since 2016 we have started to use their Food technology facilities for family cooking projects. We also use their floodlit astro facilities for football coaching and school fixtures
Colchester Institute	For many years we have provided placement opportunities at North for their sports' coaching students. As part of their placement they run KS1 and KS2 sporting events
Colchester Royal Grammar School	As a partner school we have benefitted from their PE sports co-ordinator running programmes of lessons – including Gaelic Football.
Colchester Rugby Club	They have run clubs in the past. They organise an annual inter-school competition.
Essex County Cricket Club and Colchester & East Essex Cricket Club	Cricket has a high profile in the school, ably promoted by these clubs. Good links have existed for a number of years. The national <i>Chance to Shine</i> project has been very successful. An ashes-winning cricketer from the England Women's Team led a coaching session in April 2014 for our Year 4 and 5 girls. ECCC also organise an annual inter-school competition. Colchester & East Essex CC helped us to make a training video for our Comenius project partner schools in Poland, Ireland, Finland and Italy so that they could learn to play cricket. Our cricket club uses the practice facilities at the ground during the summer term.
Colchester United	Col U has worked closely with North over many years. In 2013 they provided coaches to lead Breakfast Fun Fitness clubs for KS2 pupils three mornings per every week. They also coached classes Years 1-3. From 2014- 2016 they ran one Breakfast Club session and led Year 1 and Year 2 PE lessons one morning per week. In the Spring Term of 2016 Year 3 took part in a Col U Cardio-Active fitness programme. In the Spring Term of 2016 Col U coaches worked with Year 5.
Chelsea F.C.	Chelsea have a base at Clacton. They have provided sporting opportunities – not just football- for a number of years now. They also run holiday football coaching schools which North has hosted. From 2013 -2015 the coaches taught Years 4, 5

	and 6. From September 2015 they have run after school football clubs for Years 2-5.
Colchester Leisure World	Year 3 have swimming lessons in their summer term. The aim is for all children to be able to swim 25 metres. In the autumn term Year 5 have swimming lessons – another chance for those still unable to swim to learn. Confident swimmers improve their distance and learn survival skills

After School Clubs

A wide range of opportunities exist for children to attend after school clubs – many of these are sport and fitness related. Some are provided by teaching staff and are free of charge. Some are run by organisations or individual coaches – fees are paid to attend these clubs.

Lunchtimes

Lunchtime is an important part of the day, a time when children have a one-hour break – to eat their lunch and play. It is important that the children have every opportunity to use their free time positively. Year 5 playleaders help Year 1 children to enjoy active play. The junior playground is set out to enable children to engage in a wide variety of structured and unstructured activities. Year 6 playleaders have been introduced and under the guidance of Mrs. Eves, help to promote good use of space and equipment.

Volleyball, tennis, cricket and basketball are all played every day. There is also space for children to use equipment to make up their own games. There is also a woodland area with adventurous apparatus which the children love.

Breakfast Fitness Fun Club

In 2014 free Breakfast Fitness Fun Clubs were introduced. These daily sessions give children from Y2 the opportunity to attend one session every week and Y3 to Y6, two sessions per week.

Other Health Promoting Activities

Every Year all Year 4s have the opportunity to learn about food and nutrition through the *Let's Get Cooking* programme.

Infants enjoy daily free fruit and veg at break time.

All children are encouraged to have a water bottle in class to aid hydration.

In September 2014 we linked with the Children's University so that children could get recognition for their out of school activity.

The P.E. Premium

From 2013 every school has been given a grant to promote health, fitness and competitive sport. This grant has made a contribution to the budget we allocate to health, fitness and competitive sport.

Our sport and health goals have always been to improve the quality of PE lessons, to make lunchtimes and playtimes more active times and to extend the school day to engage children in physical activity. The P.E. premium has enabled us to develop and extend all of this work.

P.E. Premium Grant

In 2015-2016 the grant was £9250.

In 2016-2017 it was £9779.

The grant has contributed to the overall costs of the following:

Employ a full-time Sports Coach
Benefit from involvement in the St. Helena partnership
Belong to Colchester Sports' Leagues
Provide Swimming Lessons for Year 3 and Year 5
Provide a daily Breakfast Club
Run Yoga sessions for KS1
Membership of the Children's University
Maintain and purchase new equipment

Participation and Success

Extended school activities continued to be enjoyed by a growing number of children. Through the year, 11 sports clubs were offered, children participated in 8 inter school sports competitions and belonged to 2 sports leagues.

In 2018 14 more children registered with the Children's University and 28 graduated (2017 - 43).

During the school year 255 children attended at least one sport or exercise club every week (including the Breakfast Health and Fitness Club) [2016-2017 - 169].

207 children in total represented the school in a formal sporting activity [2016-2017 179].

We had 30 Year 5 Playleaders in 2015-2016. In 2016-2017 23 year 5s became Playleaders. ?? have trained for 2018-2019.

We had 20 Year 6 Playleaders in 2017-2018. ?? have trained for 2018-2019.

Year 2s compete annually in an inter-school summer sports day organised by PE students from Colchester Institute.

Year 2 compete in a gymnastic festival organised by St. Helena. Preparation includes all Year 2s completing a gymnastics programme taught by the St. Helena link PE teacher.

The school netball and football team participate in the local leagues and cup competitions.

The school rugby club participate in the annual tag rugby competition organised by Colchester Rugby Club.