



Support for Schools 2024-2025

Be part of it!

Introduction

Active Cumbria is one of 43 Active Partnerships covering the whole of England and is part of Cumberland Council's Public Health and Protection Service. We are passionate about our mission of 'improving lives through physical activity' and have an ambitious 5-year plan and vision whereby 'everyone in Cumbria is enjoying an active lifestyle'.

As highlighted in the 2023 School Sport and Activity Plan (July 2023), 'High quality physical education (PE) and sport are a vital part of what makes a great school.' We are here to support you in achieving this.

The Chief Medical Officer recommends that Children and Young People should be active every day for at least:

Age 1-4 years



Age 5-18 years



Support for Schools

Our overarching aim is for more children and young people to be active. We recognise that we can't do this alone and one of our key roles is to provide support to schools across the county to help us achieve this.

We know the importance of healthy development and believe that embedding a positive relationship with physical activity in our young people leads to lifelong commitment to an active and healthy lifestyle. We want to build on the great work already being done by many schools and provide support as and when needed.

Our offer is centred around supporting schools to embed physical activity and active travel into their ethos and is captured in the following five key aims. Each aim is supplemented by a range of specific services, programmes and events and these are detailed in the following pages.

We aim to:

- Help schools understand their current position with regard to physical activity, active travel and sport provision.
- Provide access to a variety of extra-curricular physical activity, active travel initiatives and sport provision.
- Deliver relevant CPD, learning and networking opportunities.
- Develop skills and confidence in subject leadership in Physical Education.
- Increase opportunities for participation in sport for less active and SEND children through a comprehensive School Games offer.

Throughout this document we have included QR codes which link directly to the Active Cumbria website where you will find further information and support.

Cumbria Headline Statistics for Sport & Physical Activity - Children & Young People*

Sport and Physical Activity Levels

The percentage of children that are meeting the new Chief Medical Officers recommendations of 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.



children and young people in Cumbria are meeting the new Chief Medical Officers recommendations of doing an average of 60 minutes activity every day = **44.4%** compared to **47.0%** in England



children and young people in Cumbria are doing an average of less than 30 minutes of activity every day = **31.9%** compared to **30.2%** in England



60.5% of children in Cumbria **can swim 25m** unaided



compared to **57.6%** in England

*Data from Active Lives Survey 2021-2022 and 2022-2023



Help schools understand their current position with regard to physical activity, active travel and sport provision.

We can support schools to identify their strengths and areas to develop. This includes the use of specific tools such as the Active Lives Children's Survey. We are also able to support schools on a one-to-one basis to help you identify areas to improve, prioritise effectively and offer initiatives and ways of working to support your development.

Active Lives Survey

Each year, around 50 schools from across Cumbria are randomly selected to complete the Active Lives Children and Young People Survey, which is a national survey commissioned by Sport England. Following completion of the survey, schools receive a comprehensive report covering measures of children's activity levels, physical literacy, swimming proficiency, wellbeing, self-efficacy and levels of social trust. Using this report, we can support individual schools to develop their approaches to physical activity.

As part of the report, schools will receive a certificate from the DfE Healthy Schools rating scheme. There is also an equipment incentive for taking part and schools can access at least £100 worth of credits to spend on a range of sports equipment.

We actively encourage schools to complete the survey as the data provides the Government and other partners with a broad and deep understanding of activity levels and behaviours, to help shape future policy and investment decisions. Active Cumbria staff are available to visit your school and help with the survey completions.

School Travel Plans

A School Travel Plan is a practical tool to help schools who are reviewing their transport and congestion issues. Travel Plans are also a requirement for certain planning applications for school building developments.

The Active Travel to School team offer guidance, templates and liaison with council colleagues to support development and implementation of sustainable travel approaches. Additionally, School Travel Plans embed sustainable travel policy into school documentation in support of the Sustainability and Climate Change Strategy for Education (DfE).

Thank you
to the 29 schools
who completed
the survey in
2023-24 providing
a total of 4772
responses



Mr Stockdale and pupils of Maryport Cof E School receiving their British Orienteering kit which they ordered through the Active Lives equipment incentive.



Provide access to a variety of extra-curricular physical activity, active travel initiatives and sport provision.

There are numerous programmes and resources that we offer ourselves or are provided by partner organisations to support schools with extra-curricular physical activity, active travel or sport provision. We have a dedicated section on our website for such offers. If you cannot find what you're looking for please contact one of the team who will be happy to help. Further details of some specific programmes and resources are provided below:

Street Tag



Street Tag is a free mobile app that turns the world around the user into a virtual playground. Points are gained by actively travelling to and from places, in addition to scanning virtual tags that have been scattered throughout the community. Tags can be found on the route to school, in local parks, at local events and more or less anywhere and everywhere making it really easy to join in the fun!

Active Cumbria have secured a partnership with Street Tag so your school can join the Street Tag community for free.



50 & 100 Mile Challenge



These programmes have been developed in partnership with New Balance as a cost effective way to help schools and early years settings support all children to meet the levels of physical activity recommended by government.

The challenge is simple, participating settings and schools help their children to complete and record miles of physical activity during the academic year. It's 50 miles for early years settings and 100 miles for schools and miles can be measured through walking, running, skipping, scooting, cycling, swimming and other means. Schools are provided with all the resources they need and can use their PE and Sport Premium funding to cover costs.



Activity Finder



The Active Cumbria website includes a handy, easy to use activity finder listing clubs, classes and other physical activity taking place in your local community. This is an ideal resource to encourage the pupils in your school and their families to find new ways to keep active outside of the school day.



Active Travel to School



Active Cumbria's Active Travel to School team supports active and sustainable travel approaches for children, parents and carers. There are several effective programmes in place to support schools to encourage modal shift towards regular active travel.



Bikeability Cycle Training

All primary school children are offered Level 1 & 2 cycle training in Key Stage 2, with additional funding available for Level 3 training for secondary school students. Training is delivered by our highly experienced partner Cyclewise.

County Initiatives

County initiatives provide opportunities for schools to promote active travel and support long term behavioural change. The Active Travel to School Team's Flagship Feet First Challenge takes place once a term to complement national initiatives such as Bike Week and Walk to School Week. Feet First is designed to be fun, accessible, and achievable – all resources are provided and there is virtually no admin for school staff. This year we will be refreshing materials and offering more varied prizes, in line with feedback from schools.

National Campaigns

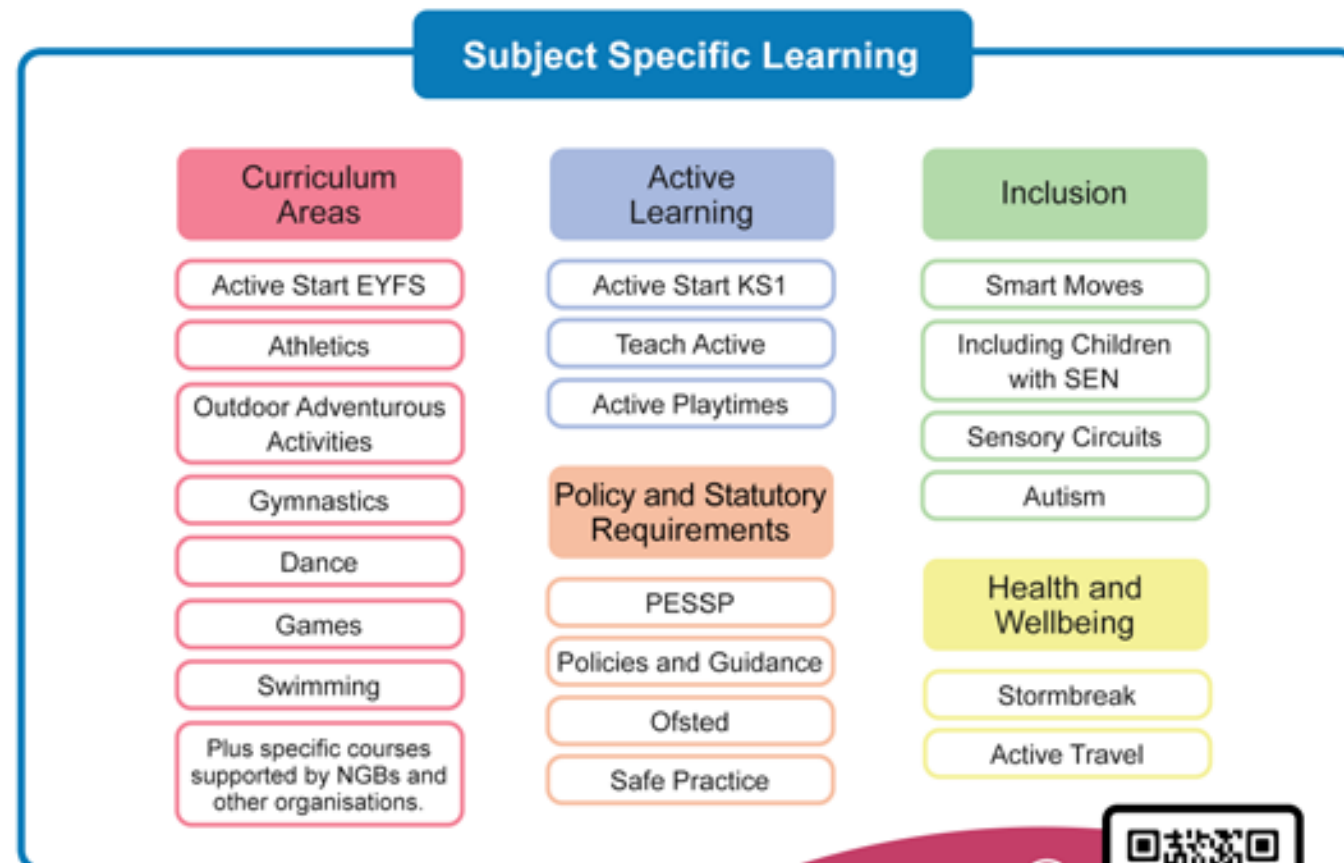
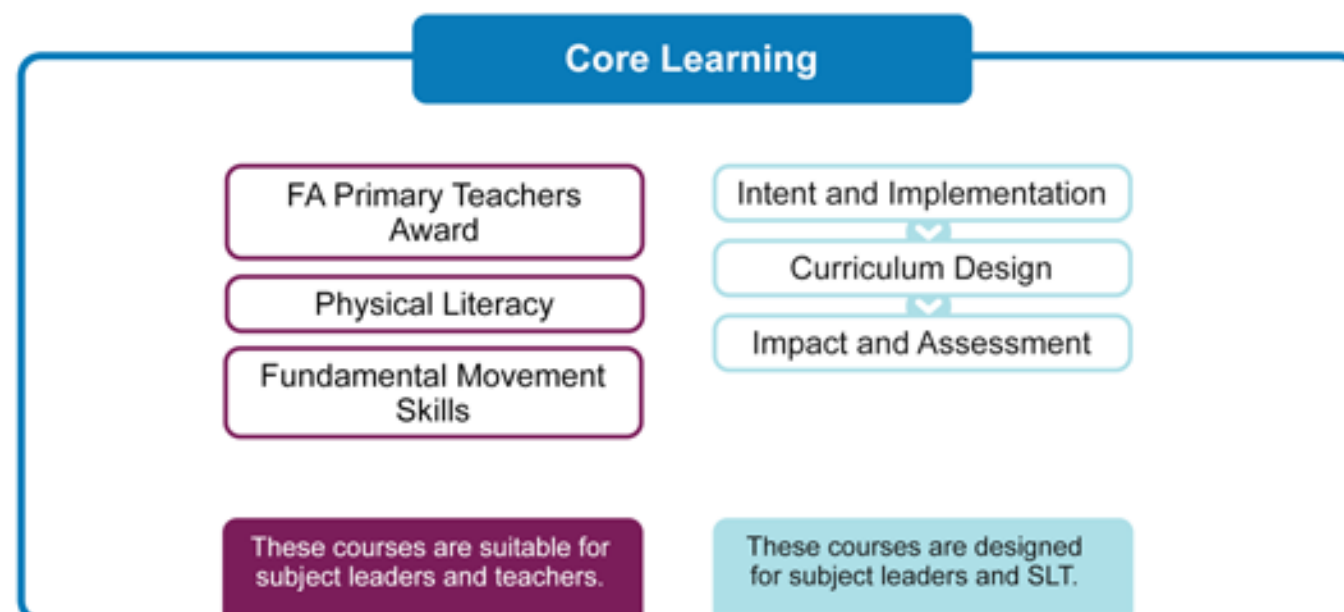
As well as amplifying national campaigns, this year we are working alongside Living Streets to introduce their hugely successful WOW Challenge to Cumbrian Schools. WOW is a FREE pupil-led initiative where children self-report how they travel to school each day via the interactive WOW Travel Tracker (no mobile phone access required).

It's simple to run and children love taking part. Each year, the collectable WOW badges are designed by pupils in an annual badge design competition. On average, WOW schools see a 30% reduction in car journeys taken to the school gate and a 23% increase in walking rates.

The Active Travel to School offer is a free resource for all schools. Contact our Active Travel Officer Jodie for further information: jodie.laird@cumberland.gov.uk

Delivering relevant CPD, learning and networking opportunities

We are committed to sourcing a range of high quality, needs-led CPD opportunities for those working in schools. The diagram below shows the variety of training we can provide. By completing our survey via the QR code, you can express an interest in the available courses. With this information we can tailor our offer across the county to best suit your needs.



Scan the QR code for more information and to register an interest



PE Network Meetings



Our Cumbria PE Network Meetings are online events, designed to remove the barrier of time taken to travel to meetings. These termly meetings include CPD input from a keynote speaker, county updates and breakout rooms for locality areas.

Previous topics have included: developing an active curriculum, support with inclusion, School Games rationale and how to explain your curriculum. Following requests from schools, this year we intend to provide support with PESSP and mental health and wellbeing. If you have any requests for content please let us know. Visit the QR code to find out more and book your free place!

Active Start



Active Start is our early years programme for children up to the age of 7 focusing on using physical activity and play to support children to be healthy, to learn and be active for life.

Created to inspire and increase activity levels, Active Start supports teachers and practitioners to help children develop a wide movement vocabulary to support their overall physical, cognitive, social and emotional development.

This programme includes:

- A practical training session
- Resources to support delivery of the activities within your setting



Barclays Girls' Football Schools Partnership



Active Cumbria are acting as the Digital Strategic Partner Lead for the Barclays Girls' Football programme to support girls' football in your school.

To be included in all the opportunities there is a very simple free registration and two-step sign-up process. Registration provides a space for teachers and school staff to access free exclusive digital resources, CPD and much more to give girls equal access to football in schools.



Develop skills and confidence in subject leadership in Physical Education

We are delighted to work with a range of experts and training providers to support subject leaders, SLT and governors. We have three core learning courses on Curriculum Design which will assist you in developing and being confident in your school's PE curriculum. Following attendance at one of these courses, attendees are invited to online support sessions to ensure our support to you continues.

NEW for 2024-25 Understanding Physical Education Leadership and Governance

This event is a must for anyone involved in primary physical education leadership and governance. The morning will focus on current policy, the Primary PE and School Sport Premium, updated financial reporting requirements, and wider whole school physical activity policy. Senior leaders and governors are encouraged to attend the morning alongside the subject leader. The afternoon will take a deeper look into the role of subject leadership and support colleagues through the process of strategic planning and subject development.

An additional online session will be offered in the Summer term 2025, to reflect upon planning targets and provide any updated reporting requirements for the Primary PE and School Sport Premium.

Further details of our courses and resources to support subject leaders can be found on our website.



Objectives for the session:

- Be informed about current messages and guidance for primary physical education, school sport and physical activity
- Understand the role of the subject leader
- Reflect and map current provision to key indicators
- Create a strategic overview for your school's physical education curriculum and wider physical activity and school sports offer
- Understand the changes to Primary PE and School Sport Premium reporting systems



Support increased opportunities for participation in sport for less active and SEND children through a comprehensive School Games Offer.

The Cumbria School Games is part of the national School Games programme, designed to inspire young people to be active for life through positive engagement with physical activity and sport. In line with the national aims, we will use the Cumbria School Games to tackle inequalities in participation in sport and physical activity.

We are committed to our ambition of targeting less active and SEND children and young people to be part of the Cumbria School Games in the coming academic year by providing opportunities for the children who don't usually get chosen to represent their school at sporting events.

We continue to enjoy our partnership with Panathlon and are excited to provide a range of events throughout the county.

In recognition of the challenges children face when moving to secondary school, we are delighted to offer a new event developed in partnership with local provider HP Activities. This multi-skills event is designed to bring together Year 6 and Year 7 students from the same area in an enjoyable, collaborative and developmental environment.

Full details of our events can be found in the 2024 – 2025 School Games Handbook which is published in the Autumn term and can be found on our website.

Each area of Cumbria has a local School Games Organiser (SGO) who organise local events and festivals throughout the year and work towards the five School Games outcomes, these are:

- 1 Advocate and position the delivery of the CMO daily active minutes for all young people, as a universal offer to maintain and grow school engagement
- 2 Ensure all competition has a clear intent and creates positive experiences based on the motivation, competence and confidence of the young people that need our support the most
- 3 Have a clear focus on secondary school engagement and transition points
- 4 Support the personal development of targeted young people through youth engagement and leadership
- 5 Advocate and engage key stakeholders on the value of School Games to support local provision and improve the experience for young people and their families



CUMBRIA
SCHOOL
GAMES



10

Contact your School Games Organiser

Allerdale

Sarah Scott
s.scott@netherhall.cumbria.sch.uk
07921 225865

Carlisle

Karen Cook
carlisesgo@rrca.org.uk
01228 822060 (ext 4507)

Copeland

Chantal Malan
cmalan@whitehavenacademy.org.uk
01946 595400

Eden

Oli Luke
oli.luke@ksgs.cumbria.sch.uk
017683 71693

Furness

Kirsty Lamb
sgo@furnessacademy.co.uk
01229 484270

South Lakeland

Sharon Nicholson
sharon.nicholson@lakes.cumbria.sch.uk
015394 40810

YST Lead Inclusion School

The YST Lead Inclusion Schools are inclusion champions and visionaries for what high quality, meaningful and inclusive PE and school sport should look like for every child. They work to empower teachers to be more inclusive in their practice, provide meaningful competition pathways for young people, raising their aspirations and providing inclusive leadership opportunities.

For 2024 – 2025 William Howard School, Brampton is the Lead Inclusion School for Cumbria. Contact details:

Tracey Croucher
tcroucher@williamhoward.cumbria.sch.uk
016977 45700

YST INCLUSION SCHOOLS

We are here to help

We hope you are now familiar with the support Active Cumbria can provide to your school. You can find further information on our website. Please get in touch – we look forward to supporting you and your school to encourage more children and young people to be active.

Contact Kirsty Williamson, CYP Development Officer (Education)
kirsty.williamson@cumberland.gov.uk - 07385 969253



11



Published by
Cumberland Council
September 2024

Active Cumbria
Cumberland Council
Cumbria House
107-117 Botchergate
Carlisle CA1 1RD
01228 226885

feedback@activecumbria.org
www.activecumbria.org

If you would like to request a copy of this document in different formats such as large print, Braille, audio or in a different language call **01228 226885** or email **feedback@activecumbria.org**

للوصول إلى هذه المعلومات بلغتك، يرجى الاتصال **01228 226885**

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে **01228 226885** নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，
请致电 **01228 226885**

Jeigu norėtumėte gauti šią informaciją savo kalba, skambinkite telefonu **01228 226885**

W celu uzyskania informacji w Państwa języku proszę zatelefonować pod numer **01228 226885**

Se quiser aceder a esta informação na sua língua, telefone para o **01228 226885**

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen **01228 226885** numaralı telefonu arayınız