

# The North East Lincolnshire School Sports Family



## Key achievements

- As a result of the NELSSP's extensive programme of competitions and festivals for all ages, we have achieved a fantastic 62% of students now competing in inter-schools events. This compares to an average of only 49% across the UK



## Our ambitions

### 1) Making sport accessible and attractive to all young people

We aim to make PE and sport an integral and enjoyed part of school life for our young people in North East Lincolnshire, whatever their ability.

### 2) Improve the quality of curriculum PE and school sport.

We want to ensure there is a legacy of high quality PE teaching, school sport and physical activities that is at the heart of whole school improvement and development.

### 3) Encourage young people to lead a healthier lifestyle

We aim to provide young people with the opportunity to lead a healthier lifestyle through promoting the benefits of a healthy diet and providing access to physical activity as good health and effective learning go hand in hand.

### 4) Easing the transition from school to community sport

We want to further develop the links between schools and local community sports providers, increasing the number of children and young people joining accredited clubs, creating a culture of participation from a young age.

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CHAMPIONING THE ROLE  
**PE AND SPORT**  
HAS FOR THE WELLBEING,  
SELF ESTEEM & ASPIRATIONS  
OF THE **CHILDREN** OF  
NORTH EAST LINCOLNSHIRE

North East  
**Lincolnshire**



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# Don't let the good work of the last few years be wasted

Many of us perhaps have memories of school PE and sport as being 'for the sporty kids' and something to be avoided if possible, especially once we reached secondary school.

This experience does not reflect the school PE and sport of today, thanks to recent investment and the establishment of the Schools Sports Partnership network.

With over 400 local School Sports Partnerships in place throughout the UK, resources have been directed to grass roots level, striving for every child to have access to a higher quality of PE teaching, a greater range of activities and the chance to develop their natural talent and aptitudes.

Nationally these initiatives have resulted in an increase in the number of young people taking up at least 2 hours of school sports from c. 1.8 million in 2004 to c. 6.5 million in 2010.

## Delivering success for North East Lincolnshire

The North East Lincolnshire School Sports Partnership is a particularly proactive and dynamic Partnership and has achieved real inroads into the way sport and PE is delivered and perceived in the area, achieving results far in excess of the national average.

It is important for the Partnership to keep up the momentum and capitalise on the successes achieved to date. We are looking to continue to work closely with schools, public sector partners and the community to continue this investment in our children.



### Key achievements in 2010

- 18,136 young people participated in at least two hours of high quality PE in a typical week
- 11,896 young people participated in at least three hours of high quality PE and out of school hour's school sport in a typical week
- 12,091 young people were involved in inter-school competition
- 2,925 young people were involved in leadership and volunteering within both their school and wider communities during the academic year

## What are we involved in?

Our work is diverse and varied but falls into a number of areas -

### Curriculum & extra curricular

At the heart of our activities is the work we do with schools to ensure that PE and sport is embedded not only in the school curriculum but also in daily school life.

- Curriculum support from qualified sports and dance coaches working alongside teachers
- New sports and activities such as dance, skipping and indoor rowing designed to engage some of the low participation groups
- Funded after school sports coaching and clubs

### Promoting Healthy Lifestyles

It is not just traditional PE and sports; we are also committed to enhancing and promoting Healthier Lifestyles, through improving and enhancing the physical activity of our school children during their school day. There are a number of ways in which we do this, from training staff to deliver a lunchtime physical activity programme to the implementation of programmes that target overweight and obese children.

### Engaging All

The Partnership places a great emphasis on engaging all young people in PE & Sport and in addition to traditional sports, has provided a range of innovative experiences and projects. Working with partners a programme for young people with disabilities has delivered opportunities at both a local and regional level and all secondary schools have engaged in an innovative programme targeting older girls through dance.



### Key achievements

- 1,500 curriculum support hours
- Additional swimming lessons for KS2 children
- Over 2000 sport coaching hours for after school activities
- Over 200 teachers have accessed further professional development opportunities

### Key achievements

- 'Wake and Shake' daily programme in primary schools has improved children's attention, behaviour and performance in lessons
- 'Active Lunchtime' trains both adults and young people to deliver a structured physical activity programme at lunchtime
- The indoor rowing in schools project has provided both equipment and training to schools to deliver indoor rowing as a way of engaging pupils who don't enjoy team sports and as it works every muscle group it is a good way of tackling childhood obesity

### Key achievements

- Young people with disabilities fast tracked through to regional performance squads linked to Paralympics
- Urban dance programme, including cheerleading, engaging older girls
- Primary school skipping project involving over 500 girls
- Monthly programme for gifted and talented sports performers

### Leadership & Volunteering

Another aspect of our involvement is our role in developing the officials, coaches, managers and teachers of the future. We are doing this by working with schools to develop opportunities for children, starting at primary school, to volunteer and be young leaders.

Our aim is to increase the quality, quantity and diversity of young people involved in volunteering and leadership within North East Lincolnshire schools.

### Competitions

Competition forms a major aspect of our work and our aim is to increase greater participation in competitions and festivals whatever the ability and encourage all children to represent their class, school or area at a sporting event.

Our initiatives have included not only the development of 'traditional' school sports but also introducing new sports and activities especially those which seek to engage with children who have not previously been involved in school sport.

### Community

Throughout our activities we are seeking to build closer relationships with the local sporting community. One of our aims is to not only encourage greater and higher quality participation in school sport, it is also to encourage youngsters to be active and take part in sports outside of school.

We are involved with many of the sports clubs in the community, encouraging new members, introducing new satellite centres and bringing in more coaches.

### Key achievements

- Young leaders in primary schools leading positive play activities during breaktime to encourage activity and reduce bullying
- Young Ambassadors dedicated to spreading the word about the Olympic and Paralympic values and how youngsters in NE Lincolnshire can become part of the 2012 experience
- Leadership Academy – 80 young people enrolled in scheme aimed at getting youngsters into sports coaching.

### Key achievements

- An annual programme of mass participation primary school sport festivals delivered by qualified coaches, teaching staff and young leaders
- Annual programme of structured competitions leading to county, regional and even national levels
- Regular dance events for schools to showcase their dance skills and abilities
- Annual skipping and cheerleading competitions

### Key achievements

- Joint planning with local sports clubs has resulted in more young people joining clubs and taking part in community sport
- Development of coaches and volunteers within the community setting
- External funding from national agencies has been accessed to enhance and develop club and community provision