



Cramlington School Sport Partnership



Newsletter Spring Term 2019-20

Spring Term 2020

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The Spring Term 2020 was unexpectedly cut short due to the Corona Virus, however, before the closure of schools to the majority of pupils we had yet another busy and active term.

Specialist delivery during curricular and extra-curricular time provided children with

opportunities to try new activities, helped to prepare pupils to take part in School Games competitions and upskilled teachers and school staff by supporting the delivery of PE, School Games competitions, Hoopstarz festivals, "Showing Potential" programmes also went ahead, as well as many schools

taking part in special activities for Sports Relief.

I hope that you are managing to find opportunities to be active during lockdown. Follow "Northumberland School Games" on Facebook for daily activities and challenges, and try to use your daily exercise to get out and

about- walking, running, scooting or cycling are all brilliant for both body and mind!

Stay safe and stay active
Gill

Keeping Active At Home

Here are just a selection of pages providing a range of different activity ideas:

BBC Supermovers—www.bbc.co.uk/teach/supermovers—activities for different age groups, subjects and topics, featuring famous faces from BBC and the Premier League

GoNoodle—www.gonoodle.com—fun, active, educational songs and routines for all ages. Fun movement and mindfulness activities

Change4Life—www.nhs.uk/change4life—10 minute shake up activities suitable for indoors featuring Disney characters

Youth Sport Trust—www.youthsporttrust.org or Facebook/Twitter—PE home learning, active breaks and 60 second challenges

Cosmic Kids Yoga—YouTube—range of yoga and mindfulness for ages 3+ using children's favourite characters and stories

Joe Wicks PE—The Body Coach TV on YouTube—daily 9am energy burst

Chance to Shine—Facebook—weekly cricket skills challenges and cricket-themed learning activities

Northumberland School Games—Facebook—

daily activity ideas and challenges

The Daily Mile—www.thedailymile.co.uk—The Daily Mile at home, weekly challenges for the whole family

TopYa! - App—children of all ages can compete in a vast range of challenges, or even create a challenge of their own!

Check out www.moreactiveforlife.co.uk/active-at-home under the "Active Children" tab for more.

School Games

Children in Key Stage 2 (Years 3 to 6) are involved in a varied annual programme of competitive opportunities, aimed at enabling many children to experience appropriate competition and the personal benefits that this can bring. Through the appropriate use of competitive sport, pupils are encouraged to show the School Games Values of **determination, passion, self-belief, respect, honesty and teamwork**

Y3/4 Gymnastics

The annual Y3&4 Gymnastics competition was hosted by Northern Gymnastics Club. Teams from 11 schools took part, including teams from **Beaconhill, Burnside, Craggsdale, Eastlea, Northburn and Shanklea**. Competitors performed two different routines, which had been carefully prepared beforehand at school and included skills such as forwards and backwards rolls, cartwheel and six different balances. These routines were scored by judges from Northern Gymnastics and individual scores were combined for team results.

Gymnasts also had the opportunity to use some of the specialist equipment in the centre, including the beam and springboard.

1st place: Craggsdale Coff Primary School
2nd place: Shanklea Primary School



3rd place: Northburn Primary School
School Games Values Award: Burnside Primary School

Y5 and Y6 Hockey

Hockey is often a new competitive sport to many pupils in Y5 and Y6, and time is spent in PE lessons and extra-curricular clubs learning and practising the skills necessary to attend the Y5 and Y6 hockey competitions.

Each hockey competition saw cup and shield events. 18 teams in total attended the Y6 competition, including three teams from **Burnside** and two teams each from **Eastlea, Northburn and Shanklea**. **Northburn Primary School** were the overall winners of the cup competition.

17 teams attended the Y5 competition, which was unfortunately called off during the event due to unexpected weather.



At the end of the Spring Term, Marie-Anne Dowson, who has been our School Games Organiser since the beginning of the national School Games programme in 2010, moved on to a new job role. Before being our SGO she was the Partnership Development Manager for the Cramlington & Seaton Valley School Sport Partnership under the Government's original SSP programme, which started in our area in 2006. Mrs Dowson has worked tirelessly with Cramlington schools in this time to provide wide and varied sport and physical activity opportunities for all pupils, and will be integral for many children's first taste of a sport or first experience of sporting competition at school. On behalf of the Cramlington Sport Partnership schools I would like to say thank you to Marie-Anne and wish her well as she embarks on the next phase of her career.



Hoopstarz

280 Year 3 children from **Beaconhill, Burnside, Cragside, Eastlea, Northburn and Shanklea** attended our Hoopstarz Festivals held at Lakeside Centre. These popular festivals, hosted by the energetic and inspiring staff from KidzRFit, are non-stop activity from start to finish! Pupils learn and practise hula hoop skills, dance, work alone and with others, play games and take part in challenges throughout the event.



Showing Potential

We run two different programmes for pupils who are identified by their schools as "Showing Potential". Our Dance Academy runs through most of the year for pupils in Y4,5,6. They meet weekly and work with talented dance teacher Rachael from Creative Dance Centre. During spring



term they had been working on two pieces of choreography in preparation for the Cramlington & Seaton Valley Dance Festival, which has unfortunately now been cancelled.

Our second programme is Multiskills Academy for pupils in Y5 and Y6. These pupils are chosen by their teachers as showing potential across a range of sporting skills, as well as a positive and resilient attitude when taking part in sport.

They undertook a series of skills tests, scoring in activities such as sit ups, medicine ball throw, agility runs, tennis skills with both hands, and overarm throwing. They then work weekly with coaches Mr Dowson and Ellie from Shape Performance to develop and improve these fundamental skills, which will help in whatever sport they may participate in, alongside an introduction to sport psychology.

Well done to all children who were chosen to participate in either of these programmes this year.

Curricular and Extra-curricular Programme

A core aspect of the School Sport Partnership programme is enhancing PE lessons and extra-curricular activities in the schools. Through this year-round work we target improvements within the PE and Sport Premium key indicators:

- the engagement of all pupils in regular physical activity
- the profile of PE and sport is raised across the school as a tool for whole-school improvement
- increased confidence, knowledge and skills of all staff in teaching PE and sport
- broader experience of a range of sports and activities offered to all pupils
- increased participation in competitive sport

Through working alongside local specialist coaches and teachers, we are increasing the range of opportunities available to pupils, but also improving the subject knowledge and confidence of teaching staff in some activities, to

promote sustainability for the future.

During the Spring term, badminton, Pilates and street dance were introduced to selected classes in KS2. Badminton is a great activity for getting active both at home and in the community whilst Pilates was new to many of the children, who discovered that it was hard work! As an individual activity where you are only competitive with yourself, and a chance to relax and be calm and mindful, Pilates has engaged pupils in PE who might not always enjoy "traditional" PE activities.

Pupils across all primary school age groups have had the opportunity to take part in yoga activities, which develop fitness, agility, balance and coordination, as well as improving engagement, concentration, resilience and emotional well being.

The range of extra-curricular activities on offer continues to grow. During the Spring term, clubs across the Partnership included tennis, dance, badminton, boxing, netball, dodgeball, archery and rugby.



Sport Relief 2020

In March, many schools took part in special events planned for Sport Relief. A fun way to raise money for charity while taking part in sports and activities! Here is just a small taste of what went on in the Cramlington Sport Partnership schools:

