



# Cramlington School Sport Partnership



Newsletter Autumn Term 2023-24

## Cramlington School Sport Partnership Update

January 2024

Volume 11, Issue 1

Welcome to the first newsletter of 2023-2024. Cramlington SSP organises PE, sport and physical activity opportunities for over 1300 primary-aged children across Cramlington from Beaconhill, Burnside, Cragside, Eastlea and Northburn Primary Schools, using the PE and Sport Premium funding to:

- Increase confidence, knowledge and skills of all staff in teaching PE and sport

- Increasing engagement of all pupils in regular physical activity
- Raise the profile of PE and sport across the school to support whole school improvement
- Offer a broader and more equal experience of a range of sports and physical activities to all pupils
- Increase participation in competitive sport

In Cramlington SSP we aim to achieve this through a core programme, which is offered across all schools, and by working with each individual school to develop personalised plans based on their own needs. I look forward to sharing this year's activities with you.

Gill Smith  
SSP Coordinator



## Year 3 Hoopstarz

In one of our whole year group programmes, aiming to increase the engagement of all pupils in regular physical activity, all Year 3 pupils took part in our Hoopstarz Project. The project starts with a fun hula hooping workshop with Tracey from KizRFit where they are taught the basics of hooping as well as a range of impressive tricks and fun games using the hoops. Pupils were then left with a series of challenges to work on over the term, improving their own personal best scores, and to practise for the "One Minute Challenge". This whole-class, virtual competition measures the percentage of the class that can hoop non-stop for 1 minute.

At the end of the project, two trophies were presented, for the best overall class (highest final percentage) and the most improved class (biggest percentage increase over the term):

**BEST OVERALL CLASS: Eastlea Primary School**

**MOST IMPROVED CLASS: Northburn Primary School's Y3 pupils**

Each year we are impressed by the progress that can be seen in the scores over the term, a result of creating opportunities to be active, such as hula-hooping in PE lessons, in active lesson breaks and at playtimes.



Well done to everyone who took part in this project, keep on hooping!



## Newcastle United Foundation

This year Cramlington SSP is delighted to be working with Newcastle United Foundation. Each SSP school will receive a block of coaching in PE lessons and an extra-curricular club. During the Autumn term, these sessions were at Cragside and Burnside. The sessions are planned to meet each individual school's priorities, such as building confidence and self-belief, focusing on teamwork or social skills, or engaging all pupils in being physically active, delivered through football skills, alongside lots of other fun games, activities and challenges. One teacher reported that the class had "enjoyed the sessions and learned a lot about teamwork and being kind whilst playing sports", whilst at a different school the teacher said "I really like that it is not just a football focus and he plays lots of games with them. He is really good with all of them and they all seem to really enjoy it!".

As part of this programme, each school will also have the fantastic additional opportunity to take one year group on a tour of St James' Park and take part in activities at the Foundation's NUCASTLE centre. Cragside's Y6 pupils were the first group to enjoy this visit - there was a lot of excitement at seeing the empty stadium from some of the highest seats, sitting in both the home and away dressing rooms, running down the tunnel and visiting the media suite. They then took part in a healthy

lifestyles workshop and fun, active games before returning to school.



## Thunder In The Valley



We were back at Newcastle Eagles in December for our annual Thunder In The Valley basketball tournament. This year, Y5&6 teams from Beaconhill, Eastlea and Northburn Primary Schools took on Whytrig and Seaton Sluice Middle Schools from Seaton Valley.

After a round-robin tournament, teams from Northburn and Whytrig progressed to the final, which was played at half time in front of the sell-out crowd. The close fixture ended in a draw, meaning it was decided by a nail-biting sudden death shootout. The competition was eventually won by Northburn Primary School, with their trophy presented by members of the Newcastle Eagles Women's team.

220 players, staff, family and friends travelled to Vertu Motors arena to watch the schools' tournament followed by the Newcastle Eagles' game against Surrey Scorchers.

To find out more about Cramlington Vikings, our local basketball club, please contact head coach Matthew Langley: [M.Langley@eaglescommunityfoundation.com](mailto:M.Langley@eaglescommunityfoundation.com)



## School Games

School Games is a national programme of school sport, PE and physical activity. It is much more than just competitions, it has become a powerful movement for change in school sport, transforming competition from the preserve of the most talented to a fun, engaging and meaningful experience for children and young people, ensuring more children enjoy the many benefits that come from play and sport.

The Cramlington SSP schools are part of Cramlington & Seaton Valley School Games area within Northumberland. The PE and Sport Premium funding, and therefore the SSP, supports schools to get the most from the School Games programme, such as arranging for schools to work with specialist teachers and coaches to ensure pupils are prepared before competitions, or providing equipment, resources and transport that help schools to take part.

### School Games Mark

School Games Mark is a national award which rewards and recognises a school's engagement in the School Games and celebrates keeping young people active.

In 2022-23, Beaconhill achieved the Platinum award for the first time and Burnside maintained their Gold Award for a second year. Cragside, Eastlea, and Northburn all maintained their Platinum status achieved in 2022, as this level is awarded for 2 years. Well done to everyone for this recognition of the commitment shown to PE, physical activity and sport in our schools.



### Year 6 Multisport Festival

Groups of Y6 pupils from Eastlea and Cragside were among 60 children selected by their schools to attend

the Cramlington & Seaton Valley Y6 Multisport Festival. Held at Cramlington Learning Village, pupils took part in a range of fun activities expertly led by Y12 Sports Leaders from CLV. The activities were chosen to introduce a range of new sports, including lacrosse, American Football and Gaelic Football, whilst supporting transition by enabling pupils to start to become familiar with being on the secondary school site, and making new friends with young people from the different schools.



### Santa Dash

The National School Games Santa Dash is now an annual event. With over 85000 children across the country getting outside and active with their friends taking part in this festive themed run!



### School Sport Organising Crews

Y6 pupils from Burnside, Cragside, and Eastlea took part in Northumberland training sessions for School Sport Organising Crews. The groups were specially selected by their schools to drive plans for getting their

school moving more. They spent time discussing why it's important to be active, what they already do both in and out of school, and planning their next steps. They also got active themselves by taking part in skipping activities and playground games and left buzzing with ideas to put into practice once they were back at school. For example, Eastlea's Sports Crew stood up in a whole school assembly to tell everyone about the Santa Dash, and then made signs and cheered as everyone in the school took part!



### KS2 Multiskills Challenge

Pupils from Beaconhill, Burnside and Eastlea joined in these competitions, where participants take part in a range of activities to challenge agility, balance and coordination, with every point contributing to a class average score. Beaconhill were the winners of the Y3 competition and Burnside 4MW finished top of the Y4s, whilst Eastlea finished 3rd in the Y5 event.

Beaconhill and Burnside will compete against schools from across Northumberland representing Cramlington & Seaton Valley in the Virtual Live county finals to be held later in January. Well done to everyone who took part and good luck to our finalists.

## STEM



We were delighted to be invited to take part again in Newcastle Eagles' STEM project. Newcastle Eagles' women's team use the power of

basketball to engage Y5/6 pupils in exploring some of the many ways that Science, Technology, Engineering and Mathematics are used in sport. They learned about analysing statistics, including calculating percentages and ratios and their own on court experiment, about how forces are important in basketball and how engineering has led to the evolution of basketball shoes.



## Playground Leaders

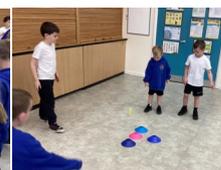
Playground leaders are a well established work force in many of the primary schools, often with Year 5/Year 6 becoming leaders after years of waiting for it to be their turn.

During the Autumn term, leaders at Beaconhill and

Eastlea received training and led Playground Games Festivals for their KS1 pupils. The training helped them to lead simple games which don't use much equipment and can be organised quickly on the playground. They then experienced organising groups of younger pupils, explaining and demonstrating the games and



helping them to be active and have fun. The leaders in both schools did a great job, working together to help each other lead the activities successfully resulting in lots of physical activity and lots of smiley faces!



## Moki Bands

As part of another new SSP project to increase engagement in regular physical activity, we have invested in two class sets of Moki bands. The bands are wristbands that record the number of steps and minutes of moderate to vigorous physical activity (MVPA) performed by the wearer. At the end of each day the pupils can see their own data and use it to track their personal activity levels. Schools can also add in a competitive element with



challenges between classes, such as Eastlea's "Step Wars". Later in the year we will be using the bands for inter-school challenges.

During the Autumn term, Eastlea, Beaconhill and Cragside had an opportunity to give the bands a trial run, and they were very well received! Pupils were inspired to move more during the school day, and could see the difference it was making to their stats at the end of each day. Aiming to support every child to achieve the CMO's daily 60 active minutes, 30 minutes of



which should be at school, staff have been interested in the data, leading to whole school conversations about

where there could be opportunities to be more active during the school day. The data so far shows which pupils are regularly achieving 30 minutes of MVPA in school, and will allow teachers to track over the year how any additional initiatives might help all young people towards this target.

**MOKI**