



# Cramlington School Sport Partnership



Newsletter Spring & Summer Terms 2023-24

## FAST! Fun and Active Summer Term

July 2024

Volume 11, Issue 2

Our Fun and Active Summer Term - FAST! - was back for a 4th year! This programme aims to create opportunities for our young people to try new and different activities, pushing themselves out of their comfort zone, being active and making memories with their friends. We had a fantastic start to the term with a visit from Jaron Joiner, professional break dancer, who spent time in each school teaching breaking, which is a new sport at this summer's Olympic Games. Every class who took part in these sessions absolutely loved them, Jaron was very engaging and had every single pupil involved. They were showing some seriously impressive moves by the end!

The term continued with classes trying cheerleading with KidsRFit, Little Movers, an "All About Me" and street dance workshop from Fizzy Studios, Mini Athletics, acrobatics with Control & Move Fitness, and Multiskills and Cricket Skills festivals run by sports leaders.



## MOKI League

Over the Spring and Summer terms, our schools have been battling against each other in our first Moki League. The Moki bands record daily steps and moderate to vigorous physical activity (MVPA), and have been very well received by the pupils. Over 10 weeks, every school competed against each of the other schools, with the school recording the highest average MVPA during the challenge winning for that week. All young people are recommended to be active for at least 60 minutes every day (CMO Guidelines), 30 minutes at school and 30 minutes out of school. Therefore, we set the schools the challenge of having an average of 30 minutes, and any schools achieving this would receive a bonus point. This was a really tough challenge, but Northburn, Burnside and Eastlea hit 30 minutes or

more on at least one of their challenge weeks. Towards the end of the 10 weeks the top of the league began to get closer and closer, with the final week scheduled as Burnside v Eastlea, this actually ended up being the week that would decide the winners and runners up of the whole league. With an impressive final push, Burnside finished on top of the league. Teachers have reported increased levels of physical activity when their pupils have had the Moki bands, pupils keen to get them on their wrist and start moving at the beginning of the morning, as well as staff finding opportunities to make their lessons more active or finding short bursts of time for extra movement, either in the classroom or a quick trip outside.

Well done to everybody who represented their school in the Moki league and congratulations to winners Burnside and runners-up Eastlea.



## Year 5 Skipping Project

Spring term saw our Y5 pupils take part in our annual Skipping Project. All pupils took part in a skipping workshop with Skip4Fit, where they learnt a range of individual and team skipping skills. Every child was bought a skipping rope, which allowed them to practise in the playground and at home. Each class recorded a baseline percentage of the pupils who could skip non-stop for 30 seconds during the initial workshop and again at the end of

the project. There were trophies for the overall best class - Burnside 5H and the most improved class - Burnside 5K. At the end of the project, over 90% of 5H could skip non-stop for 30 seconds, and 5K improved from just 8% of the class at the beginning to over 70% at the end. We then brought a team of 10 skippers from each school together for a competition, where they competed in long-rope team games, before learning some more skipping skills from Liz and Linda of Skip4Fit. Burnside 5H continued their impressive skipping performances by winning 2 out of the 3 competitions, with Northburn's team A winning the third event. The enthusiasm shown by the Y5 pupils was clear to see and the improvements in skipping seen

across the term demonstrate how much skipping had been happening across the weeks. PE Coordinators also reported a knock-on effect on both younger and older year groups, as the Y6 pupils brought in their skipping ropes to join in again, and the younger year groups were keen to try the skills during playtimes.



## Cricket Festivals

We returned to Cramlington Cricket Club for our annual festivals hosted by the coaches and volunteers from the club. We unfortunately were hit by the summer weather this year, but the festivals were able to go ahead for pupils from Eastlea and Northburn. The children enjoyed the variety of different fun games, and one teacher commented "our children really enjoyed the activities and the cricket club staff/volunteers were great with them. They never stopped and they all joined in and really gave it a good go".

Cramlington Cricket Club run junior sessions for U9, U11, U13, U15s, including girls only sessions, and are based at Cramlington Learning Village. For more information you can find them on social media.



You can find us on Social Media  
 @cramlingtoncc @cramlingtoncc @cramlingtoncc @cramlingtoncc #UTC

## School Games Mark

School Games Mark is a national award which rewards and recognises a school's engagement in the School Games programme and celebrates keeping young people active. This year, Burnside maintained their Gold Award for a third year and Craggside, Eastlea, and Northburn all successfully re-applied for their Platinum Award, which they now

hold for 2 years. In 2022-23, Beaconhill achieved the Platinum award for the first time and 2023-24 was the second year of their Platinum status. Well done to everyone for this recognition of the commitment shown to PE, physical activity and sport in our Partnership schools.



## FA's Biggest Ever Football Session

In March, the FA's Biggest Ever Football Session was back! Part of their #LetGirlsPlay campaign, this national date encourages schools to provide additional opportunities to play football, particularly for girls. We were joined by coaches

from Cramlington United, who brought their "Wildcats on Tour" to the Partnership schools. Eastlea made the event part of a whole-school football day, masterminded by their School Sport Organising Crew, pupils wore football kit to school and took part in football sessions and challenges throughout the day.



## Playground Activity, Makaton, First Aid Training, Jiu Jitsu, Toon Team Days

Here is a round-up of some of the other programmes, projects and opportunities we have had over the Spring and Summer Terms:

### Playground Activity Project

Working with coaches from Northumberland County Council's Sport Development team, schools had a coach in the playground one lunchtime during the week to organise activities in the playground. Each school chose their own focus for the sessions, and reported the sessions having a positive impact on activity levels and behaviour in the playground and into the start of the afternoon.

### Makaton

We were very lucky to secure a block of sessions with Anna Melling of Loud Arts, who shared her fantastic Makaton and movement sessions. Delivered to Early Years and KS1 pupils, they learnt Makaton signs through fun games and activities, and also learnt a dance routine which they sang and signed to. KS1 pupils at Northburn performed their dance in a school assembly and it has resulted in everyone learning it and joining in!



### Little Rescuers

Our Y6 pupils received first aid training from Tumbles & Grumbles, equipping them with skills and knowledge to help keep themselves and friends and family safe. One school reported "pupils learned how to support injuries and have since been able to support younger children on the playground. This has also been supportive in highlighting dangers and how to keep safe outside of school."



### Jiu Jitsu

Partnership schools were visited by Patrick from Go Jiu Jitsu for a lively and energetic opportunity to try this martial art. Go Jiu Jitsu run classes at Beaconhill Community Centre and you can find details on Facebook.



### Newcastle United Foundation Toon Team Days

Our programme with Newcastle United Foundation has continued throughout the year, with each school having a Foundation coach in PE lessons and running either a lunchtime or after school club for half a term. Each school also had the opportunity to take a group to tour St James' Park and take part in activities at the Foundation's NUCASTLE Centre, which for some schools meant the chance to play on the 4G rooftop pitch!

