



### Year 3 Hoopstarz

Our Y3 Hoopstarz project is designed to increase the engagement of all pupils in regular physical activity. This year, we expanded the programme to include a Hoopstarz Festival.

The project started in September with a fun hula hooping workshop for all Y3 pupils, working with Tracey from KidzRfit to learn the basics of hooping as well as a range of tricks and games. The workshop also gave us the



baseline percentage for the "One Minute Challenge" - a whole-class, inter-school competition measuring the percentage of the class that can hoop non-stop for 1 minute. Sports leaders were also involved in the workshops, learning the skills, tricks and games to enable them to support and encourage hooping in the playground.

At the end of the half term, two trophies were presented for the One Minute Challenge:  
**BEST OVERALL CLASS: Burnside 3T**  
**MOST IMPROVED CLASS: Burnside 3B**

In November, we brought together groups of pupils from each of the SSP schools, along with 2 sports leaders, to learn



more hooping skills and games to take back to school to teach to their peers. The festival also included a "hoop-off", which was won by a Y3 pupil from Eastlea.



Many thanks to Tracey from KidzRfit for bringing your enthusiasm and expertise to this programme, hopefully there will be lots of hula hooping to be seen on playgrounds across Cramlington!

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### Drumba

New for 2024-25! We are excited to be trying "Drumba" in our SSP schools - "where sport and physical activity meets music and creativity". Drumba is drumming and dance movements performed to music, and has been a big hit with pupils from Reception up to Y6 (and also staff who have joined in and had a go!). So far, Eastlea and Beaconhill have tried their hand at Drumba, and the other schools will have their turn during the spring and summer terms.

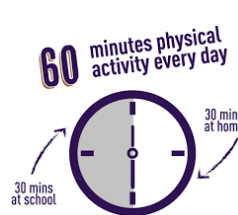


### Moki Winter League

Moki bands are activity trackers specifically designed for school use. They can be used to track steps and minutes of activity. Our league is tracking the average minutes of activity each day, aiming for the CMO guideline of 30 minutes of physical activity at school contributing to 60 active minutes every day.

Following the success of our first Moki league in 2023-24, we are now at the half-way point in the

Winter League, Craggside are in 1st place, with Eastlea in 2nd and Burnside in 3rd position. There are 5 weeks of competition remaining in the Spring Term that will complete the league. Keep an eye on our Facebook page for league updates and the final results table.



### Thunder In The Valley

In November we returned to Vertu Motors Arena for our annual Thunder In The Valley basketball tournament. This Y5&6 competition, hosted for us by Newcastle Eagles Community Foundation, was contested this year by teams from Beaconhill, Burnside, Eastlea and Northburn, alongside Whytrig Middle School from Seaton Valley.

After initial pool matches and semi-finals, both teams from Northburn progressed to the final, which was played at half time in front of the huge crowd. The exciting final was won by Northburn 2 in a shootout to decide the winners.

Over 200 players, staff, family and friends travelled to Vertu Motors Arena to watch our schools' tournament followed by the Newcastle Eagles' game against Surrey 89ers, which Eagles won in the final few seconds of the match.

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)

