



# Cramlington School Sport Partnership



Newsletter Autumn Term 2020-21

## Cramlington School Sport Partnership Update

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The 8th year of the Cramlington School Sport Partnership got off to a very different looking start. The necessary changes in schools as a result of Covid meant lots of adaptations to the way that we would usually be supporting and promoting PE, sport and physical activity.

Despite the changes, we were able to help encourage children to keep active, through some creative thinking and moving activities to virtual formats.

Thank you, as ever, to all the school staff that see the value to both the physical and mental health benefits

of encouraging children to be active and therefore take part so enthusiastically in our activities and programmes. The programme for 2020-21 may need to remain flexible but your support is so very valuable to the children of Cramlington.

*Take care & stay active  
Gill*

## Year 3 Hoopstarz

During the Autumn Term, we moved our usual Y3 Hoopstarz Festivals to school-based sessions and a virtual competition. Tracey from KidzRfit visited Beaconhill, Cragside, Eastlea, Northburn and Shanklea to deliver a fun and active hula-hooping session to the Y3 classes. They learned hooping skills and tricks such as criss-cross, slinky and munchkin, as well as trying to use the hoop on their neck, hand and foot, and as a skipping rope and lightsaber! They also played games and took part in individual challenges.

As part of the session, they were set the challenge of practicing so they could eventually hoop non-stop for one minute, and then maybe the length of a complete song. They were encouraged to count their "pick ups" (how many times they picked up their hoop during the minute), so as this number decreased they could see that they were improving. This "One Minute Challenge" was the basis for our inter-class and inter-school competition - during their initial sessions the percentage of the class that could hoop for one minute was recorded, with schools given until the end of term to see by how much they could increase this percentage. There were two winning schools:

**Overall Highest Percentage: Eastlea (88%)  
Most Improved: Shanklea JR3 (increased by 29%)**

All Y3 pupils were also set a number of personal

challenges, to record their own progress over a number of weeks in a range of hooping skills and challenges. Well done to everyone who saw their own progress as a result of their hard work!



## Still An Active Autumn!

Throughout the first Lockdown, the importance of being active was highlighted, with the benefits reaching far beyond just physical fitness. On return to school in September, the national picture was reporting that only 19% of children had achieved the recommended 60 Active Minutes daily during lockdown 1, with an alarming 7% of children doing no activity at all. In a national survey in September, schools issues related to lower levels of physical fitness, increases in anxiety and fear, and the need to get back into routines and re-engage with their friends, classmates and teachers. PE, sport and physical activity all have an important role to play in addressing these issues, and despite restrictions such as the use of equipment, pupils staying in bubbles, and limited access for visitors, our schools managed to have a very active Autumn Term:

**Beaconhill:** pupils at Beaconhill resumed their regular beach visits for all year groups to be active



and learn in the outdoors.

**Burnside:** Burnside moved their usual Active Week to a virtual programme. With pupils in all year groups joining in virtual and class-based sessions such as dance, yoga, fitness and problem solving

**Cragside:** Children took part in the Daily Mile Destinations challenge with children completing 100 daily miles and virtually visiting 15 countries. Pupils also took part in the YST Virtual After School Club and family advent activities

**Eastlea:** Eastlea had Active October, including children being encouraged to use active travel to school with a "Bling your Bike/Scooter" day. Their running club held a



sponsored Santa Run raising £140 and Y6 cycling club were involved in making a video for Northumberland County Council.

**Northburn:** Pupils kept busy and active with after school outdoor clubs for basketball and netball, Reception had zoom yoga sessions and KS1 have been doing virtual PE and YST Virtual After School Club activities.

**Shanklea:** Active PE lessons have continued with pupils having the opportunity to take part in activities including tri golf, yoga, gymnastics, benchball, multi skills and football this term.



## School Games

School Games is a national programme to engage all pupils in the benefits to be gained from taking part in appropriate competition, which may be personal best, intra-school (within your own class or school), inter-school (against other schools), and opportunity to progress to county level. The programme is designed to promote physical activity as well as learning, practising and improving in particular skills. As well as physical skills this promotes personal skills such as determination, resilience, honesty and teamwork. The Cramlington SSP schools are part of Cramlington & Seaton Valley School Games Area, and so compete against other schools in the local area before progressing onto Northumberland county events.

During the Autumn term schools took part in virtual skills competitions in cricket for Y3&4 and Quadkids athletics for Y5&6, along with participation in a fun Santa Dash at Christmas.

In the Y3&4 Cricket Challenge pupils took part in 5 activities to develop throwing, catching, batting, bowling and running. They scored individually in each event, and their scores were combined into a class total. Within each class, the highest scoring boys and girls were also identified and received certificates.

In the Cramlington SSP schools almost 250 children from Beaconhill, Burnside, Cragside, Eastlea and Shanklea took part in the cricket challenge, and out of 14 classes from across the area who entered, **Beaconhill** were the overall runners up behind Hareside Primary School. They will represent our area competing in a virtual live county final later in the year. Good luck to Beaconhill and well done to all the children that took part.



In Y5&6, the Quadkids Athletics competition involves 4 events - 75m sprint, 600m run, distance throw and standing long jump. Over 400 children from all of the SSP schools joined this competition. Overall 26 classes joined this area event, **Northburn Class 12** were the winners of the Y6 competition and **Cragside Class 5HC** were runners up in the Y5 event. Northburn will progress to represent our area in the virtual live final later in the year. Well done everyone and good luck to Northburn!



Schools were invited to take part in a fun Santa Dash, as part of a national event on 11th December. Children and staff sporting Christmas attire got outside in the fresh air to take part with a walk or run.



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## Virtual Sports Leaders

Schools faced unprecedented challenges during the Autumn Term, many as a result of the bubble systems in place to avoid classes mixing. This had a particular impact on extra-curricular clubs, which would often be open to pupils from more than one class or year group, and the ability of sports leaders to work with children in other year groups in the school.

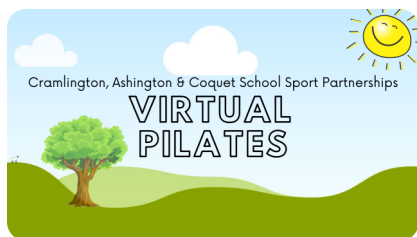
activities which could be used as an Active Break, such as dance and yoga, and playground challenges and activities which could be shown in the classroom before the children go outside.

Taking on the role of Sports Leader is a responsibility for Y5/6 pupils which can also build confidence, self-esteem, communication skills and team-work. Y6 pupils at Eastlea took part in a trial programme of virtual leadership, where they worked together to plan and record activities as videos which could be shown in the classrooms of the younger children. They made



## Coming Up..

Working alongside Ashington & Coquet School Sport Partnership, we have collaborated with our partners at Jillates - Pilates with Jill, Creative Dance Centre and Next Generation NE to create virtual activities for the SSP schools. Coming to you during the Spring and Summer terms!



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