



### Y5 Skipping

All our Y5 classes took part in our skipping project with Liz and Linda from Skip4Fit, designed to increase physical activity levels, as well as build determination, self belief and teamwork.

Everyone took part in a workshop held at their own school, where they were taught the basics of individual, pair and long rope skipping, as well as some games and challenges to work on. At the workshop we took a baseline score for the percentage of each class who could skip non-stop for 30 seconds, which would be used to measure the most improved class across the term in a virtual inter-school competition:

**BEST OVERALL CLASS:**  
Northburn Class 11  
**MOST IMPROVED CLASS:**  
Shanklea SB5

We were delighted to be able to hold a face-to-face skipping event again this year. Each

school sent a team of their best skippers to take part in different long-rope games and to learn some more advanced skipping skills. Liz and Linda were blown away with the progress which had been made since the initial workshops, the enthusiasm shown for skipping and the amazing skills on display.

The final part of this project involved every Y5 child being given their own skipping rope, which allowed them to practise their skipping throughout the term, and will enable them to keep skipping in the future.

Well done to everyone who took part in this programme, the improvements seen across the term show how much practice everyone had been doing!



### Biggest Ever Football Session

Over 700 girls in years 1 to 6 in the Partnership schools were among 285000 girls across England who took part in The FA's "Biggest Ever Football Session" in March. Each school was visited by coaches from Cramlington United as they brought fun games and activities with their "Wildcats On Tour".

After an incredible year for women's football, with England winning UEFA Women's Euro 2022 and the anticipation of the FIFA Women's World Cup this summer, it was fantastic to see the girls being inspired and having a go at football. There were also some fantastic skills demonstrated by the many girls who are already engaged in playing football.

For details of Cramlington United's Female Football Hub, which runs 6.30-7.30pm on Fridays at Northburn Sporting Club, visit Cramlington United on Facebook or contact: 07960798075, femalefootball@cramlingtonunitedfc.co.uk



### Acrobatics

Pupils at Beaconhill, Eastlea and Shanklea had a taster of Acrobatics with Catherine from Control & Move Fitness CIC. The sessions kept the pupils busy, challenging their agility, balance and coordination, and the opportunity to use some fun equipment!

Catherine runs a range of classes in Cramlington, at Zone 22 and Cramlington Sporting Club, suitable for ages 3 upwards. Find Control & Move Fitness CIC on Facebook or contact: info.controlandmove@gmail.com



### CPD



We were delighted to be visited by Catherine Fitzpatrick, the Director of Physical Education at Complete PE, to lead staff training sessions in Gymnastics and OAA (outdoor and adventurous activities). Staff enjoyed working alongside Catherine for the day, discussing the delivery of high quality physical education through sequences of learning, which were then brought to life through fun and active

sessions. All staff went away with learning and ideas which could be implemented in school straight away. A KS2 teacher reflected that "I can see how what they do in PE in reception links to gymnastics later on" and another teacher commented "I loved it, it was really helpful. I've done the mat game this morning with a Y3/4 class and they loved it, so much fun".



### School News

Following their success as the winners of the U11 County Cup, Shanklea's girls' football team travelled to Liverpool to represent Northumberland in the regional finals. They were amongst teams from Cumbria, Durham, Cleveland, West/North/South Yorkshire, Cheshire, Greater Manchester and Lancashire, aiming to secure a place in the national finals. Shanklea won two games and lost

two games, which unfortunately wasn't enough to see them progress, but it was a fantastic experience for the team. Congratulations to all involved, the players and the school community who supported them in this exciting opportunity!

