



Cramlington School Sport Partnership Update

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The continuation of the Government's PE and Sport Premium funding allows us to now enter the 9th year of Cramlington School Sport Partnership.

The funding aims to support schools to make additional and sustainable improvements to the quality of the PE, physical activity and sport. Physical activity has numerous

benefits for children and young people's physical health, as well as their mental wellbeing (increasing self-esteem and emotional wellbeing and lowering anxiety and depression), and children who are physically active are happier, more resilient and more trusting of their peers. Ensuring that pupils have access to sufficient daily activity can also have wider benefits for pupils

and schools, improving behaviour as well as enhancing academic achievement (www.gov.uk).

The SSP programme continues to adapt to ongoing changes in restrictions, and thanks to the support of the school staff we are still able to offer pupils a range of experiences and opportunities to encourage them to be active.



Year 3 Hoopstarz

During the Autumn Term, we held Y3 Hoopstarz Festivals in school-based sessions and ran a virtual competition between classes/schools. Tracey from KidzRfit visited Beaconhill, Burnside, 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 different parts of the body, and as a skipping rope and lightsaber! They also played fun 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 even 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 workshop session 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 (85%)
Most Improved: Burnside Class 3L (increased by 59%)

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!



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, the Northumberland School Games Multiskills Challenge presented

Years 3 to 6 with a series of agility, balance and coordination activities. Each child worked towards their personal best score, which then contributed to an overall class average. The winning and second place school in each year group progressed to the Northumberland Virtual Live Finals, an online event hosted by Justin Lockwood. Well done to the following SSP schools who represented Cramlington & Seaton Valley in the county finals:

Year 3: Eastlea Y3
Year 5: Burnside 5K and Shanklea ER5
Year 6: Cragside 6ER and Shanklea CC6

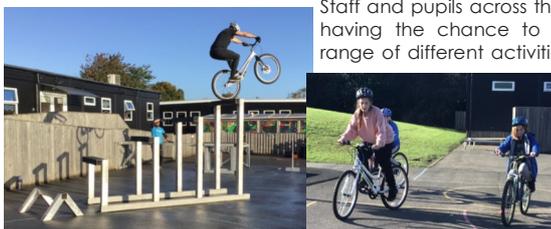
Congratulations to Burnside who finished 3rd overall in the Northumberland finals.

Pupils also joined in the second national School Games Santa Dash. This event is designed to encourage children to be active and have fun with their friends.



And there's more...

Pupils at Burnside and Eastlea enjoyed the spectacle of a live bicycle stunt display from 3Sixty and pupils had the opportunity to learn bike control skills from the professional riders.



Staff and pupils across the Partnership are having the chance to try and learn a range of different activities from specialist providers both during P.E lessons and in extra-curricular clubs - these include dance from Creative

Dance Centre, yoga with Debbie MacAlister, pilates with Jillates, Futsal from Northumberland Futsal, fitness with Energy Kick Fitness, archery from Next Generation North East, movement and play with Little Movers, and basketball from Newcastle Eagles Community Foundation.

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