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## SPORTS PREMIUM FUNDING UPDATE

Cramlington & Seaton Valley School Sport Partnership is funded by the Government's **PRIMARY PE & SPORT PREMIUM**. This funding, provided jointly by the Departments for Education, Health, and Culture, Media and Sport is allocated to Head teachers of schools with primary aged pupils. The funding is ring-fenced, which means it can only be spent on the provision of PE and sport in schools. The **SEATON VALLEY** first and middle schools have pooled their money to achieve maximum impact and to ensure pupils across Seaton Valley have similar opportunities.

In February 2014, the Prime Minister committed to continue the funding for the Sports Premium until 2020. He also clarified the purpose of the funding:

- *To improve the quality of existing PE teaching, so that all primary pupils improve their health, skills and physical literacy and have a broader exposure to a range of sports.*
- *Increase the quality of initial teacher training in PE and sport.*
- *Schools to understand the value and benefits of high quality PE and sport, including its use as a tool for whole school improvement.*

This the second year of the Sports Premium funding and in Seaton Valley we are focusing our work in 3 areas: **PHYSICAL EDUCATION**, **HEALTHY, ACTIVE LIFESTYLES** and **COMPETITIVE SCHOOL SPORT**.



## SCHOOL GAMES MARK

5 Seaton Valley schools achieved School Games Mark for 2013-14. The award was launched in 2012 to reward schools for their commitment to school sport and the development of competition across their school. For 2013-14 **SEGHILL FS** achieved the bronze award, **WHYTTIG MS**, **HOLYWELL FS** and **SEATON SLUCE FS** gained silver and **SEATON SLUCE MS** achieved gold, one of only 10 schools in Northumberland. Marie-Anne Dowson, School Games Organiser for Cramlington & Seaton Valley said: "I am absolutely delighted with the achievement of

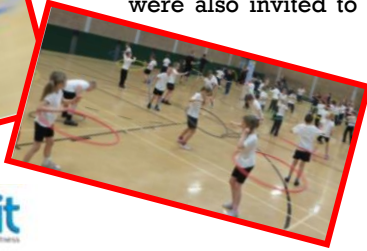
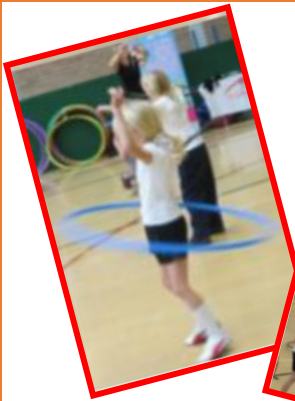
the Seaton Valley schools. It's a testament to the dedication to PE, sport and competition in Seaton Valley that so many schools were successful in their applications. The number of schools being awarded silver mark demonstrates the improvements that have taken place. SSMS achieving the gold level is the ultimate accolade in School Sport".

# HOOPSTARZ

All of the Seaton Valley schools have been involved with a healthy activity hula hooping project. Every school hosted a **HOOPSTARZ EXPERIENCE DAY** - a series of workshops for nursery to Y8 where pupils learnt the basics of hula hooping, practiced some impressive tricks and played fun games with the hoops. Y3 pupils were also invited to attend a hula hooping festival. Pupils

from **HOLYWELL FIRST SCHOOL**

wrote this report: On Thursday the 6<sup>th</sup> of November the Year Three children from Holywell First School went to a Hula Hooping Experience. This was held at Blyth Sport's Centre. We were the first



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school to be picked up on the coach and then we picked up children from another school. We were really **EXCITED** when we entered the massive hall. All the hoops were on the floor ready for us to start. There were children from three schools within the partnership taking part in this session.

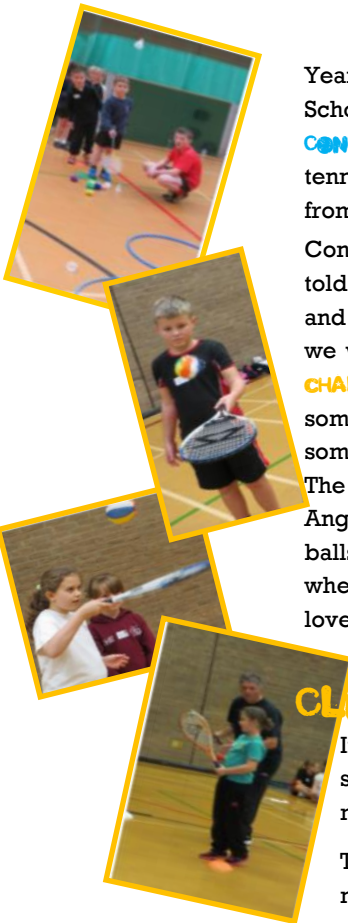
First the instructor told us to sit in a hoop and put our hands on our heads to show we were ready to listen. Then we played the DVD game. To warm up we had to pretend we were a DVD being put on the DVD player and we did actions to show this.

After that we were asked to show how good we were at hula hooping. This was great. Then we were shown some tricks like **'THE ORBIT'**, **'WALK THE DOG'** and **'MUNCHKIN'**. A favourite trick was the orbit. It is when you are hula hooping and then you turn around in the same direction the hoop is spinning. Walk the dog is when you push the hoop away quickly and when you say, "Come back!" It does. The munchkin is when as you are spinning you crouch down and then stand back up. We had great fun trying to do the tricks ourselves. Next we had to get into pairs with someone from a different school to play **HOOP WARS**. This is when you have to roll your hoop towards each other and try to knock your partners hoop down.

Then we had a competition to see who could keep Hula Hooping for the longest. We were split into two groups. It was really exciting because two children from our class were in the semi-finals and one of those went on to be in the final. Unfortunately she didn't win but we were all proud of her because she did really well. Finally we finished with a warm down. We did this to the music from the film 'Frozen'. We really enjoyed the session and want to keep up our hula hooping skills.

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## Y4 RACKET SPORTS FESTIVAL



Year 4 pupils from Seghill, Seaton Sluice and Holywell First Schools attended our Y4 Racket Sports Festivals held at **CONCORDIA**. The 10 activities used skills related to badminton, tennis and squash, and were led very ably by Y8 Sports Leaders from Cramlington Learning Village, and Ian McAllister from Concordia Squash Club. Pupils from **SEGHILL FIRST SCHOOL** told us about the festival: We went to play badminton, squash and tennis with our whole class and other schools too. At the start we were excited to play sport and meet our leaders. We had 3 **CHALLENGES** to remember. To try something new; to get better at something we could already do; and to make friends with someone from a different school. There were 10 activities to try. The best ones were squash, hitting the ball against the wall; Angry Shepherd where we had to pretend to be sheep and hit balls at the shepherd or get put in the pen; and tennis challenge where we tried to get the highest score for 5 different skills. We loved it, and the leaders were super. Our teacher says it was a great opportunity. Now we want to play more!

### CLUB LINK - CONCORDIA SQUASH CLUB

If there are any children who would like to play and practice squash again, Concordia Squash Club welcomes junior members.

The club meets at Concordia Leisure Centre on Saturday mornings at 10 am.

Please contact Ian McAllister on 07748737755 for more information.

## PROFESSIONAL DEVELOPMENT

Sports Premium funding is being used to provide high quality professional development and resources for staff to support the delivery of high quality PE in our schools. This term there was training in **HULA HOOPING** as part of the hoopstarz project to enable staff to use hula hooping in their PE lessons or run an extra curricular club. Key Steps **GYMNASTICS** training was led by coaches from Northern Gymnastics Club to help staff to prepare a team for the level 2 School Games competition. There have been two **DANCE** courses, one for KS1 teachers and one for KS2. Staff have attended Bupa's **START 2 MOVE** training for developing physical literacy in 4-7year olds. There has also been the first of 6 Youth Sports Trust modules for **PE CO-ORDINATORS** to develop the leadership and management of PE.

# HOOPS FOR HEALTH



Year 5 pupils from Whytrig and Seaton Sluice Middle schools took part in the annual Hoops4Health programme with **NEWCASTLE EAGLES**. Schools receive a biennial Healthy Lifestyle Roadshow delivered in school by Newcastle Eagles players and staff. As part of the programme, pupils also receive basketball **COACHING** from Anthony Sampson of Newcastle Eagles Community Foundation, to help schools prepare two teams for the Cramlington and Seaton Valley area Hoops4Health **COMPETITION**, which was held at Blyth Sports Centre in November.

There was a great atmosphere as 18 teams took part in the competition, where the basketball was of a very good standard, with some excellent teamwork and individual skills on show. The pool games led to semi-finals between Eastlea Primary, Seaton Sluice Middle School and the two teams from Burnside Primary. Seaton Sluice lost their semi-final in a nail-biting sudden death shootout after a tied game against Burnside. The final was Burnside 1 v Burnside 2. With over 100 other players cheering them on, Burnside 2 were the victors. They now go on to represent Cramlington & Seaton Valley in the Hoops4Health finals to be played at the Newcastle Eagles game on Friday 6th February. Good Luck!!

**SEATON SLUICE MIDDLE SCHOOL** pupils wrote:

Our basketball coaching sessions were great, Anthony taught us all the skills we would need to play in the tournament, and we got to practice playing together. 10 of us were picked to go to the tournament at Blyth Sports Centre. We were a bit nervous, but once we started playing and winning our games we felt brilliant. It was great to be part of something with so many other schools. In the end we came 3rd, but we had only lost one match all day, so we are really proud of ourselves. We are going to see a Newcastle Eagles match in February, so we will get to see the professional players in action. Lots of us have kept on playing basketball in the yard, because we love it and we know that it helps to keep us healthy.

**CLUB LINK – BASKETBALL** There are 2 local clubs with junior sections:

**BLYTH BASKETBALL CLUB** @ The Blyth School



- Tuesdays: 5-6pm Girls only, 6-7pm U12s & U14s, 6-8pm U16s & U18s

**CRAMLINGTON VIKINGS BASKETBALL CLUB** @ Sporting Club Cramlington


- Wednesdays: 6-7pm U12s, 7-8pm U14s, 8-9pm U16s

Contact Anthony Sampson on 01912543881 or [A.Sampson@eaglescommunityfoundation.com](mailto:A.Sampson@eaglescommunityfoundation.com)

## FA SOCCER SKILLS



FA Skills is a unique football coaching programme that gives 5-11 year olds of all abilities the opportunity to get active, learn new football skills and enjoy the game. It is a nationwide initiative run by the FA and funded by Sport England. The programme provides support for teachers, all of the Seaton Valley schools will receive a half term block of coaching this school year. Teachers work alongside the FA coaches to teach their classes football skills, team work and confidence. Teachers develop ideas for drills and games for individual children and for the whole class. The programmes revolutionary approach to coaching football skills is truly child centred, is for all ability levels and focuses on individual pupil's learning needs.



**WHYTRIG MIDDLE SCHOOL** worked with the FA Skills coaches in the first half of the autumn term, and they provided the following report:

We took part in the FA Tesco Soccer Skills sessions in September and October on a Friday afternoon. All of our Y6 pupils took part. We used the sessions as another PE lesson and built on skills we had been learning during our curriculum lessons. The sessions were led by David Hooper from Northumberland FA, who delivered his sessions in a really calm, relaxed and friendly manner. There was no problem with pupils not participating and there were always lots of smiles at the end of the lessons. I really liked the resources that David left for us to use, as these can be applied to other Year groups and in different sports. We hope that David can come back next year and that we are able to take part in the scheme again.

Sam in Year 6 said

"David helped us with how we thought about playing the game. He let us make our own decisions in the games he set-up. I hope he comes back next year"

Cody, a Year 6 pupil

"I loved the games we played in David's football lessons. It didn't feel like real school."

## CLUB LINK – FA SOCCER SKILLS

Pupils aged 5+ can attend community FA Skills centres after school, at weekends and in the school holidays. Spaces are available at Blyth Sports Centre and Sporting Club Cramlington. Contact Chris Foreman [Chris.Foreman@thefa.com](mailto:Chris.Foreman@thefa.com) or visit the website [faskills.thefa.com](http://faskills.thefa.com) for further information.



# EXTRA-CURRICULAR ACTIVITIES

By working with local sports clubs and providers such as Premier Sports, the sport premium funding is being used by schools to increase both the number of extra-curricular opportunities and to broaden the range of activities on offer. Pupils this term have had opportunities to try sports such as tchoukball, gymnastics, multisport, basketball, football and judo.

In September **SEATON DELAVAL FIRST SCHOOL** set up an after school judo session for the first time, which was so popular that it was extended up to Christmas. Pupils who attended were asked questions about the club, this is what they said:

"This is my first time at an after school club, and it's mint"

"Kev our coach is funny, but strict too. We have to listen to what he says carefully, and do the instructions straight away. You're not allowed to talk when he talks and you can't be silly."

"The judo club is the best! We play loads of cool games, and then get to do judo on the floor where you have to try and keep your partner down"

"I have never tried judo before. I want to join a club, do competitions and win medals. I didn't think I would be good at it, but I am good so that makes me feel excited and happy"

Staff at Seaton Delaval said "It's fantastic to see so many pupils staying behind after school to do sport. Pupils have signed up for Judo who have never attended a sports club in the past. This is a sport most of pupils would not have experienced without the Sports Premium funding"

## CLUB LINK – SEGHELL JUDO CLUB

Seghill Judo club meet on Monday evenings at the Seghill Community Centre. Search for their page on facebook or contact Kev Corden on 0191 2375905 if you would like more information about joining the club.

# NEWCASTLE UNITED – MATCH FIT

All of the Seaton Valley first and middle schools have participated in the Newcastle United Foundation's 6 week Match Fit programme in the autumn term.

Match Fit is a coaching and education programme run by Newcastle United Foundation coaches with the aim of educating children about **NUTRITION** and **HEALTHY LIVING** whilst having **FUN**. There are a combination of classroom based nutrition lessons and football based physical activity sessions.

A series of tests are carried out in week one of the programme and repeated in week 6 to measure progress. Pupils completed an eatwell quiz to test their knowledge of nutrition. 88% of pupils either maintained or increased their knowledge. This is important because better knowledge about healthy eating increases the likelihood of leading a healthy lifestyle. Pupils' fitness was measured using a walking test, 81% either improved or maintained their fitness levels over the 6 weeks. Each participant was also equipped with a heart rate monitor which measured their resting heart rate. After 6 weeks of exercise 60% of those in the unhealthy range had entered the healthy range for resting heart rate.

Andrew Dobby from Newcastle United Foundation said "We would like to thank the pupils and staff in Seaton Valley for completing the Match Fit course. We found pupils to be a credit to themselves, their schools and their families through their enthusiasm and effort during sessions".

**SEATON SLUCE FIRST SCHOOL** pupils provided this report:

Match Fit was based on fantastic football. The brilliant men who taught us were called Andy and Andrew; two nice guys they were! They also taught us how to keep healthy and also how to eat healthy. For example, they told us about carbohydrates and other food groups. We learnt about why a balanced diet is important and the effect that this has on our lives. We also talked about how important fitness and exercise is to us. After all the Match Fit lessons we definitely all started to keep healthy! The sessions made a very big difference to us.

To find out more about the Newcastle United Foundation and their work, visit their website  
[www.nufoundation.org.uk](http://www.nufoundation.org.uk)



# SCHOOL GAMES COMPETITIONS

Through the School Games pupils are involved in competitive sports at 3 levels:

**LEVEL 1: INTRA-SCHOOL COMPETITION**— competition for all pupils in school, including in PE lessons, extra-curricular clubs, and sports day (School Games Day)

**LEVEL 2: INTER-SCHOOL COMPETITION**—teams are selected to compete against other schools from Cramlington & Seaton Valley

**LEVEL 3: NORTHUMBERLAND SCHOOL GAMES**— winning teams from each level 2 competition go to the Northumberland multi-sport event and compete against other winning teams from across Northumberland.

Through the appropriate use of competitive sport, pupils are encouraged to show the School Games Values: passion, belief, respect, honesty and teamwork.



## YEAR 4 FOOTBALL

Teams from Holywell and Seaton Sluice First schools competed against Cragside, Beaconhill, Eastlea and Burnside at the Y4 Football competition held at Astley High School in October. Holywell lost only one game and made it to the semi-finals, while Cragside were the winners. Cragside will go on to represent Cramlington & Seaton Valley at the Northumberland School Games in June and we wish them the best of luck. Sport leaders from Astley High school ran this tournament and did a fantastic job of refereeing, time keeping, taking scores and providing hot drinks to the spectators!

## SPORTS HALL ATHLETICS

Whytrig Middle School ran, jumped and threw against Cragside, Shanklea and Eastlea primary schools in the U11 competition and against teams from Cramlington Learning village in the Y7 and Y8 boys and girls categories. Pupils compete in a range of running, jumping and throwing events, including sprint relays, standing triple jump and foam javelin throw. Shanklea won the Primary School competition with Whytrig finishing in 3rd place. Whytrig Y8 boys were beaten into 2nd place by just one point, but the Y7 girls were champions and will go on to represent Cramlington & Seaton Valley at the Northumberland School Games Sportshall Athletics final in January. Good Luck!!