



Cramlington School Sport Partnership



Newsletter Spring Term 2020-21

Cramlington School Sport Partnership Update

April 2021

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Spring term 2021 was another memorable one, requiring creativity and resilience to ensure that despite the challenging circumstances we were still providing opportunities for children to remain active and stay connected.

For most of the term our schools were only open to a small number of pupils, with the others learning remotely at home. Community sports

and activities were closed down again and the message to stay at home severely limited the usual ways in which our children would be active as part of their daily lives.

In response, schools, families and community providers rose to the challenge yet again, and were supported by the SSP with activity suggestions and virtual resources designed to encourage children to

be active despite the restrictions.

The important role that being active plays in both physical and mental health has been well highlighted over the past year, thank you to everyone who is playing an important part in helping the children of Cramlington to stay active.

Gill Smith
SSP Coordinator

DanceSPARKS

The Cramlington SSP schools have worked with Creative Dance Centre for many years now, with Cheryl and Rachael delivering exciting specialist dance lessons in schools, providing inspiring teacher training opportunities and running our Dance Academy (which we sadly haven't been able to run over the past year).

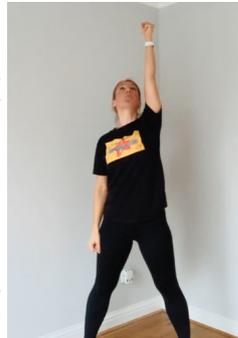
Initially conceived as a virtual festival activity to unite the schools in a common activity, a dance routine was choreographed specially for the DanceSPARKS project, to "Brave" by Jessie J and Don Diablo. The routine was designed specifically so it could be performed in classrooms or a limited space if needed. The routine was then broken down into a series of tutorial videos which could be used during lessons as an "Active Break", or the tutorials could be linked together and used in longer PE sessions.

The new resource, which was planned in conjunction with Ashington & Coquet School Partnership, was all ready to go in January when the new lockdown suddenly began. The schools now had a resource which could be used flexibly, some schools shared the videos with pupils at home so the pupils in school and those at home were both accessing the same activities. Other schools kept the resource until all pupils were back in school and then used it to promote regular active breaks throughout the day to break up periods of sitting and encourage pupils to get out of their seats. Regular opportunities to be physically active are proven to help to improve concentration and focus.

The project culminated in our "DanceSPARKS Celebration Day" when schools from across Cramlington and Ashington & Coquet all performed the routine on the same day and sent in videos of their performances so they could share and enjoy watching each other. The final video (available on the Cramlington SSP Facebook page) has over 450 children being active, having fun with their friends and taking part in an activity shared with other children across the area.

The tutorial videos are still available on YouTube on a link available from schools or by sending me an email at gill.smith@northumberland.gov.uk.

Well done to everyone who took part and got active whilst learning our DanceSPARKS routine!



Keeping Active In Lockdown

Over the spring term we worked with some of our community partners to provide virtual activities which could be used both by pupils in school as well as those who were learning from home. The children enjoyed seeing faces that they recognised leading them in a range of activities:

Jill at Jillates recorded a special series of themed Pilates sessions to encourage movement, concentration, mindfulness and relaxation.



Alongside the DanceSPARKS project, Creative Dance Centre provided a series of "Dance Blast" sessions. This series of fun dance sessions teach you the key moves in a range of styles before performing the full routine by following Rachael in the video.

Cramlington United developed a series of entertaining home PE lessons, based on football,



fitness and agility activities, which could be accessed at home. They also recorded a set of weekly challenges in which pupils are encouraged to practice and improve their own personal best in each skill.

Debbie is a familiar face who has delivered yoga in our schools for many years and we were pleased to access a range of engaging videos of yoga through stories specially for our younger pupils.



School Games

During the spring term there was a temporary pause on the planned events and competitions, although some schools were still using PE lessons during lockdown to start learning and practising the skills.

During lockdown, schools were given the opportunity to take part in the Northumberland Castles Challenge, virtually covering the distances between 18 different castles. Staff and parents



Northumberland School Games Lockdown Challenge

Join virtual staff and parents from across Northumberland and let's see how far we can travel. We're competing against Co. Durham, Tyne & Wear and Teesside.



also joined the Northumberland School Games Lockdown Challenge Strava Group. The group of over 350 members competed against County Durham and Tyne & Wear to be the first area to cover 10000 miles to Tokyo. It was a close finish with Co. Durham,

but the Northumberland Team crossed the line first. Well done to everyone who was a part of this challenge!

Once the schools opened again fully the competition calendar began again, with the following events which had been postponed now having deadlines coming up before May half term: Y3 and Y4 Gymnastics, Y5 Football Skills, Y6 Hockey Skills. These virtual events see gymnasts submitting their performances via video for judging, and the scores from the skills competitions being used to find the best class. Winning teams from some of these events will progress onto live virtual finals with winners from the other School Games areas in Northumberland. There will also be more events and opportunities coming up in the summer term with details to follow shortly.



Getting Active At Home—who is the best in your house?

60 Second Challenge Burpees	60 Second Challenge Catch and Clap	60 Second Challenge Tap Up Tennis	60 Second Challenge The Plank
<p>The Physical Challenge</p> <p>How many burpees can you complete in 60 seconds?</p> <p>Make sure you extend your legs back once you have lowered yourself to the ground.</p> <p>#StayHomeStayActive</p>	<p>The Physical Challenge</p> <p>How many times can you throw a ball up, clap once and catch it in 60 seconds?</p> <p>The ball must go above your head. If you drop the ball, carry on counting your score from where you left off.</p> <p>#StayHomeStayActive</p>	<p>The Physical Challenge</p> <p>How many times can you tap up a tennis ball on a racket in 60 seconds?</p> <p>If the ball touches the floor, time continues but your score freezes until you start tapping again!</p> <p>#StayHomeStayActive</p>	<p>The Physical Challenge</p> <p>Can you hold the 'plank' position for 60 seconds?</p> <p>Make sure you keep your bottom down and back straight. Keep your forearms on the floor.</p> <p>#StayHomeStayActive</p>
<p>Equipment</p> <p>Just yourself and enough space on the floor!</p> <p>If you find it tough do not perform the leg extensions.</p>	<p>Equipment</p> <p>A ball</p> <p>If you do not have a ball use a toilet roll or pair of socks.</p>	<p>Equipment</p> <p>A tennis racket and a ball</p> <p>If you do not have a racket and ball, use a frying pan and a pair of socks!</p>	<p>Equipment</p> <p>Just yourself and enough space on the floor!</p> <p>Who can hold the plank position longest in your family?</p>
<p>Achieve Gold</p> <p>30 burpees</p> <p>Achieve Silver</p> <p>20 burpees</p> <p>Achieve Bronze</p> <p>10 burpees</p>	<p>Achieve Gold</p> <p>35 catch and claps</p> <p>Achieve Silver</p> <p>25 catch and claps</p> <p>Achieve Bronze</p> <p>15 catch and claps</p>	<p>Achieve Gold</p> <p>60 Tap Ups</p> <p>Achieve Silver</p> <p>45 Tap Ups</p> <p>Achieve Bronze</p> <p>30 Tap Ups</p>	<p>Achieve Gold</p> <p>60 seconds or more</p> <p>Achieve Silver</p> <p>45 seconds or more</p> <p>Achieve Bronze</p> <p>30 seconds or more</p>

Coming Up..

Coming up in the summer term:

- ◆ Y5 Virtual Skipping League
- ◆ Virtual School Games competitions and festivals
- ◆ Northumberland Virtual LIVE Finals including cricket and Quackkids athletics
- ◆ England Does The Daily Mile — 30th April
- ◆ National School Sport Week — 19th to 25th June
- ◆ Virtual After School Clubs
- ◆ And more!



save the Date

What? We want as many primary schools around England to get moving on the same day, to celebrate the positive benefits that daily activity can have on our mental health.

When? Join the rest of the nation and do your Daily Mile ANY TIME BETWEEN 09:00-15:00 on **FRIDAY 30th APRIL 2021**

Why? Every signed-up school will receive a free, downloadable pack containing fun resources for the day.

Contact For more information, and to register for the event, please visit: <https://englanddoesthedailymile.eventbrite.co.uk>

Cramlington School Sport Partnership

VIRTUAL AFTER SCHOOL CLUB

YOUTH SPORT TRUST

NATIONAL SCHOOL SPORT WEEK 2021

Together Again

19-25 June

Register now

#NSSW2021

Gill Smith
Cramlington School Sport Partnership Coordinator
E-mail: Gill.Smith@northumberland.gov.uk