



Extra time



Welcome to the second edition of Extratime, the newsletter for Redborne School Sport Partnership.

This term we have welcomed 2 new members of staff to the Partnership team. **Joanne McIntosh** and **Cathy Talbot** were recruited as full time School Sports Co-ordinators in September and have already made a huge difference to the Partnership.

Their role is to support both middle and lower schools in their development of PE and School Sport. This can be done in a number of ways from curriculum support, liaison with external sports providers, lunchtime and after school club development and instigation of targeted activity, for example, low participating girls or disaffected boys to name but a few.



Cathy is hosted by Marston Vale Middle School, and spends her time supporting Broadmead, Houghton Conquest, Thomas Johnson, Shelton, Cranfield, Wootton and Church End Lower Schools. She is also heavily involved in supporting Marston Vale and Holywell Middle Schools.

Joanne is hosted by Woodland Middle School and spends her time supporting Templefield, Kingsmoor, Flitwick, The Firs, Russell and Maulden Lower Schools. She also works with Alameda and Woodland Middle Schools.



Gareth Graham, based at Wootton Upper School, completes the team. Gareth is released 2 days a week to support the transition of students and development of PE and School Sport in both Marston Vale and Holywell.

If you are interested in the development work of the Partnership team, you can contact us on;

- Gabby Hanus** Partnership Development Manager – 01525 842609
- Cathy Talbot** School Sport Co-ordinator – 01234 768224
- Joanne McIntosh** School Sport Co-ordinator – 01525 750400
- Gareth Graham** School Sport Co-ordinator – 01234 767123



Wootton Pupils celebrate London 2012 success

On September 22nd, pupils from Wootton Upper School, part of the Redborne School Sport Partnership helped celebrate London's success in becoming the host city of the 2012 Olympic and Paralympic Games.

The 22nd September was showcased in schools nationally as a major date in the countdown to the opening ceremony of the Games in 2012. With 2500 days to go, it was time to get involved and stay involved and there is no better place to start than at school.

The multi sports event allowed students to take part in Olympic sports such as Rowing, Archery, Hockey and Badminton.

The event was supported by a number of local clubs and was attended by Sara Sankey, Badminton Commonwealth Games Gold Medallist, 3 times national title winner and holder of 97 England Caps.



Sarah coached some Yr10 pupils and gave both the staff and pupils some very good ideas and tips for future badminton lessons.



Wootton's pupils also got a chance to test their ability to become world class rowers. The Amateur Rowing Association tested individual's strength and endurance to see if pupils had the ability to match the standards of local Olympic Hero, Tim Foster.

Unfortunately no one quite made the cut on this occasion, but they were impressed with the work ethic and commitment of the pupils. Paula Jardine and her crew hope to be back at Wootton very soon.



Local hockey and archery coaches also put pupils through their paces. Not many pupils get the chance to compete in archery, so it was no surprise that there was a very long queue outside the archery area. As well as getting to grips with the equipment and safety procedures, the pupils had the chance to compete against each other in mini competitions with medals for male and female performers of the day.

All specialist coaches were impressed by the dedication and high standards set by the Wootton pupils. Will the British athletes in 2012 be able to repeat this for real?



Girls show increased interest in rugby

Girl's rugby is taking off in the Partnership, by those who are not afraid to get dirty and certainly do not mind putting the tackles in.

Dave Marshall, Community Sports Coach, employed by the Partnership in liaison with the Rugby Football Union is excited about the prospect of girl's rugby developing. He has seen an increased interest at both Holywell and Marston Vale Middle Schools.



Mr Edwards, Head of PE at Holywell runs a separate lunchtime club just for girls because the demand has been so high. He is proud to say how well attended and enjoyed the club is, and how determined the girls are to learn about the game of rugby.

The next step now is to involve the girls in clubs both inside and outside of school and to arrange games for them to play in. A partnership with Ampthill Rugby Club is currently being developed to support rugby within the local area. The outlook for girl's rugby looks very positive.

And it's not only rugby that has taken on a new height of interest. Football teams from 7 local middle schools have been taking part in a school league, set up just for girls. The project co-ordinated between Bedfordshire FA, Mid-Beds Sports Development Unit and Redborne School Sport Partnership has seen over 80 girls take part. Links with local clubs have also been established to ensure that the girls have a pathway to develop.

If you are interested in girls rugby or football contact;

Dave Marshall, Rugby Community Sports Coach – 07733 053407

Katie Milton, Beds FA, Girl's and Women's Football Development Officer - 01582 567718

Street Dance – a cool alternative

Dance pupils from Redborne Upper School have recently signed up to assist in the development of Street Dance in the Partnerships Lower School.

The street dance programme is aimed, but not exclusive to year 4 boys who do not normally enjoy dance lessons as part of the curriculum.

The 6 week block of support due to start in January, offered to all 13 Lower Schools within the Partnership, has kicked off with some Street Dance Taster Sessions lead by dance instructor Colin Fraser.

"The kids have loved a specialist coming in to take their lessons, and have enjoyed the support offered by the Upper School students. I can see some real talent out there!"

After 6 weeks of activity leading up to February half-term, pupils involved in the Street Dance Clubs will have the opportunity to perform their routine in front of their peers in a school assembly. Following this, if demand exists, a central venue club will be established at a local school for all to attend. Look out for more information coming from schools soon.

Congratulations to Templefield Lower School

for achieving the Charter Standard for Football and for winning £100 worth of sports equipment in the first annual PE & School Sport Conference raffle! The conference, co-ordinated and run by Bedfordshire County Council, held on November 15th allowed teachers and sports professionals the opportunity to share good practice, develop ideas and be inspired by keynote speeches from Sue Campbell (Youth Sport Trust) and Nick Gillingham (Olympic Medallist in Swimming). If you missed out, we strongly suggest you attend next year's conference.

New facility supports sport for all

Friday 21st October was a special day for Cranfield community with the official opening of the new floodlit Multi Use Games Area (MUGA), situated at Holywell School.

After nearly ten years of planning, long meetings, generous donations from the Parish Council and Mid Beds District Council, a dream has finally become a reality. The pupils at Holywell will get the chance to use the area in their lessons and for extra-curricular activities, then allowing local clubs and members of the community the opportunity to use the facilities in the evenings.



The day was packed full of events organised by Mr Edwards, Head of PE at Holywell, and Cathy Talbot (SSCo). The MUGA was opened by Matt Allen (Captain of Bedford Blues Rugby Club), Mrs Chatt (Head of Holywell) and Cllr Anthony Duggan (Chairman of MBDC).

After a worrying start to the day which saw a downpour of rain, the clouds cleared, and the MUGA dried up to produce a successful day for all. Pupils took part in girls' football, mixed hockey and netball. Luton Town football club came along in the morning and ran a session with the Year 6 football team. Year 4 pupils from Cranfield Lower School experienced and enjoyed a football session followed by the chance to score a penalty past Mr Edwards, (Congratulations to those pupils who did), as well as Tag Rugby run by Gareth Graham (SSCo).



This is a fantastic new development for sport for all, and hopefully will bring the success we need in producing children ready for 2012 Olympics.



Opportunity knocks for Out of School Hours Sport

As part of the School Sport Partnership programme Redborne SSP has been awarded a Big Lottery Bid of £94,000 to develop its Out of School Hours Learning programme.



The 3 year funding programme is set to increase the amount of time pupils receive for school sport and offer them a wider variety of activity.

The Out of School Hours Learning programme, named OSHL for short, has been funded to support sport and activity targeted towards specific identified groups of pupils. Within our programme, target groups include low participating pupils in PE, pupils with poor fine motor skills (eg catching and writing) and pupils that are disengaged from school.

It is anticipated that if specific support is offered to these target groups, pupils will be better equipped to develop themselves educationally as well as physically. It is hoped that schools will see an increase in attainment, participation and achievement as well as improved behaviour and attitude.

Pupils in Lower Schools are already taking advantage of the programme through basketball.

The set-up of Hotshots Basketball Clubs was offered to all Lower Schools within the Partnership. Now pupils in Years 3 & 4 in many of the Partnership's Lower Schools are using the sport to develop their communication and team work skills. The Partnership funded activity has been so popular in some schools that 2 clubs have had to be established!!

James Davies, 8, from Templefield Lower School said "The basketball club is great fun. I like playing the games and doing different skills. Our coach makes basketball fun".

Pupils from the Partnerships middle and upper schools are not missing out though, as Redborne has just established its first community basketball club for 9 – 18 year olds. See the advert for more details.

We are at the very tip of the 3 year programme that hopes to re-shape sporting provision in all Partnership schools, from Archery to Street Dance, there is something for everyone! Don't miss out, just ask your PE Co-ordinator/Primary Link Teacher or School Sport Co-ordinator for more information.

OSHL Week

Look out for national Out of School Hours Learning week!

It may seem some time away, but now is the time to get fit as OSHL week runs from Feb 27th – March 3rd 2006.

During this week, the Partnership will be adding value to its before school, lunchtime and after-school sport and activity by inviting parents and carers to come along as well. Watch out for free sessions in basketball, street dance, football, aerobics and much much more. **It's going to be lots of fun!**

Go on, take the challenge

Need a New Year's resolution? Aged between 16-25? Fancy a challenge? Well read on.....



As part of Specialist Sports College Status held by Redborne Upper School & Community College, the school, in partnership with Kempston Outdoor Education Centre is currently looking for young people to join its **Duke of Edinburgh's Open Award**.

Whether you haven't had the opportunity to take the Award at school, have started but never completed the Award or are a total beginner, this course is the one for you.

The Duke of Edinburgh's Award is a voluntary, non-competitive programme of practical, cultural and adventurous activities, which offers all of the following and more...

- Individual challenge
- Widely recognised by employers & education
- Develops self-confidence, leadership skills, communication skills and decision-making.
- Exciting and enjoyable activities
- Huge benefit to those that achieve it

To find out more about how you can get involved, come along to our open evening at Redborne Upper School on Thursday 12th January 2006 at 7.00pm.

If you want to attend, please let us know by calling 01525 842609 or by emailing sportscollege@redborne.beds.sch.uk

Sports College News

Alexander Centre opens its doors

David Bell, Chief Inspector of Schools opened the Alexander Centre on Tuesday 27th September. Look East, Anglia News and Three Counties Radio were there to report on the opening. Mr Bell described Redborne as an excellent school and thought that the new facilities would have a big impact on standards at the school.



P.E. students have already taken advantage of the technology; researching on the internet and videoing and assessing their own performance. Teachers have used the cameras in the classroom to observe lessons and develop good practice. In addition De Montfort University students have been observed using the video conference equipment linking the school with the University.

Shortly after the opening of the Alexander Centre, Redborne School was visited by OFSTED. Overall the school was marked as 'Good', an indication that levels of both teaching and learning are high. They also reported that: 'The school's specialist status in sport has been effective in raising standards, promoting collaborative activities and improving provision.'

How to be a SALMON

Over 30 Year 12 students now known as 'Buddies' have been working with present Year 9 students from the day they transferred from their middle schools to Redborne. They have been working on the Bedfordshire Young Leaders Award that links citizenship and physical activity. Together with the P.E. department they have delivered lessons on health and safety, roles and responsibilities, communication, organisation, and team work.



Year 9 students are now completing their log sheets to gain certification in the final stages of the Young Leaders Award.

The 'Buddies' have been supported and trained by 'Youth at Risk' a charity that is dedicated to working with young people, providing the opportunity for transformation and development. They aim to make a fundamental and lasting difference to the lives of those who participate in their training. They are certainly doing this.

In the next phase 'Buddies' will mentor students using resources they have developed alongside the 'Youth at Risk' training. 'How to be a SALMON' with the strap line 'only dead fish go with the flow', is the title of a self help book for all Year 9 students to help them get the best from their first year at Redborne. Good luck to all involved.

Basic Moves

P.E staff from Redborne have been offering specialist help to both middle and lower schools. Alongside them, 2 local University students have also been employed to teach 'Basic Moves' to pupils in years 1 and 2. Louise Mitchell and Melissa Girt have been using a 'basic moves' approach based on studies at Edinburgh University which looks at how children learn to move and acquire skills.



The programme enables children to experience high quality physical activity which is fun, safe and worthwhile and which helps develop a solid foundation for lifelong physical activity.

2006 will see this programme of delivery expand to all Lower Schools within the School Sports Partnership supported through Out of School Hours Learning activity. Watch this space.



We were unlucky with the weather, twice postponing the competition and just managing to complete the track events on the last day of term. If we have lost in the opportunity for the whole school to support their house we certainly did not lose out in the quality of performance. 11 school records were broken.

5 trophies were presented, 4 for outstanding performances and the house trophy.

Year 9 Girls - Top 3

Jess Fleckney, Chris Diffey and Tamara Butter.

The winner was Tamara Butter

Year 9 Boys – Top 3

Chris Allen, Tom Hayden and Aaron Phillips.

The winner was Aaron Phillips

Year 10 Girls – Top 3

Lauren Davie, Christie Lee and Louise Wright

The winner was Louise Wright

Year 10 Boys – Top 3

Mihir Chokski & Michael Jordan (joint), Mark Tate and Justin Teutsch.

The winner was Justin Teutsch.



Sports Day was a close competition after the field events but one house went on to take a significant lead and won the competition. **Congratulations PHILLIPS with 200 points.**

Outstanding Contribution to School Sport

At the end of last academic year, in July, trophies were presented to the winners of the Outstanding Contribution to School Sport;



Charlotte South 10



Paul Sherwood 10



Christine Diffey 9



Colin Liddell 9



Club Links

A major strand of the Physical Education and School Sport Club Link (PESSCL) strategy is the link from school sport to sport in the local community.

Both as a School Sport Partnership and Sports College, Redborne has a responsibility to ensure that all young people at the hub-site (Redborne) and all other schools within the Partnership have the opportunity to take part in sport outside of school hours.

At present the Partnership and Sports College are working on a number of ways to increase the links between local sports clubs and schools. Some of these include:

- Winter and Summer Multi Sports Festivals, where local clubs are welcomed to the school site to promote their sport and club through practical activity
- Open sessions at local clubs, where young people are invited to 'come and have a go'
- Using club coaches to support sports activity within schools
- Working with the County Sport Partnership to develop Club Forums, where local clubs are invited to gain further knowledge about School Sport Partnerships and local sports development topics

Another way of bridging this gap is by providing you with information on local clubs via newsletters and websites. Overleaf are a few of the many local sports clubs that you can attend. A full and more detailed list can be found on www.midbeds.gov.uk

Click on > Leisure, > Local Sports Clubs and then the sport you are interested in.

For more information on getting your club involved with the Partnership or Sports College, contact Gabby Hanus on 01525 842609.

Club Directory ● ● ● ● ● ● ● ● ● ● ● ●

Who?	Contact	Contact~Visit	Where?
Athletics			
Bedford Harriers	01234 351115	www.bedfordharriers.co.uk	Bedford International Athletics Stadium
Amphill & Flitwick Flyers	01525 402290	http://www.geocities.com/amphill_geo/	Amphill
Archery			
Hawks Archery Club	01525 634615	barry@hawksarchery.org	Redborne School
Badminton			
Wootton Badminton Club	01234 767123	Robert Hensher	Wootton Upper School
Racqueteers Flitwick Badminton Club	01525 751516	www.badzone.co.uk	Flitwick Leisure Centre
Amphill and Toddington Badminton Club	01525 759365	www.hertsbedsandbucks.com	Amphill
Basketball			
Redborne Community Basketball Club	01525 842248	Katie Henman	Redborne School
Bedford Basketball Club	01234 221700	James Stephenson	Bedford Bunyan Centre
Bowls			
Maulden Bowls Club	01525 405483	stephen.jennings3@btinternet.com	Maulden
Cricket			
Amphill Town Cricket Club	01525 841469	www.amphill.org.uk/cricket	Amphill Park, Woburn Street
Flitwick Cricket Club	01525 634928	www.flitwickcricketclub.co.uk	The Vale, Flitwick Road
Dance			
Bedfordshire Youth Dance Company	01234 364499	Hilary Weston	
Football			
Flitwick Eagles FC	01525 714948	www.flitwickeagles.org	Flitwick
Wootton Wanderers FC	01234 768776		Recreation Ground, Wootton
Bedford and District Ladies FC	01234 765331	Mark.standish@rbs.co.uk	Hillgrounds Playing Fields, Kempston
Flitwick Town FC Boys	01525 633176		Flitwick
Gymnastics			
Woodland Gym Club	01933 350405	Janine.musson@ntlworld.com	Woodland Middle School, Flitwick
Golf			
Millbrook Golf Club	01525 402269	www.themillbrook.com	Millbrook
Hockey			
Bedford Hockey Club	01234 211151	simlyn@sadler.fslife.co.uk	Bedford Hockey Centre
Shefford & Sandy Hockey Club		little_rache@hotmail.com	Sandy Upper School
Netball			
Amphill Netball Club	01525 755010		Alameda School
Westoning Netball Club	01525 755010	Dot Bassett	Westoning
Cranfield Netball Team	01234 751313	Matthew.Huckle@Yum.com	Cranfield
Rugby			
Amphill Rugby Club	01525 403303	www.amphillruffc.com	Dillingham Park, Amphill
Tennis			
Flitwick & Amphill Lawn Tennis Club	01525 716423	liz.molyneux@eggconnect.net	
Bedford Lawn Tennis Club	07967 224553	www.bedfordtennis.org	Bedford Sports & Hockey Centre
Trampolining			
Bedford Flyers Trampoline Club	01234 304392	BedfordFlyers@ntlworld.com	Reid & Stans Sports Centre
Swimming			
Flitwick Dolphins Swimming Club	01525 872107	Anne Wren	Flitwick Leisure Centre

All information correct at time of print. Thank you to Bedford and Mid-Beds Sports Development for supplying information.

Do you want to advertise your club with the Partnership? Need to update some of the details above? If so, email your clubs details to: sportscollge@redborne.beds.sch.uk

Basketball Club

Brought to you by Redborne School Sports Partnership in association with Mid Beds Sports Development

WHERE Redborne Upper School, Sportshall

WHEN Every Wednesday, from 30th November

TIME 6.00PM – 7.00PM Ages 9-13 7.15PM – 8.15PM Ages 14-18

LIMITED SPACES, FOR MORE INFORMATION AND TO BOOK A PLACE PLEASE CALL
MID BEDS SPORTS DEVELOPMENT TEAM ON 01525 842248 All sessions will be instructed by a qualified coach

Boys and Girls welcome.

COST: First session FREE, then £2.00 thereafter