

David Beckham Academy

Students from Woodland and Robert Bloomfield Middle Schools recently attended the David Beckham Academy as part of their Long Distance School Visits programme.



After Woodland's success in the Mid Bedfordshire Schools football league, and Robert Bloomfield's generous donation of their facilities for free, each took a group of 15 girls to what proved to be a very enjoyable day for all involved.

Before the day, each of the pupils had to be given the role of either Nutritionist, Physio, Manager, Scout, Journalist or Fitness Coach. After a welcome and tour of the academy, the girls were put through their paces with a brief skills session / warm up. They then moved into separate classrooms where they took part in different tasks which related to their chosen role.

After a healthy lunch it was back out onto the pitch for small sided games where the teams had the chance to compete against each other and other schools from across the country. Throughout the day teams and individuals were awarded points for effort, motivation, as well as points for the games/skill activities they took part in. Once all the points were totalled at the end of the day, the group from Woodland Middle School came out as overall winners so congratulations goes to them.

At the end of the day all the girls were presented with a certificate, a David Beckham academy football, as well as individual medals for each group. The day itself was fantastic as it provided an excellent mix of education and practical sessions. The coaches all had a professional football and development background and all related well with each group.



A big thank you on behalf of the Partnership to the Academy and the Bedfordshire Football Association for this opportunity.

Fitness Week at Woodland



Woodland Middle School recently dedicated a week to focus on the improvement of the health and fitness levels of their pupils and staff. The aim of the week was to encourage everyone to try out a new sport or leisure activity and to promote the understanding that taking part in exercise is fun whilst promoting physical and emotional well-being.

Taster Sessions

Over 60 Year 4 pupils from 4 lower schools took part in a taster session on Monday 6th November at Robert Bloomfield Middle School in Shefford. Pupils from Campton, Gothic Mede, Meppershall and St.Mary's Stotfold took part in a taster session of badminton and tri golf. The pupils were taught about the game and the equipment used and were given the opportunity to have a go at various skills associated with each sport.

16 lower schools were invited along to the taster sessions with Southill, Gravenhurst, All Saints, Shillington and Stondon Lower Schools attending a similar taster session on Monday 11th November.

Mid Beds Youth Cricket

Play Cricket



Winter Cricket Coaching 2007

Training courses designed both to introduce boys and girls to basic cricket skills, and to help developing cricketers, will be run in the spring term. Beginners welcome. Courses are run by experienced ECB coaches. Equipment provided.

U8 (Years 2&3) Alameda Middle School Hall, Ampthill

Sundays 16.30-18.00 Jan 21-Mar 25 (not 4/3/07)

Contact: Will Sneath willsneath@hotmail.com 01234 297584

U10 (Years 4&5) Flitwick Leisure Centre

Sundays 16.00-17.30 Jan 21-Mar 25

Contact: John Farrent farrent.j@tiscali.co.uk 01582 881662

U12 (Years 6&7) Marston Vale Middle School, Stewartby

Fridays 18.30-20.00 Jan 19-Mar 23

Contact: John Wakely vetjw@btinternet.com 01525 860085

U14 (Years 8&9) Marston Vale Middle School, Stewartby

Fridays 20.00-21.30 Jan 19-Mar 23

Contact: John Wakely vetjw@btinternet.com 01525 860085

U16 (Years 10&11) Marston Vale Middle School, Stewartby

Wednesdays 18.30-20.00 Jan 17-Mar 21

Contact: Mark Stasiuk mark.stasiuk@btinternet.com 01525 261240

REGISTRATION FORMS AVAILABLE THROUGH WEBSITE
<http://midbedycc.play-cricket.com>

Year 5 pupils took part in a Circus Skills Workshop with balancing, juggling, stilt walking etc. Year 7 and 8 pupils took part in Martial Arts, Street Dance or Orienteering workshops and Year 6 pupils will be able to experience the 'Freddy Fit' workshop at a later date. We will look at ways that we can develop the skills learnt during these taster sessions to support areas of the curriculum and allow pupils to continue with an activity that they enjoy. All of the instructors gave details of local clubs and it is hoped that the week will have a positive impact on all who took part.

All pupils who attended received a healthy snack (which was kindly provided at a discount rate by G&M Growers Ltd.) after the event and will be receiving a certificate of attendance.

Robert Bloomfield Middle School hope to organise more of these taster sessions with different activities too.



Bedfordshire exceeds the national target set for PE and School Sport

In October 2002 the Department for Education and Skills and the Department for Culture Media and Sport launched the National PE and School Sports Club Link Strategy (PESSCL). Attached to this strategy is a Public Service Agreement (PSA) target for young people. This is:

"To increase the percentage of school children in England who spend a minimum of 2 hours each week on high quality PE and School Sport within and beyond the curriculum to 75% by 2006, 85% by 2008; and to 100% by 2010 of 2 hours within the curriculum and up to 2-3 hours outside of school hours".

It is with the hard work and determination of all involved in the Partnership scheme that has assisted in the County being able to announce that 88% of pupils aged between 5 and 16 are taking part in 2 hours or more of PE and School Sport each week within and beyond the curriculum.

This is a fantastic achievement and congratulations must go to all involved.

A challenge as we work towards 2010

As reported in the summer edition of 'Extra time', Redborne School Sport Partnership achieved a staggering 90%. But whilst this figure is well above the average, should we be asking ourselves why 100% of the pupils within the Partnership are not accessing 2 hours of PE and School Sport per week?

100% is the aim for 2010, but the Partnership hopes to achieve this well before, and encourage all of its schools to accommodate 2 hours of PE per week within its curriculum within the next 2 years.

With obesity, behavioural and health issues apparent in the media week after week, we need to utilise PE and School Sport to its full potential to tackle some of the country's most pertinent issues. Impact data proves that increased physical activity not only reduces obesity levels and health problems but also reduces problems with behaviour and attitude. Surely our local schools can only see the benefit in the developmental aims of the Partnership?

Each year, all schools within the Partnership are asked to report to the Department of Education and Skills (DfES) on the following;

- Number of minutes of PE within the curriculum per week
- Number of pupils accessing 2 hours of High Quality PE and School Sport both within and outside of the curriculum per week
- Number of pupils involved in intra-school competition (matches against pupils in school)
- Number of pupils involved in inter-school competition (matches against pupils from other schools)
- Which sports are offered to pupils in school
- Which local clubs the school has links with
- How many pupils belong to local clubs
- How many pupils are registered as gifted and talented in PE
- How many pupils are involved in leadership and volunteering

Whilst some schools are ahead of the national average others have some way to go. Some of the key issues for the Partnership are;

- Pupils in Yyears 1, 2, 10 and 11 are being offered the least amount of time to take part in PE per week, with Year 10 and 11 being below the national average
- All Year groups (except Year 10) are well below the national average for the amount of pupils involved in intra-school competition

- Years 5-10 are well below the national average for the amount of pupils involved in inter-school competition
- Pupils in Years 2, 3, 5, 6 and 9 are participating in less local community clubs than other Year groups
- In Years 9-11, fewer pupils are being recognised as gifted and talented in PE than the national average
- All Year groups (except Year 9) are below the national average for those involved in leadership and volunteering

The Partnership has a long way to go, but is confident that through the support of the Partnership team, results for the PE and School Sport Club Link (PESSCL) survey in 2007, can match the national average in every aspect.

Lacrosse

During the Autumn term, pupils from Henlow, Arnold, Parkfields and Etonbury Middle Schools have been given the opportunity to widen their experiences in Physical Education by taking part in lacrosse.

The Partnership has linked together closely with English Lacrosse to develop the game in the local area. Pupils are being taught by quality coaches from the USA, many of whom play and train in local teams. Pupils are initially taught a version of lacrosse called Pop Lacrosse, which provides pupils with the fundamental skills and knowledge about the game. Pupils use adapted equipment suitable for their age and ability. Each individual is taught basic stick skills such as how to catch and scoop the ball off the ground and playing basic game situations.

Many of the schools have opted to include an after school club where individuals can further develop their lacrosse skills. Here pupils are provided with the opportunity to use real game field lacrosse sticks, balls and protective clothing.

The Partnership is now working very closely with English Lacrosse to develop the game further within the middle schools and also to start up a new satellite club in the local area. Please keep an eye out in your school and also via this newsletter for future updates.

If anyone is interested in joining a lacrosse team, please contact Steve McDermott, the Hitchin Lacrosse Development Programme Officer on 01462 435495.



SSCo

Extra time

Redborne School Sport Partnership Expands!

The start of a new academic year has seen a vast expansion for the Redborne School Sport Partnership. A total of 9 new members of staff and 33 new schools mean the Partnership will now impact on the lives of 17,000 pupils.

From September 2006, all state schools throughout England have become part of a national support structure with the aim to achieve a national ambition, where all pupils should have the opportunity to access 2 hours of PE within curriculum time and up to 2-3 hours outside of school hours by 2010.

The Partnership employs 10 School Sports Coordinators (SSCo) covering 4 Upper Schools, 9 Middle Schools, and 39 Lower Schools. Their role is to support and develop the delivery of High Quality PE and School Sport both within the curriculum and out of school hours. This can be achieved in a number of ways, and some of these schemes are highlighted within this newsletter.

If you are interested in the work of the Partnership or have any questions you can contact us on;

Gabby Hanus	Partnership Development Manager – 01525 842609
James Stephenson	Assistant Partnership Development Manager – 01525 842604
Diane Peele	SSP/Sports College Administrator – stdpee@redborne.beds.sch.uk

School Sports Co-ordinators

Gareth Graham	01234 767123
Oli Daniels	01462 629900
Rachel Ward	01525 755100
Sue Robinson	01525 750400
Amanda Wilkie	01525 750900
Cathy Talbot	01234 768224
Michelle Peyton	01462 628800
Rachel Bowser	01462 628800
Pat Offer	01525 872555
Aideen Billings	01582 616400



Partnership team building day at the Kempston Outdoor Centre



Meet the team!

Oli Daniels: Based at Samuel Whitbread Upper School, supports Etonbury, Henlow and Robert Bloomfield Middle Schools.

Rachel Ward: Based at Harlington Upper School, supports Arnold and Parkfields Middle Schools.

Gareth Graham: Based at Wootton Upper School, supports Marston Vale and Holywell Middle Schools.

Cathy Talbot: Based at Marston Vale Middle School, supports Broadmead, Church End, Cranfield, Houghton Conquest, Shelton, Thomas Johnson and Wootton Lower Schools. As the Partnership's only full time SSCO, Cathy is also supporting the work of Marston Vale and Holywell Middle Schools.

Sue Robinson: Based at Woodland Middle School, supports Templefield, Kingsmoor and Flitwick Lower Schools.

Amanda Wilkie: Based at Alameda Middle School, Amanda is also the newly appointed Head of PE and supports Firs, Maulden and Russell Lower Schools.

Rachel Bowser and Michelle Peyton: Based at Robert Bloomfield Middle School. The 2 SSCO's will be working together as a team to support the development of all 16 feeder Schools to Robert Bloomfield, Etonbury and Henlow including; Roecroft, Gothic Mede, St Mary's Stotfold, Raynsford, Langford, Derwent, All Saints, Meppershall, Campton, Shillington, St Mary's Clophill, Gravenhurst, Southill, Shefford, Stondon and Haynes Lower Schools.

Pat Offer: Based at Parkfields Middle School where she is also the Head of PE. Pat will support Eversholt, Toddington St George, Chalton and Harlington Lower Schools.

Aideen Billings: Based at Arnold Middle School, supports Westoning, Greenfield, Pulloxhill, Silsoe, Ramsey Manor and Sundon Lower Schools.



Academies

Supporting the development of physical activity, at all levels

Basic Moves Academy – Summer Half Term 2006

27 pupils from 6 of the Partnership's Lower Schools took part in the Partnership's inaugural Basic Moves Academy. At the academy, Key Stage 1 pupils were given the opportunity to develop their physical ability through a newly established programme called Basic Moves.

Basic Moves is a programme of physical activity which aims to develop the basic movement competency of primary age children. The programme enables children to experience high quality physical activity which is fun, safe and worthwhile and helps develop a solid foundation for lifelong physical activity. The importance of acquiring and developing basic movements early in life cannot be over-estimated and that is why Redborne School Sports Partnership will be rolling the programme out across all of its 39 Lower Schools within the next 2 years.

The focus of the programme is on developing generic movements and skills in the 3 central aspects:

- **Travelling movements eg: running, jumping**
- **Object control eg: sending and receiving a ball**
- **Balance eg: co-ordination movements**

The programme also encourages children to experience and understand techniques, adapt them and apply them, and also be creative with them.

Targeting Key Stage 1 children in our lower schools will help to ensure that these fundamental movement experiences are in place before children progress to the more specialised and sport specific activities at Key Stage 2.

Look out for more information on this years academies taking place during the spring and summer half terms.

Multi Skill Academy

23rd - 26th October 2006

Students from Woodland, Alameda, Marston Vale and Holywell Middle Schools were invited to take part in a multi skill academy held at Redborne Upper School. During the October half term 16 students (who had originally taken part in the Partnership's multi skills clubs) were involved in a range of activities designed to improve their general physical literacy.

Throughout the week, students were introduced to lifestyle management, nutrition, physical fitness and psychological preparation. Alongside this, sessions in agility, balance and coordination aimed to improve their general sporting ability.

The week was a great success and students benefited from a talk by local elite athlete and footballer George Kemp. George gave an inspiring talk to the students outlining the pressures of high level competition and coping with GCSE pressure. Students found the week extremely beneficial.



GYMNASTICS ACADEMY

During the Summer holiday, Redborne and East Beds School Sport Partnerships teamed together in association with Woodland Gymnastics Club to host the first Gymnastics Academy for Gifted and Talented Children in Years 4 and 5. PE teachers and SSCo's were enlisted with the task of identifying children with potential and selection letters were sent to a number of children across the Partnerships.



The Academy was held from 25th to 27th July and was attended by 23 children from Alban, Holywell, Marston Vale, Robert Bloomfield, Woodland Middle Schools and Flitwick Lower School. The Academy was organised by Michelle Ellis, Community Gymnastics Coach for the Partnerships and a Senior Club Coach for Woodland Gymnastics Club. Michelle was supported by Hayley Burgess and Sally Pirie, both club coaches at Woodland Gymnastics Club, as well as several volunteers from the Club who assisted in demonstrating and supporting.

The Academy was held at Robert Bloomfield Middle School - a most suitable venue as despite searing temperatures outside, the gymnasium remained relatively cool. The Academy was an opportunity for gifted and talented children to refine their gymnastics skills and take part in floor work, vaulting, acrobatics and pair work. The main objective of the Academy was for the children to work towards attaining British Gymnastics Proficiency Awards, starting with Award 7 and progressing towards Award 1. This involved developing agilities and using apparatus to complete a number of set skills which increased in difficulty for each award. Gymnasts also worked on more difficult skills not contained within the award scheme such as flics, somersaults and partner balances. This was interspersed with the odd game of dodgeball - coaches v gymnasts - being the popular choice!!

Of the 23 children who attended the Academy, 20 successfully attained the highest award - British Gymnastics Award 1 - for which they were presented with a gold medal, badge and certificate. The remaining 3 achieved British Gymnastics Award 3 and were extremely close to attaining the next award. For this they received a badge and certificate. All gymnasts were presented with a certificate of attendance and a British Gymnastics Gym Sack.



The successful gymnasts from Redborne School Sports Partnership achieving British Gymnastics Award 1 were:

Francesca Cook Holywell	Grace Marsh Holywell
Daniel Webb Holywell	Sophie Greenhood Marston Vale
Sophie Mercer Marston Vale	Beth Rodham Marston Vale
Ross Sargent Marston Vale	Bethany Taylor Marston Vale
Sana Whinnett Marston Vale	Frances Maydom Robert Bloomfield
Matthew Waddell Robert Bloomfield	Christy Pearson Woodland
Teighlor Pearson Woodland	Paige Ewing Woodland
Emily Degnan Flitwick Lower	Shannon Ward Flitwick Lower
Sophie Engineer Flitwick Lower	Regan Ovendale Flitwick Lower

Well done to all who attended and supported the Gymnastics Academy.

Michelle Ellis - Community Gymnastics Coach



19 schools in the first phase of the Partnership are commencing their second year of 'Big Lottery Funded Out of School Hours' activity.

OSHL UPDATE

Lower schools are once again accessing funding for the development of basketball, street dance, skipping and Basic Moves, whilst middle schools can access funding for orienteering, street dance, archery and golf. Redborne and Wootton, the 2 Upper Schools in the first phase of the Partnership will continue to access funding for the development of physical activity for Year 10 girls as well as further development of buddy schemes, which has involved Sixth Form students receiving training to support pupils in Year 9 as they transfer from middle to upper school.

Whilst the first phase enjoys their second year of funding, the Partnership team are busy writing the application to draw down extra funding for the Partnerships 33 new schools. These schools will be able to access an OSHL programme from September 2007.



Skipping Workshops

Over a 2 week period 10 lower schools received skipping sessions from the company Skipping Workshops, all funded by the Partnership through the Big Lottery Fund.

Skipping Workshops offers skipping sessions to schools across England with the aim to encourage children, teaching and non-teaching staff to skip in order to improve health, playground behaviour and social skills. It appeals to children of all ages and is one of the few activities that encourages boys and girls to play together.

Lee James, a coach from Skipping Workshops went into the lower schools and through out the day every child in the school had the chance to experience different ways of skipping, whether it was individual, partner, long rope or double-dutch. During each of the sessions different pupils were chosen to show their skills in a presentation assembly at the end of the school day.

As well as pupils taking part there were other sessions run for mid-day supervisors. This allowed supervisors the chance to work with pupils, learn new techniques and then have the confidence to take them back to their school to use at lunchtime or in their skipping club.



Flitwick Lower School Activities Day

A sports activity day was held to celebrate the success of the Redborne School Sport Partnership reward scheme piloted at Flitwick Lower School.

Children had participated enthusiastically in the initiative and had received rewards for increasing their level of involvement in physical activity. Reaction balls and certificates were presented at the end of the summer term and the activities day was organised and delivered by the Partnership team.

Every child was able to practise and improve their skills in athletics, tag rugby, kwik cricket and tri golf with each session concluding in a competition. A whole school approach towards the importance of P.E. both within and in addition to the curriculum was evident as the children enjoyed taking part in a variety of sports in the autumn sunshine.



A Sporting Summer at the Youth Club

Young people from Redborne Upper School and the local community were able to access a full programme of sports activity during the summer break. The programme funded by the Big Lottery Fund and co-ordinated by Redborne SSP, Beds LEA Community Outreach Workers and the Youth Service offered young people the opportunity to take part in both physical activity and accredited courses.

Members of the Rufus Centre Youth Club were consulted in a move to offer structured sports activity during the long break from school. They chose a programme that included martial arts, wall climbing, yoga, football and the Junior Football Organisers Course.

The programme was such a success that the co-ordination of a similar programme for summer 2007 has already started. During the year, identified young people will form a management group to develop and co-ordinate a programme for young people from their local community.

Young people interested in getting involved with the local youth service should contact Jan Cooper Beds CC Youth Worker on 07981 881695.

Skipping is a fantastic sport as it helps with co-ordination, concentration, co-operation and communication skills, as well as all the obvious health benefits relating to calorie burning and weight loss. It's athletic, aerobic and gymnastic.

All schools which took part really enjoyed their skipping. It was fantastic to see so many pupils taking part and the effect it had on the pupils perception of skipping.

The next step is to keep pupils interested in skipping and to see their improvement. Each school has been given details of different challenges the pupils can do with their rope - so get practising, the Partnership looks forward to seeing them!

Thank you to the following lower schools for making the workshops a success:

Broadmead, Church End, Cranfield, Houghton Conquest, Kingsmoor, Russell, Shelton, The Firs, Thomas Johnson and Wootton.

Young Ambassadors

2 students from Redborne Upper School have been selected to represent the Partnership and Sports College as Young Ambassadors.

Charlotte South

Charlotte is one of Redborne's gifted and talented performers. She plays netball for the Mavericks in the national junior league and also plays football for Luton Ladies first team. She supports all the junior netball and football teams in school.



Justin Teutsch

Justin helped run a basketball club in Woodland Middle School and in addition assisted in coaching at the Redborne Community Basketball Club. He is a leading player in the school basketball team and has competed for the District Athletics Association in the County Championships.



Both have been awarded the 'Outstanding Contribution to Redborne School Sport' trophy and completed the Junior Sports Leader Award [JSLA]. In addition they have played major roles in raising money during Redborne's Sport Charity Week.

The Young Ambassadors programme established by the Youth Sport Trust aims to involve young people in the promotion of physical activity and school sport and promote the Olympic ideal in the lead up to 2012.

The Young Ambassadors selected for their commitment and ability in sport and leadership through sport have received specialist training to undertake their roles and will be mentored by Mr Adamson, Director of Sport at Redborne.

Duties for the ambassadors throughout the next year will include;

- Presenting at school assemblies
- Promoting leadership through sport to pupils taking Young Leaders Award
- Increasing opportunities for young people to join clubs
- Offering ideas for the development of Gifted and Talented and Leadership students

Good Luck to the ambassadors!

Volunteering and Leadership

Middle School Pupils Leading the Way

Sports Leaders UK, the charitable organisation responsible for the delivery of leadership courses for young people has recently established the Young Leaders Award.



The Young Leaders Award is a programme for 9-13 year olds that promotes leading younger children through a range of games and activities. The award is the starting block to a full leadership programme through to 18+. Through funding support by the Partnership, all nine of the Partnerships middle schools are offering the award this year, some through the curriculum and others through an out of school hours programme.

It is anticipated that this new generation of young leaders will be able to support the Partnership at sports festivals, tournaments and via playground activity in lower schools, supporting lunchtime supervisors to increase structured activity during break and lunchtimes.

Good luck to all of those taking part. We look forward to seeing you utilising your new skills.

Step into Sport – Community Volunteering

Step into Sport is a programme aimed at supporting the development of leadership and volunteering for young people aged 14 – 19 years old. Sport England, the Youth Sport Trust and Sports Leaders UK manage this project, building upon their current work within the area of leadership and volunteering.

The County Sports Partnership (Teams Beds & Luton) is responsible for co-ordinating the Community Volunteering programme, which is aimed at young people between the ages of 16 and 19 who have undertaken some leadership training, such as the Level 1 in Community Sports Leadership or National Governing Body leader's awards. The programme is delivered and supported through School Sport Partnerships and County Sport Partnerships and provides opportunities for the young volunteers to undertake a volunteer placement in an appropriate local club or organisation and work towards a national Step into Sport award for 50 (bronze), 100 (silver) or 200 (gold) hours of volunteering.

The placement can include any aspect of volunteering such as;

Administration Fundraising Publicity Social events
Officiating Leadership Coaching

The Partnership recently took 23 pupils from its 4 upper schools to the county Step into Sport Conference held in Luton to officially launch this years programme. All pupils will now be actively volunteering within the community and through partnership projects. If you are a club interested in receiving a local volunteer or would like any further information relating to the programme please contact James Stephenson on 01582 842604.

Good luck to all those taking part and we will update you soon on their progress.

