

# School Club Links

## Links to a brighter sporting future

One area of the PE School Sport Club Links strategy (PESSCL) is the development of school club links. The purpose of such a strategy is to strengthen links that may already exist, but at the same time develop new links to increase the number of young people within schools who move on to become members of accredited clubs. This type of link is a clear example of how a Partnership between a school and a quality local club can develop skills and increase activity levels of many young people. This ensures young people will value the importance of a healthy lifestyle from a young age and be able to train and participate in a safe environment out of the school setting.

Generating links with local clubs will encourage the development of ALL young people. Whether individuals want to get involved and pursue sport at an elite level, they want to merely enjoy sport and develop their skills, maintain fitness or even to just make new friends. One clear outcome is that young people will begin to enjoy participating in PE and sport more regularly.

The Partnership is now beginning to increase the number of links it is generating. This means that the number of sporting programmes within schools will increase and young people within our schools will be able to be coached by local qualified coaches from local accredited clubs. This will move the Partnership closer to the 2010 target of 2 hours PE and school sport within the curriculum and at least 2-3 hours outside of school hours per week.

## Going for Gold

In December 2004 the Government announced additional funding of £519 million for 2006 to 2008 to continue and expand the national PE, School Sport and Club Links (PESSCL) strategy. Part of this funding would include the employment of Competition Managers. The Competition Manager's focus will be to contribute to the target that by 2010, a high quality school sport national competition framework would have been implemented locally with opportunities for all. It is seen now that high quality competition is one of the four key elements within high quality physical education and school sport, for ALL young people (see diagram below).

The quality and amount of competitive school sport is no doubt rising each year. Whilst the current level of competition is a good foundation we know many more children would like the chance to compete within school sport.

During the autumn term, Bedfordshire employed a new Senior Competition Manager, David Simpson, who will focus on developing opportunities within the county. Their will be a further 2 Competition Managers employed who will be line managed by David. As a team they will be based strategically across the county where they will have more impact on school sport.

The Competition Managers will be an integral part of the county PE and sport framework. Their overall role will be to manage and co-ordinate the planning and implementation of the National Schools Competition Framework through a programme of inter-school competition within the School Sport Partnerships. They will be analysing and developing existing provision and ensuring that the competition programme is providing opportunities for more young people. They will be working closely with the County Sports Partnership (Team Beds & Luton), National Governing Bodies at county and regional level, local authorities and other key local partners.

The benefits of a link can be just as rewarding for the club as well as the individual.

- Local clubs will be able to increase membership and target age groups which they may currently lack membership.
- Coaches can gain more experience and develop their skills by working in a school environment.
- Club coaches will also be able to access coaching courses run by the county sports partnership at a discounted rate, receive free kit and equipment and access funding opportunities.

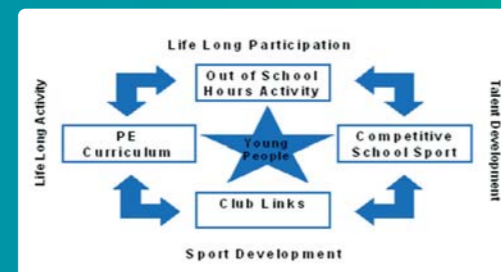
The list of positives is endless and everyone can benefit from forming these partnerships.

The process of forming a recognised school club link is very simple. If you are a member of a local club or involved on an official capacity and are interested in working closely with our Partnership, or have any questions, please do not hesitate to contact Gabby Hanus (Partnership Development Manager) on 01525 842609.

This approach will provide consistency to competition structures across the county. Below you will find the competition framework which has been briefly defined as a template for each of the 4 Key Stages within school;

<b>Key Stage 3/4</b> (age 12-16)	Inter-school leagues and cup competitions
<b>Key Stage 3</b> (age 11-12)	Multi-sport competition central venue leagues
<b>Key Stage 2</b> (age 9-11)	Multi-sport competition central venue leagues
<b>Key Stage 2</b> (age 7-9)	Termly multi-skill festivals
<b>Key Stage 1</b> (age 4-7)	Annual multi-skill festivals (off-site)

Right is the model of high quality physical education and school sport;



*These are certainly exciting times within the county and we will provide you with details of future competition as a result of this new partnership.*

## £5000 boosts PE provision

Although Shelton Lower School is blessed with a lovely school field they only have a small playground. There is nowhere suitable to play basketball using a fixed hoop due to the surrounding buildings and windows. They required a separate area so the pupils could develop their basketball skills in lessons and during their Basketball OSHL club.

Consultations between Mr Smart, the Headteacher and Gabby Hanus, the Partnership Development Manager took place and an application was put in to get a grant from 'Awards for All.' 'Awards for All' is a lottery grants scheme aimed at funding local community projects. They provide funding for projects that enable people to take part in sport, art, heritage and community activities as well as projects that promote education.

In September 2006 Shelton Lower School received the fantastic news that they had been successful with their bid. The grant is being used to develop a specific area for basketball and other court based activities and small sided games. It will also support the school and local community with the purchase of equipment and pay to train Adults Other Than Teachers (AOTT) to become basketball coaches.

The work on the area was due to start before Christmas, but due to the bad weather this has had to be delayed. We are looking forward to seeing the new area and allowing increased participation in basketball and physical activity to take place.

*Congratulations to Shelton Lower School and may you have many hours of pleasure with your new playing area.*



## KidzSize Holiday Clubs Easter & Summer 2007

Children will have the opportunity to take part in a wide range of multi sports and fun activities, in a safe and friendly environment.

The clubs will take place at Redborne Upper School, Ampthill & the Alexander Sports Centre, Bedford.

Core Programme runs 10.00am to 3.00pm, with additional Early Birds sessions 8.30am to 10.00am and Late Stay sessions 3.00pm to 4.30pm.

The holiday clubs are for children between the ages of 4 and 12 years old.

Very competitive costs, depending on sessions booked. Discounts available for full week bookings and families with more than one child.

For more information or to book call 01234 340782 or visit [www.kidzsize.co.uk](http://www.kidzsize.co.uk)



## Exploring the great outdoors

The Partnership has recently been taking advantage of some of the excellent facilities at one of the County Councils outdoor education centres.

You may recall from the previous edition of Extratime, the Partnership used the centre as part of a team building exercise. Since then we have been actively encouraging our Partnership schools to make use of the facilities by inviting targeted groups to take part in a wide variety of outdoor adventure activities.

These targeted groups will be made up of pupils depending on the needs of each school. The activities themselves give the young people an opportunity to experience different forms of physical activity from those that can be experienced within the curriculum. It can be excellent in terms of team building, skill development, increasing confidence levels and giving young people a chance to experience a wider variety of sporting activities.

The centre provides activities including climbing, abseiling, canoeing, archery, high ropes course, kayaking, challenges and team building exercises. The sessions the centre provides are designed to be fun and exciting whilst promoting the personal development of all participants. All of the centres instructors are well qualified and experienced.

During the Spring Term four of the Partnership's middle schools will be visiting the centre. Robert Bloomfield (see picture above) visited the centre on the 26th April. Michelle Peyton (SSCo based at Robert Bloomfield) said;

"All the students had an excellent day and really enjoyed trying out some new and exciting activities. Outdoor and adventurous activities are a great way of getting young people involved in physical activity and by the looks on their faces they'll be back again!"

There will be visits to Henlow, Etonbury and Arnold middle schools later this term.

For further information on the Kempston Outdoor Education Centre, please log onto: [www.bedfordshire.gov.uk/EducationAndLearning/LifelongLearning](http://www.bedfordshire.gov.uk/EducationAndLearning/LifelongLearning)



# Extra time

## Partnership schools achieve national awards for 2006

During the autumn term six of the Partnership Lower Schools were awarded the level of Activemark and one of the Partnership's Upper Schools was awarded the level of Sportsmark.

These kitemarks were restructured and relaunched in May 2006. The awards are presented annually as a result of the data provided via the PESSCL surveys which every Partnership school must complete. The awards themselves provide recognition that the schools are delivering the national PE and School Club Links strategy to a high level.

During 2006, once the national school sport data was collected, a small panel set the standard to which Partnership schools must be working in order to achieve these kitemarks. The panel itself is made up of representatives from The Association for Physical Education, The Youth Sport Trust, Sport England, The Qualifications and Curriculum Authority, The Department for Culture, Media and Sport and the Department for Education and Skills.

Each school that qualifies to achieve these awards will receive a certificate and the school will be able to use the kitemark logo on official school papers to recognise their achievements.

Primary schools are awarded Activemark by meeting the following criteria:

- 90% or more of pupils across the school were doing 2 hours of PE and sport.
- The school held a sports day.
- The school had met or bettered the national average for the range of sports it offers or the percentage of pupils participating in sports clubs linked to their school.



*Congratulations to Cranfield, Wootton, Houghton Conquest, Flitwick, Broadmead and Firs Lower Schools for achieving the Activemark award.*

## The Bedfordshire Healthy Schools Scheme – Celebration of Achievement

Congratulations to Gothic Mede Lower School who achieved full validation of the National Healthy Schools Status, along with Henlow Middle School.

Further congratulations must go to the following schools who have achieved accreditation in the National Healthy Schools scheme during November 2006. Below are some examples of the positive work carried out within these schools.

Roecroft Lower School for their work with the school council on improving and developing a variety of activities during playtime.



Secondary schools will be awarded the level of Sportsmark if:

- 90% or more of pupils across the school were doing 2 hours of PE and sport.
- The school held a sports day.
- Plus the school has met or exceeded the national average in 3 of the following areas:
- Percentage of pupils taking part in inter school competitive sport.
- The range of sports the school offers.
- The percentage of pupils participating in sports clubs linked to their school or school sport partnership or
- The percentage of pupils actively involved in sports leadership and volunteering.

*Congratulations to Redborne Upper School for achieving this award, if you would like to find out more details regarding these awards please log onto [www.teachernet.gov.uk](http://www.teachernet.gov.uk)*



Cranfield Lower School



Redborne Upper School

Stondon Lower school – Healthy being. Stondon have promoted healthy eating whilst developing various activities within school.

Raynsford Lower School who have involved the whole school community in promoting healthy lifestyles again encouraging healthy eating and physical activity.

*Congratulations to all of you for your positive work.*

*For more information on the healthy schools scheme, log onto [www.healthy-schools.co.uk](http://www.healthy-schools.co.uk)*



## The Speedstack Phenomenon hits the Partnership!

Nine Partnership schools have recently caught the bug that is Speedstacking. For those of you who haven't heard of Speedstacks, it has been described as an exciting individual and team sport where individuals stack and unstack sets of plastic cups in a set of predetermined sequences.

The scope of the use of Speedstacking can be endless. It can be used by itself or part of a relay sequence during other forms of physical activity. Individuals and teams race against the clock to see who can record the best times. To some this may sound elitist, however each stack can be individualised to ensure all pupils are working at their own level. This gives the opportunity for everyone to succeed, whilst adding a new fun dynamic to physical exercise.

Speedstacks is excellent in terms of developing hand-eye coordination, focus and rhythm and classroom teachers have noticed some marked improvements in pupil behaviour.



Recently, 2 of our families of lower schools have embraced the idea and it has proved a real success with the pupils. In the Etonbury family, Ramsey Manor, Silsoe, Sundon, Greenfield, Pulloxhill and Westoning Lower schools have all been taking part under the coordination of one of our SSCo's, Aideen Billings. Each school has been allocated four weeks in which they can run a Speedstack club aimed at key stage one children. From the attendees at the club each school will choose its best speed stackers to represent their school at the family festival to be held on the 10th July 2007.

Amanda Wilkie (SSCo based at Alameda Middle School) has been promoting the use of Speedstacks as an extra curricular activity for their feeder lower schools, The Firs, Maulden and Russell. These schools have been using Speedstacks to enhance the PE curriculum by using it as a multi skills session. It has also been used as an activity during wet play/ break times. The stacking has been so well received at The Firs and Maulden they are now looking to run their own intra school competitions. An inter school festival has now been planned for the start of the new academic year.

*We are all looking forward to some exciting events and can't wait to see lots of children testing their Speedstacking skills!*

## Samuel Whitbread feeders spring into action

46 pupils from Henlow, Etonbury and Robert Bloomfield Middle Schools attended an after school activity session held at Samuel Whitbread Community College. The pupils had 6 weeks of trampolining coaching which covered a range of activity moves such as tuck, pike, straddle, seat-drop, front and backdrops and for some - somersaults! The purpose of the course was to raise interest from pupils in an activity outside of the normal curriculum.

The sessions were coached by Oli Daniels, PE teacher at Samuel Whitbread and SSCo for the Partnership. In order to increase the practical experience of some of the upper school students, Oli was assisted by A Level and GCSE students.

Oli commented "All of the pupils achievements over the 6 weeks were remarkable, each proving to be competent young trampolinists. The pupils were set the target of constructing and planning a 6 bounce routine and performing it for the group. Again, each students effort and performance over the short period of time was fantastic. Well done to all who took part!"

## Lower School students hit the pool!

Roecroft Lower School (pictured below) are one of 11 schools taking part in the Partnership's swimming programme in this academic year. The swim programme is aiming to help key stage 2 pupils achieve the ability to swim 25m in the pool. Each school is given a 6 week programme of 30 minute lessons at one of the local pool sites. Once the lessons are complete all pupils taking part receive a certificate stating the distance they achieved.

Obviously each individual will develop at varying levels but if any pupils don't quite manage 25m they are offered top up lessons. These lessons are in the school holidays and are an intense course of 30 minutes each day for 5 days. The aim is for the pupils to achieve their 25m and become more confident in the water. The top up lessons are a great opportunity for pupils to achieve 25m and best of all they are free of charge. If your child receives a top up letter please act on it ASAP in order to claim the top up lessons as they are on a first come, first served basis.

## Fund raising gets new swimming pool for Shillington Lower School

*Adults from left, Ingrid Alsop (Head Teacher), Meg Odling-Smee (Chair PTA), Caroline Sneesby (Vice chair PTA).*



Shillington Lower School have been frantically raising money to replace their swimming pool (pictured above). They were given to the end of February to order the pool if they wanted it in place by May when the school traditionally starts swimming. In an amazing effort the PTA have raised £9600 in one term which means they are now going to be able to swim in May. The money raised came from a variety of sources, £3500 was donated by Dorothy Wiltshire in memory of David Wiltshire (school governor in 1980's) and by the Harper family in memory of Christian Anne Harper (who was a serving governor). Approximately £2000 was raised by the school through the school fair, a murder mystery evening, a cake day, the Christmas shop and the latest Bags 2school scheme. The Bedford Educational Association LTD then match funded the school and gave them £4000 towards the new pool.

***Congratulations Shillington Lower School and the local area for a fantastic effort towards this achievement.***

Pupils are being given local club details so they can have the opportunity to continue developing the skills they have learnt.

If you are interested in joining one of our local trampolining clubs, please contact on the details below.

**Trampolining Clubs (for juniors only)**

Sandy Sports and Community Centre, Engayne Avenue, Sandy, Beds. 01767 681872  
[www.midbeds.gov.uk/leisure/leisure\\_facilities/Sandy\\_Sports\\_and\\_Community\\_Centre.asp](http://www.midbeds.gov.uk/leisure/leisure_facilities/Sandy_Sports_and_Community_Centre.asp)

Biggleswade Recreation Centre, Eagle Farm Road, Biggleswade, Beds  
[www.midbeds.gov.uk/leisure/leisure\\_facilities/Biggleswade\\_Recreation\\_Centre.asp](http://www.midbeds.gov.uk/leisure/leisure_facilities/Biggleswade_Recreation_Centre.asp)



# OSHL UPDATE

## OSHL week

After the success of last years Out of School Hours Learning (OSHL) Week the Partnership decided to promote it again this year.

From 5th to 9th February, all the lower schools in the Redborne School Sport Partnership offered the opportunity to parents and carers to join their child at their OSHL club. Many willing parents and carers joined in with the activities and were able to show off their dancing skills in street dance, their dribbling skills in basketball or a range of other skills required for the OSHL club they had attended.

By welcoming parents and carers along to OSHL activities in the lower schools it gives them a chance to see the wonderful work that is going on, allow them to see what their child has been doing and most importantly promote healthy, active lifestyles.

It was good to see so many willing parents and carers joining in and sharing the experience with their child. You had better start practising for next year as you will be getting your invitations again!



## Partnership middle schools TRI GOLF

The second half of the spring term has seen the introduction of Tri Golf sessions into the Out of School Hours Learning programme for 4 of the Partnership's middle schools. Marston Vale, Holywell, Woodland and Alameda will all be taking part in 6 weeks of golf coaching delivered by club coaches based at Millbrook Golf Club.

Tri Golf is a 'mini' version of golf designed specifically for use by young children in schools. Each of the schools has purchased equipment paid for by Big Lottery funding to ensure the sessions can continue once the coaching is complete. Each Tri- Golf pack includes chippers with over-sized clubheads, putters, a variety of over-sized foam balls and other items needed to run the games and activities. The clubs have been specially designed so that they are safe to use in the school environment and make it easy for the children to achieve success. In addition, resources giving ideas for games and activities that can be linked with the PE curriculum are included.

Once all of the sessions are completed, all of the schools participants will be invited to attend a family open day at Millbrook Golf Club. The aim of this is to give parents the opportunity to watch the skills their children have learnt, and perhaps have a go themselves!

Tri Golf is an excellent way to introduce young people to what some people still view as an elitist sport. For further information on golf development, please log on to [www.golf-foundation.org](http://www.golf-foundation.org) or [www.themillbrook.com](http://www.themillbrook.com)

## Calling all parents!

During the autumn term 2 of the Partnership's SSCo's, Rachel Bowser and Michelle Peyton (based at Robert Bloomfield Middle School) approached their family of lower schools with the aim of increasing the number of out of school hours clubs running at their sites.

**In order to achieve the 2010 target, it is vital that we extend the services offered and also invite adults other than teachers (AOTTS) to run clubs based within schools.**

**It is often the case, purely by accident, that you find some of the pupils parents have recognised national governing body (NGB) awards in specific sports, or they have a real interest in a particular sport but have never pursued the option of becoming a qualified coach. The SSCo's took it on themselves to promote this idea to all of their feeder lower schools and invite parents to run a club within their child's school with their support and the support of the school's primary link teacher/PE co-ordinator.**

**Each Headteacher was given letters to distribute to parents inviting them to declare an interest in any sport from netball to dance. If they already held an NGB qualification they were asked to provide details or just to declare an interest in any particular sports club they were interested in. The response was positive and as a result of this the SSCo's are looking to run courses for those parents who declared an interest.**

**If you are a parent who has a specific NGB qualification or you have a keen interest in a particular sport and would like to become qualified and run an out of school hours club within your child's school, please contact James Stephenson (Assistant PDM) on 01525 842604.**



## Using leadership & volunteering to achieve the 2010 ambition

Sometimes the value of leadership and volunteering is misrepresented within schools, leaning towards the benefits related to increased communication, confidence and a reduction in behaviour issues. Whilst these are all very beneficial, not all actually realise the advantages in regards to health, physical activity and the push towards the 2010 ambition for all School Sports Partnerships to engage 100% of pupils in 2 hours of PE and School Sport within the curriculum and up to 2-3 hours out of school hours.

So how do accredited leadership courses help our Partnership work towards this ambition?

## Young Leaders Award

Since its inception in 2006 as a nationally recognised leadership award for those in years 5-8, the YLA has been embraced by the Partnership.

All of its 9 Middle Schools now run the award for a variety of target groups. Some schools run it as part of the PE curriculum, some for Gifted and Talented pupils, encouraging them to challenge themselves in a new environment and other schools run it as an after school club for disengaged pupils allowing them to focus their minds on something totally different from normal physical activity. There is no one size fits all, each school is encouraged to work the award into its own specific needs.

It is expected that 500 pupils from these 9 schools will achieve the award in 2006-2007, an amazing amount for its first year. These leadership students are the home grown work force who are going to increase the number of minutes pupils in our Lower Schools are taking part in informal activity and out of school hours clubs.

## Level 1 in Sports Leadership

Redborne Upper School, the hub site of the Partnership, has been running what used to be known as the JSLA for 4 years and has seen 267 pupils achieve the award with 120 students taking the course at present. After offering the course as an option, it is now provided as part of core PE to all Year 10 students as well as sport students on their Level 2 Course.

The school encourages pupils who achieve the award to volunteer at house competitions and local inter school competitions and all students are encouraged to progress to the Level 1 CSL.

Justin Teutsch is 1 of the 267 students that have passed the course, and is now one of the Partnership's first Sporting Ambassadors. "The course has been a real influence in what I am doing at the moment, it has given me the confidence to visit local schools and speak to Headteachers and pupils".

Justin has also been given the opportunity to share his leadership skills with students in a partnered school in South Africa! Leadership has really opened a wealth of opportunity for him and many of the other students that have taken the award.

## Top Link

It's the easiest way to meet the requirements of the new National Competition Framework to provide at least one Multi-Skills Festival for Key Stage 1 per year. This year 4 students from each of the Partnership's four Upper Schools will be attending a Top Link conference aimed at building and developing their skills as festival managers. The objective: to create a management team that will co-ordinate and run a festival for the Partnership's 39 Lower Schools!

Top Link students, with Sixth Form Community Volunteers and Young Leaders will form this management committee and run an array of festivals in the summer term for pupils in years 1 and 2. It's a fantastic opportunity for leadership students to take on a real challenge and learn from one another's skills.

# Volunteering and Leadership

## Level 1 in Community Sports Leadership

Wootton Upper School are in their third year of the Partnership. This is the first year of the Level 1 CSL within their school and comes on the back of low numbers of pupils being involved in leadership and volunteering both inside and out of school within the local community.

In 2005-2006, Wootton were involved in the Community Volunteering element of Step into Sport and recognised the value that accredited leadership courses can offer their students. This year 40 students from year 12 chose the course as one of their 'options' and are working through the course successfully.

On completion of the course students will be guided towards supporting the Partnership in increasing opportunities for inter and intra school competitive events, becoming community volunteers forging strong school club links with local clubs, accessing National Governing Body Awards to develop specific sports related skills and become part of 'Buddy Up', a mentor scheme to support year 8 students as they transfer from middle to upper school.

In short then, an increased number of volunteers within local community = step towards achieving 2010 ambition. The equation makes it look so simple, but without the continued development of accredited courses and support by local schools to increase and develop the numbers of pupils involved in leadership and volunteering, the ambition looks far off.



## Step into Sport update: Kathryn Sangster

In the last edition of Extratime we provided details of the Step into Sport programme which is currently running within the Partnership's four upper schools. Step into Sport is a programme aimed at supporting the development of leadership and volunteering for young people aged 14 – 19 years old. Since attending the introductory conference, the students will now be actively volunteering in local clubs.



Below is a short article produced by one of the Step into Sport students, Kathryn Sangster, from Harlington Upper School;

Step into Sport is a programme which enables keen youngsters to gain skills and experience from volunteering at a local club. I am currently volunteering at Flitwick Eagles FC U14's. Since I have been at the Eagles I have gained more self confidence and have found a new group of friends. I help with training and go and coach at their matches which enables me to plan better for the next training session.

I commit to a maximum of 5 hours a week depending on the weekend game.

I am very pleased I have had this opportunity because I have been offered the chance to stay on after I have completed my 200 hours volunteering and help recruit new players for the club.

Congratulations to Kathryn and well done for all your hard work. If you would like any further details regarding the Step into Sport programme, please log onto [www.youthsporttrust.org](http://www.youthsporttrust.org)