



UP & UNDER SPORTS

Up and Under Sports



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Term 6 Newsletter, July 2019

www.upandundersports.co.uk

Welcome to our final newsletter of the 2018/19 academic year—and what a fantastic year it has been! To read further details about any of the articles in this newsletter, please visit our website: www.upandundersports.co.uk

Summer Holiday Camps

We have a fantastic programme of Summer Holiday camps planned and are delighted that Daniel Edozie from the Bristol Flyers will be visiting both Saltford and Hardenhuish Multi Sports to run a Basketball Masterclass clinic to develop players ball handling, passing, shooting, dribbling and defensive skills.

The Bristol Flyers professional basketball player recently made his international debut for England in the Commonwealth Games on the Australian Gold Coast. Daniel is a highly regarded basketball coach and mentor and we are really looking forward to him leading our basketball masterclass.



There will also be a fantastic variety of sports on offer including all the usual favourite games along with certificates and prizes. For bookings visit www.upandundersports.co.uk/courses



Multi Sports Camps

Hardenhuish School: 29th Jul—1st Aug & 5th Aug—8th Aug

Saltford School: 25th—26th Jul & 12th—14th Aug

Kington St Michael School: 13th—14th Aug

Combe Down Primary: 25—31 July

Cricket Development

Beckington Cricket Club: 30th Jul –1st Aug & 6th—8th Aug

Sports Coach Work Experience

We are always looking to inspire the next generation of sports coach and this week were joined by two work experience pupils, Josh Rees, year 10 at Hardenhuish School and Rosie Wills, year 12 at Sheldon School. Josh and Rosie spent the week shadowing our coaches in a range of situations including coaching during PE sessions as well as after school clubs. They were both given the opportunity to get fully involved in the delivery of the sessions, guided by our experienced coaches who imparted their knowledge and skills to give Josh and Sophie a taste of what a day in the life of a sports coach is like. Josh said *"I had a great experience learning how to coach primary school children and enjoyed showing them how to improve and get better at sport."* Rosie said *"I have really enjoyed my work experience week with Up & Under sports, I have learnt more games and activities that I can use in the future, should I take up coaching. I got to meet different children and I learnt how to adapt to those children's needs which was very helpful."* We look forward to supporting more aspiring coaches in the future.

A Fantastic First Year Of Healthy Heroes

As we are nearing the end of the first full year of our Healthy Heroes programme, it is with great pride and a sense of real satisfaction that we look back and reflect on the impact that it has had on the children we have taught within the 12 schools in which the programme has run.



Healthy Heroes is a programme which has been created to empower young people with the knowledge and understanding to be able to lead healthy lifestyles both physically and mentally.

Over the summer break we will be reviewing the lesson content and will make any necessary changes so that Healthy Heroes will continue to evolve whilst nurturing, inspiring and educating young people to lead an active and positive life.

For further information about Healthy Heroes email: jen@upandundersports.co.uk

A Big Thank You....



The team at Up & Under Sports would like to take this opportunity to say a big thank you to all the children, parents and teachers we have had the pleasure of working with this year. Thank you for all of your support and participation in our afterschool clubs, holiday clubs and during curriculum time. The team look forward to seeing those children attending our Summer camps and would like to wish you all a safe, happy, enjoyable and hopefully sunny Summer Break!



We Celebrate — Star of the Week



Each week at our after school clubs, we celebrate the achievements of the children through our Star of the Week award and with the permission of parents share these regularly on our social media. We believe this award helps motivate children to be the best they can be during our sessions and children are often very proud to receive the trophy for the week. This term the award has been given for children showing qualities such as sportspersonship, positive attitude, creativity, team work, and helping others. Well done!