



## Term 3 Newsletter, February 2020

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Welcome to the third newsletter of the 2019/20 academic year—we have had a fantastic term, albeit a bit wet and windy! To read further details about any of the articles in this newsletter, please visit our website: [www.upandundersports.co.uk](http://www.upandundersports.co.uk)

### After School Clubs

Up & Under Sports works closely with our schools to provide both breakfast and lunchtime clubs, with the most popular being the after school clubs which give the pupils an opportunity to continue to learn and progress through physical activity in an environment which is safe and fun. We currently run 6 breakfast clubs, 16 lunchtime clubs and 50 after school clubs with some of our schools having up to 4 clubs running per week. Last academic year we had over 650 children attend our various after school clubs and many of these children are attending our clubs once again this year!

We provide clubs for all age ranges from preschool through to Key Stage 4. We like to find out what sports clubs the children at our schools would be interested in attending so we can help to motivate and encourage them to be active and healthy through sport. There is a very strong link highlighting the benefits of physical activity and positive mental health so we endeavour to support and encourage each participant to progress at a rate which is suitable to them and just as importantly, to have fun!



### Pupil's Highlight the Benefits of PE

This term we did some research into the perceived benefits of PE from the children we teach. Up & Under Sports delivers PE sessions to 51 schools throughout Wiltshire, Bath and Bristol. We not only teach the physical skills of PE but also strive to develop the mental and social aspects. This week we asked our pupils to reflect on their PE lessons and asked them:

*“What do you take away from the PE lessons with your Up & Under Sports Coach?”*

There were a wide range of responses, with a focus on fun, being healthy and being able to play with their friends. A huge number of children said they had fun during the sessions and played the games at lunch times and at other clubs. They said they enjoyed learning something new and we found their opinions were not just centred around the sport they were doing but on the social and mental benefits of exercise. As coaches we use language like, healthy, exercise, fitness, sportspersonship and respect and happily we can see these being instilled in our pupils through the language they use and their attitudes within our sessions including the way in which they treat each other.



## February Half Term Camps



We had a really great week at our February Half Term Camps with loads of great activities and fun! We started the week at our Kington St Michael camp where all our coaches got together to run loads of activities for the children including Handball, Basketball, Tag Rugby, Football, Tennis and Cricket. Tuesday marked the start of our Salford camp which is always popular and despite some adverse weather, we managed to do lots of activities including Dodgeball, Gaga ball, and we even got the climbing frame and gymnastics equipment out to do

some Parkour.

Finally, on Wednesday and Thursday we got to run our exciting Hardenhuish camp where we did some climbing, trampolining and a range of other sports. The children had a really awesome time and at all of our camps we got to give out awards at the end of the day to children that showed some brilliant skills, teamwork and just generally being great participants.



We can't wait for our Easter camps where we will run some more great activities and give out more awards and prizes. Don't forget to book your spot – dates will be announced soon so be sure to follow us on Facebook, Twitter and Instagram to be among the first to hear what we have planned!

## Pupil PE Data

Did you know Up & Under Sports can help schools with how to track the physical progress of young people and help to plan for future successes? Kite mark criteria planning, data collection, consultations, curriculum mapping and support are all things we can help with.

Over the past academic year, Clare our Curriculum Manager was given the task of testing data collection within one of our primary schools. As a company we wanted to evidence work in the school related to PE and the Sports Premium funding. Larkhill Primary in Wiltshire agreed to be our testing school. Using the data collected, alongside the school's PE statement on Intent, Impact and Implementation Up & Under Sports assisted the school PE coordinator in submitting a Silver Kite Mark Application.

We are hopeful that this application will be successful.

## 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, we 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!