



Term 3 Newsletter, February 2019

www.upandundersports.co.uk

Welcome to the third newsletter of the 2018/19 academic year. We have had a fantastic, if somewhat chilly at times, third term. The aim of our newsletter is to summarise some of the key moments and information that we would like to share with you. Please visit the news section of our website: www.upandundersports.co.uk/news for further details

Meet the Team



Barry Smith is a Sports Coach who specialises in working with nursery & pre school age children. The benefits of Physical Education for young

children is well documented, not only for the health benefits that it gives children physically but also for their mental health. The younger that children can become involved in physical activity, the more likely they will be to adopt a love of sport and fitness as they grow up. Barry has been teaching PE in the Early Years setting since 2008 and believes the activities help children's personal, social and emotional development. During sessions children get the chance to take part in simple but effective multi sports games, which support confidence, self-esteem, team building skills, as well as the vital moving and handling part of their development. Barry has been a great addition to the Up & Under Sports team and has given us the opportunity to provide high quality sports provision within early years education.



Clare Matthews is another of our Sports Coaches and also our Curriculum Manager supporting the facilitation of curriculum models, mapping, data collection and organisation of competition

in the Primary schools. You can read more about Clare's role on our website and about how schools working with us can expect to see improvements and make best use of the sports premium funding. Here is a summary of some of the key areas:

- The engagement of all pupils in regular physical activity.
- The profile of PE and sport is raised across the school as a tool for whole-school improvement –
- Increased confidence, knowledge and skills of all staff in teaching PE and sport
- Broader experience of a range of sports and activities offered to all pupils
- Increased participation in competitive sport including festivals and local fixtures

February Half Term Holiday Courses



We have a fun filled programme of activities planned at our February half term Multi Sports holiday courses and there is still time to book a space, visit www.upandundersports.co.uk/courses

Courses are running at the following venues:

Hardenhuish School, Monday 18th—Thursday 21st Feb, 9am—4pm
Netheravon All Saints, Monday 18th Feb, 8.45am—3.15pm
Saltford School, Tuesday 19th & Wednesday 20th Feb, 9am—3pm
Combe Down Primary, Monday 18th Feb—Wednesday 20th Feb, 9am—3pm

Team Challenges - Five Stages to Well Being

To follow on from our active minutes challenge, we decided to test our coaches in a sporting activity or exercise which they felt they were good at. In addition to this we also wanted coaches to learn something new. Each coach had to choose a physical skill which they would be happy to test themselves at against an opponent of the opposite team meaning each coach had to set a challenge and accept a challenge to learn.



There were some weird and wonderful challenges proposed ranging from tug of war, cricket bowling, number of cartwheels in 30 seconds, press

ups in a minute, standing on one leg with eyes closed to the quickest 5km run. With two very competitive teams, no one was feeling particularly confident as we all knew the opposition would be doing their best to win each challenge.



After a bit of a delay by the snow, the final challenge was completed resulting in an overall win for Team Dave in term 2. It has certainly made for an interesting term of learning and testing over the last few months, congratulations to Team Dave on their win, that makes it Team Rachel 1 — Team Dave 1

Focus on Health and Wellbeing

Since the beginning of January we have been focussing on health and wellbeing via our Instagram and Facebook pages. So far we have looked at the benefits of physical activity both in children and adults; how to engage children in fun physical activities from a young age, healthy eating and how eating the right types of food can help fuel our bodies and aid stamina when being active. We have also looked at the importance of sleep and how children who regularly get an adequate amount of sleep have improved attention, behaviour, learning and overall mental and physical health. In the last two weeks the focus has been on hydration, ensuring you drink enough water to keep our bodies hydrated and we've looked at sugar and how to swap the bad sugars for good sugar. It's amazing how much sugar is hidden in every day items, see the picture below relating to how much sugar is found in condiments alone.



To get involved and get some tips on how to stay fit and healthy, follow us on social media, you'll find the links at the top of this newsletter.

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, positivity, creativity, team work and infectious enthusiasm. Well done!