



UP & UNDER SPORTS

Up and Under Sports

@UpandUnderSport



## Term 1 Newsletter, October 2019

[www.upandundersports.co.uk](http://www.upandundersports.co.uk)

Welcome to the first newsletter of the 2019/20 academic year—we have had a fantastic start to the year! 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)

### Healthy Heroes

This term we have been delighted to introduce Healthy Heroes to two new schools, St Anne's CE VC Primary School and Combe Down Primary. Both schools have enjoyed 2 hours of curriculum time delivery a week for 7 weeks and have learnt lots of information about how to keep their bodies healthy through considering their hearts, diet, sugar intake and impact of too much screen time, in addition to mental health aspect including identifying emotions, what to do when an emotion becomes too uncomfortable and the benefits of positivity. We return to Combe Down Primary School and Fynamore Primary School (Calne) in Term 2 to introduce Healthy Heroes to another year group and are very much looking forward to continuing to work in partnership with both schools.



Also this term, we have been trialing the new mental health lessons that we have devised for our Healthy Heroes programme. Due to an overwhelming need from primary schools, we are in the process of creating a series of lessons focusing on growth mindset, resilience, the benefits of making mistakes, positivity, goal setting and gratitude for year 6 students. The lessons we have currently tested have been very well received by the students at St Patrick's Catholic School in Corsham and they have enjoyed learning about how their brain works and the types of thinking strategies we can use to overcome situations that put us outside of our comfort zone. This element of our Healthy Heroes programme will eventually become the back bone of the program as we challenge the pupils to consider not just their physical health, but also their mental health.

### New Team Members



At the start of this term we welcomed Craig Trist to our team of coaches. Craig brings with him 3 years experience of working within primary schools around the South West of England and South Wales with a diverse range of primary age children. Craig has also worked abroad in Lanzarote running a Football academy, coaching children that were on holiday for the summer. Previous to this Craig volunteered in Ghana coaching their professional academy for 2 months. Craig has really enjoyed his first term and is a great asset to the Up & Under Sports team.

This term we also introduced a new Up & Under Sports van to the team, be sure to keep an eye out for us when you are out and about and give us a wave or say hi!



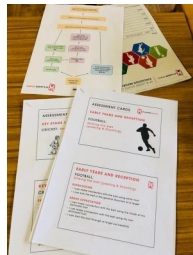
The start of this academic year has been a great time for all of our coaches to put their heads together and come up with lots of new additions to our company, and what we can offer to schools. All of our coaches have things in store for you, let's take a look at some of the initiatives we have lined up:



**Me, U&US** – This is our new nurture programme where our coaches will be working with individual pupils to develop self-esteem, confidence and resilience. The aim of this, is to provide certain pupils with the chance to sort through their emotions and devise some coping mechanisms to help in their everyday school life.

**Assessment cards** – We are putting together some assessment cards that aim to provide help and support for primary school teachers when assessing individual pupils in their PE lesson. These cards will provide clear points to look for in a range of sports and through all year groups.

**Achievement chart** – We will be providing a chart to be used by coaches and children to help set individual goals within their lessons. It will allow them to see when they achieve certain goals and we even have a rewards scheme to go alongside it!



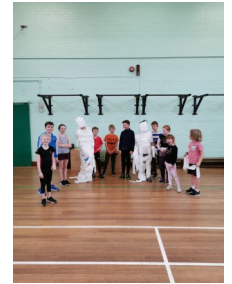
We are incredibly excited for all the new things we have lined up over the next couple of months and we can't wait to implement them in our schools.

## Holiday Camps

We had a fantastic time at our October Half Term Holiday Camps which ran at Saltford School, Hardenhuish School, Kington St Michael Primary & Netheravon All Saints Primary. Children enjoyed a wealth of activities including climbing, dodgeball, chicken hero or buddy, capture the flag and matt races!



We also enjoyed lots of Halloween themed fun and games on the 31st October.



Visit our website or follow us on social media to be the first to hear about our upcoming courses; dates for February Half term will be announced soon!

## 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!